

Key Facts Highlighting Barriers California Adults Face to Achieving a Healthy Lifestyle in the Workplace, 2009

The *Network for a Healthy California (Network)* strives to create innovative partnerships that empower low-income Californians to increase fruit and vegetable consumption, physical activity, and food security with the goal of preventing obesity and other diet-related chronic diseases. The *Network* surveys randomly-selected adults by phone through the *California Dietary Practices Survey (CDPS)*¹ every two years. It is estimated that the total annual estimated cost to California for overweight, obesity, and physical inactivity is \$41.2 billion – \$21.0 billion for overweight and obesity, and \$20.2 billion for physical inactivity – and half comes from lost productivity.² These key facts from the 2009 *CDPS* highlight the barriers working adults face achieving a healthy lifestyle, as well as the promising opportunities for intervention.

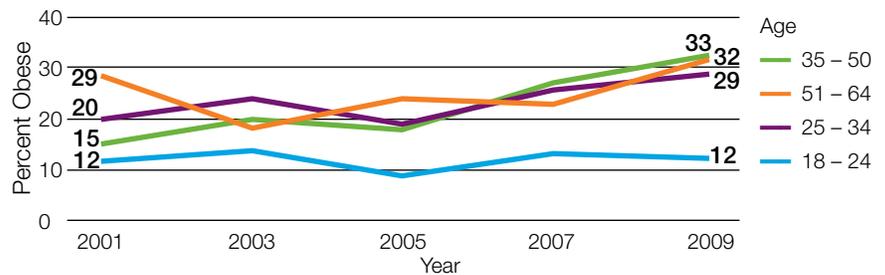


fact 1

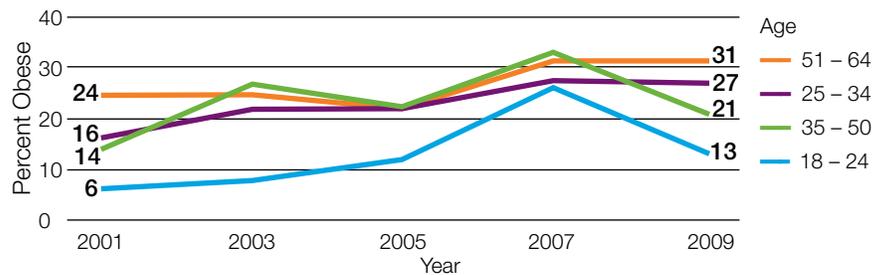
Obesity is a serious health problem facing the working adult population.

From 2001 to 2009, the California adult population experienced a 63 percent increase in obesity (from 16 to 26 percent), as calculated using self-reported height and weight. If California is able to achieve a modest reduction in the prevalence of overweight, obesity, and physical inactivity of just 5 percent per year for each risk factor, the savings could average nearly \$2.4 billion per year.²

Obesity Among Working-Age Men Continues to Rise Among Most Age Groups



Obesity Among Working-Age Females May Have Stopped Increasing



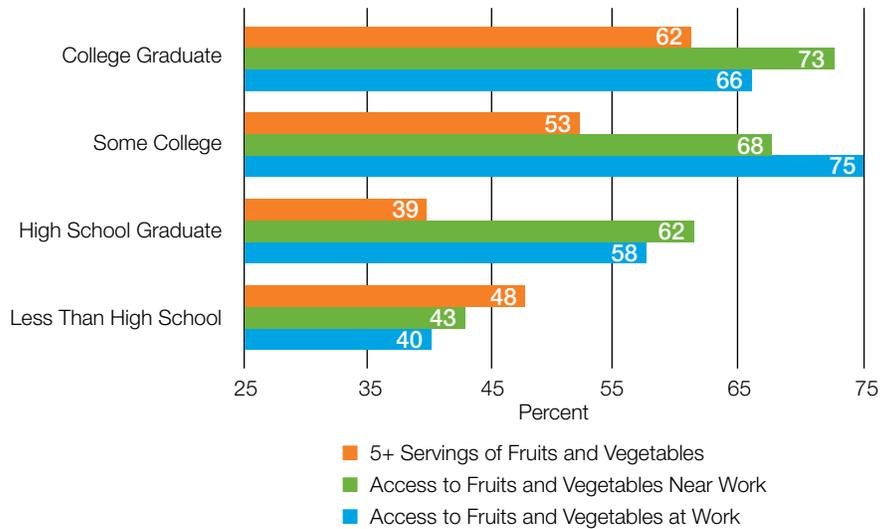
fact 2

Disparities exist in worksite accessibility of fruits and vegetables.

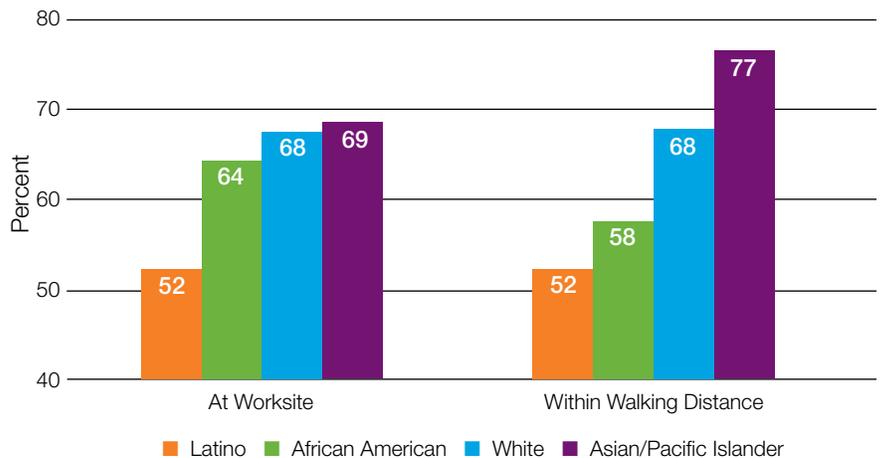
Adults with some college education were nearly twice as likely to report having access to fruits and vegetables at their worksite as compared to adults with less than a high school education. Access to fruits and vegetables within walking distance of the worksite was significantly higher for college graduates as compared to adults without a high school education. Adults with higher educational attainment report eating more fruits and vegetables. Worksite access may play a role.

There are also ethnic disparities in worksite access to fruits and vegetables. Just over half of Latinos report having access to fruits and vegetables either at their worksite, or within walking distance. Though not significant, Latinos have the least access at work, and they have significantly less access within walking distance of work as compared to Whites and Asian/Pacific Islanders.

Educated Adults Report Better Access to Fruits and Vegetables at Work and Are More Likely to Eat the Minimum 5 Servings a Day



Latinos Are Least Likely to Have Access to Fruits and Vegetables at Work



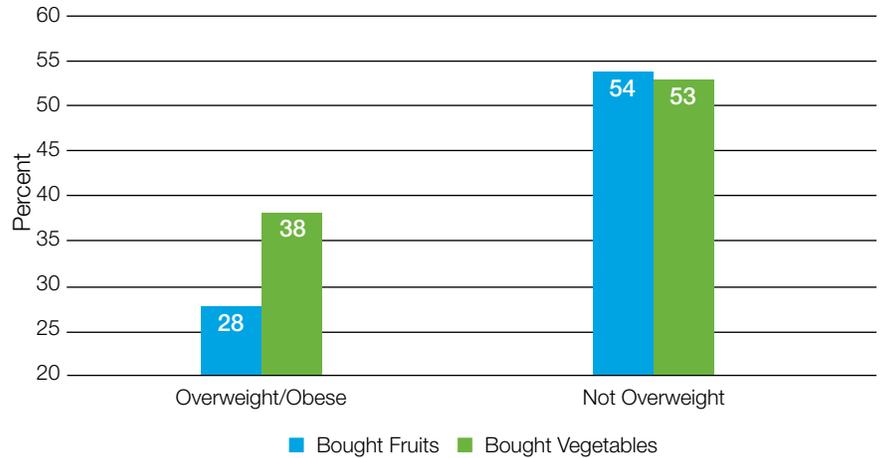


fact 3

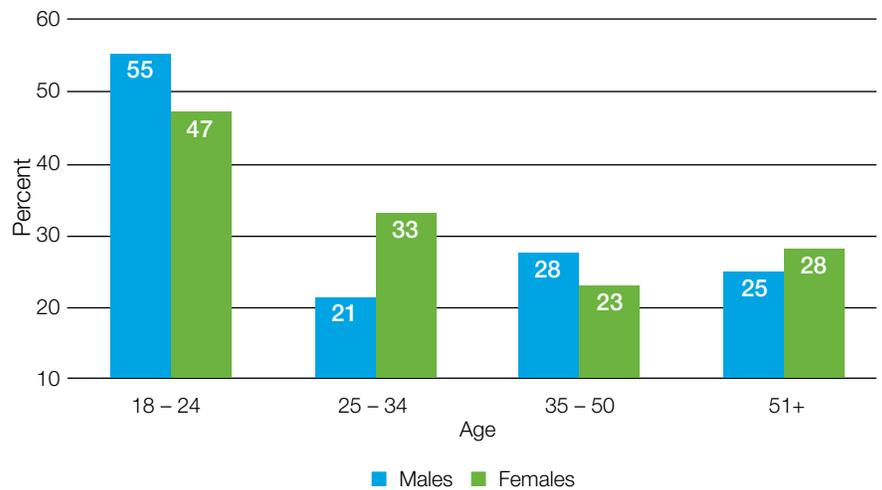
Weight and age are associated with fruit and vegetable purchases near work.

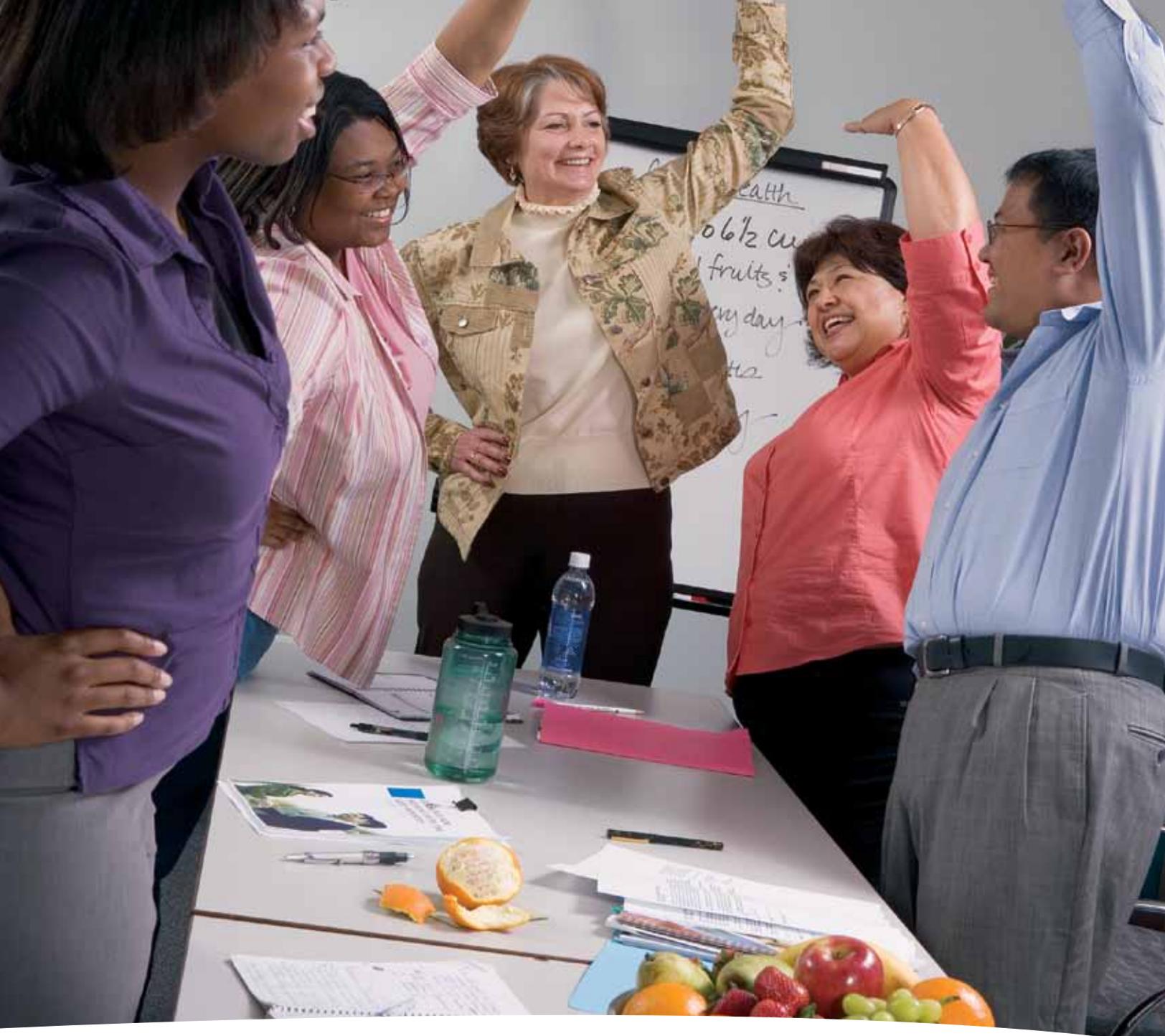
Overweight and obese adults who report having access to fruits and vegetables at or near work are significantly less likely to buy fruits and vegetables near their worksite (28 and 38 percent) as compared to adults who are not overweight (54 and 53 percent). Over half of young men (18-24 years) report purchasing fruits and vegetables either most days or some days at or near their worksite, more than twice as many as compared to all three older age groups. A similar trend among women was not significant.

Overweight/Obese Adults Are Less Likely to Report Buying Fruits and Vegetables at Work



Younger Employees Are More Likely to Report Buying Fruits and Vegetables at Work





fact 4

Employees with less education report limited access to worksite exercise facilities and employer-provided physical activity benefits.

Employees that have less than a high school education are 8 times less likely (3%) to have access to employer-provided physical activity benefits like health club memberships, exercise classes, release time for physical activity, and sports teams as compared to employees that have a college degree. These employees also are 2 times less likely (20%) to have an onsite exercise facility as compared to those with a college degree.

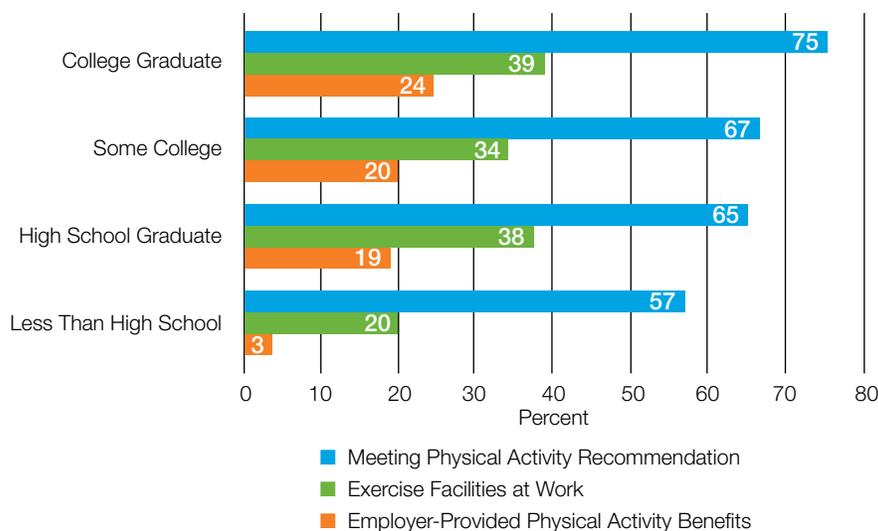


fact 5

Adults with higher education are more likely to meet physical activity recommendations.

The *Dietary Guidelines for Americans 2010* recommend spending more time being physically active, and less time being sedentary. Three-fourths of college graduates reported reaching the 150 minute per week physical activity recommendation, as compared to fewer than three in five without a high school education. This may be linked to fewer worksite exercise facilities and less access to physical activity benefits.

Higher Educated Employees Report Better Access to Physical Activity Benefits and Facilities at Work and Are More Likely to Meet the Recommendations

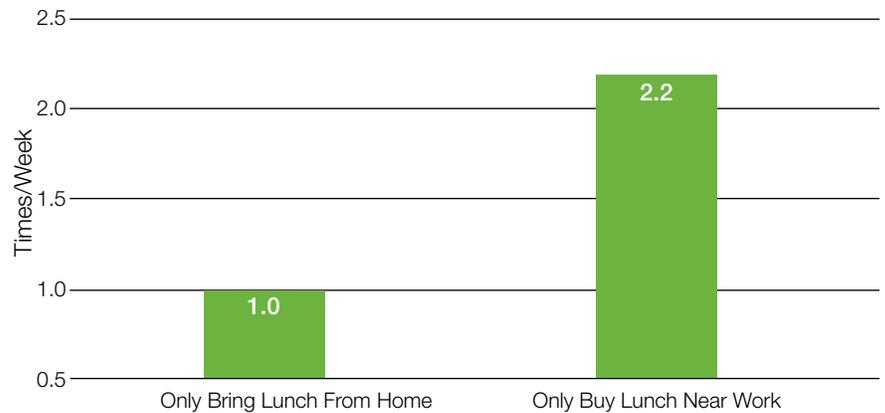


fact 6

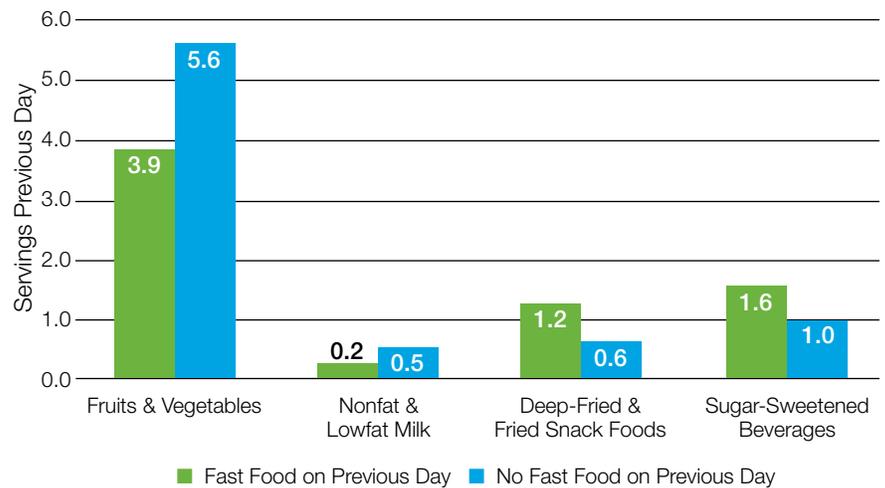
Purchasing lunch out vs. bringing lunch from home is associated with higher consumption of high fat and sugary foods.

Of working adults, 15 percent report mostly buying lunch near work, while 43 percent exclusively bring lunch from home; the remaining adults report doing both (42%). On average, adults who exclusively buy lunch near work eat fast food 1.2 more times per week. Adults who ate fast food on the previous day reported eating just over one and a half servings fewer fruits and vegetables, a third of a serving less nonfat and lowfat milk, and just over a half serving more of each deep-fried and fried snack foods and sugar-sweetened beverages. The *Dietary Guidelines for Americans 2010* recommend reducing the intake of calories from solid fats and added sugars.

Employees Who Bring Lunch From Home Report Eating Less Fast Food



Fast Food Consumption is Associated With Less Healthy Food Choices





Tools such as the *California Fit Business Kit*³ created by the *Network's Worksite Program* can help address the worksite disparities highlighted above. This suite of tools and resources aims to help employers develop and implement a culture and environment at their workplaces that support healthy eating and physical activity among workers. Through the work of the *Network* and resources like the *California Fit Business Kit*, lower-wage workplaces can access the tools their employees need to succeed in leading a healthy life.

Data Source

¹ California Department of Public Health, *Network for a Healthy California*, Research and Evaluation Unit, 1997-2009 *California Dietary Practices Survey (CDPS)*.

Background and documentation for *CDPS* is available at:
www.cdph.ca.gov/programs/cpns/Documents/Network-REU-CDPS-Background.pdf

² California Center for Public Health Advocacy. The Economic Costs of Overweight, Obesity and Physical Inactivity Among California Adults – 2006. July 2009.
www.publichealthadvocacy.org/_PDFs/Costofobesity_BRIEF.pdf

³ California Department of Public Health, *Network for a Healthy California—Worksite Program. California Fit Business Kit*.

Kit materials available at:
www.cdph.ca.gov/programs/cpns/pages/worksitefitbusinesskit.aspx

Data Description

Comparisons are made between the following groups of adults: White, Latino, African American, and Asian/Pacific Islander; less than high school, high school graduate, some college, and college graduate; ages 18-24, 25-34, 35-50, and 51+; overweight/obese and not overweight; met physical activity recommendations and did not meet physical activity recommendations. Only statistically significant differences are reported ($p < .05$), unless indicated otherwise.



This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.