



KEEPING TOP EXECUTIVES HEALTHY:

Why it matters

Top Executives: Health Hits the Bottom Line

The cost to replace a key executive is significant. A study by the Center for American Progress (CAP) found the average costs to replace an employee to be as follows:

- 20% of annual salary for mid-range positions (earning \$30,000 to \$50,000 a year).
- Up to 213% of annual salary for highly educated executive positions.



For example, the cost to replace a **\$100,000** salaried employee is **\$213,000.**

Center for American Progress 2012 Study



The health of a CEO affects their company's stock price.

For example, when Steve Jobs announced he would take a leave of absence in January 2009, **Apple's stock dropped 17%.**

In 2012, when Antonio Hort Osorio, Chief Executive of **Lloyds Banking Group**, took a two-month leave, **shares dropped by 4.5%** — a 12 billion pound loss.

FINRA and CNBC



Work: It has a big impact!



We spend almost **35%** of our waking hours at work. This means our workplaces have a huge impact on shaping employee lifestyle, eating habits and overall health.

ReviseSociology



The majority of **highly stressed** workers (62%) identified work as their main source of stress.

Statistics Canada; 2010 General Social Survey (GSS)

Stress: It must be managed



Stress has been linked to complications like high blood pressure, heart disease, obesity and diabetes. It can also contribute to immune issues, higher risk of infertility and miscarriage, headaches, muscle tension or pain, anxiety and depression.

Mayo Clinic



Slightly more than **1 in 4 Canadian** workers described their day-to-day lives as highly stressful.

Canadian Mental Health Association

Prevention: You can change your path



Nine in 10 Canadians have at least one risk factor for heart disease or stroke including, smoking, alcohol, physical inactivity, obesity, high blood pressure, high cholesterol and diabetes.

Public Health Agency of Canada

THE **BIG 4**

Cancer, diabetes, cardiovascular disease and lung disease are the leading causes of preventable death and disability in Canada. You can dramatically reduce your risk of these Big 4 chronic diseases by changing the way you live. By choosing a healthy lifestyle, you may be able to delay the onset of disease and reduce your risk of the Big 4 early in life.

Public Health Agency of Canada

Being screened or tested regularly is key to preventing or treating illness. In many cases, the earlier a problem is detected, the easier it is to treat.

Public Health Agency of Canada

