



Living Care Health Awareness Program 2010/2011

In 2010 Fresh Hope engaged Corporate Bodies International (CBI) to undertake a pilot wellness program for employees working in their Living Care nursing homes. This included nurses, office staff, cooking and cleaning staff. The aim of the program was to create long term sustainable health change through raising education levels and awareness of general health issues amongst employees.

Tailored Design

CBI consulted with the Living Care team to design a pilot program for the first year of their wellness program. After many discussions, it was decided that the best way to introduce wellness in the workplace for Living Care employees was to run Health Expos at the 10 sites around NSW.

Targeted Interventions

The Living Care Health Expos allowed participants access to a whole range of health professionals, testing and information in the one room. It was designed to introduce the wellness program to the employees in an open, relaxed and non-intrusive environment. The results acquired from the health expo were then used, in conjunction with employee feedback, to develop the direction of the health and wellbeing program for the following years to best meet the needs of the employees.

Features of the Health Expo include:

- Blood cholesterol and glucose testing.
- Blood pressure checks.
- Flexibility testing.
- Weight and % body fat examinations.
- Waist circumference.
- Individual goal setting.
- Written report of participants results.





“ My expectations have been exceeded. As we have a very diverse community across the State, the concept was to achieve recognition and traction with our staff and I am confident we have achieved precisely that ”

Dave Davies
OH&S Manager

All participants were given the opportunity to browse two unmanned stands individually chosen by each site. These included:

- Healthy vs. unhealthy food station – make informed decisions about your eating habit.
- Glycaemic Index activity and education – using G.I to boost your energy levels.
- Workplace stretching station – develop an effective stretching routine to reduce injury risk.
- Active lifestyles station – ideas for increasing physical activity levels.
- Cancer risk awareness activity – identify cancer risks for men and women.
- Drugs and alcohol station – experience intoxication simulation using ‘beer goggles’!
- Mental health station – raising awareness of mental health support services.
- Knowledge depot – range of health information brochures and fact sheets to browse and obtain samples.

Positive Outcomes

Living Care participants were asked to complete a brief confidential feedback form as part of their Health Expo experience. Collated feedback forms identified that 100% of participants agreed that they had gained valuable information regarding their health during their health checks performed at the Health Expo, with 89% agreeing that they would recommend the service to others. The majority of participants agreed the health appraisal had encouraged them to adopt a more active lifestyle, to choose healthier foods, manage their stress more effectively and consult their doctor regarding their health status.

100% of those participants who returned a survey at the Health Expo indicated that overall the health appraisal was worth their time, with 78% of participants agreeing that they will share the information they have learnt with family and friends. Many would also like to participate in further health promotion programs with the most popular options being diet and nutrition education and weight loss programs.

Participants surveyed were also asked about the ‘key things’ they learnt about their health. Participants reported learning how to improve their diet, the importance of increasing their activity levels, weight management, their cholesterol levels and strategies for stress management. The participants also reported the most enjoyable aspects of the expo were the friendly, knowledgeable and helpful health professionals, as well as the convenience of all the activities being located in the one area.

Sustainable Impact

The pilot health program has provided employees with a glimpse into what they can expect for the upcoming years. It has also allowed us to be able to develop ongoing programs tailored to the needs of the individual sites.

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