

# 25 Fascinating Statistics About Workplace Wellness

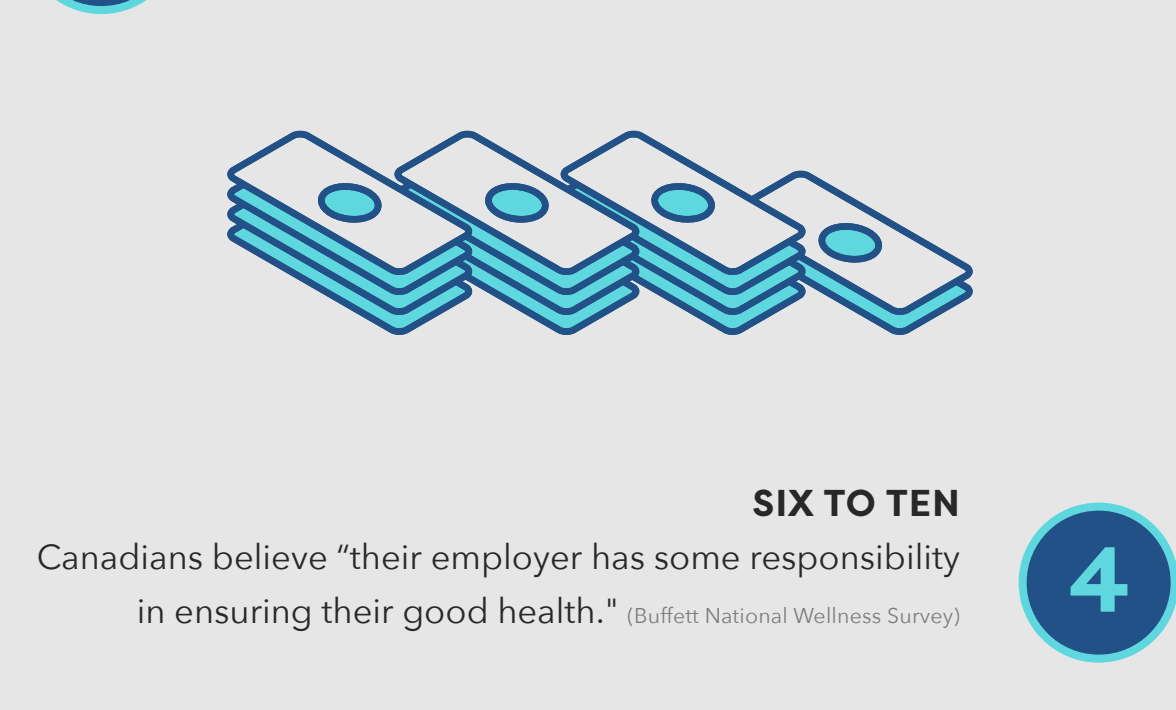
Investing in workplace wellness initiatives within your organization has positive effects on both your employee's health and your company's health. Policies that promote the practice of healthy lifestyles and behaviors at work will enable your staff to produce their best work and to be their best selves.

Here are 25 revealing stats about workplace wellness.

**1** **61%** of employees are burned out on the job. (CareerBuilder)



## TOP 5 STRESS SYMPTOMS causing missed work days are:



**3** **\$3.5 BILLION** The annual cost of stress-related absences to Canadian employers. (Workplace Safety & Prevention Services)



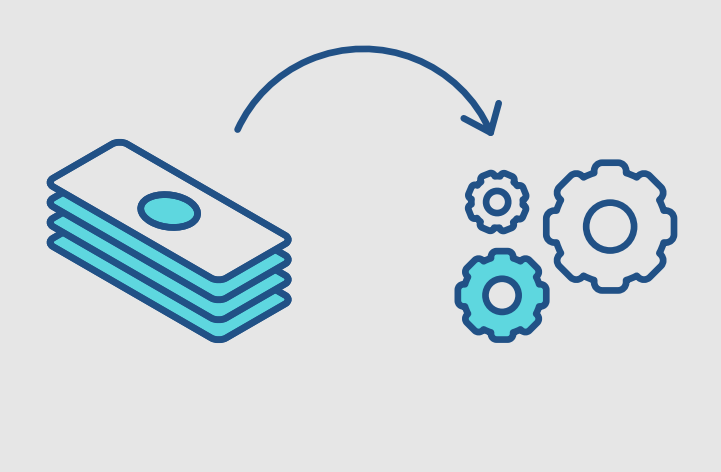
**4** Canadians believe "their employer has some responsibility in ensuring their good health." (Bullfit National Wellness Survey)



**5** **53%** of organizations want to create a culture that promotes health and wellness. (SHRM) **60%** of organizations actually offer wellness programs. (SHRM)



**6** The most common wellness benefit is providing resources and information (**71%** of companies), and **62%** give wellness tips or information at least quarterly in the form of a newsletter, email, column, or tweets. (SHRM)



**7** The number of employees with standing desks had a great increase over the past five years, growing more than threefold from **13%** in **2013** to **44%** in **2017**. Other wellness benefits encouraging employees to get up from their desks and move more often are providing fitness tracking bands (**8%**) and organizing fitness competitions/challenges (**28%**). (SHRM)



**8** **48%** The percentage of employees that say investing in professional development is one of the highest-impact strategies to combating stress that their company can do. (Jdenny)



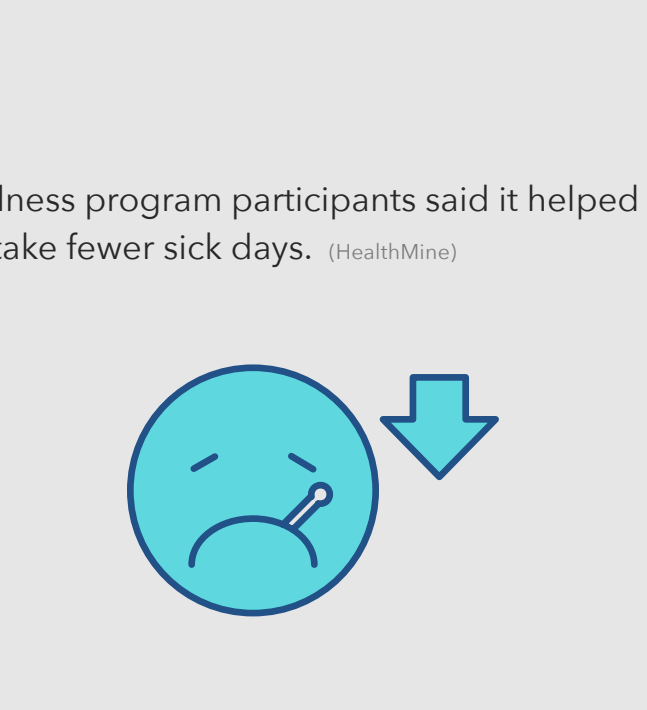
**9** **70%** The percentage of employers who have improved their physical environments to encourage healthy behaviors, including: (Willis Towers Watson)



**10** **80%** The percentage of employees in pet-friendly workplaces say having pets nearby while they work makes them feel "happy, relaxed and sociable". (Purina)



**11** **84%** The percentage of companies that say they now provide financial security programs – such as access to budgeting resources, debt management tools or student loan counseling. (Fidelity)

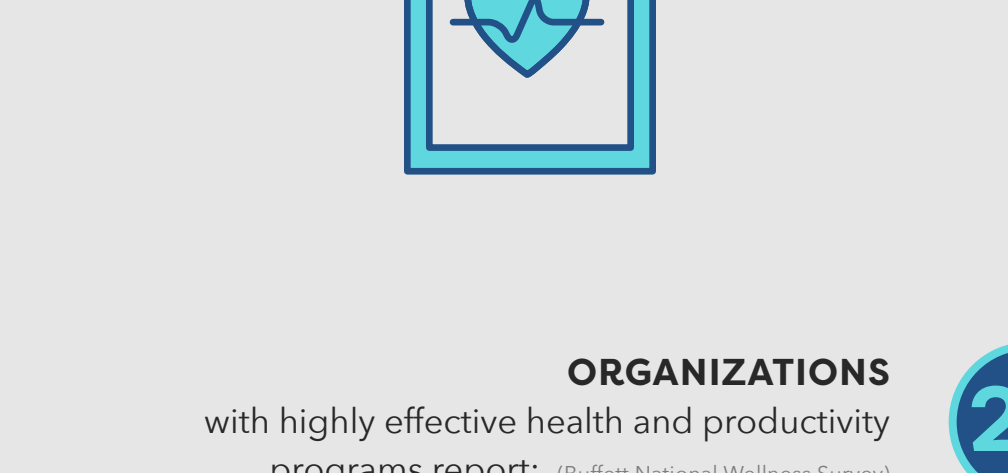


## WHAT DO WELLNESS PROGRAMS COVER?

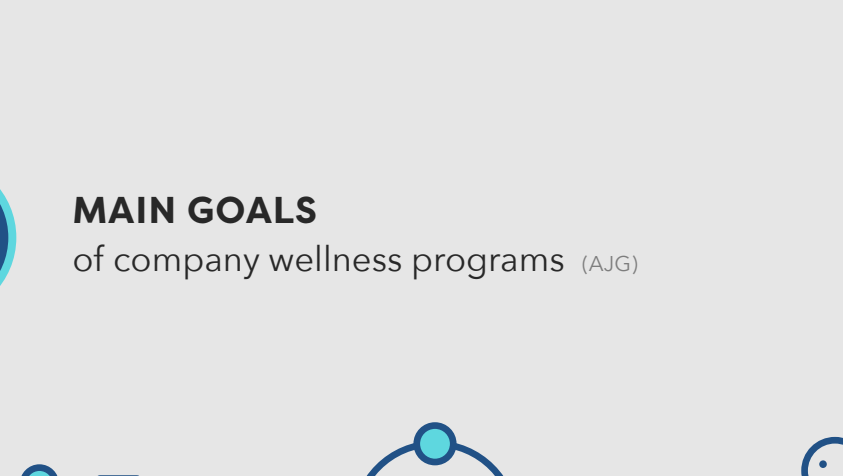
**12** **34%** of wellness programs cover financial well-being **28%** cover volunteer opportunities **27%** include community engagement (AIG)



**13** **77%** would work out more if their employer had a gym they could use during work hours. (Treadmill Reviews)



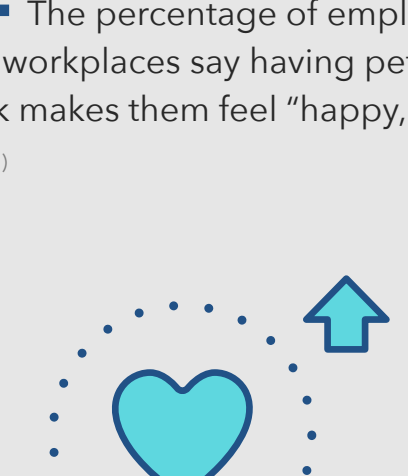
**14** **53%** would participate in an exercise program through their workplace to help lower their health insurance cost. (Aflac)



**15** **61%** of employees agree that they've made healthier lifestyle choices because of their company's wellness program. (Aflac)



**16** **38%** of wellness program participants said it helped them take fewer sick days. (HealthMine)



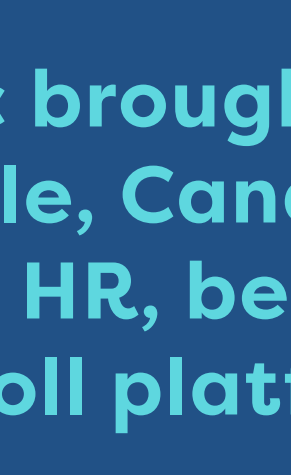
**17** **62%** of workplace wellness program participants said it helped them lower their healthcare costs. (HealthMine)



**18** **91%** The percentage of workers at companies that support well-being efforts who say they feel motivated to do their best. (American Psychological Association)



**19** **78%** The percentage of businesses that say employee well-being is a critical part of their business plans. (Virgin Pulse)



## ORGANIZATIONS with highly effective health and productivity programs report:

**20** **11%** higher revenue per employee **1.8** fewer days absent per employee per year **27%** greater shareholder returns. (Bullfit National Wellness Survey)



## MAIN GOALS of company wellness programs

**21** **60%** say reducing health costs **43%** investing in culture **37%** improving employee experience & satisfaction (AIG)



## WHAT EMPLOYERS ARE SAYING about their wellness programs

**22** **67%** reported increased employee satisfaction **66%** reported increased productivity **63%** reported increased financial sustainability & growth **50%** reported decreased absenteeism (EBF)



**23** **54%** The percentage of employees in pet-friendly workplaces say having pets nearby while they work makes them feel "happy, relaxed and sociable". (Purina)



**24** **74%** of employers view well-being as important to employees and a useful tool for recruiting and retaining staff. (Metos)



**25** **89%** of workers at companies that support well-being efforts are more likely to recommend their company as a good place to work. (American Psychological Association)



Infographic brought to you by Rise People, Canada's only all-in-one HR, benefits and payroll platform.