



## Get Healthy at Work – Health Partners Update

Thursday 9<sup>th</sup> July 2015

It's been one year since **Get Healthy at Work** officially launched in July 2014, and timely to reflect and share progress on the first year of state-wide implementation. Since the last update, the WorkCover NSW and NSW Health teams responsible for program implementation and evaluation have been engaging stakeholders, improving the website, supporting service providers and planning the summative evaluation.

As always, we appreciate the commitment from our valued health and industry partners in promoting the initiative through social media, e-news, direct mail-outs and at local business events. The team welcomes the opportunity to discuss any other ways we can work together to promote **Get Healthy at Work** to businesses and stakeholders.

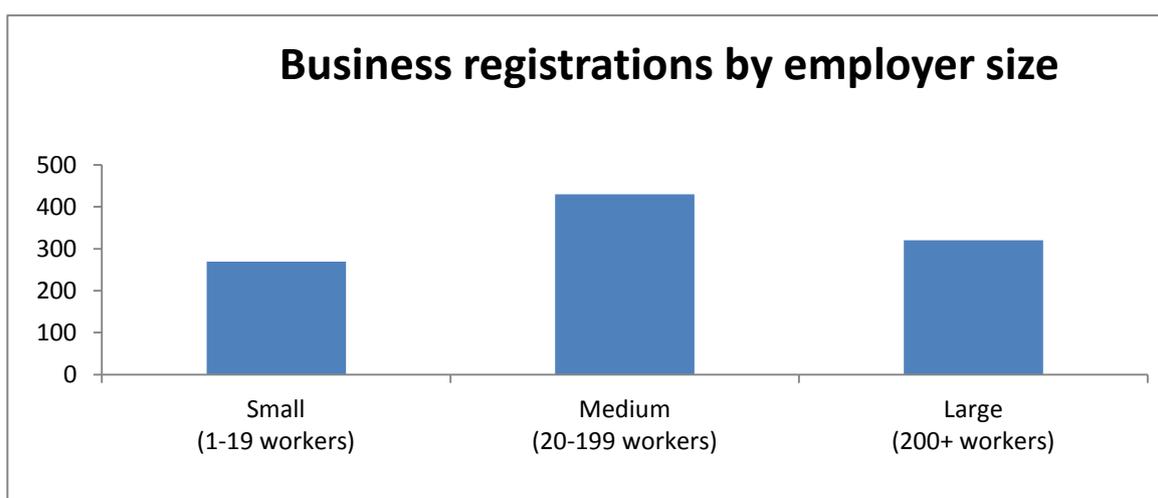
We are now regularly hosting webinars to engage new businesses and support them through the registration process. Webinars have proved to be a successful engagement tool particularly for businesses that want more information before making a commitment. Partners are encouraged to promote webinars and can visit the [Get Healthy at Work website](#) for upcoming webinars and events.



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## Business participation

Business registrations have been steadily increasing and the latest data shows that over 1,000 businesses are currently participating in **Get Healthy at Work** with a potential reach of more than 165,000 NSW workers. A closer look by business size reveals that around one quarter of registered businesses are small, a third represent large businesses and the majority are medium-sized businesses. Participating worksites are dotted across NSW and represent both metropolitan and regional areas and a diverse range of industries.



Public sector agencies can access the online Do-It-Yourself (D-I-Y) components of the program including the online Brief Health Checks and D-I-Y Workplace Health Program support. There has been a promising level of interest from both state and local government (including councils and Local Health Districts) and to date, over 100 public sector organisations have registered, which equates to around 10% of business registrations.

## Workplace Health Programs

Close to 300 Workplace Health Programs have been established, and nearly two thirds of businesses (60%) have chosen to receive support from a **Get Healthy at Work** service provider. The remaining businesses (40%) have chosen to develop a Workplace Health Program using the online DIY approach.

Businesses are most commonly selecting poor diets, physical inactivity, excess weight and smoking as the priority health issue the first time they work through the program cycle.

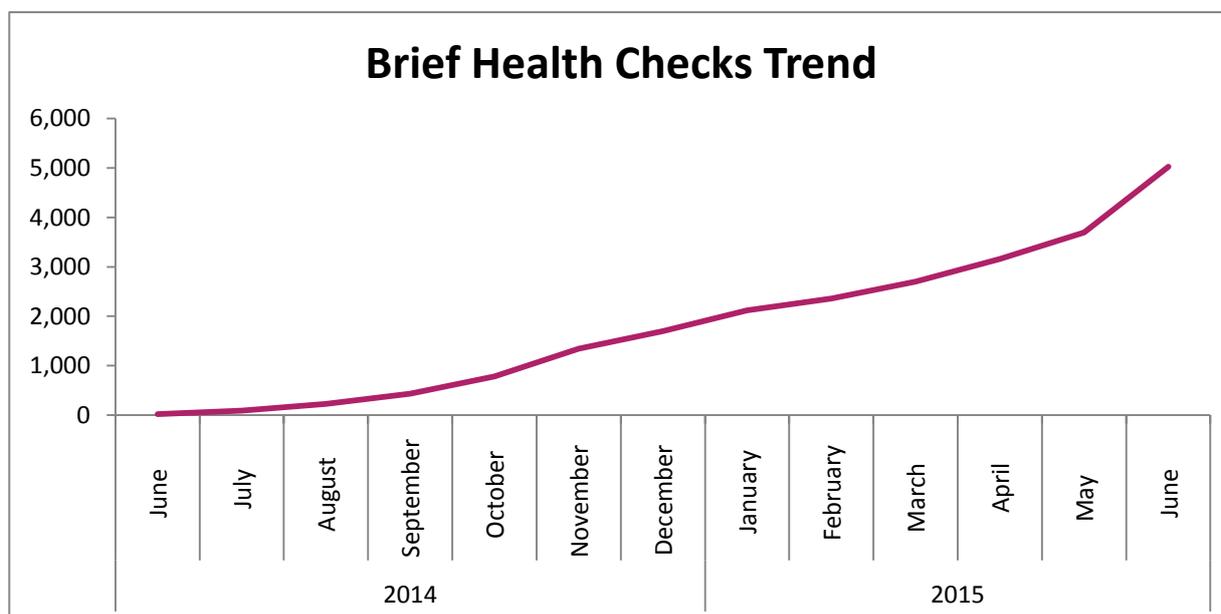


Health

## Brief Health Checks

Over 5,000 workers have received a Brief Health Check to identify their individual risk of developing type 2 diabetes and heart disease with more than half being offered referrals to GP's, lifestyle coaching services and local programs.

Around two thirds of Brief Health Checks (66%) have been accessed online and the remaining Brief Health Checks (34%) have been delivered on-site by trained health professionals.



The profile of participating workers:

- An equal ratio of males and females (1:1)
- 52% aged between 35-55 years
- 40% in sedentary jobs (mainly sitting)
- 18% Asian, Maori, Pacific Island or Aboriginal descent
- 21% (aged 35+ years) at medium risk of developing type 2 diabetes
- 37% (aged 35+ years) at high risk of developing type 2 diabetes

Over half of workers (58%) were eligible for referral to the *Get Healthy Information and Coaching Service* and a smaller proportion were current smokers (15%) and eligible for referral to the *Quitline*.

## Summative evaluation

NSW Health continues to work in partnership with The Australian Prevention Partnership Centre (TAPPC) and the Prevention Research Collaboration, University of Sydney on the summative evaluation of **Get Healthy at Work**.

The evaluation aims to determine the short and medium term impacts of the program on workplaces and workers. Recruitment of businesses registered with the program is underway with over 100 businesses agreeing to participate (86% of those contacted). To date nearly three quarters (72%) have responded to the baseline survey.

Preliminary data shows most businesses (64%) don't yet have workplace health promotion programs in place which gives an early indication that those who need the help are accessing the service. Businesses were asked whether their workplace culture was open to change and the majority (75%) agreed this was the case which implies they will be off to a good start



*Working together on our health*



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