



OBESITY

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CURRENT REALITIES

- Nationally
 - 70% of men overweight / obese
 - 56% of women overweight / obese
- Since 1995, rates increased 5% & 6% respectively
- 3 in 4 miners are overweight or obese**

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[http://www.theaustralian.com.au/careers/fat-pay-packets-making-miners-obese/story-fn717l4s-1226282720208;](http://www.theaustralian.com.au/careers/fat-pay-packets-making-miners-obese/story-fn717l4s-1226282720208)

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Problems associated with obesity

- | | |
|---|---|
| <ul style="list-style-type: none">• Coronary heart disease<ul style="list-style-type: none">• Hypertension• Heart attack• Stroke• Depression• Some cancers• Knee and hip problems | <ul style="list-style-type: none">• Type 2 Diabetes<ul style="list-style-type: none">• Kidney disease• Blindness• Amputation• Sleep apnoea• Fatigue• And so on..... |
|---|---|

Areas to consider

- Mining has a higher incidence than National average
- The average workers lifestyle
- The associated medical conditions
- Sleep problems leading to fatigue
- Hygiene

- Who's responsibility is it?
- The 'you can lead a horse to water' scenario
- Helping them make the right choices



Identifying there's a problem





**I identify the routine
in order to know the changes
you need to make**



The reason it is our problem

- Healthy employees are three times as effective as unhealthy workers.
- Healthy workers also have fewer injuries, and if injured return to work more quickly.

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Unhealthy workers = 49 effective hrs per month

Healthy workers = 143 effective hrs per month

Unhealthy employees = 18 days S/L per year

Healthy employees = 2 days S/L

Regular physical activity can improve work
performance by 4% to 15%

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The True Impact of changing one's behaviour





As professionals
we need to help overweight
and obese employees realise
change is possible & their
NOT a
LOST CAUSE