

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; ABS 2013



Problems associated with obesity

- Coronary heart disease
 - Hypertension
 - Heart attack
 - Stroke
- Depression
- Some cancers
- Knee and hip problems

- Type 2 Diabetes
 - 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

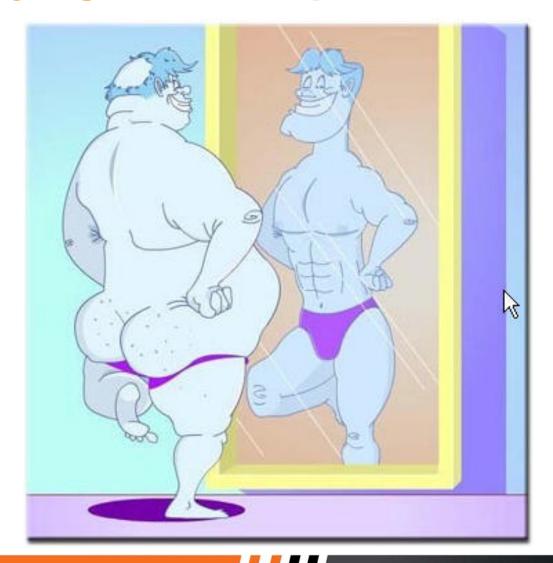


- Who's responsibility is it?
- The 'you can lead a horse to water' scenario
- Helping them make the right choices





Identifying there's a problem









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**