



## **BUILDING BLOCKS**

### **Workplace Health Promotion at Academic Institutions – Potential Found**

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#### **Abstract**

In their American Time Use Survey, the US Department of Labor, Bureau of Labor Statistics confirms that Americans between ages 25 and 54, who live in households with children with children under 18 spend as much as 8.7 hours daily on work and work-related activities. (Bureau of Labor Statistics, 2014) Time use for work and work-related activities eclipses daily time allocated to leisure and sports, household activities, eating and drinking, caring for others *combined*. Following federal adoption of the Affordable Care Act, federal agencies including the Centers for Disease Control and Prevention engaged employers and employees nationwide to utilize the workplace as a viable avenue to develop and implement effective health and wellness promotion and disease prevention interventions. Several programs have emerged purposed to improve the organizational health of participating employers and certified trainers (including the author), with an emphasis on strategies to reduce chronic disease and injury risk to employees and an eye to improving overall worker productivity. (Centers for Disease Control and Prevention, 2014) In so doing, workplace health promotion efforts not only develop cultures of wellness in corporate environments, but also to minimize tangible and intangible costs to organizations for employees who either do not attend work due to illness (absenteeism) or whose productivity is greatly diminished when they are at work but ill (presenteeism).

#### **Suggested Citation:**

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