

Forty-Six Percent of Workers Have Gained Weight at Their Current Jobs, According to CareerBuilder.com's Annual Survey

PRNewswire
CHICAGO

The Battle of the Bulge continues at the office, according to CareerBuilder.com's annual "Work and Health" survey. Forty-six percent of workers report they have gained weight since starting their current jobs -- similar to last year's findings. One-in-five workers say they are more than 10 pounds heavier, while nearly one-in-ten workers have packed on more than 20 pounds. The CareerBuilder.com survey was conducted from June 6 to June 16, 2006 and included more than 2,200 workers.

A worker's industry can make a big difference when they step on the scale, with employees in relatively sedentary roles more likely to report weight gain. Fifty-seven percent of government workers, 54 percent of IT workers and 53 percent of accounting/finance workers reported swelling waistlines, compared with just 35 percent of retail workers and 39 percent of sales workers.

"Finding time to cook healthy meals and hit the gym after a long work day can be challenging," said Rosemary Haefner, Vice President of Human Resources for CareerBuilder.com. "Unfortunately, employers are complicating matters by supplying far more vending machines than wellness incentives. Eighty percent of workers report their companies don't offer gym passes, workout facilities or weight loss programs to help them stay in shape, up from 73 percent last year."

Haefner offers the following tips to help workers keep control of their waistlines:

- Use your commute. If you drive to work, park farther away from the office. If you use public transportation, get off the bus or train a stop or two early and walk the rest of the way. To burn even more calories, take the stairs instead of riding the elevator.
- Stock up on brown bags. One-third of workers say they buy their lunches instead of bringing them at least three times a week; 12 percent eat out Monday through Friday. By packing your own lunches, you can control portions and lessen the strain on both your waistband and your wallet.
- Put in some face time. Instead of relying on instant messaging or e-mail when you need to chat with a colleague, walk over and talk to them face-to-face. Those extra steps will add up.
- Only eat when you're hungry. Many workers turn to food to ease their boredom and stress. Keep a bottle of water at your desk and drink it throughout the day to curb your urge to chow down.
- Snack smart. One-third of workers say they snack at least twice a day at work, and 40 percent eat more unhealthy snacks at work than they do at home. Skip the vending machines and start packing healthier snacks like crackers or raw veggies.

Survey Methodology

The survey, "Work and Health," was conducted from June 6 to June 16, 2006. Methodology used to collect survey responses totaling more than 2,200 workers for this study involved selecting a random sample of comScore Networks panel members. These Web Panel members were approached via an e-mail invitation, which asked them to participate in a short online survey. The results of this survey are statistically accurate to within +/- 2.08 percentage points (19 times out of 20).

About CareerBuilder.com

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