

Obesity Prevention and Control: Worksite Programs

Task Force Finding

Intervention Definition

Worksite nutrition and physical activity programs are designed to improve health-related behaviors and health outcomes. These programs can include one or more approaches to support behavioral change including informational and educational, behavioral and social, and policy and environmental strategies.

Task Force Finding (February 2007)

The Community Preventive Services Task Force recommends worksite programs intended to improve diet and/or physical activity behaviors based on strong evidence of their effectiveness for reducing weight among employees.

Publications

Anderson LM, Quinn TA, Glanz K, Ramirez G, Kahwati LC, Johnson DB, Ramsey Buchanan L, Archer WR, Chattopadhyay S, Kalra GP, Katz DL, Task Force on Community Preventive Services. The effectiveness of worksite nutrition and physical activity interventions for controlling employee overweight and obesity: a systematic review. *Am J Prev Med* 2009;37(4):340-357.

Task Force on Community Preventive Services. A recommendation to improve employee weight status through worksite health promotion programs targeting nutrition, physical activity, or both. *Am J Prev Med* 2009;37(4):358-359.

Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

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