

AMA 2003 SURVEY ON HEALTH AND WELLNESS PROGRAMS

Do corporations have a responsibility to promote wellness among employees? Seventy-one percent of executives say “yes,” according to American Management Association’s (AMA) 2003 Survey on Health and Wellness Programs. But less than half of the companies that responded offer educational programs on self-care topics, including exercise and fitness (47%), weight management (34%) or nutrition (25%).

AMA surveyed its members and customers at 354 U.S. companies about the wellness programs they offer their employees. According to the findings, 41% of the organizations offer programs on smoking cessation, blood pressure management (36%), stress management (33%) and cholesterol management (27%).

Q. In your opinion, do corporations have a responsibility to promote wellness among employees?

Yes	71%
No	22%
Don’t know	7%

Education:

Q. Does your organization sponsor programs on any of the following self-care topics:

Exercise and Fitness	47%
Smoking Cessation	41%
Blood Pressure Management	36%
Weight Management	34%
Stress Management	33%
Cholesterol Management	27%
Nutrition	25%

Q. In the past year, has the number of company-sponsored health and wellness programs increased, remained the same or decreased?

Increased	31%
Remained the same	47%
Decreased	6%
Don’t know	16%

Participation:

More than a third of respondents (36%) say they do not attend these programs when the company sponsors them. Only 29% of those companies that offer these programs extend some incentive for employees to participate.

Q. If your company offers any of these health and wellness programs, do you attend?

Yes	63%
No	36%
Don't Know	2 %

Q. If your company sponsors these programs, do they offer incentives for employees to attend?

Yes	29%
No	71%

Exercise and Fitness:

More than half (52%) of the companies surveyed offer discounts or corporate memberships to health clubs for their employees, and 25% have exercise facilities available on the company's premises. Another 62% of respondents said their organizations participate in community- or corporate-sponsored athletic activities, such as softball leagues, bowling teams or fundraiser walks/runs.

Q. Are exercise facilities available to employees on the company's premises?

Yes	25%
No	75%

Q. Are discounts or corporate memberships to health clubs extended to employees?

Yes	52%
No	47%
Don't know	1%

Q. Does your organization participate in community- or corporate-sponsored athletic activities (e.g., softball leagues, bowling teams, fund-raiser walks or runs)?

Yes	62%
No	37%
Don't know	1%

Nutrition:

Nearly 30% of respondents say their companies have cafeterias that provide or sell meals for employees, and 90% say that the selections offered are healthy, including fruits, vegetables and low-fat entrees. And 92% of the companies have vending machines that sell fast food and beverages, including candy, snacks and soft drinks.

Q. Does your organization have a cafeteria that provides or sells meals for employees?

Yes	29%
No	71%

Q. If so, in your opinion, are healthy selections offered (fruits, vegetables, low-fat entrees)?

Yes	90%
No	10%

Q. Does your organization have vending machines that sell fast food/beverages (snacks, candy, soft drinks)?

Yes	92%
No	8%

Prevention:

Thirty-eight percent of companies offer corporate-sponsored, comprehensive annual physicals: 22% say they are extended to executives only and 16% say they are for all staff members. Seventy-one percent of respondents say their companies provide flu shots.

Q. Does your organization offer corporate-sponsored, annual comprehensive physicals?

Yes, for executives only	22%
Yes, for all staff members	16%
No	59%
Don't know	2%

Q. Does the organization provide annual flu shots?

Yes	71%
No	29%

Demographics:

Q. How many employees does your company have in total?

100 or less	20%
101-500	37%
501-1,000	15%
1,001-2,500	11%
2,501-5,000	7%
5,001 or more	10%

Q. What industry best describes your company?

Business/professional	12%
General services	2%
Public administration	7%
Wholesale/retail	6%
Financial services	7%
Manufacturing	44%
Other:	22%