



# spotlight on health

## Employees Want Weight Loss Help At Work

(NAPSA)—The pressing need for employer-sponsored wellness programs in the workplace is underscored by results from a recent online survey of 500 overweight American workers.

The survey, conducted on behalf of the Reality Coalition, a group of health care and policy experts whose mission is to help people get real about weight loss, showed that less than half of overweight employees have access to employer-sponsored weight-control programs, but two out of three employees said they wanted weight-management programs at work.

“In the absence of supportive weight-loss programs at work, many overweight, obese or sedentary employees may fall prey to unrealistic or unhealthy approaches to weight loss that are unproven and have no scientific basis,” said Reality Coalition co-chair M.R.C. Greenwood, Ph.D. “This is a double loss to our economy—employees waste money on ‘hype,’ and employers have even fewer healthy employees. Cooperative, realistic programs are our best hope—they can make a difference and should be everyone’s business.”

Among the types of programs available, overweight employees consider healthier food options (53 percent) are considered to be most important, followed by gym/health club programs (48 percent). Most overweight employees (74-82 percent) indicate they would have a better opinion of their employer if any weight-control or exercise programs were offered.

Successful workplace health programs have a common thread: They provide flexible weight-man-



**In a recent survey, two out of three employees said they wanted weight-control programs at work. Such programs can make a positive contribution to employee health.**

agement options that support employee work schedules, align incentives to encourage employee participation, and reward and recognize success.

“Making healthy behaviors a meaningful and significant part of corporate culture will drive participation and results and also reinforce the importance of prevention,” said Greenwood. “Keeping employees from becoming overweight is as important as helping overweight employees slim down.”

The Coalition is currently inviting business leaders as well as private, public, professional and nonprofit groups to join its efforts to focus attention on the rising cost of obesity and its impact on the well-being of working Americans.

For more information, visit [www.reality-coalition.org](http://www.reality-coalition.org).