

# Living Well Tip of the Week



## **LEAN Works! -A Workplace Obesity Prevention Program**

Obesity and the health conditions associated with it; such as, hypertension, type 2 diabetes, stroke, coronary heart disease, and certain types of cancer are responsible for much of the increase in health care spending by employers.<sup>4</sup> Obese persons spend 77% more money for necessary medications than non-obese persons.

### **Why Should Your Institutions Get Involved?**

#### **Potential benefits to employers:**

- Reduces cost for chronic diseases.
- Decreases absenteeism.
- Reduces employee turnover.
- Improves worker satisfaction.
- Demonstrates concern for your employees.
- Improves morale.

#### **Potential benefits to your employees**

- Ensures greater productivity.
- Reduces absenteeism.
- Improves fitness and health.
- Provides social opportunity and source of support within the workplace.

**Browse your Living Well: Make it a Priority website for FREE resources available to you and your dependents on all these Tips.**

**Go to [www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu)!**