

Perceptions of Worksite Support and Employee Obesity, Activity, and Diet

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Objectives: To examine the associations of perceptions of organizational commitment to employee health and coworker physical activity and eating behaviors with body mass index (BMI), physical activity, and eating behaviors in hospital employees. **Methods:** Baseline data from 899 employees participating in a worksite weight-gain prevention trial were analyzed. **Results:** Greater perception of organizational commitment to employee health was associated with

lower BMI. Greater perceptions of coworker healthy eating and physical activity behaviors were associated with fruit and vegetable and saturated fat consumption and physical activity, respectively. **Conclusions:** Improving organizational commitment and facilitating supportive interpersonal environments could improve obesity control among working populations.

Key words: body mass index, social environment, workplace

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