

Healthy People 2010 Operational Definition

22-13. Increase the proportion of worksites offering employer-sponsored physical activity and fitness programs.

National Data Source	National Worksite Health Promotion Survey (NWHPS), Association for Worksite Health Promotion (AWHP) and OPHS, ODPHP.
State Data Source	Not identified.
Healthy People 2000 Objective	Adapted from 1.10 (Physical Activity and Fitness).
Changes since the 2000 Publication	None.
Measure	Percent.
Baseline (Year)	46 (1998-99)
Target	75
Target-Setting Method	Better than the best worksite size subgroup (see Comments). For a discussion of target-setting methods, see Part A, section 4.
Numerator	Number of nongovernmental worksites with 50 or more employees offering employer-sponsored physical activity and fitness programs at the worksite, through health plans, or either worksite or health plans.
Denominator	Number of nongovernmental worksites with 50 or more employees.
Population Targeted	Nongovernmental worksites with 50 or more employees.
Questions Used to Obtain the National Baseline Data	From the 1999 National Worksite Health Promotion Survey: <ul style="list-style-type: none">➤ <i>During the last 12 months, did you offer physical activity and/or fitness programs or activities to your employees at the worksite?</i>➤ <i>During the last 12 months, did you offer physical activity and/or fitness programs or activities to your</i>

employees through one of your health plans?

Expected Periodicity

Periodic.

Comments

Worksites for which respondents answered “yes” to one of the questions above were classified as offering employer-sponsored physical activity and fitness programs.

In addition to tracking worksites with 50 or more employees, this objective also tracks four subgroups: worksites with 50 to 99 employees, 100 to 249 employees, 250 to 749 employees, and 750 or more employees. The objective remains developmental for worksites with fewer than 50 employees.

The target-setting method is better than the best of the above worksite size subgroups.

This objective differs from Healthy People 2000 objective 1.10, which addressed worksite physical activity and fitness programs. Objective 1.1 used different surveys, none of which asked about programs or activities through worksite health plans.

See Appendix A for focus area contact information.