

# Your Heart Matters

**Sheree Hughes**

**Healthy Living Manager**



# Knowing my audience

- Who has a wellness program at their workplace?
- Who participates in their program?
- Who is a wellness program champion?
- Who are decision makers for their program?



# Overview

- The National Heart Foundation of Australia
- Global context of workplace health
- The workplace as a setting for improving health
- Workplace health in Australia
- Your heart matters



# National Heart Foundation of Australia



The **National Heart Foundation of Australia** is Australia's leading heart health charity working to improve the health of all Australians

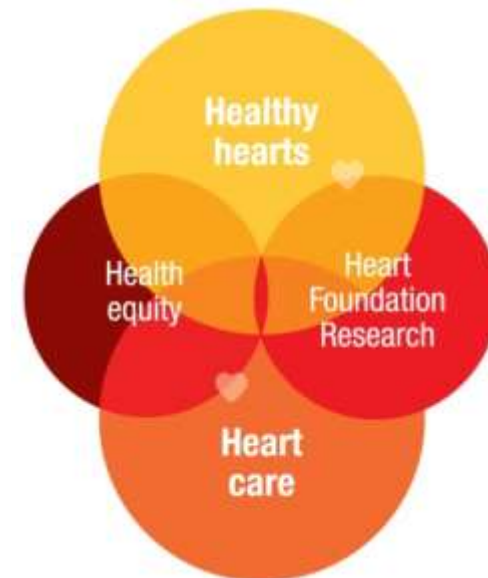
## Our purpose

*...to reduce premature death and suffering from heart, stroke and blood vessel disease in Australia.*

## What we do

Donations help us fund:

- Supporting and informing
- Partnerships
- Improving care
- Building healthy communities
- Promoting awareness



# Global Context of Workplace Health




9 million of the 36 million deaths from non-communicable diseases each year occur **among the working age population.**

60% of the world's population is **accessible** directly or indirectly **through the workplace.**



60% of one's waking **hours** are **spent in the workplace.**

Workplaces: a setting for promoting health and wellness-**reaching both workers and their families.**



Employees are **more likely to be engaged** when wellness is a priority in the workplace.

An organisation is **more likely to lose talent** if employees take an **unfavourable view** of its promotion of health and wellbeing.

**4 x**

# Workplace as a setting for improving health

## Benefits for Employees

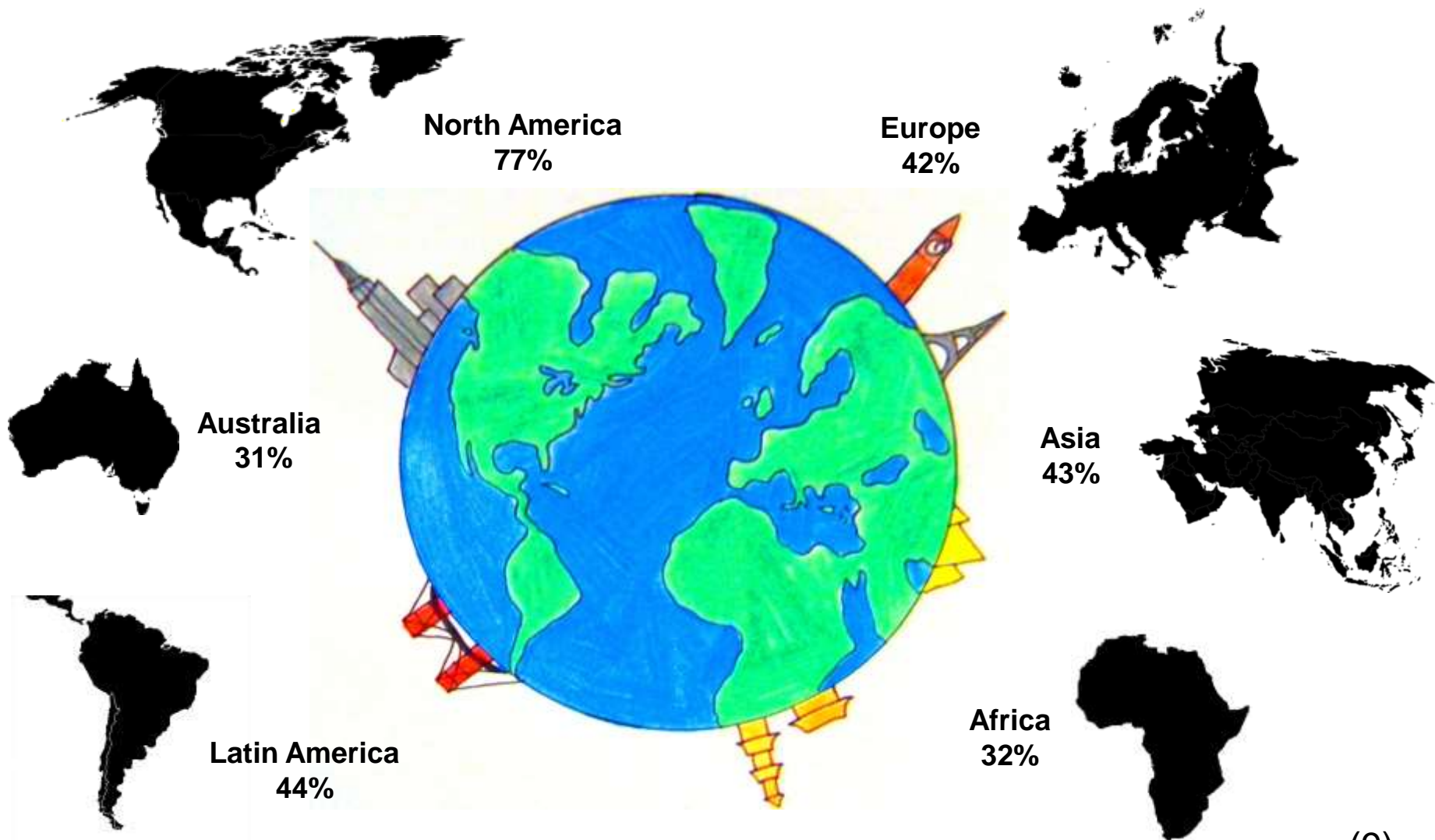
- Increase in health awareness and knowledge
- Increase in physical health and mental wellbeing
- Improved morale, job satisfaction and motivation
- Improved opportunities for a healthier lifestyle
- Greater capacity to enjoy life both in and outside the workplace



## Benefits for Employers

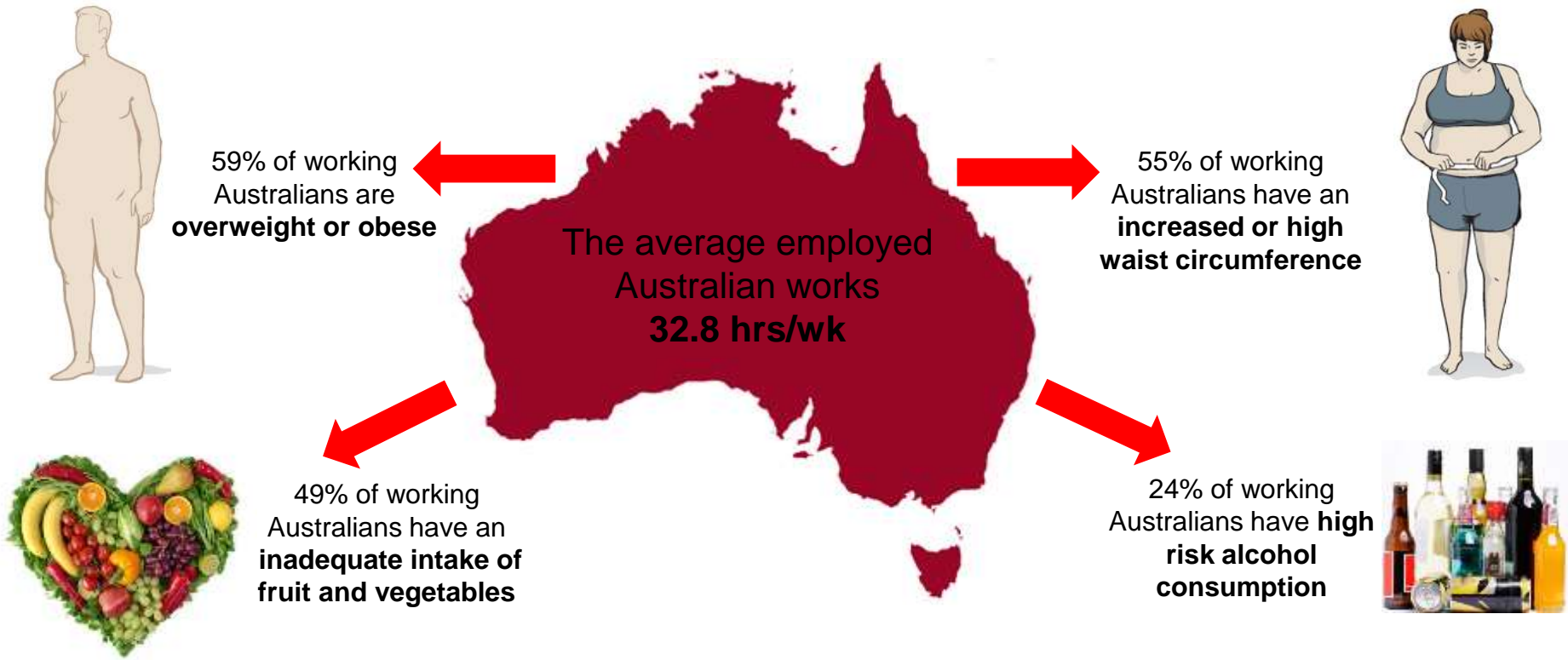
- Improved work performance and productivity
- Reduced absenteeism and sick leave
- Decreased incidence of attending work when sick (presenteeism)
- Decreased frequency and cost of workers' compensation
- Improved staff morale, satisfaction and motivation
- Improved corporate image and attraction/retention of employees
- Increased return on training and development investment
- Improved employee engagement and employee relationships

# Percentage of employers offering WHPs



# Workplace health in Australia

Heart, stroke and blood vessel disease is Australia's **number one killer**  
(nearly 32% of all deaths in 2010)



(10,11)



# Workplace health in Australia



Smoking



Inadequate F&V



Physical Inactivity



Overweight or  
Obese



Increased or High  
Risk Waist



Alcohol risk



**22%**

**49%**

**71%**

**59%**

**55%**

**24%**



**29%**

**54%**

**79%**

**71%**

**62%**

**26%**



**30%**

**55%**

**75%**

**60%**

**53%**

**28%**



**31%**

**46%**

**68%**

**64%**

**49%**

**40%**



**27%**

**39%**

**67%**

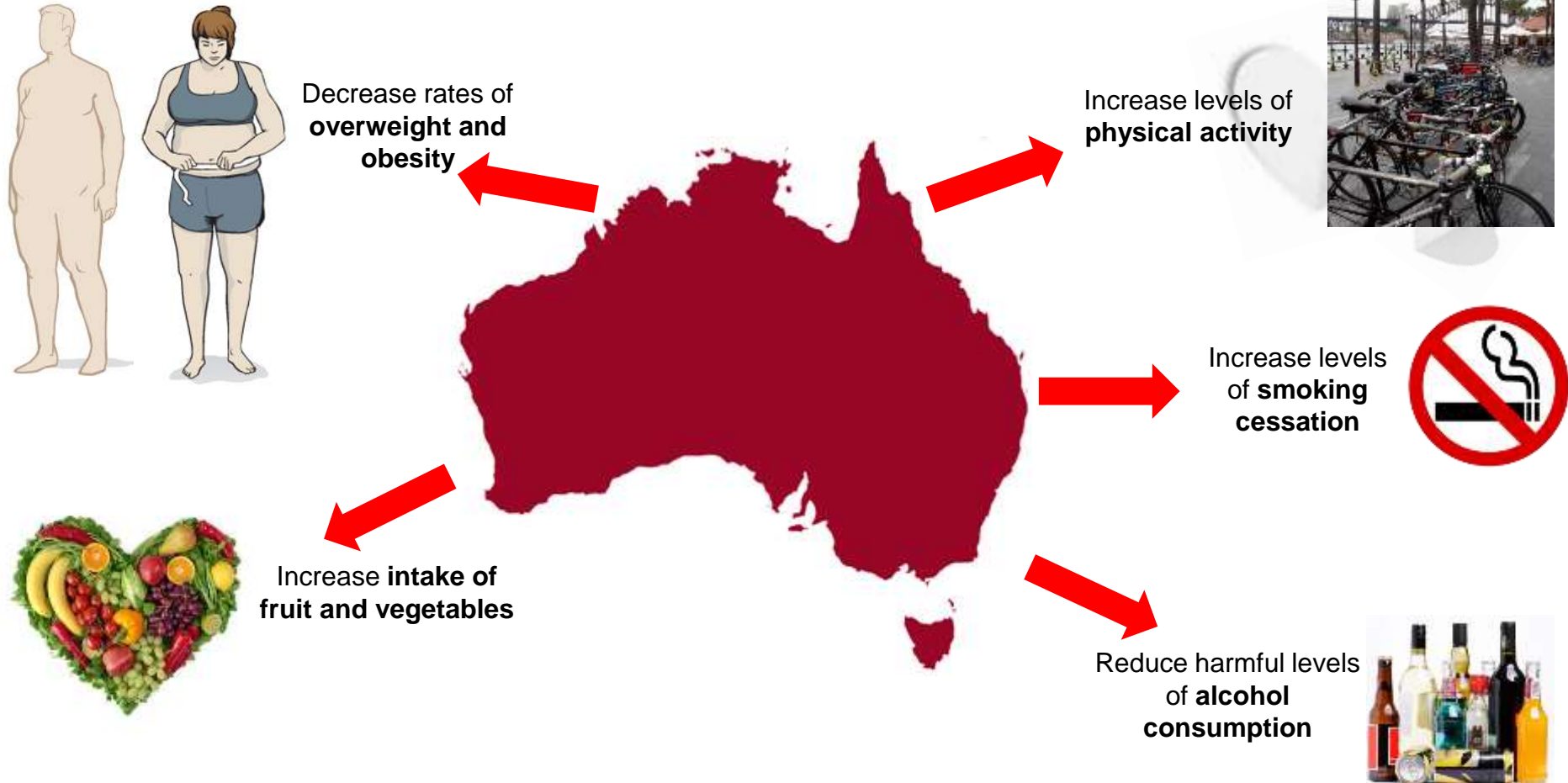
**67%**

**58%**

**28%**

# Workplace health in Australia

## The Healthy Workers Initiative, Australia





# Your heart matters

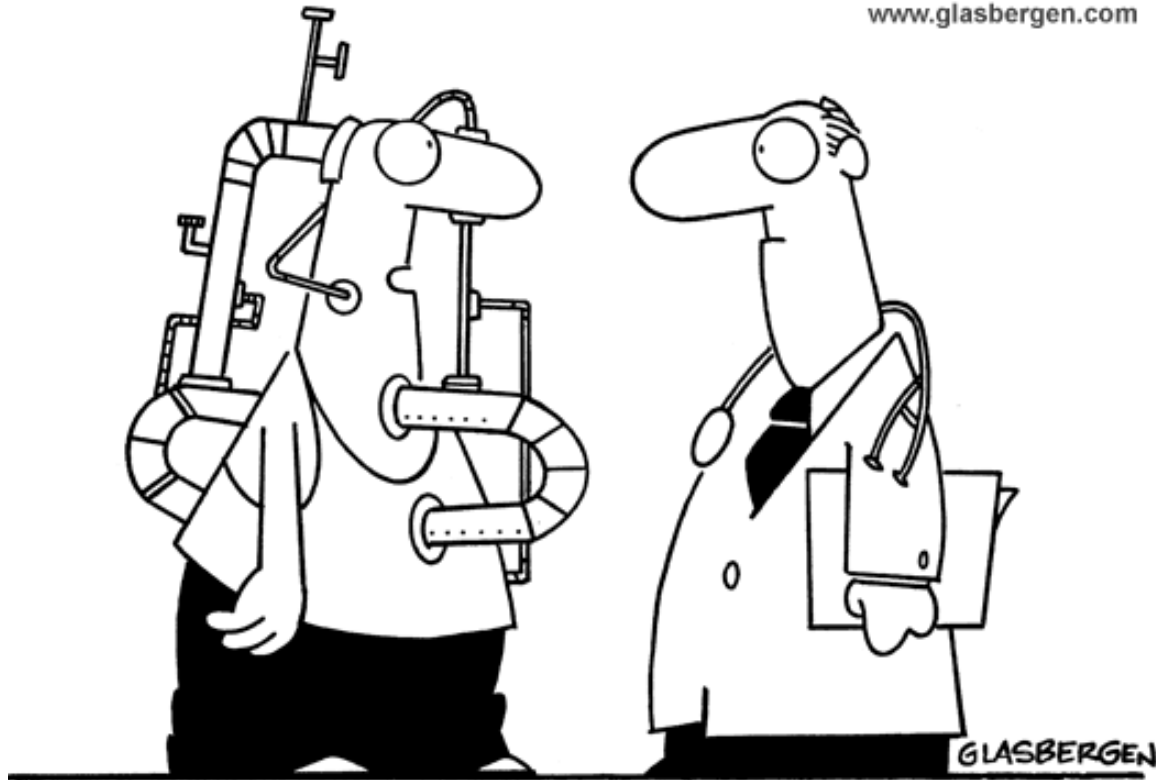
## IMPROVE YOUR HEART HEALTH:

1. Take your medicines as prescribed by your doctor.
2. Be smoke free.
3. Enjoy healthy eating.
4. Be physically active.
5. Manage your blood pressure and cholesterol.
6. Achieve and maintain a healthy weight.
7. Maintain your psychological and social health.



# Your heart matters

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**“I had my plumber install new pipes.  
I got tired of fretting about my cholesterol!”**

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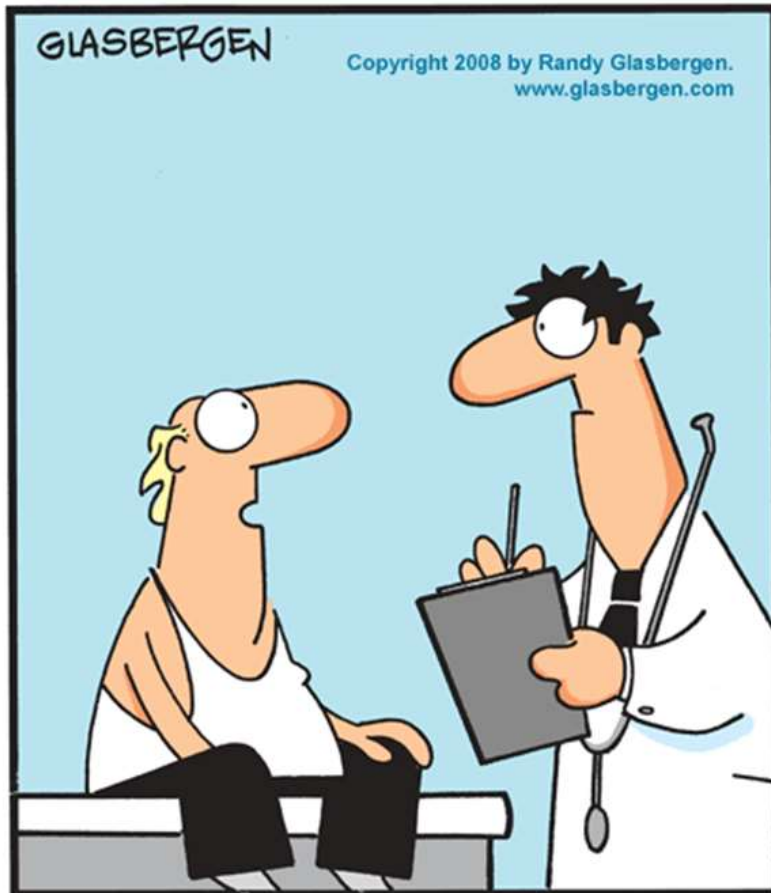
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**“I try to eat healthy. I never sprinkle salt on ice cream, I only eat decaffeinated pizza and my beer is 100% fat-free.”**



**“Don’t slice the pizza. My diet says I’m only allowed to eat one piece!”**

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# Your heart matters



**“My doctor told me to find an activity I like and do it for at least 30 minutes a day. Watching TV is an activity I like!”**



**“The doctor told my husband to double his daily exercise, so now he changes channels with both hands!”**

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**“If I don’t go to the doctor, he can’t find anything wrong with me. That’s how I stay healthy!”**

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5. Manage your blood pressure and cholesterol.
6. **Achieve and maintain a healthy weight.**
7. Maintain your psychological and social health.



# Your heart health matters



**“If more than 50% of the population is obese, then I’m not overweight, I’m average!”**

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7. **Maintain your psychological and social health.**





# Your heart matters



# Primary Goal of WHPs



- For employees to return home in better shape than when they left
- Retiring well with a great quality of life

# In conclusion

- Workplaces have great potential for promoting health and wellness, **reaching both workers and their families.**
- **Tools and resources are available** to help even the smallest organisation make healthier changes to their people and their workplace.
- Workplace health programs can **benefit both employees and employers.**
- **Engagement and participation** is a critical step to ensuring the success of a program.

**– YOUR HEART MATTERS!**

# For further information:

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