



# NSW Office of State Revenue's Spring Health and Wellbeing Program 2010/2011

In September, 2010 Corporate Bodies International (CBI) was engaged to implement a 12 week health and wellbeing program for the Office of State Revenue (OSR) employees at offices throughout New South Wales.

## Tailored Design

Corporate Bodies International consulted with the OSR team to design a health and wellbeing solution for their staff across New South Wales. Over 300 employees from across six sites participated in the onsite initiative which involved three 60 minute seminars, delivered on a monthly basis.

## Targeted Interventions

OSR's 12 week calendar of health and wellbeing seminars targeted the needs of the workforce. The intervention was designed to motivate and educate their employees. The seminars provided information on a range of nutrition and exercise related topics including:

**Nutrition Detectives** - a glimpse into the kilojoules being input and output on a daily basis. Participants find ways of positively tipping the scales.

**Portion Distortion** - Understanding portion control and how it can help you maintain your weight. Learn handy tips and ideas for putting portioning into practice.

**Stretch Yourself** - A very practical look at the benefits and correct techniques of stretching. Take away with you a simple to follow stretching plan for at home, at work or in the car.





“ Loved the interactivity, very informative and interesting too ”

“ Great reminder as to what I should be doing and how it can be done ”

“ Great stretches and practical tips I can use on a daily basis ”

“ Portion distortion is very useful and can be easily followed by everyone ”

Selected participant quotes

## Participation

A variety of employees of all ages from the call centre, accounts department, administration and management attended to seminars series.

Attendance at the ‘Stretch Yourself’ seminar was the greatest as can be seen in the chart opposite:

## Positive Outcomes

OSR participants were asked to complete a brief confidential form at the conclusion of the final seminar to provide their feedback on the service and comment on what they enjoyed the most.

96% agreed that the presenter was motivating, engaging and responsive to enquiries at all times. They also agreed that the presenter had a good knowledge of the subject matter and that the concepts, principles and techniques were explained in a desirable fashion.

99% agreed that overall the seminar series was enjoyable and worth their time. They recognised the information and skills learnt were useful to improve and maintain their health and wellbeing and would like to participate in future events and programs offered to OSR employees.

Overall CBI received very positive feedback from the participants in the seminar program which was successfully implemented as planned and within budget. The CBI staff involved thoroughly enjoyed their time with the OSR employees and found the sites to be most accommodating throughout the implementation.

## Sustainable Impact

This health and wellbeing initiative, offered to all OSR employees, represents an important step towards the ongoing achievement and maintenance of a successful health and wellbeing culture in the workplace. The success of this program has been a catalyst for further health and wellbeing initiatives within OSR in the lead up to winter. Such programs include ‘Boosting Your Immunity’. All employees were offered the flu vaccination plus the opportunity to attend a 60 minute seminar looking at ways to boost your immune system, reduce your likelihood of colds and flu and facts about the flu vaccinations.

