



Kick Butt this Smokefree May

Workplaces are considered to be the ideal place for supporting and encouraging employees to be smokefree. Research also shows that workplace quit programmes are very effective (see www.quit.org.nz). Not only is encouraging employees to be smokefree beneficial to the individual, but also to the workplace. On average, employees who smoke take 3 more sick days per year than non-smokers, have increased presenteeism – that is, attending work while sick, and have been found to take an extra 30 minutes of break time each day to smoke (which can add up to 120 hours a year).

May 31st is Smokefree Day, and for the entire month of May, New Zealand is being encouraged to work towards being smokefree. Get your workplace involved and support your staff to be smokefree by trying some of these activities:

Become a smokefree workplace – Create a completely smokefree workplace and put up prominent 'No Smoking' signs and raise awareness to staff.

Promote quit support services to your staff – Put up posters and provide 'Quit packs' or resources for staff. Encourage staff to contact Quitline (0800 778 778) for free support, advice and discounted Nicotine Replacement Therapy.

Support staff to enter a quit programme – Offer an onsite group therapy programme or support staff to attend a community based group or individual quit programme.

Support a motivated staff member to be trained in quit support – The Heart Foundation provide stop smoking support training. Have a staff member attend and be trained to provide smoking cessation support to their peers. This is a great way of having convenient and trusted support on site and helps reduce barriers to going smokefree.

Create a buddy system or quit challenge – Social support has been found to be an important part of making the decision to be smokefree, and sticking to it. Encourage both smoking and non-smoking staff to support those going smokefree, and set up a quit group at your workplace to provide support for those on the journey.

Reduce workplace stress – People tend to smoke less in a low-stress environment. Support those who are trying to quit by reducing workplace stress or implement strategies to boost wellbeing at work.

Check out www.smokefree.org.nz/world-smokefree-day for information on Smokefree Day, and www.health.govt.nz or www.quit.org.nz/140/helping-others-quit/resources to order free resources for your workplace. For support on making your workplace smokefree speak with a WorkWell advisor or check out the Smokefree tab under our Priority Wellbeing Area's at www.workwell.health.nz



In the Spotlight: Fulton Hogan Supports Staff to go Smokefree

Fulton Hogan is a major civil contracting company with multiple sites. They see their staff as their biggest asset and place emphasis on providing a healthy and supportive working environment. A staff survey conducted by Fulton Hogan showed they had a number of staff interested in receiving smokefree support.

Working alongside their WorkWell advisor, Fulton Hogan developed a number of options to support staff to become smokefree and reduce exposure to second hand smoke for non-smoking staff.

Nationally Fulton Hogan had an overarching smokefree policy. However on a local level, Fulton Hogan also implemented a regional policy which extended the national policy. They then ensured all sites and vehicles had clear and visible smokefree signage in line with their new policy, as

well as ensuring designated smoking areas were provided in appropriate locations.

Individual support options were provided for those wanting to become smokefree through a local cessation provider. Staff members who gave up smoking and were still smokefree one year later were rewarded with a \$50 sports voucher. This recognition of their smokefree effort was publicised to offer encouragement and motivation to others.

A key to the success of Fulton Hogan's smokefree initiative was good communication. Staff were regularly consulted with and received updates on changes through the Fulton Hogan newsletter.

If you would like to share your WorkWell stories please let your advisor know.



Congratulations to our Recently Accredited Businesses:

Silver

Malyon House

Acacia Park

DB Draught Brewery – National WorkWell Timaru Project



Current News and Research

Long Hours Associated with Increased Alcohol Harm

Long working hours could contribute to risky alcohol consumption (more than 14 drinks per week for women and more than 21 drinks per week for men). Research* has found that individuals whose working hours exceed 49 hours per week are more likely to increase their alcohol consumption to levels that pose a health risk. Health and social risks associated with high alcohol consumption include increased risk of liver disease, cancer, heart disease and stroke, as well as increased risk of injury, violence, family disruption and traffic incidents. Excessive alcohol consumption can be an issue for workplaces as it can have effects such as absenteeism, poor performance and workplace injuries.

The latest New Zealand Health Survey found in the past year, 6.8% of working New Zealanders who drank alcohol, reported working at least once while under the influence of alcohol. This equates to around 165,000 people.

Workplaces can contribute to creating a healthy work environment by implementing policies relating to working hours as well as the effects of alcohol on the workplace.

*Research information can be found at the British Medical Journal and Ministry of Health websites.

Choose Water First for Thirst

Support your workplace to make the healthy choice the easy choice. Water is a healthy, low-cost drink option.

Some ideas for promoting water in your workplace:

- ensure all staff have access to free, clean water from water coolers, water fountains, or taps
- provide staff with reusable water bottles
- have jugs of water available at meetings
- look at what drink options are available at your workplace (eg. what is in your vending machines, what is offered when catering is provided, and what is available at onsite canteen/food retail outlets.)

Check out the Healthy Hydration tips on our WorkWell Website - www.workwell.health.nz/workwell_healthy_eating and click on 'Healthy Hydration'.

Unvaccinated workers have approximately twice as many GP visits per year compared with those who take advantage of the annual influenza vaccination

Spread the Word, Not the Flu

More than one million kiwis are immunised annually against influenza. Are you one of them?

Promoting an influenza immunisation campaign at your workplace could lessen the chance of the flu being spread among your employees and could contribute to preventing reduced productivity and reducing staff shortages.

A workplace approach to stopping the spread of flu could include:

Organising a workplace vaccinator to visit your worksite and administer the vaccine onsite. A list of local workplace vaccinators can be found at www.influenza.org.nz

Provide information to staff so they can make an informed decision about the vaccination

Lead by example. When senior managers are among the first to get vaccinated other staff members may follow.

Promote basic hygiene such as hand washing, covering your mouth and nose with a tissue when sneezing or coughing and avoiding crowded places.

Promote a workplace culture that encourages staff to stay at home if they have the flu. Discourage presenteeism.

All the information you need to know can be found at www.fightflu.co.nz

For support with a workplace influenza immunisation campaign contact your WorkWell advisor.



Upcoming Events

28 April	World Day of Safety and Health at Work, www.ilo.org/safework/events/safeday
31 May	World Smokefree Day, www.smokefree.org.nz

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



WorkWell enquiries: 0800 221 555
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www.workwell.health.nz

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