Table A1. Percent of employees in each demographic characteristic reporting used of the program supports available at their worksite.

|  |  |  |
| --- | --- | --- |
|  |  | **Programs** |
|  |  | **Personal services for fitness** | **Health fair** | **Challenge events** | **Exercise program** | **Maps for walking** |
| Characteristic |  | %  | n | %  | n | %  | n | %  | n | %  | n |
| Race | White | 58.2% | 594 | 71.2% | 600 | 45.4% | 586 | 27.1% | 428 | 28.5% | 193 |
| Black/AA | 65.2% | 273 | 69.9% | 316 | 55.0% | 271 | 39.8% | 236 | 33.1% | 136 |
| Other | 69.2% | 65 | 73.5% | 68 | 50.8% | 59 | 52.6% | 57 | 41.0% | 39 |
|  | p-value\* | 0.056 |  | .823 |  | **0.031** |  | **0.000** |  | 0.272 |  |
| Worksite Size | 0-49 | 48.0% | 150 | 61.4% | 158 | 53.6% | 138 | 52.8% | 106 | 34.8% | 66 |
| 50-199 | 65.7% | 280 | 68.0% | 281 | 47.6% | 290 | 29.6% | 213 | 33.3% | 93 |
| 200+ | 63.7% | 466 | 75.5% | 506 | 47.2% | 458 | 31.2% | 365 | 29.8% | 188 |
|  | p-value\* | **0.001** |  | **0.001** |  | 0.394 |  | **0.000** |  | 0.693 |  |
| Age | 21-44 | 58.8% | 308 | 62.7% | 335 | 45.2% | 323 | 30.2% | 245 | 24.8% | 113 |
| 45-54 | 60.5% | 319 | 73.6% | 330 | 50.5% | 315 | 34.5% | 249 | 38.2% | 131 |
| 55-65 | 64.4% | 295 | 77.0% | 309 | 48.7% | 271 | 36.8% | 220 | 32.0% | 122 |
|  | p-value\* | 0.348 |  | **0.000** |  | 0.399 |  | 0.305 |  | 0.082 |  |
| Weight Status | Non-ob | 59.4% | 584 | 70.9% | 602 | 45.5% | 572 | 32.5% | 462 | 33.6% | 226 |
| Obese | 63.3% | 300 | 70.6% | 330 | 52.8% | 301 | 36.2% | 224 | 27.6% | 123 |
|  | p-value\* | 0.259 |  | 0.917 |  | **0.038** |  | 0.337 |  | 0.25 |  |
| Gender | Women | 63.2% | 644 | 73.3% | 694 | 52.2% | 648 | 35.3% | 504 | 34.3% | 245 |
| Men | 56.8% | 296 | 65.4% | 298 | 39.3% | 275 | 29.5% | 220 | 26.4% | 125 |
|  | p-value\* | 0.06 |  | **0.012** |  | **0** |  | 0.13 |  | 0.123 |  |
| Trying to lose weight | Yes | 64.9% | 536 | 74.7% | 585 | 54.5% | 547 | 36.3% | 435 | 36.5% | 219 |
| No | 56.5% | 402 | 65.8% | 406 | 39.4% | 373 | 29.2% | 288 | 24.7% | 150 |
|  | p-value\* | **0.019** |  | **0.008** |  | **0.000** |  | **0.051** |  | **0.044** |  |

\*chi-squared, bold indicates p<.05

Table A2. Percent of employees in each demographic characteristic reporting used of the facility supports available at their worksite.

|  |  |  |
| --- | --- | --- |
|  |  | **Facilities** |
|  |  | **Indoor exercise facility** | **Outdoor exercise facility** | **Shower facilities** | **Bikelock area** | **Cafeteria** |
| Characteristic |  | %  | n | %  | n | %  | n | %  | n | %  | n |
| Race | White | 34.1% | 449 | 39.3% | 366 | 17.7% | 406 | 7.6% | 701 | 85.9% | 624 |
| Black/AA | 43.3% | 201 | 43.6% | 149 | 23.8% | 189 | 5.1% | 315 | 88.1% | 294 |
| Other | 52.6% | 57 | 50.0% | 52 | 40.4% | 57 | 11.4% | 88 | 84.8% | 66 |
|  | p-value\* | **0.005** |  | 0.283 |  | **0.000** |  | 0.102 |  | 0.610 |  |
| Worksite Size | 0-49 | 41.5% | 123 | 42.1% | 107 | 31.4% | 121 | 9.7% | 309 | 75.2% | 153 |
| 50-199 | 45.0% | 171 | 38.0% | 166 | 17.1% | 170 | 5.2% | 306 | 82.0% | 266 |
| 200+ | 35.1% | 379 | 42.4% | 271 | 19.4% | 340 | 6.3% | 447 | 91.5% | 519 |
|  | p-value\* | 0.069 |  | 0.632 |  | **0.007** |  | 0.069 |  | **0.000** |  |
| Age | 21-44 | 43.8% | 242 | 40.8% | 179 | 22.6% | 217 | 8.9% | 371 | 86.2% | 349 |
| 45-54 | 36.7% | 226 | 42.8% | 201 | 23.4% | 214 | 8.0% | 362 | 89.8% | 323 |
| 55-65 | 34.1% | 229 | 42.0% | 181 | 18.4% | 217 | 4.7% | 365 | 83.6% | 305 |
|  | p-value\* | 0.079 |  | 0.924 |  | 0.406 |  | 0.064 |  | 0.074 |  |
| Weight Status | Non-ob | 38.1% | 436 | 39.7% | 348 | 21.3% | 423 | 8.5% | 696 | 85.6% | 623 |
| Obese | 37.1% | 237 | 46.2% | 182 | 19.5% | 200 | 4.6% | 345 | 87.3% | 308 |
|  | p-value\* | 0.81 |  | 0.15 |  | 0.609 |  | **0.024** |  | 0.459 |  |
| Gender | Women | 38.4% | 487 | 40.1% | 384 | 17.1% | 409 | 4.3% | 713 | 86.8% | 683 |
| Men | 37.5% | 224 | 45.2% | 186 | 28.2% | 248 | 12.1% | 396 | 85.7% | 308 |
|  | p-value\* | 0.819 |  | 0.251 |  | **0.001** |  | **0** |  | 0.637 |  |
| Trying to lose weight | Yes | 40.5% | 432 | 43.4% | 355 | 20.4% | 377 | 5.8% | 639 | 87.4% | 588 |
| No | 34.5% | 278 | 39.3% | 214 | 22.2% | 279 | 9.0% | 468 | 84.9% | 403 |
|  | p-value\* | 0.204 |  | 0.437 |  | 0.135 |  | 0.112 |  | 0.477 |  |

\*chi-squared, bold indicates p<.05

Table A3. Percent of employees in each demographic characteristic reporting used of the policy supports available at their worksite.

|  |  |  |
| --- | --- | --- |
|  |  | **Policies** |
|  |  | **Flextime for physical activity** | **Physical activity breaks** | **Membership** | **Incentives bike/walk** | **Incentives for transit** |
| Characteristic |  | %  | n | %  | n | %  | n | %  | n | %  | n |
| Race | White | 57.7% | 440 | 69.1% | 139 | 22.9% | 375 | 13.8% | 65 | 23.6% | 165 |
| Black/AA | 54.5% | 198 | 72.6% | 117 | 27.4% | 164 | 31.6% | 76 | 39.6% | 159 |
| Other | 61.9% | 63 | 73.0% | 37 | 28.9% | 45 | 44.0% | 25 | 42.9% | 28 |
|  | p-value\* | 0.552 |  | 0.788 |  | 0.424 |  | **0.006** |  | **0.004** |  |
| Worksite Size | 0-49 | 60.8% | 212 | 80.7% | 83 | 36.3% | 102 | 42.0% | 50 | 52.4% | 63 |
| 50-199 | 56.1% | 196 | 71.7% | 99 | 23.8% | 164 | 26.4% | 53 | 39.4% | 94 |
| 200+ | 55.4% | 276 | 64.9% | 97 | 21.1% | 298 | 15.5% | 58 | 22.1% | 181 |
|  | p-value\* | 0.450 |  | 0.063 |  | **0.009** |  | **0.009** |  | **0.000** |  |
| Age | 21-44 | 62.2% | 251 | 72.6% | 106 | 22.9% | 205 | 32.3% | 65 | 41.7% | 115 |
| 45-54 | 55.0% | 238 | 72.1% | 104 | 29.0% | 200 | 21.2% | 52 | 27.0% | 126 |
| 55-65 | 54.5% | 209 | 68.3% | 82 | 22.2% | 176 | 27.1% | 48 | 32.1% | 106 |
|  | p-value\* | 0.169 |  | 0.783 |  | 0.230 |  | 0.404 |  | **0.050** |  |
| Weight Status | Non-ob | 57.3% | 452 | 70.0% | 190 | 23.7% | 376 | 26.2% | 103 | 31.6% | 206 |
| Obese | 56.1% | 223 | 74.5% | 94 | 27.9% | 179 | 29.6% | 54 | 36.1% | 119 |
|  | p-value\* | 0.758 |  | 0.433 |  | 0.279 |  | 0.648 |  | 0.398 |  |
| Gender | Women | 56.1% | 451 | 67.7% | 201 | 22.6% | 411 | 23.3% | 103 | 31.6% | 263 |
| Men | 59.6% | 255 | 78.7% | 94 | 28.8% | 177 | 32.8% | 64 | 35.9% | 92 |
|  | p-value\* | 0.365 |  | **0.051** |  | 0.11 |  | 0.178 |  | 0.448 |  |
| Trying to lose weight | Yes | 59.9% | 406 | 72.8% | 162 | 26.0% | 354 | 28.2% | 85 | 33.2% | 199 |
| No | 53.9% | 297 | 68.9% | 132 | 22.3% | 233 | 25.6% | 82 | 32.3% | 155 |
|  | p-value\* | 0.271 |  | 0.623 |  | 0.509 |  | 0.702 |  | 0.771 |  |

\*chi-squared, bold indicates p<.05