

# Kingston B-Well

## 10 Quick Wins | Low-cost strategies for a healthier workplace

### Provide healthy food and drinks at work functions.

Swap the plate of cakes for a fruit platter, and sausage rolls for healthy wraps at work meetings, conferences, lunches and birthday celebrations. Most staff consume half their daily meals during work hours and this is a great way to model healthy options.<sup>1</sup>

### Make your lunchroom inviting

Having space to store (i.e. fridge and freezer) and prepare food will make it easier for staff to bring healthy lunches from home, rather than relying on takeaway which can be high in salt, fat and sugar. Items such as knives, peelers, cutting boards, a microwave or sandwich press, can help staff get creative with lunches!

### Use healthy gifts or prizes

It can be easy to turn to alcohol or chocolate for workplace gifts or social club prizes. Small changes such as encouraging non-food rewards can be more memorable, meaningful and help your staff maintain a healthier lifestyle all year round. [Click here for some healthier gifts and rewards](#)

### Promote free supports to help staff Quit smoking

On average, a smoker costs a workplace 30 days per year in lost productivity.<sup>2</sup> Quitline is a free service for people wanting to quit smoking. You can order a range of free posters, flyers and pocket-sized help cards for your workplace at [www.quit.org.au/resource-order-form/](http://www.quit.org.au/resource-order-form/)

### Start lunchtime walking groups.

Put on some comfy shoes and ditch the chair at lunch time! The average worker in Kingston spends 4 hours and 37 minutes sitting each day<sup>3</sup>. Long periods of sitting can increase the risk of chronic diseases including diabetes, depression and anxiety.<sup>4</sup> The good news is that just 30 minutes of activity (even spread over the day) can improve productivity, mental health and keep staff healthy.

### Promote transport options near your workplace

Include information about local walking and cycling routes in your induction packs, or place in a visible location such as staff notice boards or lunch rooms. [Click here for walking maps](#)

### Have standing/walking meetings

Stuck in meetings all day? Consider letting people know they can stand during the meeting. If your meeting only contains a few people, you could opt for a walking meeting instead.

### Recognise staff achievement

It may seem small, but acknowledging staff achievements can have a big impact on staff morale, satisfaction and engagement. Simple ways to acknowledge staff include recognition in a team email, newsletter or a small celebration. [For more ideas click here](#)

### Raise awareness about mental health support

Mental health conditions affect 1 in 5 Australian workers.<sup>5</sup> One way to support workers who may be struggling is by providing information about support services (i.e. flyers/brochures) in newsletters, lunchrooms or induction packs. Services could include an Employee Assistance Program or [Beyond Blue](#).

### Balance work and life!

Whether you're a business owner, manager or team member, creating a healthy work-life routine (and encouraging others to do the same) is important to minimise risk of burnout and stress. This can be small actions like leaving on time, taking breaks, and not answering calls/emails when you're not working.

### Develop a program

An effective workplace health strategy can significantly reduce worker injury and chronic disease risk, halve compensation claims and improve business productivity.<sup>6</sup> Central Bayside Community Health Services (CBCHS) provides free support to assess your workplace needs, and design a no/low cost-effective strategy. Contact us:

E | [Prevention@cbchs.org.au](mailto:Prevention@cbchs.org.au) Ph | (03) 8587 0214

<sup>1</sup> <https://www2.health.vic.gov.au/about/health-strategies/public-health-wellbeing-plan/increasing-healthy-eating>

<sup>2</sup> Hooper P, Bull FC. Healthy active workplaces, review of evidence and rationale for workplace health, Department of Sport and Recreation, WA Government (Perth 2009)

<sup>3</sup> Vic health indicators survey 2015 results : Kingston

<sup>4</sup> <https://www.betterhealth.vic.gov.au/health/healthyliving/the-dangers-of-sitting>

<sup>5</sup> 1 Australian Bureau of Statistics (2008) National Survey of Mental Health and Wellbeing: Summary of Results 2007 (4326.0). Canberra: Australian Bureau of Statistics.

<sup>6</sup> PricewaterhouseCoopers Australia (PwC). Creating a mentally healthy workplace: Return on investment analysis, 2014. Retrieved from: [resources.beyondblue.org.au/prism/file?token=BL/1269](https://resources.beyondblue.org.au/prism/file?token=BL/1269)