



benefitNEWS

Weight Loss Top Wellness Concern

Weight still weighs heavily on the minds of Americans, according to a recent poll.

Data from ComPsych Corporation reveals that 43 percent of employees say weight loss is their top health concern this year, a 10 percent increase over 2011. An additional 20 percent of employees say exercise is their main health issue. Rounding out the top five health concerns were stress (18 percent); diet improvement (10 percent); and quitting smoking (5 percent).

Employers are increasingly focused on wellness initiatives. A report issued in late 2011 by the American Council on Exercise found that there's an "encouraging shift in the public's understanding of the gravity of the nation's obesity epidemic as well as a growing trend to marry traditional fitness programs with overall life coaching for improved total health." Part of that trend is having employers place a focus on obesity awareness and installing robust health and wellness plans.

Conner Strong & Buckelew offers innovative health and welfare benefit solutions. For assistance in developing a wellness plan to help your organization better control and manage the cost of employee benefits, please contact your account representative.



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