

The association of health status, worksite fitness center participation, and two measures of productivity.

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OBJECTIVES: We sought to examine the associations between participation in a worksite fitness center and worker productivity. **METHODS:** A modified Work Limitations Questionnaire (WLQ) and employees' short-term disability claims were used as productivity measures with multivariate logistic regression models to control for health risk, age, gender, and work location. **RESULTS:** Nonparticipants in a worksite fitness center were more likely to report health-related work productivity limitations for time management (odds ratio [OR] = 1.62, 95% confidence interval [CI] = 1.09-2.41), physical work (OR = 1.58, CI = 1.03-2.43), output limitations (OR = 2.24, CI = 1.01-2.12), and overall work impairment (OR = 1.41, CI = 1.00-1.96) than fitness center participants. Fitness center participation also was associated with 1.3 days fewer short-term disability days per year per employee ($P = 0.02$) and 0.39 fewer health risks ($P = 0.01$). **CONCLUSIONS:** These results support the association of worksite fitness center participants with improved worker productivity and fewer short-term disability workdays lost.