



Working better through wellbeing

WORKWELL FIFTEEN / OCTOBER 2014

Encourage Employees to take the Stoptober Challenge

People who smoke will be urged to stub out for good this October in New Zealand's first national stop smoking month – Stoptober.

The campaign, which aims to reach the country's 463,000 smokers, will provide support and assistance to encourage as many people as possible to sign up to quit in October. People who manage to stop smoking for a month are five times more likely to quit, and those who use support to stop smoking are much more likely to stay smokefree.

Dr Mark Peterson, chairman of New Zealand Medical Association, says smoking is still the biggest cause of premature death in New Zealand, taking 5,000 lives each year. "The latest census showed that 15% of New Zealanders still smoke and Stoptober is an excellent opportunity to quit for good with the increased support and knowing that you're not on your own. Smokers... lose an average of 15 years of life compared with non-smokers. We know that smoking shortens your life and is the cause of many health conditions which come at a great cost to you, your family and the country."

Throughout Stoptober people wanting to stop smoking will be provided with daily emails and texts.

A Stoptober app, which can be downloaded from the website, has stress-release support in Te Reo Maori and English. The website will also direct people towards free stop smoking treatment, which includes face-to-face, online and phone counselling.

Stoptober is all about supporting people to live a life free of tobacco. About four out of five New Zealanders who smoke say they want to stop, so Stoptober provides a great opportunity to ditch the cigarettes for good.

Encourage your employees to sign up for Stoptober at www.stoptobernz.co.nz.



WorkWell Takes the Stage

The WorkWell team were recently invited to present at two national conferences

In mid-September the Occupational Health & Safety Industry Group held a three day conference in Auckland to discuss all things health and safety. WorkWell team members Dave Wood and Karen Cruikshank were invited to present to conference delegates with a presentation titled 'WorkWell - creating supportive working environments'. The presentation discussed the work that the team has done so far and the importance of supporting wellbeing in the workplace.



Dave was also invited to present at the Population Health Congress held in Auckland early October. The Congress theme was 'Connecting Communities, Science and Policy'. Dave's presentation focused on the workplace as a key setting for reaching communities and improving wellbeing. We are so pleased to be able to share our work and encourage others to focus on workplace wellbeing.

Newsletter Revamp

There are a number of improvements underway for WorkWell, including some changes to our newsletters!

We have decided to make some changes to the size and frequency of our newsletters. Until now there have been two separate WorkWell newsletters; a regular electronic 'tune up' newsletter as well as quarterly hard copy newsletters. In future one newsletter will be sent out bimonthly and will be made available in hard copy as well as electronically.

To sign up to receive the newsletter electronically go to www.workwell.health.nz and click on 'newsletter sign up'.

If you would like to stop receiving our hard copy newsletters please let us know by email at work.well@bopdhb.govt.nz.



Have you noticed our new slogan? 'working better through wellbeing' replaces the previous slogan 'fine tuning our business health' and is one of the changes currently underway as we review and refine the WorkWell programme.

Congratulations to our recently accredited businesses:

Bronze Maintenance:

- Metlifecare Greenwood Park
- Holiday Inn Rotorua
- Edvance



Silver:

- Bay of Plenty Polytechnic
- Pederson Group Ltd.
- Bay of Plenty District Health Board
- Kiwi Produce Ltd.



WorkWell Members Achieve Well

Over 60% of WorkWell members now accredited.

Now in its fourth year, the WorkWell programme is well established in the Bay of Plenty and Lakes districts and we are seeing some great initiatives happening within the workplaces that we support.



The WorkWell team is currently actively supporting 37 workplaces; 12 who have received Bronze standard accreditation, 12 Silver standard and 1 Gold standard. We also have a number of business members currently submitting their portfolios of evidence, which means that these numbers are always changing.

To establish a sustainable and effective workplace wellbeing programme takes time, which is why the WorkWell process has been split into Bronze, Silver and Gold standards of accreditation. A workplace that has achieved Bronze standard has demonstrated commitment to workplace wellbeing and has built the foundations necessary for an effective programme. Silver accreditation shows that a workplace is maintaining and strengthening its activities and starting to integrate wellbeing into business as usual.

When a WorkWell member achieves Gold it demonstrates that they have a comprehensive and sustainable workplace wellbeing programme that values the health and wellbeing of its employees. We look forward to helping all current and future WorkWell members to achieve that Gold standard.

Latest News and Research

Work-related Stress a Risk Factor for Type 2 Diabetes

A study of 5300 German employees, observed over a period of 13 years, has found that employees who have high levels of pressure at work face nearly a 45 percent higher risk for developing Type 2 diabetes. High job stress was identified as placing very high demands on an individual with very little scope for manoeuvring or decision-making. These findings highlight the importance of managing stress in the workplace.

Source - HelmholtzZentrum münchen, German Research Centre for Environmental Health

Keep Learning for Positive Mental Wellbeing

The Mental Health Foundation (MHF) is calling for people to keep learning – be curious, embrace new experiences and see opportunities in the world around them. “When we say keep learning, we’re not saying all New Zealanders need to run off and sign themselves up at their nearest university or polytechnic. We simply want to encourage everyone to be curious and engaged with the world around them – it makes a surprisingly large difference to wellbeing,” says MHF Chief Executive Judi Clements.

Evidence shows that being a life-long learner boosts self-confidence and self-esteem, helps to build a sense of purpose, and connects us with others. Learning is also linked to greater life satisfaction and optimism.

Source - Mental Health Foundation of New Zealand

Upcoming Events

6 - 12 October	Mental Health Awareness Week www.mentalhealth.org.nz
1 - 31 November	Movember - Men's Health Month nz.movember.com
1 - 31 November	5+ A Day Fruit and Vegetable Month www.5aday.co.nz

For support and advice to incorporate any events into your workplace activities call WorkWell on 0800 221 555 or contact your WorkWell Advisor.

Toi Te Ora - Public Health Service's purpose is to:

“To improve and protect the health of the population in the Lakes and Bay of Plenty District Health Board districts with a focus on reducing inequalities in health.”

WorkWell Enquiries: Phone. 0800 221 555 Email. work.well@bopdhb.govt.nz