



Annual Health & Wellbeing Expo O-I Sydney 2010-2011

In 2010 and 2011 O-I Sydney held Health & Wellbeing Expos at their Penrith site in Western Sydney, NSW. The initiative aimed to engage O-I employees in a range of fun and interactive activities to increase their health awareness and promote sustainable healthy lifestyle strategies.

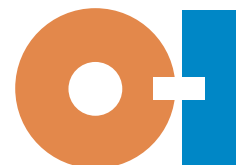
Tailored Design

Each year Corporate Bodies International (CBI) consulted with the O-I Sydney Occupational Health & Safety Team to create a health and wellbeing solution for their employees. The onsite expos were designed to reflect key health, safety and environmental issues faced by the workforce as well as the local community. For example in 2011, the health and wellbeing expo coincided with a community event in support of sustainable living practices.

Targeted Interventions

To assist O-I employees to improve their health and wellbeing, the annual health expos have featured a range of fun, informative activities with a myriad of take home resources for participants. The activities have included:

- Mini health assessments (measurements included body composition, waist circumference, blood pressure, blood glucose, blood cholesterol and flexibility).
- Interactive stands (covering drug and alcohol information, nutrition and health eating strategies, exercise and injury prevention, men's health issues and mental wellness).
- Cooking demonstrations revealing that healthy eating is not that difficult.
- Show bags (including fresh fruit, healthy snacks, a water bottle and health resources).
- Raffle prizes and giveaways.





“ Enjoyed the expo, it was fun and informative
- great to see these guys again ”

“ Great to compare my results to last year
- I've still got my booklet at home ”

“ Health professionals were very
knowledgeable - good motivators too ”

- Selected participant quotes

Positive Outcomes

Each year the O-I Sydney health expos have attracted more than 100 employees and community members. The events are a highly anticipated feature of the organisation's health and safety calendar, with many participants returning each year to compare their health assessment results as well as to sample the current year's activities.

In addition to the health assessments, popular expo attractions over the years have included CBI's Drug and Alcohol Stand which features an intoxication simulation activity. To raise awareness of the effects of alcohol, participants attempt to walk the line and catch a ball whilst wearing specialised intoxication simulating eyewear ('beer goggles'). It's an eye opening activity that really does draw a crowd! Other favourites have included CBI's Glycaemic Index Stand, where participants test their knowledge on healthy eating for blood glucose and energy control, and CBI's Cooking Demonstrations, where participants learn and taste test simple healthy recipes - in 2011 it was a nutritious banana berry smoothie!

In 2011 O-I Sydney commenced a series of onsite weight loss challenges for their employees. On a voluntary basis, participants attended one-on-one consultations with one of CBI's Accredited Practising Dietitians (APD) onsite to begin their weight loss challenge. The annual health expo has provided opportunities to provide effective support to these individuals on an ongoing basis.

The annual health expos have also supported the presence of one of CBI's Health Notice Boards (HNB) displayed onsite. The Health Notice Board is an attractive display of the latest health and wellbeing topics onsite in the workplace. Each month O-I Sydney receives a resource package containing a new health and wellbeing topic, a delicious recipe and an interesting current affair article to update their HNB. The display also features take home newsletters for employees to share the tips and useful information with their family and friends.

Sustainable Impact

O-I Sydney, together with Corporate Bodies International, have successfully designed and implemented an engaging annual initiative for their employees, one that will continue to enrich the health and wellbeing culture at O-I for years to come.

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