CEO Participation and offering programs tailored to employee health goals are important ways employers can show their commitment to employee health and positively impact employee health program engagement.

- 67% Say their employer is committed to the health of employees
  That rises to 76% among those who participate in employee health programs (vs. 52% of those who do not participate)

- 40% Say their job gets in the way of their health

- 95% of employees say they feel better when they eat right and exercise

Many employees are working towards health goals:

- 40% Lose weight
- 40% Be more physically active
- 37% Eat more healthy foods
- 28% Improve financial health
- 28% Get more sleep
- 25% Reduce stress levels
The Employee/Employer Health Connection

Employers can:

- Offer programs that would help employees meet their health goals
- Consider generational differences in program offerings & communications
- Communicate leadership participation

93% of those who know their CEO participates in employee health programs agree “My employer is committed to the health of employees” compared to only 55% who say their CEO does not participate. They are also more likely to report positive outcomes of participating in the programs.

Programs they would like offered to help meet their goals:

- Free or reduced gym membership
- Weight loss programs

Employees who have participated in programs are more likely to say the availability of programs have had a very strong or strong influence on their commitment to their health:

49% -vs- 32%

Methodology: AHA commissioned Nielsen to conduct an online survey within the United States from August 10 – 19, 2016 among a representative sample of 2,009 adults (aged 18 and over) employed part or full time in organizations with 25 or more employees that offer a health care plan. Figures for age, sex, race/ethnicity, education, region and household income were weighted where necessary to bring them into line with their actual proportions in the population of full or part time employees.