

## Get Healthy At Work Program

### Description

Get Healthy at Work is a NSW Government initiative aimed at improving the health of working adults by providing workplaces with tools, resources and support to address the following key areas of health:

- Healthy weight
- Physical activity
- Healthy eating
- Active travel
- Smoking
- Harmful alcohol consumption

With a workforce of almost 5,000 employees Nepean Blue Mountains Local Health District has registered for this program. Not only is the LHD one of the largest employers in the region but 76.9% of employees live locally.

Nepean Hospital and Blue Mountains Anzac Memorial Hospital are pilot sites for the program.

### Aims

- To contribute to the reduction of lifestyle related chronic disease risks To provide access to an online confidential brief health check for LHD employees to assess their risk factors for chronic disease
- Support employees to make healthier choices within the workplace and in their private lives.

### Achievements

Since registering in the program 2015 Health Promotion has:

- Commitment from LHD CE as Executive Sponsor
- Established a LHD Steering Committee
- Presented the program to the LHD Board
- Established the two pilot sites, each with a working group
- Launched the program with Get Healthy at Work Walks at Penrith and Blue Mountains during Healthy Weight Week
- LHD employees have completed the Brief Health Checks on line.



Nepean Staff Health are supporting the program with a half day per week Staff Health Clinic at Nepean Hospital for Brief Health Checks, measurement of BMIs and blood pressure and referral to appropriate services.

### Future Directions

The Get Healthy at Work Program is in its early stages of implementation. Future directions for roll out across the LHD will be informed by results of Brief Health Checks which will identify priority health issues to address in the workplace and evaluation of pilot sites.

### Program Outcomes

- Reduce smoking rates, overweight and obesity rates and risk drinking among LHD staff.
- Reduce sick leave and staff turnover across the LHD
- Increase in productivity.
- Reduce the likelihood of chronic disease or the impact chronic disease has on an individual's capacity to work.

#### Fast Facts - The Health of Australia's Workforce

- Around 1 in 3 working-age Australians have at least one chronic disease. (2010).
- 96% of working-age Australians have at least one chronic disease risk factor and (72%) had multiple risk factors. (2010).
- 63% of Australian adults are in the unhealthy weight range. (2011-12).
- Organisations can reduce their employees' health risk factors by up to 56%.
- Unhealthy workers take up to nine times more sick leave than their healthy colleagues.

