

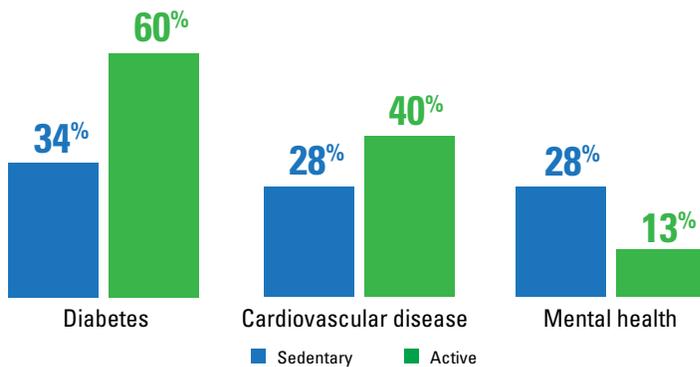
quick look

workplace wellness for active and sedentary occupations

Workers who are on their feet all day likely would benefit from different wellness offerings compared with those who spend most of their day at a desk, a new report from the International Foundation shows. Based on results of the 2019 *Workplace Wellness Trends* survey, the report shows that the costliest health conditions for organizations with jobs that are predominantly active (e.g., construction, nursing, etc.) are different from those with jobs that are predominantly sedentary (e.g., desk jobs). This means that wellness initiatives may need to be tailored—based on how active their workers are—to be the most effective.

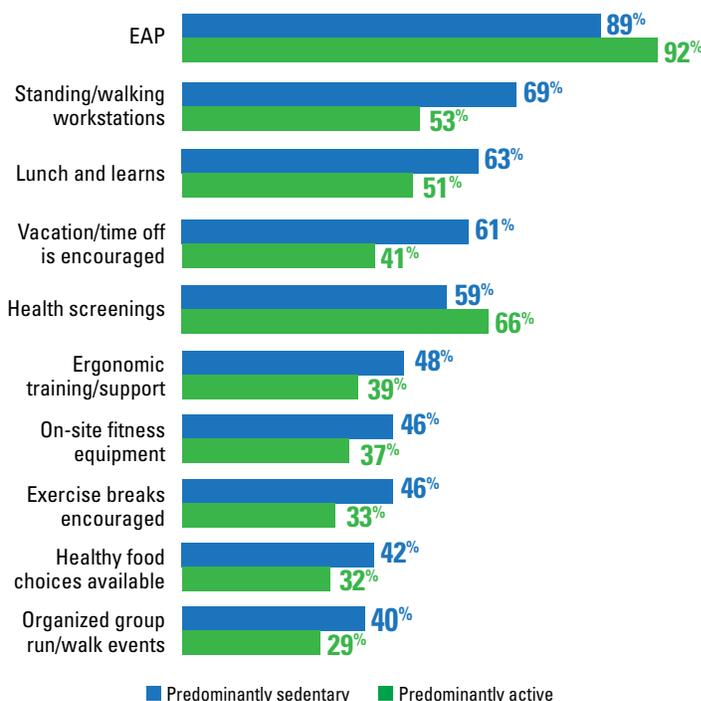
Here’s a look at some of the key differences between organizations with predominantly active jobs and those with predominantly sedentary workforces.

Costliest Health Conditions



Workplace Wellness Offerings

Organizations With Predominantly Sedentary vs. Predominantly Active Jobs



Worker Conditions That Have the Most Impact on Organizations' Overall Health Care Costs*

Organizations With Predominantly Sedentary Jobs	
Cancer	54%
Musculoskeletal conditions	53%
Diabetes	34%
Cardiovascular disease/heart disease	28%
Mental/behavioral health	28%
Obesity	26%
Hypertension/high blood pressure	25%

Organizations With Predominantly Active Jobs	
Diabetes	60%
Musculoskeletal conditions	51%
Cancer	48%
Cardiovascular disease/heart disease	40%
Hypertension/high blood pressure	28%
Obesity	15%
Mental/behavioral health	13%

*Respondents selected the top three conditions impacting overall health care costs.

