

Creating BETTER HEALTH TOGETHER through workplace wellness

Prevention pays at work



Poor health is bad for business

 **\$73 BILLION**

This is the amount employers lose annually in the U.S. due to medical expenditures and productivity from workers who are obese.²

Healthy, motivated employees are important to the workplace and a company's bottom line. Thanks to SHIP, more Minnesota employers are making healthy options possible at work.

Workplace wellness pays off

- Reduced health care costs
- Reduced workers' compensation costs
- Improved job performance
- Reduced illness and disability
- Higher employee engagement
- Lower turnover
- Higher job satisfaction
- Improved customer service
- Higher retention/less training

SHIP is making an impact

- In 2016, SHIP grantees worked with **473** Minnesota employers, reaching **148,000** employees.
- As a result of participating in SHIP between 2009 to 2016, employers have made more than **600** policy changes that create healthier work environments. Policy changes include creating tobacco-free grounds, increasing healthy food options in vending machines and meetings, increasing flex time for physical activity and providing support for breastfeeding moms.

¹ Baicker, K, Cutler, D, Song, Z. Workplace Wellness Programs Can Generate Savings. *Health Affairs* 29, no.2 (2010):304-311.

² Finkelstein, E, DiBonaventure, M, Burgess, M, Hail, B. The Costs of Obesity in the Workplace. *Journal of Occupational and Environmental Medicine*, 52, no. 10 (2010):971-976.

Supporting small businesses

SHIP grantees take a comprehensive approach with workplace wellness efforts, supporting small businesses – who often lack resources to do this work on their own – through a collaborative process with other employers. SHIP provides tools and technical assistance that help create a culture of health at work. Employers learn about strategies that help employees quit smoking, eat healthier, get more physical activity, manage stress and support breastfeeding.



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*- Tim George, Grand Rapids,
Director of Emergency Medical
Services and Community Health
Outreach for Meds-1*



SHIP in action

Emergency responders know it's important to stay healthy; they regularly see people who suffer strokes, heart attacks, falls or worse.

Meds-1, an emergency response and community health organization in Grand Rapids, is helping employees be healthier at work, thanks to support from a SHIP workplace wellness collaborative. The company was one of eight employers in Itasca County that worked with a workplace wellness coordinator through a 12-month collaborative process.

As a result of the efforts to create a culture of health at work, the company is seeing benefits. For example, it reported a 12 percent decrease in workers' compensation claims from the previous year.

"Changes in health attitudes can spin off into the community," said Tim George, Meds-1 Director of Emergency Medical Services and Community Health Outreach. "The most conservative employers, once they see the financial benefits and lifestyle changes, are going to grab onto these concepts. SHIP dollars are well spent."

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