



# Health & Wellbeing Program 2009/2011

In 2009, FMG Engineering launched their first workplace Health and Wellbeing Program for employees based at their Adelaide and Melbourne sites. The initial aim was to maximise participation (which was voluntary) in the health program, as well as increase awareness of key health issues specific to FMG Engineering employees.

## Tailored Design

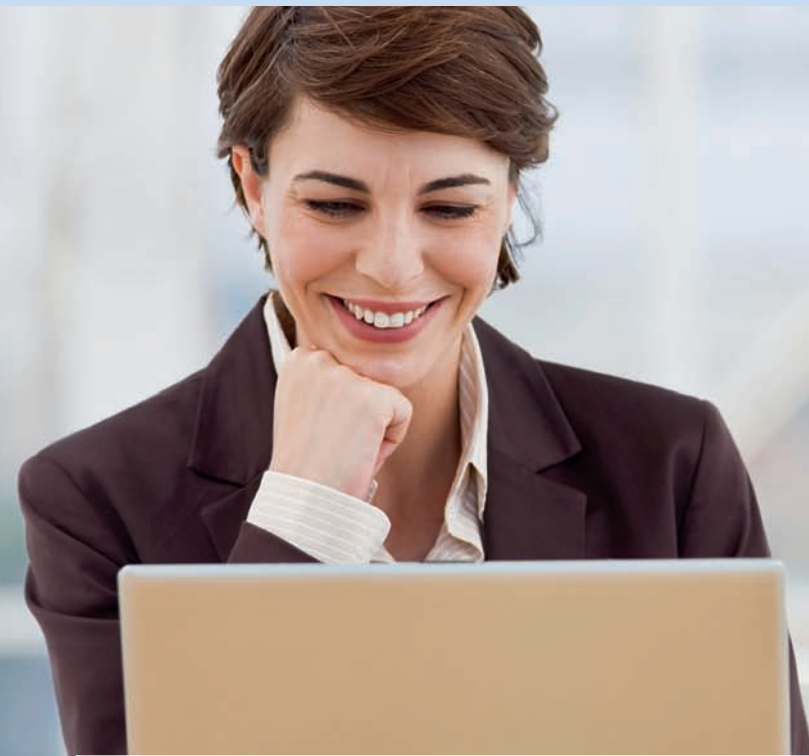
FMG Engineering offers consulting engineering services in geotechnical, environmental, civil, structural engineering, as well as, building assessment and forensic engineering, laboratory soils and materials testing and housing engineering. Approximately 80% of staff are office based, with 20% of employees involved in laboratory and field work. It was a key priority to design a program that was relevant, appealing and accessible by all staff.

## Targeted Interventions

To assist FMG Engineering employees to improve their health, the program delivered an ongoing calendar of interventions targeted to the needs of the workforce. This included:

- Initial and review advanced health assessments.
- Working Bodies seminar program addressing nutrition, fatigue prevention, physical activity, work life balance and stress.
- Fortnightly health email to provide motivation and regular health tip reminders.
- myChallenge online exercise challenge.
- Weekly fruit deliveries.





“ I especially enjoyed learning about the calorie content of food and the amount of exercise needed to burn it off ”

“ The program encouraged me to do more exercise and prompted me to go for regular health checks ”

“ Helped me to select food more carefully and encouraged me to eat smaller serves ”

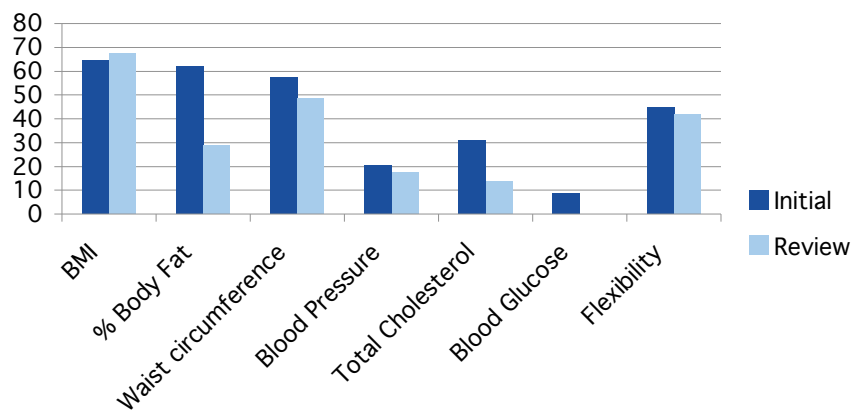
Selected participant quotes

## Positive Outcomes

A number of positive outcomes were achieved by FMG engineering employees. These include:

- 70% of employees volunteered to participate in a review health assessment.
- The percentage of participants at risk for body fat percentage decreased from 62% pre program to 59% post program.
- The percentage of participants at risk for waist circumference decreased from 57.5% pre program to 48.5% post program.
- The percentage of participants at high risk for blood pressure decreased from 9% pre program, to 3% post program.
- The percentage of participants at risk for blood cholesterol decreased from 41% pre program to 14% post program.
- The percentage of participants at risk for blood glucose decreased from 9% pre program to no participant recording at risk levels post program.

Participants risk for physical measurements



## Sustainable Impact

The FMG Engineering health program has demonstrated that by tailoring a program to address accessibility, appeal and specific health needs within an organisation, positive improvements to behaviours and health can be achieved. Evaluation of participant feedback continues to assist in the refinement of future health program initiatives, and reinforces participant commitment to achieve positive outcomes.

Sydney

Melbourne

Brisbane

Emerald

Adelaide

Perth

Kalgoorlie

Corporate Bodies International

1300 21 31 41

[www.corporatebodies.com.au](http://www.corporatebodies.com.au)