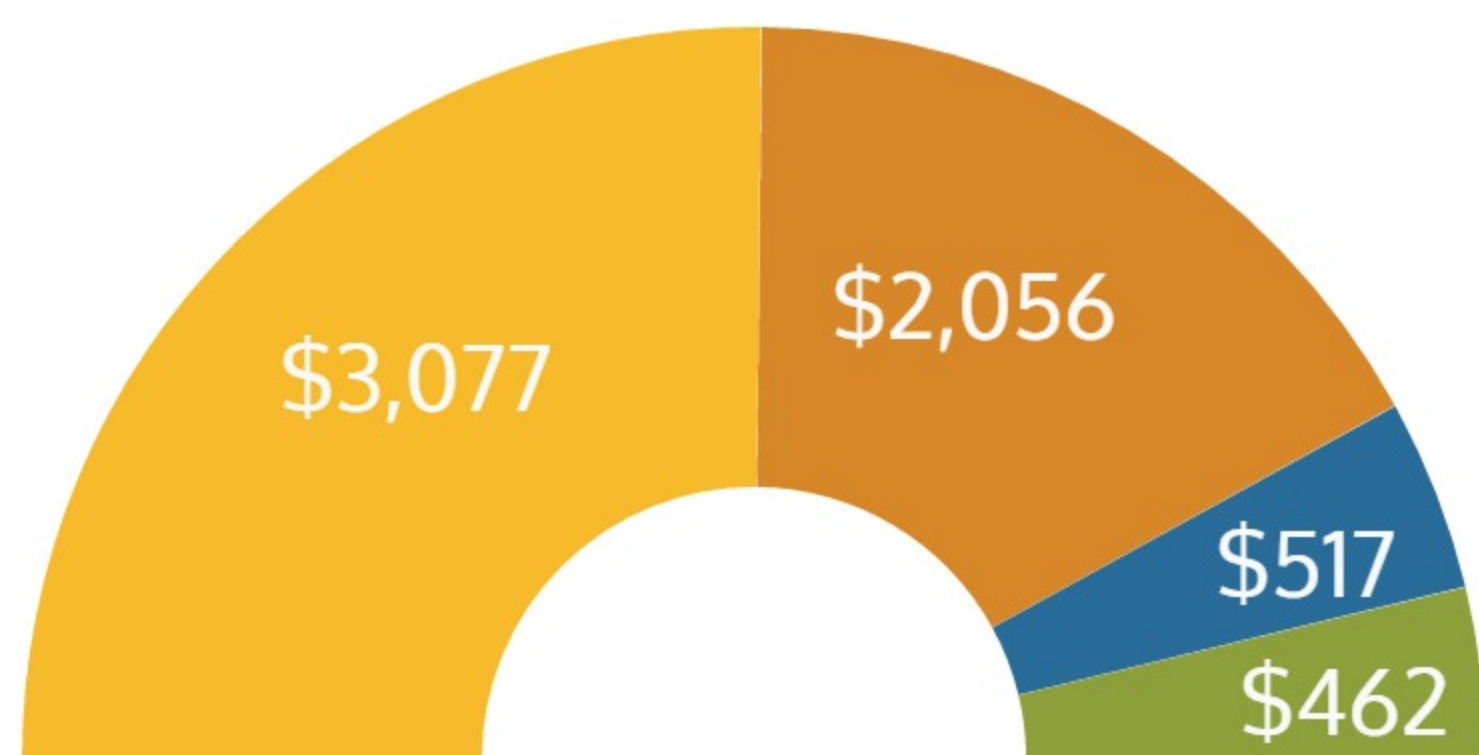




Healthy workplaces are good for businesses, employees and their families. Benefits are evident in better health, attitude, productivity, and individual and organizational performance. The Austin/ Travis County Health & Human Services Department (A/TCHHSD) is dedicated to making your work environment a healthier place. Our staff can help you assess and customize wellness programs for your unique workplace.

Chronic Diseases Account For 6 Out of 10 Deaths In Travis County

Total annual excess cost of a smoking employee to a private employer
= **\$5,816**



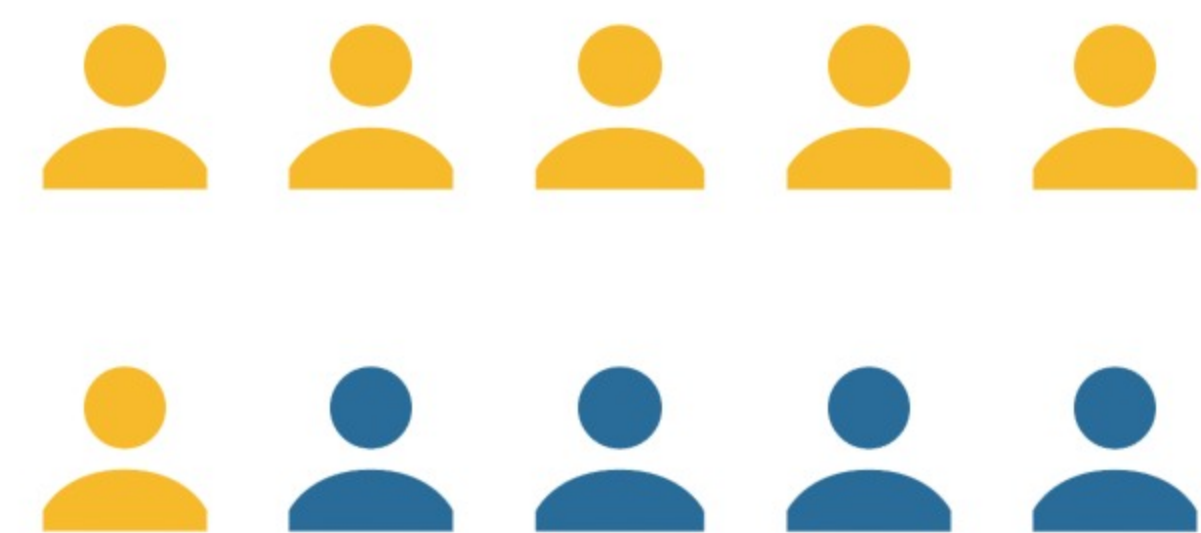
*\$296 savings w/ defined-benefit pension plans

- Smoke breaks
- Extra health care costs
- Excess absenteeism
- Reduced productivity

Employees who take four 10-minute smoking breaks a day actually work one month less per year than workers who don't take smoking breaks.



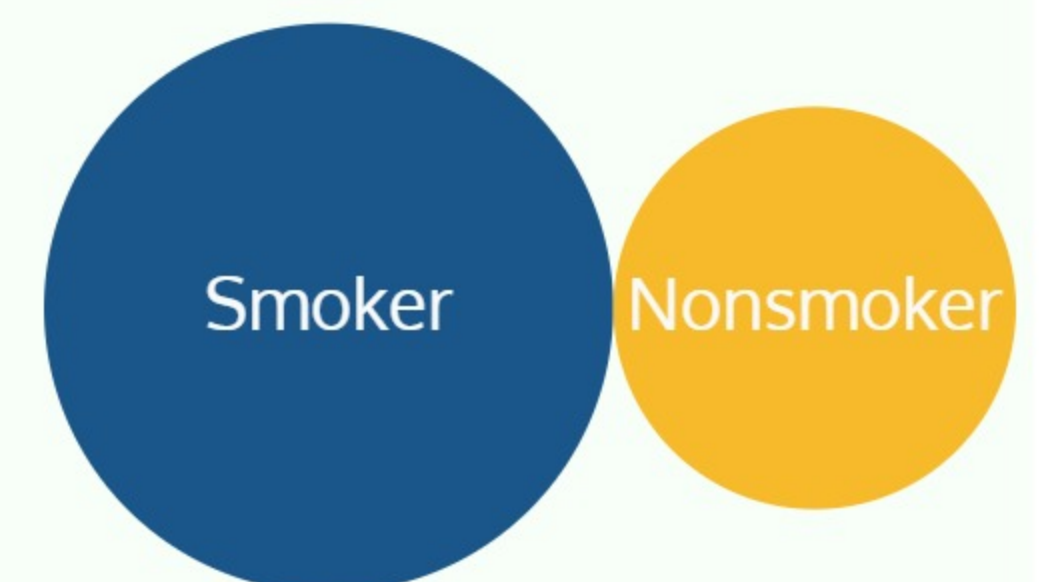
6 out of 10 employees are overweight or obese



Almost 50% do NOT meet aerobic recommendations



Employees who smoked had approximately twice the number of hours of production time lost compared to employees who never smoked



For more information on the FREE work site wellness technical assistance A/TCHHSD can offer your organization, or if you have any question please contact Cristina Garcia at 512-972-6472 or Cristina.Garcia@austintexas.gov.