MetLife | Return to Health – Occupational Health Insights

Crohn's Disease (CD)



Did You Know?

- Approximately 593,000 to 780,000 people in the US have been diagnosed with CD.[4]
- Employees with CD are 5% more likely to miss work than the average.[3]

Questions to Consider:

1. What limitations is the employee experiencing?
2. How do these limitations affect the employee's job performance?
3. What specific job tasks are problematic?
4. What accommodations are available to reduce or eliminate these problems?[2]

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What is Crohn's Disease?

A type of inflammatory bowel disease (IBD) that causes swelling and irritation of the tissues, in the digestive tract.[1]

Symptoms that May Impact Work:

- Fever
- Fatigue
- Abdominal pain/cramping
- Diarrhea
- Mouth sores
- Incontinence[1]
- Reduced appetite/weight loss
- Inflammation of skin, eyes and joints
- Anemia[1]

Accommodations to Consider:

- **Ergonomic Equipment:** allows for repositioning to help alleviate symptoms such as abdominal cramping and discomfort.
  - Stand-Lean Stools
  - Sit-to-Stand Desks
  - Ergonomic chairs [2]
- **Periodic Rest Breaks:** These breaks are necessary to manage symptoms, attend to personal health needs, and maintain productivity.[2]
- **Telework, Work from Home, Working Remotely**
- **Flexible schedules:** this allows for managing unpredictable flare-ups.[2]
- **Proximity to restroom** [2]

1. Mayo Foundation for Medical Education and Research (MFMER). *Crohn's Disease*. mayoclinic.org/diseases-conditions/crohns-disease/symptoms-causes/syc-20353304. 1998-2025. Date Accessed: 02/16/2026.
2. Job Accommodation Network. *Gastrointestinal Disorders*. askjan.org/disabilities/Gastrointestinal-Disorders.cfm. Date Accessed: 02/16/2026.
3. Oxford Academic. *The Economic and Health-related Impact of Crohn's Disease in the United States: Evidence from a Nationally*. Date Accessed: 02/16/2026.
4. *Representative Survey.* Michael L. Ganz, MS, PhD, Rebecca Sugarman, MSc, Rosa Wang, MHA, Brian Bekker Hansen, MSc, Jonas Håkan-Bloch, MSc. academic.oup.com/ibdjournal/article-abstract/22/5/1032/4561712. Date Accessed: 02/16/2026.

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