

TOPS® Works for Wellness

By mid-century, more people will die from obesity-related illness than from all cancers combined.

The Challenge:

- 34% of U.S. adults are obese.
- 23.1% of Canadian adults are obese.
- Obesity costs U.S. companies an estimated \$13 billion per year, and is associated with 39 million lost workdays.
- The total direct cost of obesity to the Canadian health system exceeded \$1.8 billion in the last report available from the Canadian Medical Association Journal.
- The seven most common chronic diseases – cancer, diabetes, hypertension, stroke, heart disease, pulmonary conditions, and mental illness – are costing U.S. employers \$1.1 trillion in lost productivity. All of these conditions are linked to obesity.
- The most overweight or obese employees have the highest rate of lost workdays and file twice the rate of worker's compensation claims as compared to their healthy weight colleagues.

The Solution:

TOPS Club, Inc. (Take Off Pounds Sensibly) is a nonprofit, noncommercial, weight-loss education and support organization, founded in 1948.

Workplace wellness programs can counter the effects of obesity on the company by lowering healthcare costs, reducing absenteeism, and increasing productivity. TOPS can help.

TOPS members throughout the U.S. and Canada lost a total of more than 493 tons in a one-year period.

Evidence that the TOPS way to weight loss is successful:

Years at Goal	Number of Members at Goal	Total Pounds Lost	Average Pounds Lost
25 +	1,236	34,418	28
10 – 24	4,953	139,292	28
5 – 9	4,946	152,659	31
0 - 4	11,823	420,515	36