

quick look wellness trends

The vast majority of Canadian organizations continue to offer at least one wellness initiative, but the rationale for doing so is evolving. More than six in seven organizations (87%) say they offer wellness primarily to improve overall worker health and well-being, as opposed to 13% citing a primary aim of controlling/reducing health-related costs. Some broad results of the International Foundation report *Workplace Wellness Trends: 2017 Survey Results*, which is covered on the previous pages, are shown below. The 530 survey responses included 99 from Canadian organizations, and the data below focuses on Canadian results.

Wellness Budgeting

51%

Responding organizations with budgets devoted to wellness

15%

Responding organizations that expect to adopt such a budget in the next two years

Screening and Treatment Initiatives



80%

Chiropractic services coverage



66%

Smoke-free worksite policy



62%

Acupuncture coverage



50%

Free or discounted flu shots

Highest Average Participation Rates



Fitness and Nutrition Initiatives



33%

Nutrition counselling



33%

Off-site fitness centre/gym membership subsidies



30%

Ergonomic training/supports



30%

Standing/walking stations

Positive Impact of Wellness Initiatives

82%

Productivity

71%

Organizational sustainability and growth

69%

Engagement/job satisfaction