

Adult obesity, get healthy- Healthy Workers Initiative

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NSW Health Innovation Symposium



Why workplaces?

- 60% of NSW adults are in the workforce
- Poor health costs business \$\$ billions
- WorkSafe Victoria's WorkHealth program - of the workers who said they were in 'excellent' or 'very good' health 36% of males and 37% of females were actually at high risk of diabetes

Overall goals of the Healthy Worker Initiative

To contribute to the reduction of lifestyle-related chronic disease risk among adults in the paid workforce, with a particular focus on those aged 35 – 55 years

Partnership between Ministry of Health and WorkCover NSW

Overall goals of the Healthy Worker Initiative

Health Check Service:

To increase the number of workers who are aware of their risk of developing type 2 diabetes and cardiovascular disease and are provided with opportunities to reduce their risk.

Workplace Support Service:

To increase the proportion of workplaces that provide health promotion activities to workers to reduce their risk of lifestyle-related chronic disease

(focus on nutrition, physical activity, healthy weight and smoking)

NSW Healthy Worker Program Overview

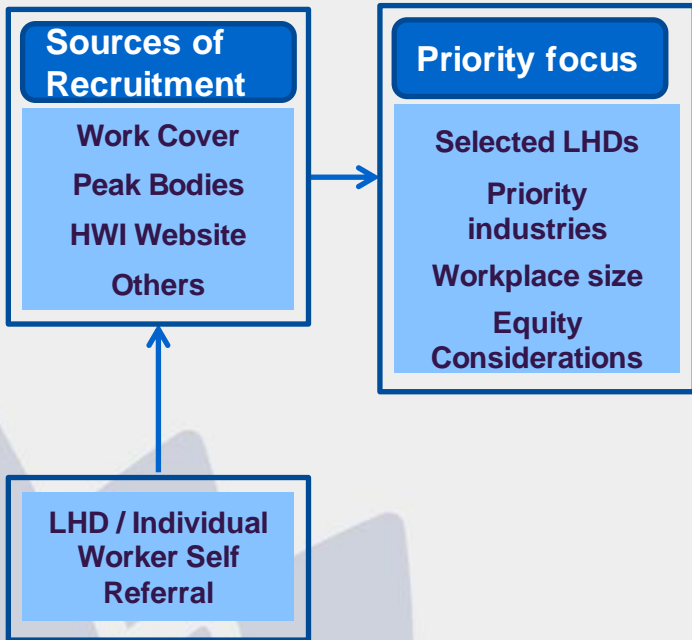
Workplace Recruitment

Sources of Recruitment

Work Cover
Peak Bodies
HWI Website
Others

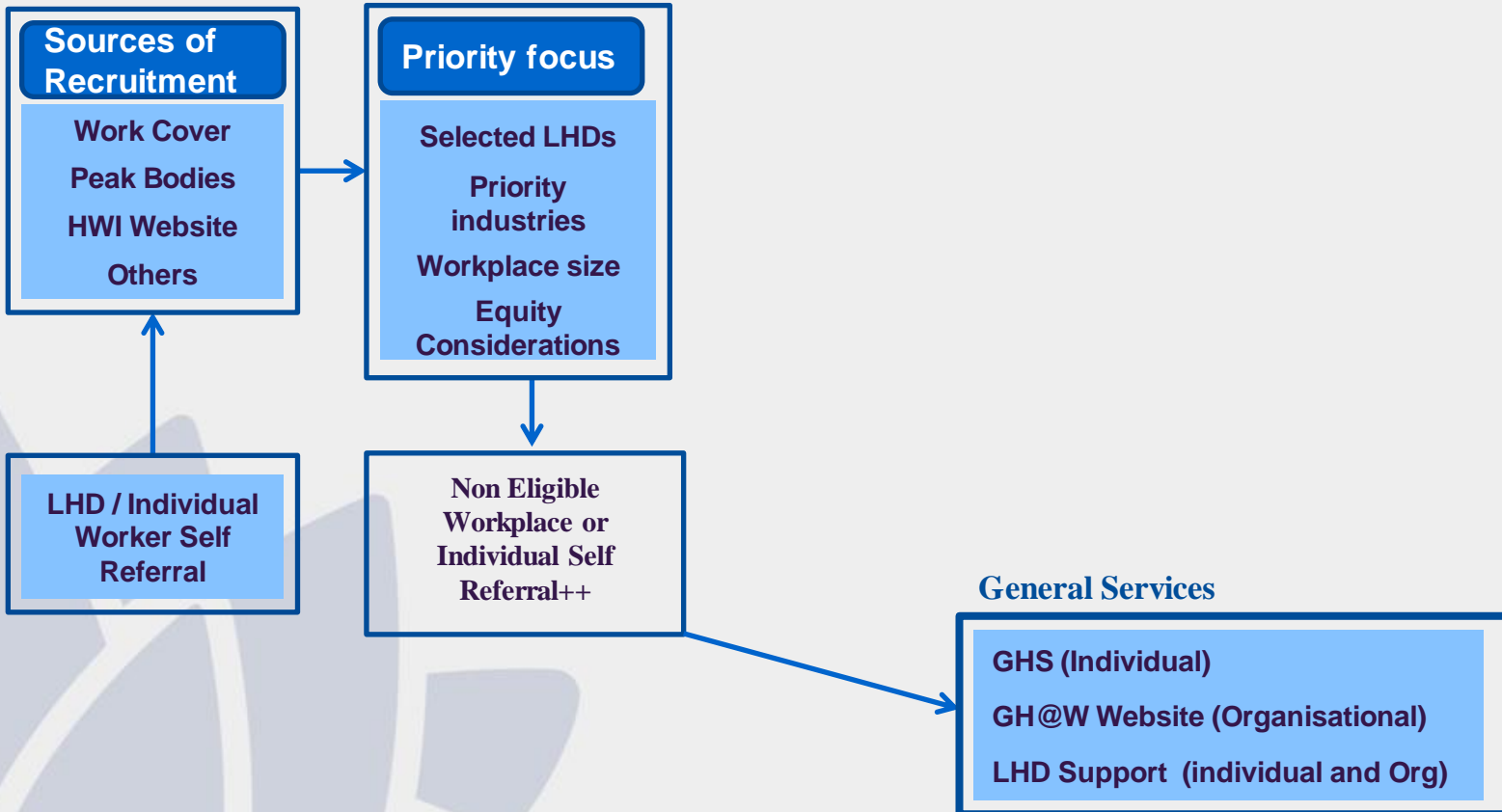
LHD / Individual
Worker Self
Referral

Workplace Recruitment



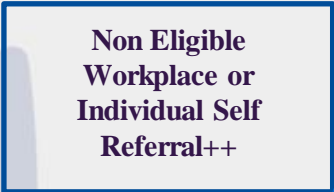
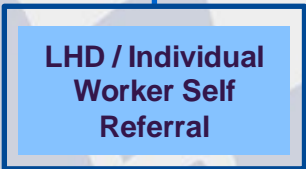
++ HWI may become available later in their industry or LHD

Workplace Recruitment



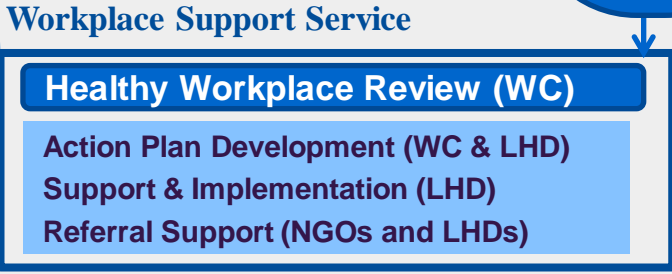
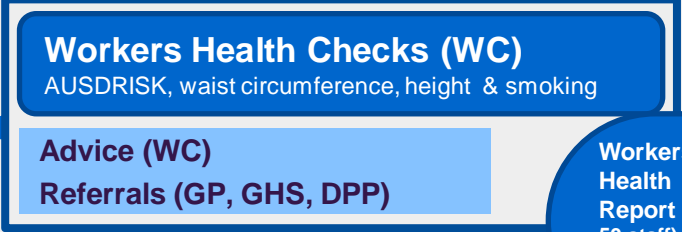
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Workplace Recruitment

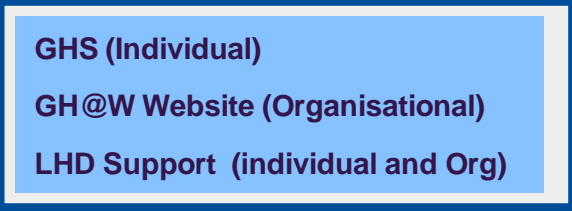


Eligible

Health Check Service



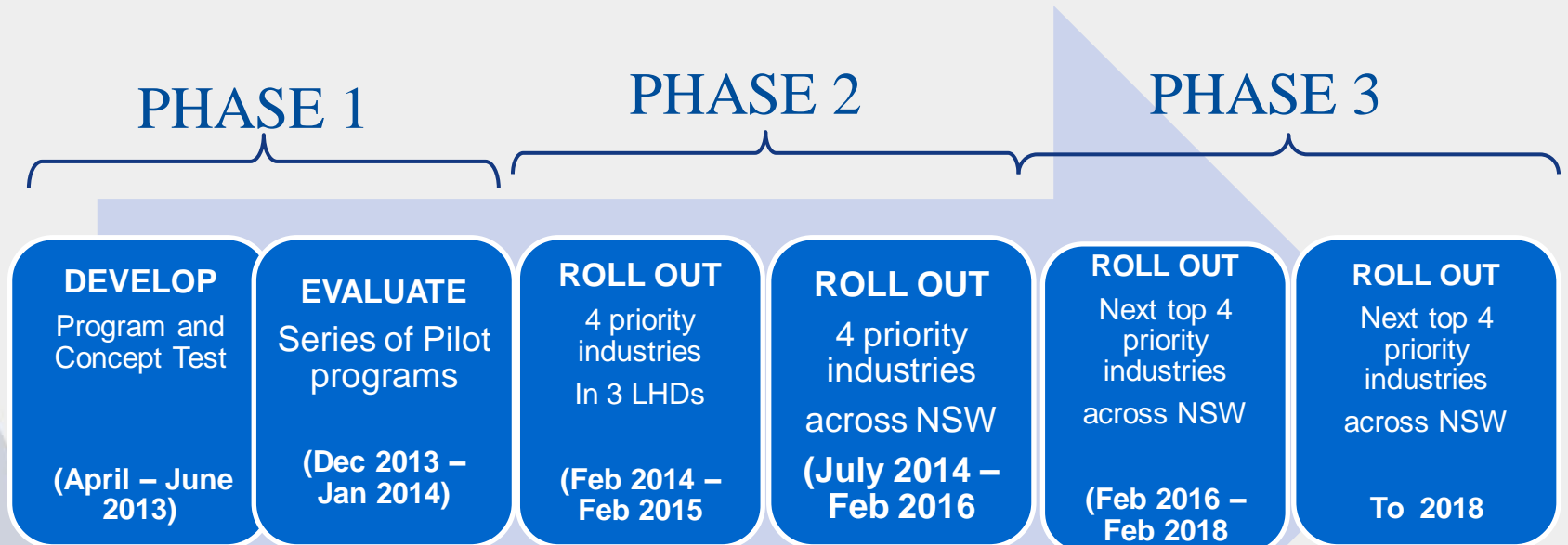
General Services



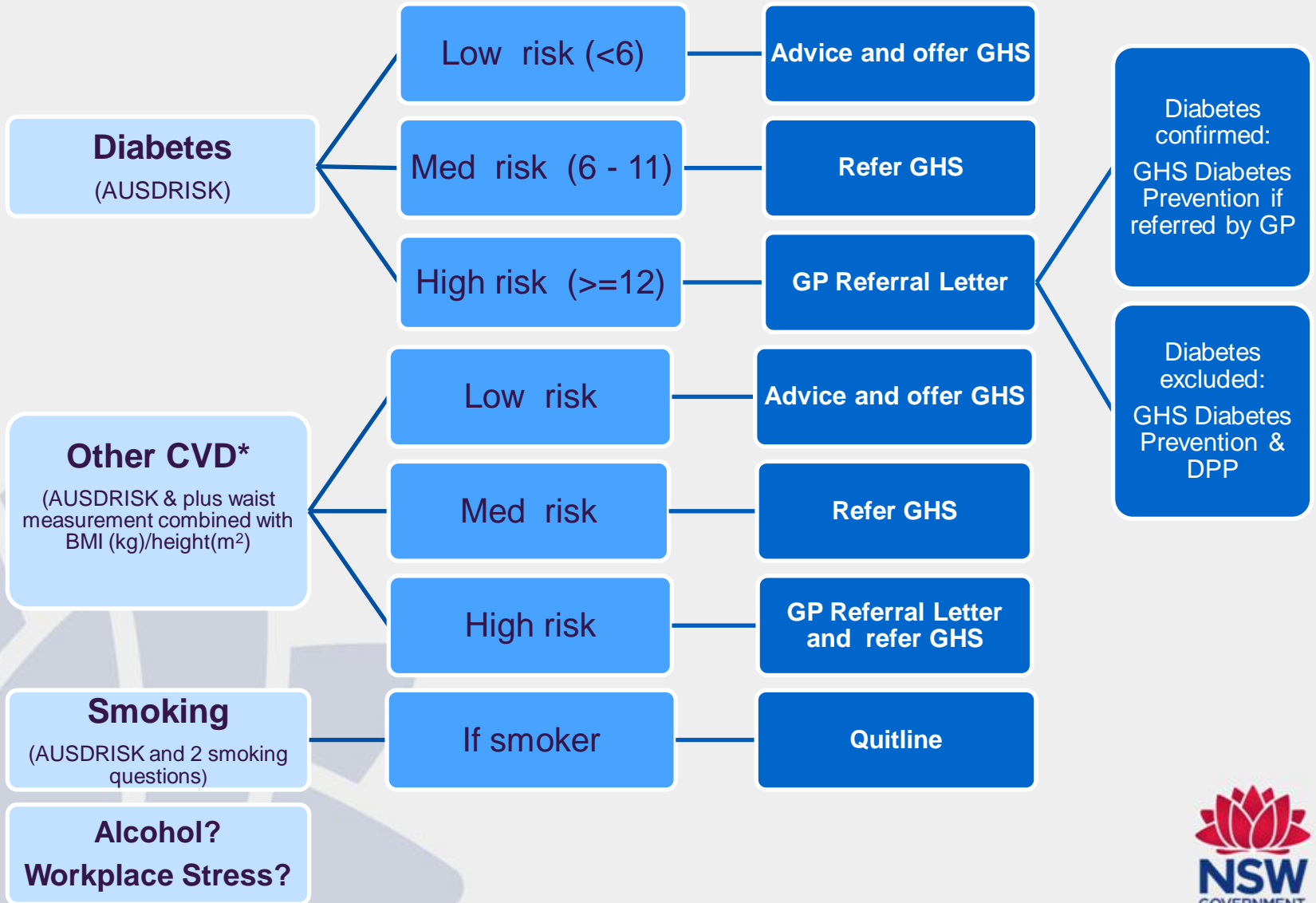
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Implementation Plan



Health Check Service



Alcohol

- Standard assessment of alcohol as part of dietary intake
- General advice on alcohol consumption guidelines
- No summary information on alcohol to workplace
 - Voluntary participation
 - Confidentiality of results
 - No blood or urine tests

What does the Get Healthy Service offer?

By visiting www.gethealthynsw.com.au or by calling 1300 806 258 (Monday – Friday 8-8pm), participants can join a free six months health coaching program

Information includes:	Health Coaching Program includes:
Telephone advice and support	10 free individually tailored , evidence based health coaching calls for a six month period, supported with a comprehensive coaching journal
Comprehensive information kit	Your own university qualified health coach (such as Dietitians, Exercise Physiologists, Nurses and Psychologists) for the length of the program
Opportunity to join the coaching program at any time	Telephone calls (around 10 minutes) from a coach at a time suitable for the caller
Referral to other services if required	Free translator services
	A cook book on graduation
	A quality service - relevant health assessments and clearances, training, monitoring and evaluation



Changes in self-reported risk factors

February 2009 –December 2012

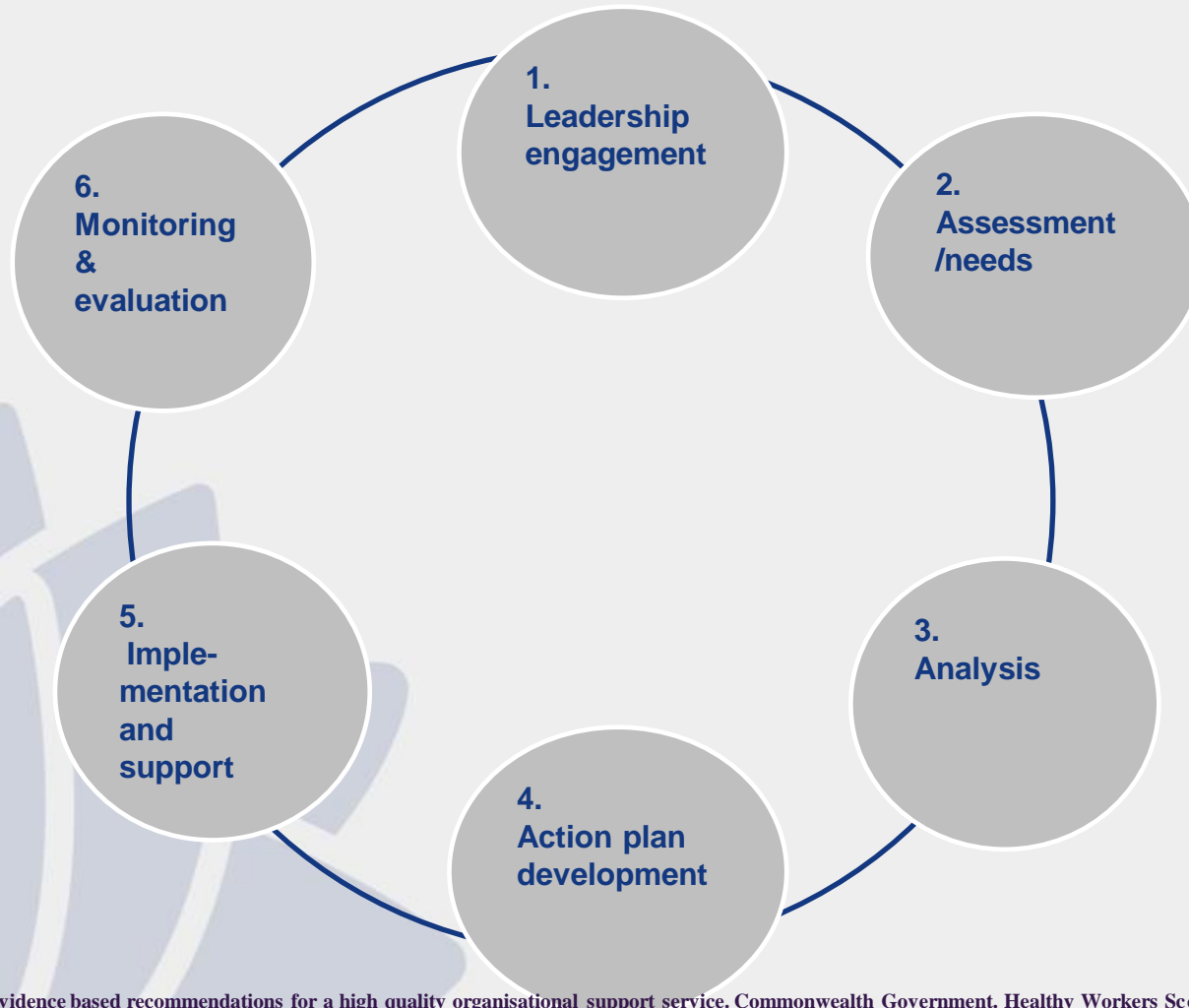
Weight (kgs)	An average of 3.8 kgs reduction in weight (i.e. 85.2kg–81.5kg)
Waist Circumference (w.c.)	An average of 4.9 cm reduction in w.c. (i.e. 100.2cm–95.8cm)
Vegetable Consumption (serves/day)	Average increase from 2.8 serves/day to 3.8 serves/day
Fruit Consumption (serves/day)	Average increase from 1.7 serves/day to 2 serves/day

Quit Line



- The Quitline provides free, evidence-based smoking cessation telephone advice and support to smokers and recent quitters
- Individually tailored advice
- Quitline advisors provide advice on quitting smoking, strategies on preparing to quit, avoiding slip ups and staying smoke-free
- Funded by the NSW Health, via The Cancer Institute
- Approximately 25,000 inbound calls every year

Workplace Support Service – varies by SIZE

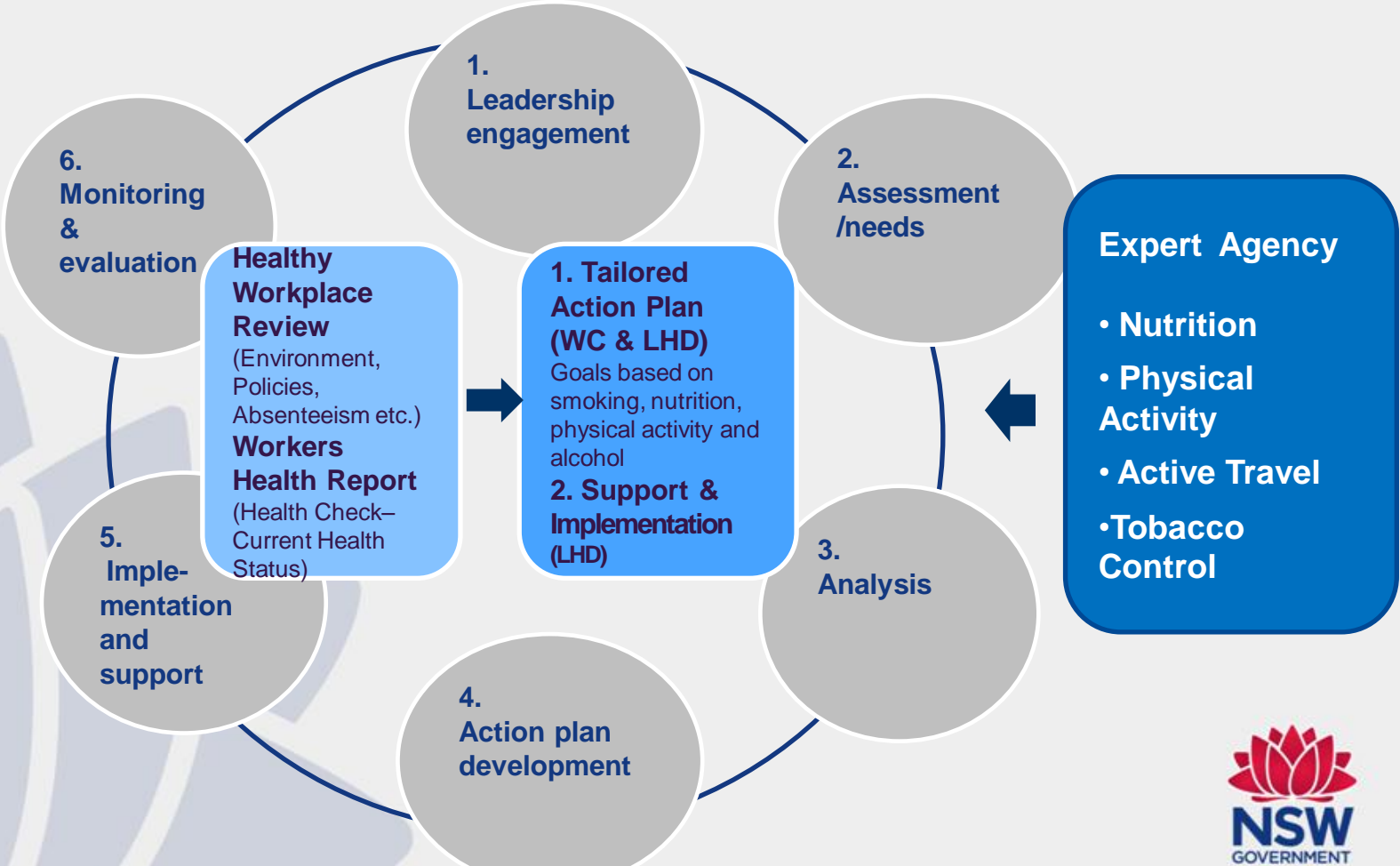


Workplace Support Service



*Evidence based recommendations for a high quality organisational support service. Commonwealth Government. Healthy Workers Scoping Statement and Policy Framework 100210

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Size of the challenge



~ 680,000 business (although only 37% employ workers)

~ 255,000 small business with employees (1-19)

~30,000 med to large business (20+)

Four Year delivery program (Mid 2014 to Mid 2018)

- **1000 work days available in four years**

@100% coverage would require 255 small business and 30 large business to be addressed every single day & 360 employees

Service Delivery layers



Thank you

Professor Chris Rissel

Director, NSW Office of
Preventive Health



<http://www.health.nsw.gov.au/healthyworkers/pages/default.aspx>

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