



10 years of Britain’s Healthiest Workplace: At a glance

Discover the cause. Discover the solution.

Over the past 10 years, Britain’s Healthiest Workplace, one of the UK’s largest surveys of employee wellbeing, has gathered deep insights into some of the challenges facing UK employers and their employees.

From this decade of research, we’ve uncovered what’s causing some of these challenges. Plus, we have a solution that will help your clients overcome these issues and create a healthier, happier and more productive workforce.



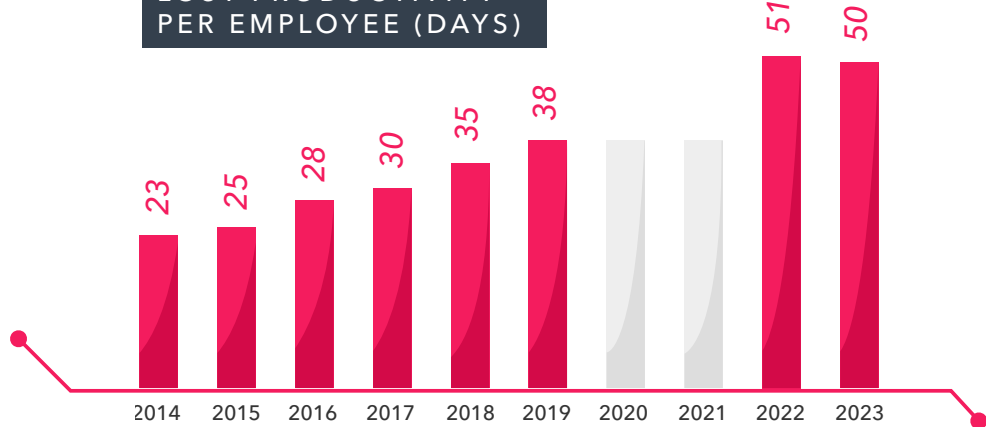
The productivity problem

Approximately **50** productive days lost per employee on average in 2023.

NEARLY 90% of productivity lost between 2014 and 2023 caused by presenteeism.

£860bn estimated cost to UK economy for **lost productivity due to ill-health** between 2014 and 2023.

LOST PRODUCTIVITY PER EMPLOYEE (DAYS)



Britain’s Healthiest Workplace did not take place in 2020 and 2021 due to the Covid-19 pandemic.



UK’s physical and mental health landscape

UNHEALTHY LIVING IS A SIGNIFICANT CHALLENGE

Obesity rates were up **51%** between 2014 and 2023.

8 IN 10 employees reported at least one musculoskeletal issue in 2023.

COMPARED TO OLDER EMPLOYEES, IN 2023 EMPLOYEES AGED 35 AND YOUNGER WERE:

63% more likely to suffer from depression.

15% more likely to suffer from burnout.



The changing work environment

A SNAP SURVEY FROM OCTOBER 2024 REVEALED THE FOLLOWING INSIGHTS:

63%

of employees want their employer to do more to **support their health and wellbeing**.

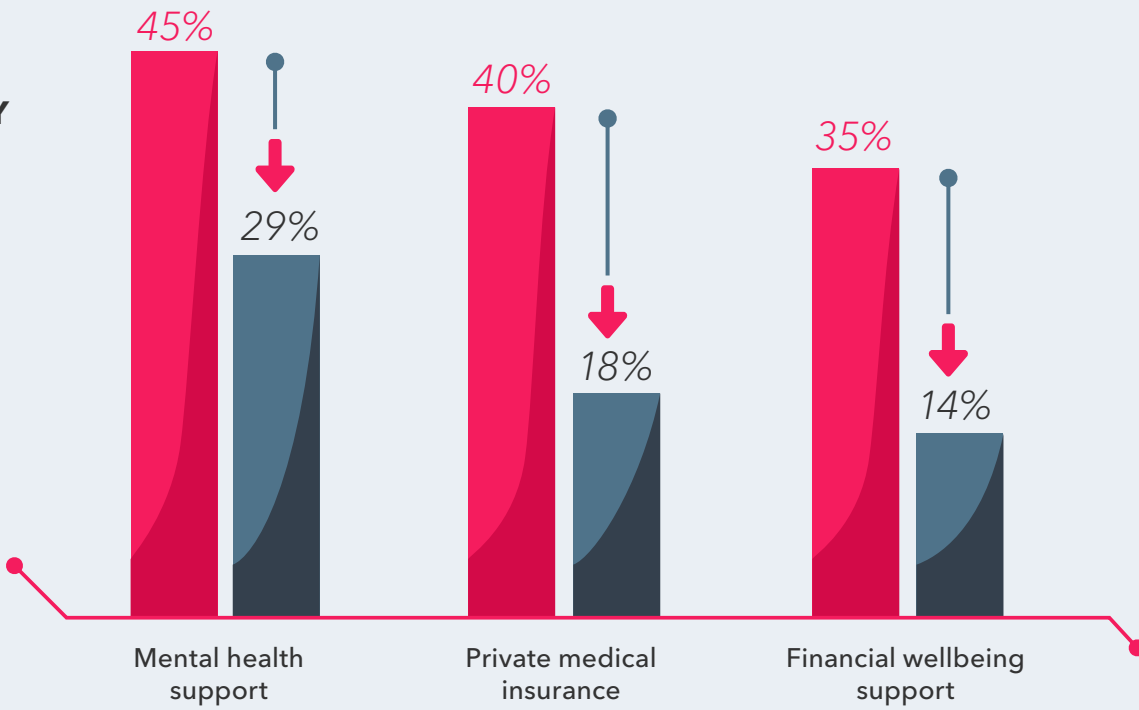


73% of employees believe that all employers should offer **flexible working options**.

Vitality and Opinium, 2024

THE GAP BETWEEN WHAT EMPLOYEES WANT AND WHAT THEY RECEIVE FROM THEIR EMPLOYER

- % of employees who selected the initiative as being most useful**
- % of employees who report being offered this initiative by employers**



Why should your clients be interested in Vitality Health Insurance for their employees?

Powered by a decade of data, we can help your clients’ businesses create a healthier, happier and more productive workforce.

By giving members access to the Vitality Programme – the world’s largest health promotion programme linked to insurance – we help drive improvements in healthy behaviour and long-term health.

Compared to employees without Vitality Health Insurance, Britain’s Healthiest Workplace 2023 found that those with Vitality Health Insurance:

➔ **HAVE IMPROVED HEALTH METRICS WHICH EQUATE TO 2.5 additional days of productive time per employee each year.**

➔ **ARE 11% less likely to be suffering from depression.**

➔ **ARE 17% more likely to agree that their employer plays an active role in supporting their health and wellbeing.**



Find out more

For more information please speak to your Vitality Business Consultant or visit <https://adviser.vitality.co.uk/campaigns/britains-healthiest-workplace-10-year-insights/>