



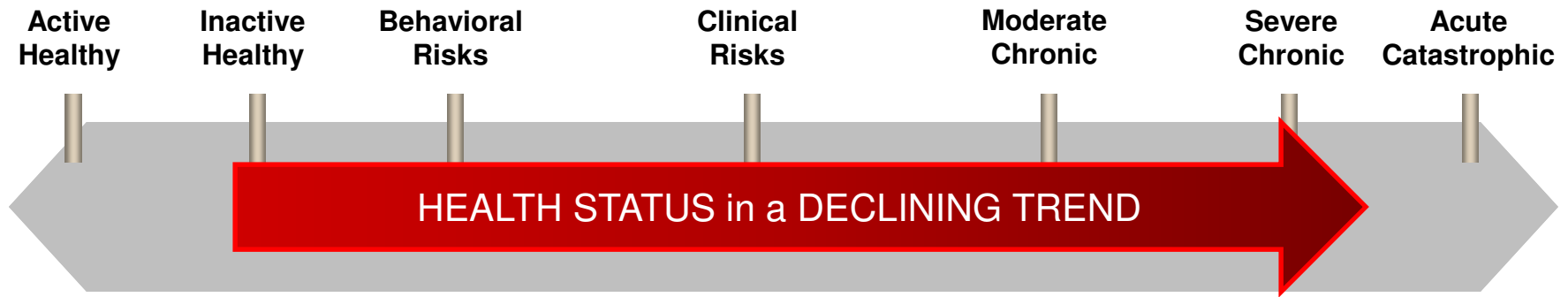
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“Overcoming Ergonomics Challenges  
in Obesity and Material Handling”  
October 10, 2013



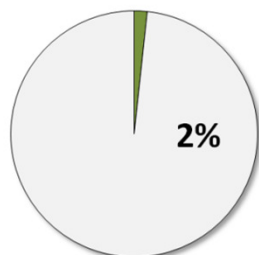
# Our Nation at RISK

# POPULATION HEALTH DECLINE

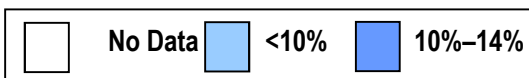
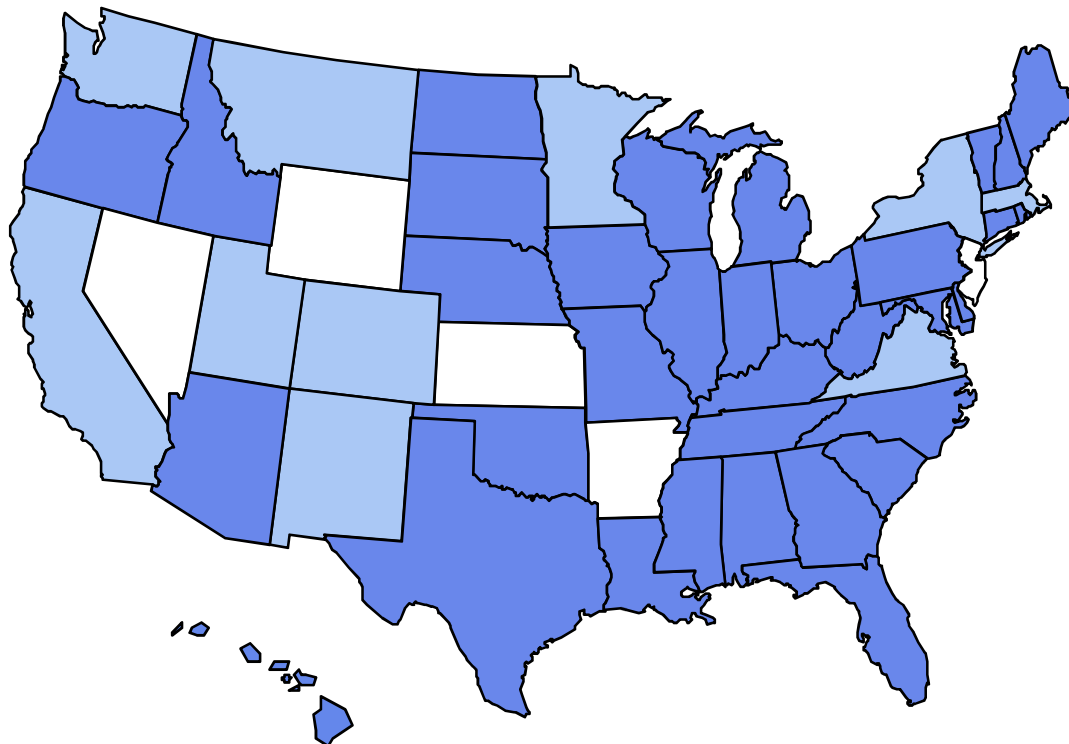
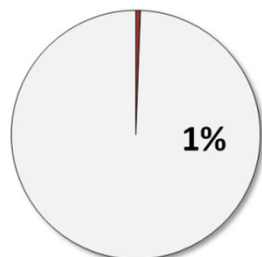


# Obesity Trends\* Among U.S. Adults: CDC Data BRFSS, 1990

Cellular Phone Usage - 1990

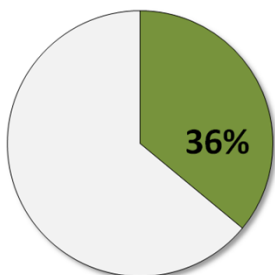


Internet Usage - 1990

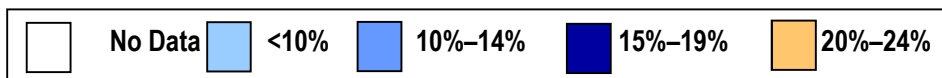
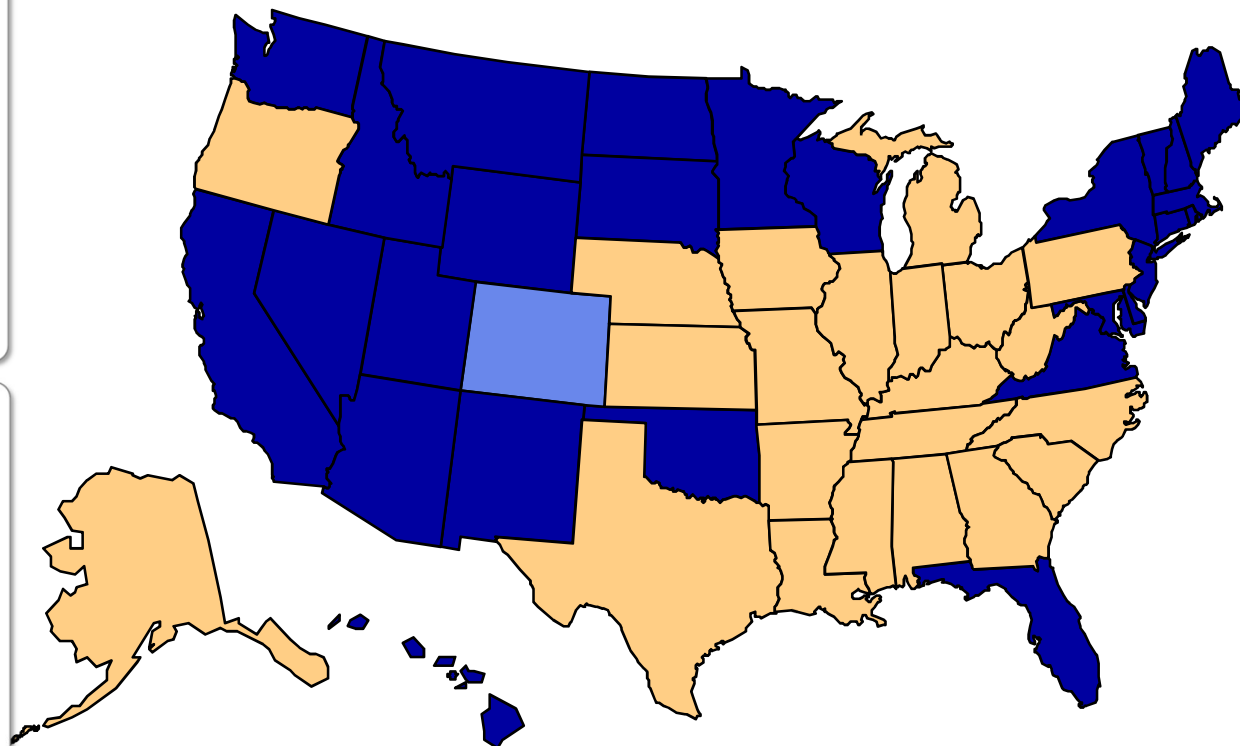
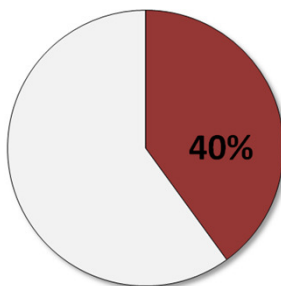


# Obesity Trends\* Among U.S. Adults: CDC Data BRFSS, 2000

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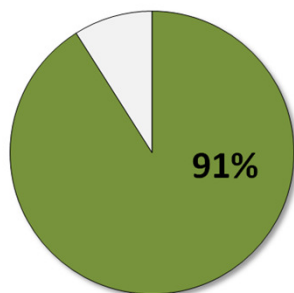


Internet Usage - 2000

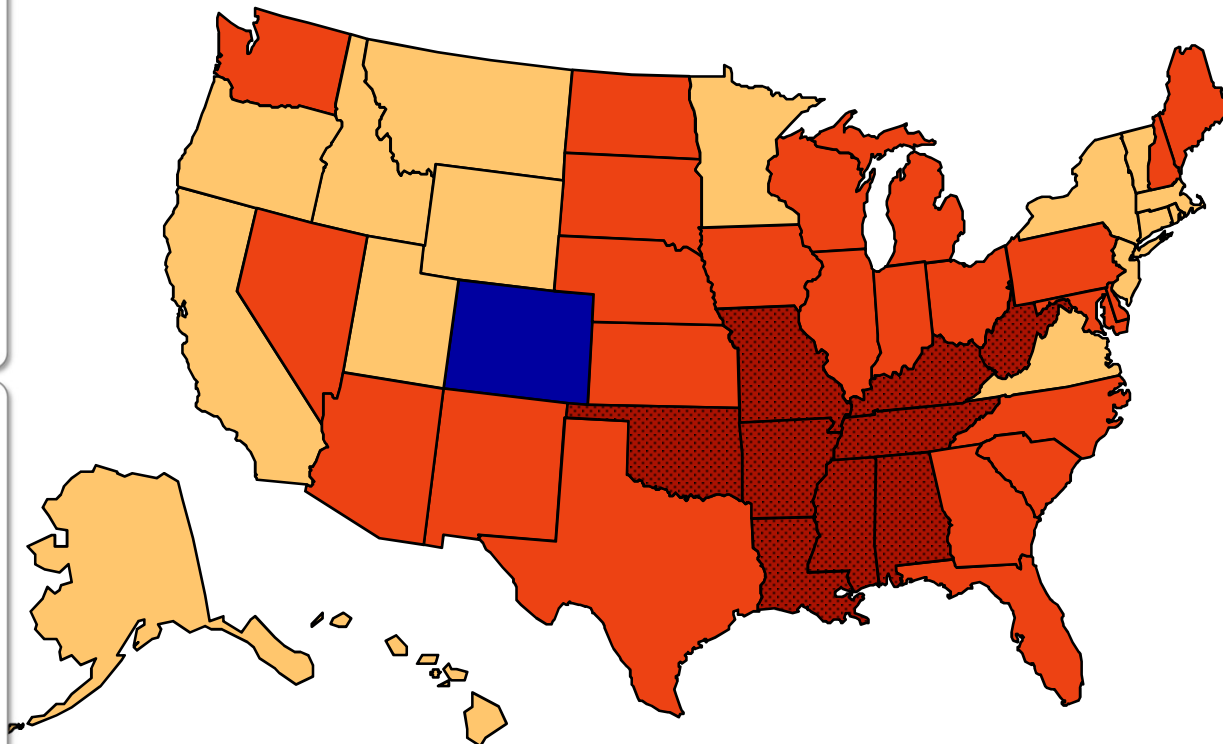
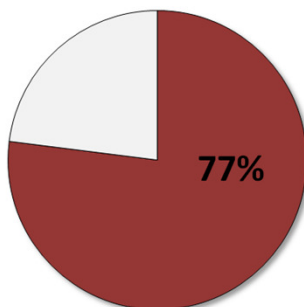


# Obesity Trends\* Among U.S. Adults: CDC Data BRFSS, 2009

Cellular Phone Usage - 2009



Internet Usage - 2009



□ Data    □ 10%    □ 10%-14%    □ 15%-19%    □ 20%-24%    □ 25%-29%    □ ≥30%



# Companies at RISK



# Obesity & Job Injury Research

- “Obesity Increases Risk of Injury on the Job”
  - 29% of 7,690 manufacturing workers injured over 3 year study period
  - 85% of injured workers were overweight or obese
    - 28% of injured were overweight (BMI 25-29)
    - 30% of injured were obese I & II (BMI 30-40)
    - 34% of injured were obese III (BMI >40)

*Keshia M. Pollack and Gary S. Sorock, both with the Johns Hopkins Bloomberg School of Public Health, and Martin D. Slade, Linda Cantley, Kanta Sircar, Oyebode Taiwo and Mark R. Cullen co-authored the study. May 2007.*





# Obesity Increases The Cost of Workers Compensation Claims

- Obese workers filed twice the number of workers' compensation claims
- Obese workers had 13 times more days off
- Obese workers had 7 times higher medical costs on filed workers' compensation claims

*[Truls Ostbye, Duke University, Archives of Internal Medicine, December 2007.](#)*



# Obesity & Job Injury Research

- “The heavy, heavy burden of obesity (cont.)”
  - Obese workers, BMI >40, had 11.65 claims per 100 versus 5.8 claims per 100 for workers, BMI <25
  - Obese workers average 183.63 lost days work per 100 employees versus 14.19 for normal weight workers
  - Average medical cost for obese was \$51,019 versus \$7,503 for non-obese

*Truls Ostbye, Duke University, Archives of Internal Medicine, December 2007.*



# Aging Workforce

- In comparison to other sectors, the **manufacturing** sector's demographic profile is **disproportionately composed of older workers and men**. 38% of the workers is aged 40-54 year, compared to 31% in other sectors of the economy. More than others, manufacturing employers will experience a large-scale exodus of older workers in the forthcoming years. The **aging** of the Baby Boomer generation is likely to have a **greater impact on the manufacturing sector than on other sectors**.



# NPR Report: May 21, 2012

## A Dire Sign Of The Obesity Epidemic: Teen Diabetes Soaring, Study Finds

- Researchers analyzed data from 3,383 youths ages 12 to 19 who participated in a federal survey and found that the proportion of those with diabetes or "pre-diabetes" **increased from 9 percent in 1999 to 23 percent in 2008**, according to a paper published in the journal Pediatrics.

(....Tomorrow's Workforce....)



# The Masses are Unmotivated

- 70% of the population is not motivated to change their poor lifestyle habits
  - Inactive
  - Obese
  - Tobacco use
  - Alcohol use
- Is there hope for a REAL Solution?



# Elements of a Real Solution



# Working Together

- Obesity is not just a “Health Benefits” issue
- Safety needs to take a leadership role
- Collaboration for a double/triple bottom line



# Address Elephant in the Room


- Education is not enough for unmotivated
- A “program” is not enough...
- Giving-up is not an option...





# A Pragmatic Solution

- Build relationships of trust and earn the right to influence
- Each individual has unique life circumstances that are effecting them
- Family matters



*TrestleTree's expertise is  
influencing  
less motivated or unmotivated  
people  
to change tough health  
behaviors.*



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