



Workplace Health Promotion

Worksite ScoreCard

The newly revised and updated CDC Worksite Health ScoreCard includes four new health topic areas that have been developed since the release of the last update in Winter 2014. The new topics include:

- Cancer (8 questions).
- Alcohol and Other Substance Use (6 questions).
- Sleep and Fatigue (6 questions), and
- Musculoskeletal Disorders (7 questions).



These additional topic areas were validated using a similar protocol to the original ScoreCard development.

What is the CDC Worksite Health ScoreCard

The CDC Worksite Health ScoreCard (ScoreCard) is a tool designed to help employers assess the extent to which they have implemented evidence-based health promotion interventions in their worksites. The CDC Worksite Health ScoreCard assists employers in identifying gaps in their health promotion programs, and helps them to prioritize high-impact strategies for health promotion at their worksites including: organizational supports, tobacco use, nutrition, physical activity, weight management, stress management, depression, high blood pressure, high cholesterol, prediabetes and diabetes, heart attack and stroke, maternal health and lactation support, vaccine-preventable diseases, and occupational health and safety.

Spread the Word: Many People Will Find the CDC ScoreCard Useful

A wide variety of professionals can use the ScoreCard to assess worksite health promotion efforts, making the ScoreCard a great resource for CDC partners and grantees. Employers, human resource managers, health benefit managers, health education staff, occupational nurses, medical directors, wellness directors, and others responsible for worksite health promotion in an organization can use the ScoreCard to establish benchmarks and track improvements over time. State health departments may assist employers and business coalitions in using the tool and help identify ways of establishing healthier workplaces. State health departments also can use the tool for monitoring worksite practices, establishing best practice benchmarks, and tracking improvements in worksite health promotion programs to more effectively direct resources to support employers.

- [Download the CDC Worksite Health ScoreCard: An Assessment Tool to Promote Employee Health and Well-Being](#)  [PDF – 5 MB]
- [Download the CDC Worksite Health ScoreCard Scoring Methodology: Evidence and Impact Ratings and Supporting Citations \(Blue Book\)](#)  [PDF – 4 MB]

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