

The Healthy Workplace E-Bulletin



WELCOME

Hello and welcome to the Winter edition of the Healthy Workplace E-Bulletin.

WHAT'S NEW-

Congratulations to all that received their Healthy Workplace Award this year.

It was another fantastic day filled with inspiring and motivating stories.

We would love to hear any feedback you have, so can you please complete a quick 5 minute survey by clicking the link below:

<https://www.surveymonkey.com/s/S8Z55TD>

New 2015 Award - Health Champion of the Year

This is your opportunity to nominate a colleague or member of your team who you feel deserves this award. We would like to recognise the effort and support some staff go to, often above and beyond, to help make their workplace a healthier place to be.

Nominations are now closed but please send us nominations for 2016 and reward your colleagues



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What's In This Month's Issue?

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Presenteeism at Work

Professor Stephen Bevan, director of the Centre for Workforce Effectiveness at The Work Foundation has said, attending work whilst ill—is now recognised as a significant phenomenon which has a large impact on business and health.

Mental health related presenteeism costs UK business £15.1 billion each year, adding that this is one-and-a-half times as much as the cost of absenteeism, as it is more common among higher-paid workers.

Some simple tools for measuring presenteeism include:

- The work Limitations Questionnaire
- The Work Productivity
- Activity Impairment Questionnaire
- The World Healthcare Organisation Health and Work Performance Questionnaire
- The Stanford Presenteeism Scale

Cornwall Healthy Weight are delivering 3 new training courses from 2015, all accredited by the Royal Society of Public Health

- Level 2 award in Encouraging a Healthy Weight & Healthy Eating
- Level 2 award in Encouraging Physical Activity
- Level 2 award in Understanding Behaviour Change (2 days)

For more information, dates and booking details please visit our website.

[Cornwall Healthy Weight](#)



Top 10 healthy resolutions for your workplace

We all know there are many unhealthy temptations over the Christmas and New Year period. So, to help your workplace start the New Year in a positive way, BHF at Work have put together some suggestions of healthy resolutions for your workplace.

Want some ideas.....[click here](#)

February is Heart Month, so it's the perfect opportunity to encourage staff to show some love for their own heart and take on the Heart Month 10 Minute Challenge – one small change, every day.

To help you on your way, BHF have free 10 minutes to change your life guides each containing a week-long challenge to help you get started. [Click here](#)



TIME TO GET ACTIVE

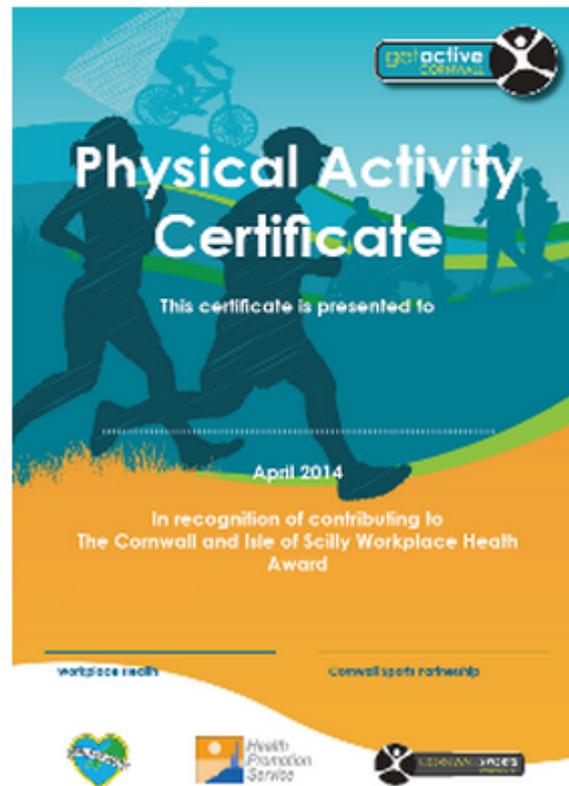


Physical Activity Certificate

The Physical Activity Certificate recognises companies, within Cornwall, that demonstrate a positive approach towards the physical activity levels of its employees.

There is significant investment from workplaces in the promotion of physical activity and the health and well being of their employees. Many workplaces have recognised that that a healthy, energised and motivated team will lead to better business performance

Through supporting the 'Healthy Workplace' Award Scheme, the certificate provides the bronze level criteria for the scheme within the 'Physical Activity including Active Travel' section



The Physical Activity Certification focuses on self-assessment and evidence within the four following categories:

- Provide literature and display materials for employees on the health benefits of regular Physical Activity
- Encourage employees to consider increasing their physical activities during their working day and encourage utilising break times.
- Encourage employees to walk or cycle to work
- Develop an organisational wide plan or policy to encourage and support to be more physically active.

For more information please [click here](#)

Quit smoking at work

Ideas and challenges

Your programme

You can provide information, offer 1-to-1 or group stop smoking support sessions, or set-up a quit smoking event or challenge. Be creative and invest in a Big Cig costume, a smokerlyzer to test employees' carbon monoxide levels, a lung life tool or a jar of tar to show the average amount of tar a smoker inhales annually.

No Smoking Day

No smoking day is one of the UK's biggest annual health awareness campaigns. Every year over a million smokers will use No Smoking Day to try to quit. This campaign happens each year in March.

Your stop smoking event

Raise awareness and organise a variety of activities as part of your own stop smoking event. Use our smoking factsheets to help you demonstrate the dangers of smoking and the benefits of quitting.

We quit at work challenge

This enables smokers to support each other to give-up smoking. You might find making a quit contract a good resources to give out before starting this challenge.



What are electronic cigarettes?

Electronic cigarettes, also known as vapourisers or electronic nicotine delivery systems (ENDS), are often, although not always, designed to look and feel like cigarettes. They have been marketed as less harmful alternatives to cigarettes and for use in places where smoking is not permitted since they do not produce smoke.

To read the full report by ASH (Action on Smoking and Health) please [click here](#)

Health Campaigns

National Heart Month

[Sunday, February 1, 2015 to Saturday, February 28, 2015](#)

World Cancer Day

[Wednesday, February 4, 2015 to Wednesday, February 4, 2015](#)

Prostate Cancer Awareness Month

[Sunday, March 1, 2015 to Monday, March 30, 2015](#)

No Smoking Day

[Wednesday, March 11, 2015 to Wednesday, March 11, 2015](#)

Nutrition and Hydration Week

[Monday, March 16, 2015 to Sunday, March 22, 2015](#)

National Salt Awareness Week

[Monday, March 16, 2015 to Sunday, March 22, 2015](#)

World Oral Health Day

[Friday, March 20, 2015 to Friday, March 20, 2015](#)

Depression Awareness Week

[Monday, April 20, 2015 to Sunday, April 26, 2015](#)

World Day for Safety and Health at Work

[Monday, April 27, 2015 to Monday, April 27, 2015](#)

You can find more campaigns by

[Clicking here](#)

Did you know.....

Barriers to Workplace Interventions

A report produced by the Work Foundation's new Health at Work Policy Unit, explores the barriers that employers face when trying to improve health and wellbeing of their employees. The report identified barriers in 3 stages—planning, implementation, and continued management.

For health and wellbeing policies to be adopted and successfully implemented, the report says employers need to:

- Develop a health and wellbeing strategy
- Invest in evidence-based interventions and execute them
- Measure and report outcomes

Bajorek Z, Shreeve V et al. The way forward: policy options for improving workforce health in the UK. London: Work Foundation, 2014.

If you would like more information on any of the above please contact us at workplace.health@cornwall.nhs.uk

Plants and Stress

Plants are great to keep us calm

Adding to the list of positive benefits about having plants around us, is that they keep us calm and more than that, they de-stress us. No wonder green is the colour of calm in colour therapy!

In fact plants show that they lower the physical symptoms of stress like blood pressure, pulse rates and even skin conductivity.

See the full report [here](#)



The 2015 Workplace Challenge

The workplace challenge will be appearing again this summer, so start gathering your teams now and prepare to take on the challenge.

Get updates [here](#)



Winter Wellbeing

Cold homes have a significant impact on people's health. One of the best ways of keeping yourself well during winter is to stay warm.

[Click here](#) to see ten top tips for staying warm and well this winter.

WATCH OUT FOR....

Healthy Workplace Business
Forum

Coming Soon

Will be held at GE Money

May 2015



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would you like to be shared?

WE WELCOME FEEDBACK. CONTACT US BY.....

EMAIL: workplace.health@cornwall.nhs.uk or PHONE 01209 313419



Thank you for reading this edition of the Healthy Workplace E-bulletin. If you would like any further information on any of the topics please contact us and we will be happy to help.