The powerful influence of the on-site health environment is an oftentimes overlooked lever of behavior change.

**Insight:**
Has your company recently made (or considered making) any changes to your physical work environment to help employees make healthy decisions at work?

- Yes, made changes: 40%
- Yes, considered making changes but haven’t done so yet: 29%
- No, haven’t made/considered any changes: 29%

**Top five environmental changes implemented**
(Note: Of those who have made changes)

- **63%** Smoke-free campus
- **63%** Healthier food/beverage options in the vending machine
- **43%** Improved access to/availability of water
- **42%** Healthy catering options for meetings
- **40%** Healthy entrées in the cafeteria

**How to cross the chasm:**
- Audit your health environment at work to identify opportunities.
- Engineer an environment that makes healthy choices the path of least resistance in the workplace.
- Establish a partnership between HR and real estate services teams.