

Survey indicates low participation in employers' health and wellness programs.

The [Hartford Courant](#) (9/11, Levick) reports that although "workers can pick from a cornucopia of health and wellness programs" offered by employers, "few employees are joining them." A survey by Hewitt Associates showed that "only four percent of smoking employees participated in their employers' smoking cessation programs in 2007." Similarly, disease management programs had low participation rates, with "only 10 percent of the employees who were eligible" participating. But, Kathleen Mahieu, a health and productivity solutions consultant with Hewitt, cautioned against dropping the programs. Instead, she suggested tailoring "communication about the programs to a wider range of employees...to move them from thinking about change to taking action." The survey also found that of 54 percent of employers "surveyed [that] offer smoking cessation programs...only 47 percent of them reported they're satisfied or highly satisfied with the programs." Mahieu explained that most employers are probably "disappointed...because they have no measure of what return they're getting on their investment in the programs." The impact, however, of getting "one individual to quit smoking" will have "saved [the company's] investment."