



Delta Electricity Health & Wellbeing Program 2010

In 2010 Delta Electricity launched the Operator Health and Wellbeing Program at their Vales Point Munmorah Power Station in New South Wales. The comprehensive program aimed to improve the health and wellbeing of power plant operators as well as reduce the risk of chronic lifestyle disease in the workforce.

Tailored Design

Corporate Bodies International (CBI) consulted with Delta Electricity's Central Coast Management Team to design a health and wellbeing solution for their operating staff, who were predominantly male shift workers, with an average age of over 50 years.

Targeted Interventions

To assist power plant operators to improve their health and wellbeing, the Operator Health and Wellbeing Program delivered a 12 month calendar of interventions targeted to the needs of the workforce. The interventions included:

- Training day toolbox talks.
- Advanced health assessments.
- 12 month access to myhealth: online health tracking and coaching resource.
- A risk management strategy which included follow-up consultations for moderate to high risk employees.
- Health and wellbeing workshops (Body Moving, Energy Hit, Stretch Yourself, Men's Health).
- An onsite Health Notice Board.



“ Training staff are great ”

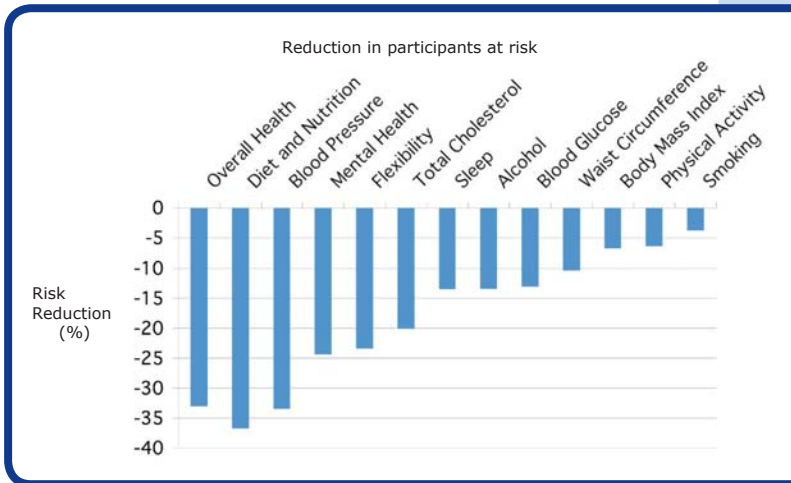
“ Found the seminars worthwhile ”

“ Creating a place to have an open forum for discussions was very valuable ”

Selected participant quotes

Positive Outcomes

- Initial training day toolbox talks presented by CBI staff achieved a sign up rate of over 70% for the voluntary health assessments.
- Advanced health assessment and follow-up consultations implemented across six shifts of power plant operators with minimal disturbance to site operations.
- Initial health assessment findings were used to effectively identify key trends in employee health.
- Follow-up individual consultations for moderate to high risk employees were attended by over 80% of eligible participants.
- Health risk reduction was evident across a range of health and lifestyle indicators assessed in the 12 month review group:
 - ≥30% reduction in participants classified moderate-high risk for diet and nutrition and blood pressure.
 - ≥20% reduction in participants classified moderate-high risk for mental health, flexibility and total cholesterol.
 - ≥10% reduction participants classified moderate-high risk for blood glucose, alcohol, sleep and waist circumference.
- 12 month review group achieved a total weight loss of over 60kg with an average loss of 2.5kg per person.
- At time of review the number of individuals classified moderate-high risk for their overall health was reduced by more than 30%.



Sustainable Impact

The pilot Operator Health and Wellbeing Program has demonstrated that through tailored program design and effective employee engagement, positive change can be made in workplace health and wellbeing culture. A sound health promotion framework is now in place at the Vales Point Power Station that will be used to provide health and wellbeing support services to operators in the years to come for a long-term sustainable impact.