

# HOW NEGLECTING HEALTH AFFECTS THE WORKPLACE

When employees neglect their mental and physical well-being, the effects on your bottom line can be devastating. Creating a culture of wellness in your workplace can improve the health of your employees and your business.

## WORKPLACE STRESS

According to national estimates, the total cost of job stress incurred by the U.S. economy ranges from **\$250-\$300 billion** annually.



## TOBACCO USE

Overall, about **20%** of U.S. workers smoke. It has been estimated that the annual cost to employ a smoker is, on average, **\$5,816** greater than the cost to employ a nonsmoker.

## DEPRESSION

Approximately **11.5 days** of reduced productivity occurs every 3 months for an individual with depression. Mental illnesses cost the U.S. **\$193 billion** in lost earnings per year, according to the National Alliance on Mental Illness.



## OCCUPATIONAL INJURIES

In 2007, occupational injuries such as musculoskeletal disorders and carpal tunnel syndrome had direct costs to the U.S. totaling **\$1.6 billion** and indirect costs totaling **\$1.2 billion**.

## DIABETES

The annual medical costs for a person with diabetes that is directly attributable to the disease is approximately **\$7,900**. The cost of a lifestyle management program that can cut a person's risk of Type 2 Diabetes in 1/2 is about **\$500** per year.

