



# Forests NSW Hume Region Healthy Workers 2010/2011

In 2010 Forests NSW engaged Corporate Bodies International (CBI) to undertake a pilot program to address the specific needs of employees working in the forest industry, including planters, pruners, office staff, fire fighters and workshop staff. The Hume region, including the areas of Batlow and Tumut were selected for the pilot program. The comprehensive program aimed to educate employees and raise awareness of general health issues, while creating long term sustainable health change.

## Tailored Design

CBI consulted with Forests NSW to design a health and wellbeing solution that was tailored to the specific needs of this diverse workforce. As the workforce was spread over a large geographical area, the program also needed to cater for the constraints of staff working in regional areas.

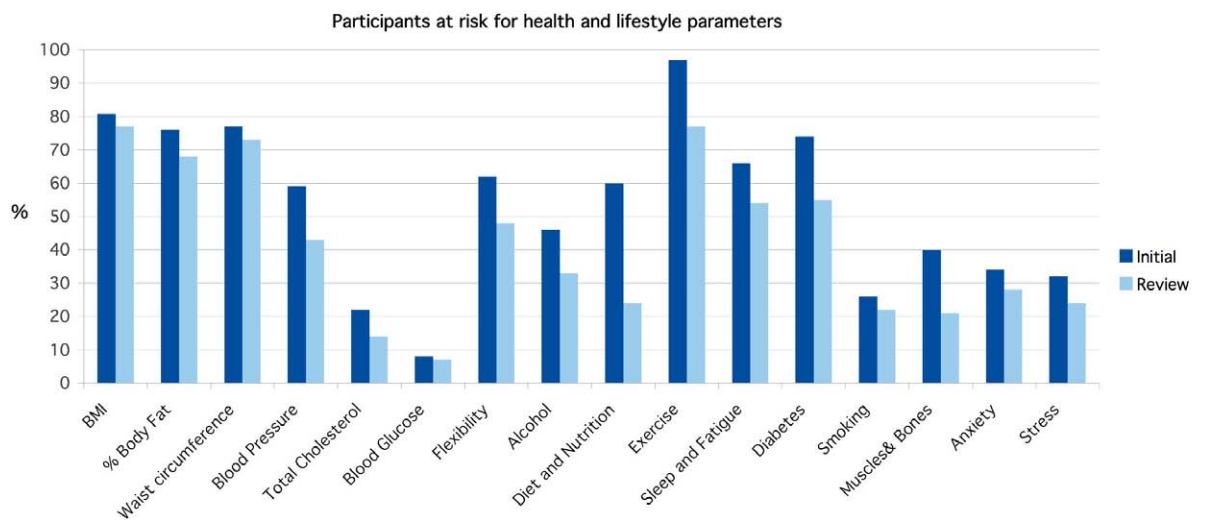
## Targeted Interventions

To assist staff to improve their health and wellbeing, the Health and Wellbeing Program delivered a five month calendar of interventions including:

- Safety day promotions of the program and overall health and wellbeing.
- Advanced health assessments.
- Risk management strategy including individual consultations and follow-up for moderate to high risk employees.
- Health and wellbeing workshops addressing nutrition, exercise and injury prevention.
- Email support and question and answers.
- Follow-up health assessments at the end of the program to measure change.

“ Just talking about what smoking does to me made me give up and I feel so good. ”

Quote from participant



## Positive Outcomes

- Initial toolbox talks and marketing achieved over 80% of employees signing up to the program.
- 90% attendance to at least 4 of the 6 ongoing health and wellbeing initiatives.
- Initial health assessment findings were used to effectively identify key trends in employee health and lifestyle and medication of workshops to fit the needs.
- Risk reduction was evident across a range of health and lifestyle indicators assessed in six month review group.
- Total 109kg weight and 166cm waist loss from the group.
- Reduction from 60% at risk pre-program to 25% at risk for nutrition post program.
- Reduction from 77% at risk pre-program to 53% at risk for fatigue post program.

## Sustainable Impact

The initial health program has now been extended to other regions within Forests NSW, as well as being continued within the Hume Region to support the long term health change of participants. The initial basis for sustainable change has been put in place with the follow up visits acting to enforce key health promotion messages and facilitate a positive workplace culture of health and wellbeing.

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