



Barrick Gold Health & Wellbeing Program 2010/2011

In 2010 Barrick Gold enlisted Corporate Bodies International (CBI) to implement a Health and Wellbeing Program for employees and their families, across their Kalgoorlie sites, in the Goldfields region of Western Australia.

Program overview

Building on previous health and wellbeing initiatives, CBI consulted with the Barrick Gold Occupational Health and Safety team to tailor a health and wellbeing solution for their staff, initially at the Kanowna Belle mine site. Employees were predominantly male, between the ages of 25-49 years, working in a range of occupations from processing and security to office-based support services. Due to the success of the program, another three sites were included during the course of six months, which included a range of professions, including underground maintenance, drillers, machine operators and blasters; to geologists, mining engineers and environmental engineers.

Interventions

To assist in improving the health and wellbeing of employees and their families, the program delivered the following interventions:

- Toolbox talks at pre-start meetings to assist in promoting the health assessments and increase participation levels.
- Advanced health assessments.
- Risk management strategy involving individual consultations (up to 6 per person) with an Accredited Practising Dietitian and an Accredited Exercise Physiologist for all employees and their family members.

The program was initially designed to run for six months, however the success of the above initiatives resulted in the program being extended to an ongoing basis.





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Sharon Kelso
Health Advisor | Kalgoorlie Region

Positive Outcomes

- Toolbox talks throughout 2010 at pre start meetings achieved a 70% sign up rate.
- Initial health assessment findings used to effectively identify key trends in employee health and lifestyle, and areas, which require particular focus in future health initiatives.
- Follow-up individual consultations offered to all employees and their family members, which allowed for an individualised program, depending on one’s medical history, current needs, knowledge base and willingness to change.
- The value of the program extended beyond the workplace, with 27% of initial health assessments and 25% of follow-up consultations being attended by family members.

Sustainable Impact

The individualised nature of the Barrick Gold Health and Wellbeing Program has allowed for effective engagement of individuals with varying occupations, lifestyle habits and demographics. In addition, the support from family members has also assisted in the uptake, support, continuation and success of the program.

Participants have reported:

- Improved awareness and understanding in relation to food knowledge (particularly food labels, recipes and snack ideas).
- Improvement in motivation to exercise, exercise habits and improved fitness levels.

In addition, feedback obtained from participants has shown that many have appreciated the opportunity to engage in the health assessment and learn about their potential health risks, while the follow-up consultations have allowed for tailored nutrition and exercise programs, which have assisted and facilitated long term behaviour change.

“Corporate Bodies International (CBI) was enlisted by Barrick Gold to Our health and wellbeing program - initial health consultations, followed by comprehensive nutrition and exercise consultations has resonated well with our employees. We have had a mix of white and blue collar workers take part in the program and the CBI health professionals have had the ability to modify the advice based on the individual’s knowledge and motivation levels.

I have also participated in the program and found the staff to be professional and knowledgeable, whilst also having the ability to establish good rapport with participants. This has been the key to the success of the program.”

Sharon Kelso
Health Advisor | Kalgoorlie Region

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