



Where are you on your
**health
journey?**

Workplace POWER

Helen Mitchell
Health Services Manager
Diabetes WA



Health Consequences of Obesity

Depression
Decreased self-esteem
Discrimination

Sleep apnoea
Heartburn
Snoring

High blood pressure
High blood fats
High blood sugar

Carpal tunnel
syndrome

Osteoarthritis
Back pain

Diabetes
Metabolic Syndrome

Flat feet
Gout

Stroke
Dementia
Fatigue

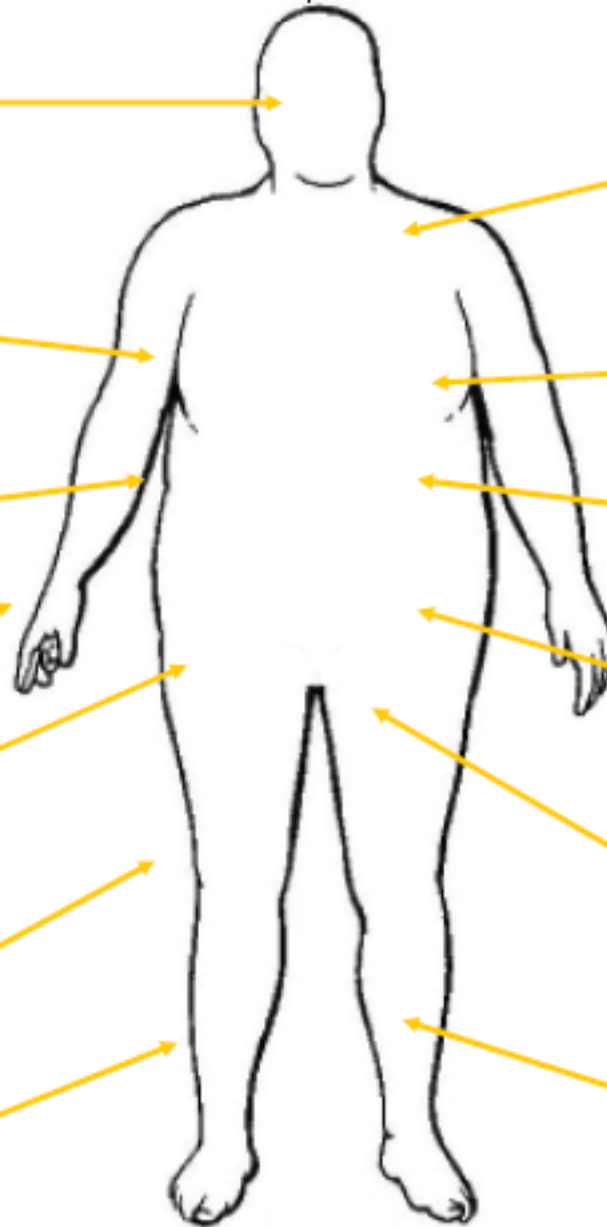
Heart attack
Angina

Asthma

Gallstones
Fatty liver disease

Cancer
(colorectal, prostate)

Deep vein thrombosis
Varicose veins
Poor wound healing



Weight and Australian men

- Between 1980-2011, male obesity rates doubled

Finucane et al. (2011), Lancet

- “Over the last 30 years, the average male BMI of Australasian men is increasing faster than for men in almost all other high-income countries.”

Finucane et al. (2011), Lancet

- 70% overweight/obese
- 95% inadequate F&V intake
- <15% are sufficiently active

ABS (2013)



Transport Industry

- Smokers – 29%
- Inadequate Fruit and Veg intake – 54%
- Physical Inactivity – 79%
- BMI – Overweight or Obese – 71%
- Waist Circumference (increased/high risk) – 62%





Workplace POWER™

Preventing Obesity Without Eating like a Rabbit

Developed by the University of
Newcastle by experts in:
Obesity, Men's health, Nutrition &
Physical Activity

Where are you on your
**health
journey?**

 diabeteswa®

What is Workplace POWER?

- 12 week weight-loss program implemented via the workplace.
- Initial face to face information session (75 minutes).
- Participant Pack including (handbook, logbook, DVD, pedometer and tape measure)
- Additional resources, text messages and email support and motivation.
- an evaluation framework to measure the effectiveness of the program in your organisation
- Access to health professionals at Diabetes WA for confidential questions and support



How is it different?

- Not a fad diet
- You can still drink BEER and WINE and get your weight under control
- Designed by men for men



**YOU'VE ACCIDENTALLY GIVEN ME THE FOOD
THAT MY FOOD EATS.**



Where are you on your
**health
journey?**

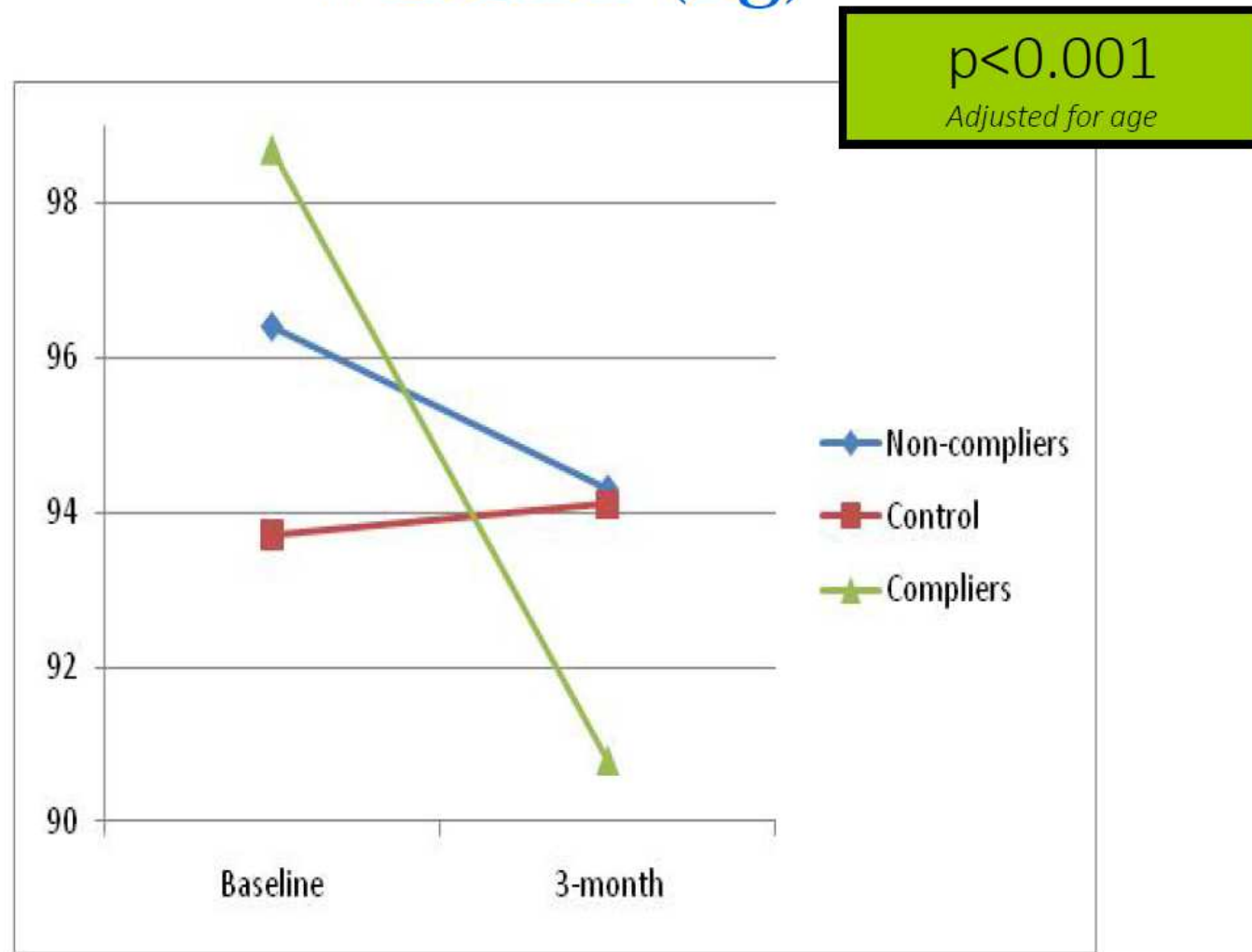

diabeteswa®

What did the blokes think?

- ..it was very basic, there was no bells, there was no whistles, I'm a straight talker, I don't want a situation where everything's made flowery. It's a case of mate, here's what we've got to do..bang, you're in or you're out, you're call."
- "just spelled everything out in black and white, there's even a maths equation. Okay this is what I can eat and know its not wishy washy kind of support stuff, its just fact and you either accept it or you don't."
- "all I did was make small changes....a lot of people just don't believe that it can be done... "

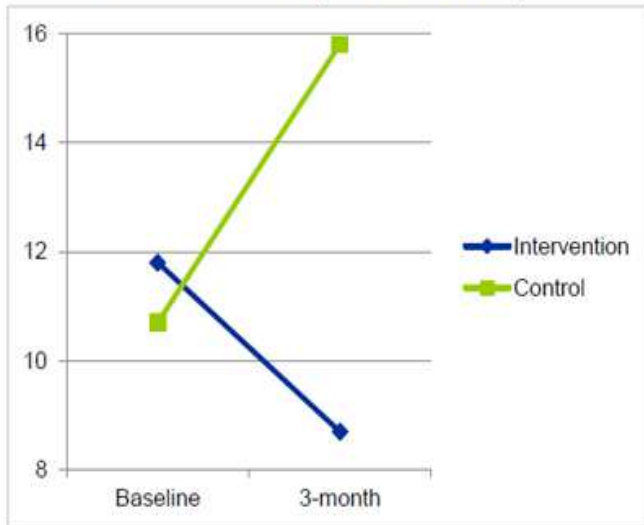


WEIGHT (kg)

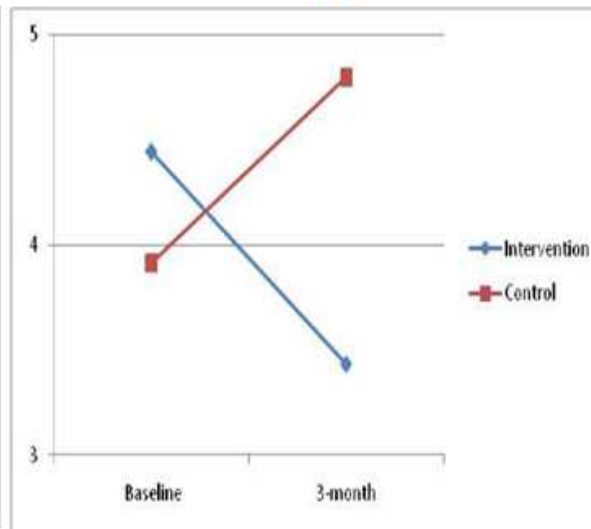


Where are you on your
**health
journey?**

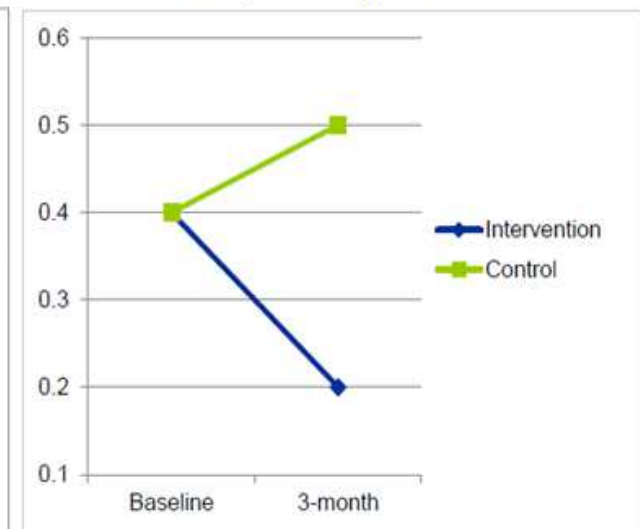
Absenteeism (leave hours)



% Productivity Loss



Workplace Injuries



Workplace POWER has demonstrated significant cost-savings and other benefits to the host organisation through:

- increased productivity,
- reduced absenteeism and,
- reduced workplace injuries.

Where are you on your
**health
journey?**


diabeteswa®

Creating a healthier workplace

The cost of doing nothing:

- Over 88 million days are lost to the Australian economy due to absenteeism at a cost of \$27.5 billion per annum in sick leave and lost productivity



The flow on effect of a wellbeing focus

Workplaces that have embraced a culture of employee wellbeing through the implementation of wellness strategies have shown:

- Healthy workers are up to 30% more productive than unhealthy workers.
- A workplace health program can reduce absence due to sickness by 21%.
- Workers who smoke can cost businesses in terms of lost productivity due to smoking breaks and sick leave.
- Poor health increases the likelihood of industrial accidents or injuries.
- For every dollar employers invest in health promotion over a three year period, return on investment ranges from \$1.40 to \$4.70³.



A call to action: making wellness 'business as usual'

- Develop the strategy and business case for workplace wellness
- Incentivise innovation and embed a wellness culture
- Standardise indicators and measure the benefits
- Consolidate and coordinate wellness service offerings
- Share knowledge and insights of best practice wellness
- Take responsibility for personal wellness



Questions?



Diabetes WA

Level 3, 322 Hay St, Subiaco WA 6008

P: 08 9325 7699

healthsmartsolutions@diabeteswa.com.au

