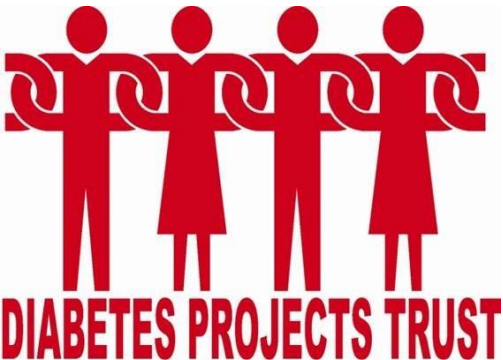


DIABETES PROJECTS TRUST WORKPLACE WELLNESS PROGRAMME

An Overview



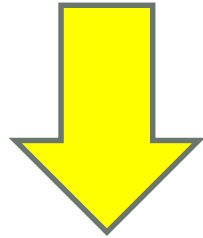
Briar Bennett
Workplace Wellness Coordinator and NZRD

Email: workplace@dpt.org.nz

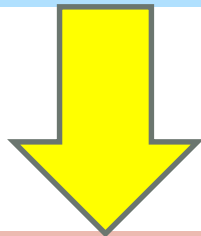
Website: www.dpt.org.nz

Theory

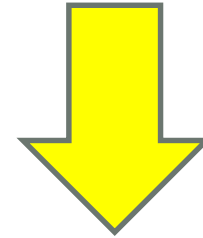
Healthy workforce



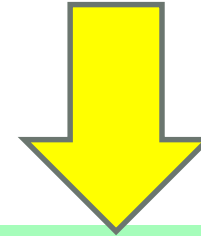
↓ absenteeism, presenteeism,
stress, accidents
↑ productivity, workplace
environment, staff retention



Productive workforce



↓ barriers to access to health,
obesogenic environment
↑ access to people



Healthier population

Diabetes

92,000 people diagnosed with diabetes in Auckland in 2013 ¹

~200,000 diagnosed with diabetes in New Zealand ¹

~100,000 undiagnosed that have diabetes ¹

Estimated cost **\$600 million** in 2008 ²

1. Ministry of Health. (2014).

2. Diabetes New Zealand, & Pricewaterhouse Coopers. (2008).

Diabetes Projects Trust

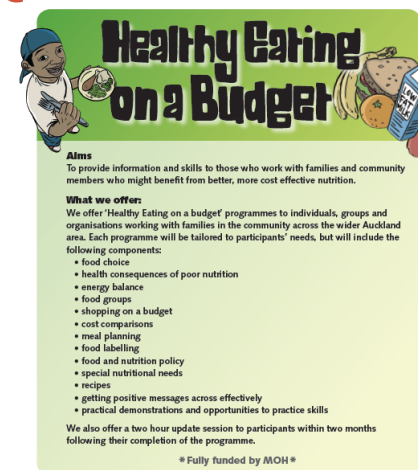
Established in 1992

Projects

- GetWize2Health,
- Countdown Masterclass,
- Lifestyle Train the Trainers,
- Cook'n Kiwi,
- Gardens4Health,
- Audit Team,
- Gestational Diabetes,
- Exercise and Diabetes Support Group
- Workplace Wellness Programme

Research

- GDM Registry
- Conversion rate GDM to T2DM
- GDM motivational interviewing group pilots



Healthy Eating on a Budget

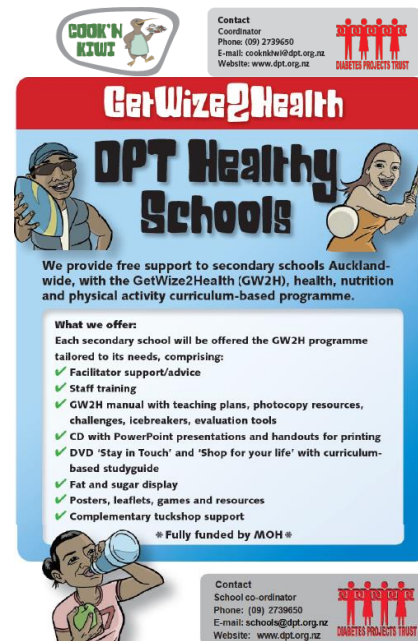
Aims
To provide information and skills to those who work with families and community members who might benefit from better, more cost effective nutrition.

What we offer:
We offer 'Healthy Eating on a Budget' programmes to individuals, groups and organisations working with families in the community across the wider Auckland area. Each programme will be tailored to participants' needs, but will include the following components:

- food choice
- health consequences of poor nutrition
- energy balance
- food groups
- shopping on a budget
- cost comparisons
- meal planning
- food labelling
- food and nutrition policy
- special nutritional needs
- recipes
- getting positive messages across effectively
- practical demonstrations and opportunities to practice skills

We also offer a two hour update session to participants within two months following their completion of the programme.

* Fully funded by MOH *



GetWize2Health

ODT Healthy Schools

We provide free support to secondary schools Auckland-wide, with the GetWize2Health (GW2H), health, nutrition and physical activity curriculum-based programme.

What we offer:
Each secondary school will be offered the GW2H programme tailored to its needs, comprising:

- ✓ Facilitator support/advice
- ✓ Staff training
- ✓ GW2H manual with teaching plans, photocopy resources, challenges, icebreakers, evaluation tools
- ✓ CD with PowerPoint presentations and handouts for printing
- ✓ DVD 'Stay in Touch' and 'Shop for your life' with curriculum-based studyguide
- ✓ Fat and sugar display
- ✓ Posters, leaflets, games and resources
- ✓ Complementary tuckshop support

* Fully funded by MOH *

Contact
School co-ordinator
Phone: (09) 2738650
E-mail: schools@dpt.org.nz
Website: www.dpt.org.nz

DIABETES PROJECTS TRUST

DPT Workplace Wellness Programme

Aim: ↓ diabetes and obesity risk factors in high risk populations

Objectives: to support health promotion through

1. Planning

2. Implementation

3. Maintenance

DPT Workplace Wellness Programme

Intensive and long-term support

Auckland-wide



High risk of lifestyle-related health issues

Larger workplaces

Māori and Pacific Islanders

2015 Warehouse NIDC Wellness Calendar

Month	Activities	To do
January	<ul style="list-style-type: none"> New Year health check/diabetes screening Biggest Loser challenge – starts 30th January Weight loss support group 	<ul style="list-style-type: none"> Provide starter kit resources (tips, recipes, samples, Green Rx) Book screening date Book support group date Training schedule for Round The Bays
February	<ul style="list-style-type: none"> Blood donation drive Stroke poster Follow up weight loss support group 	<ul style="list-style-type: none"> Book support group date
March	<ul style="list-style-type: none"> Round The Bays Follow up weight loss support group 	<ul style="list-style-type: none"> Book support group date
April	<ul style="list-style-type: none"> Flu vaccinations Natural tonics and remedies for winter 	
May	<ul style="list-style-type: none"> Mind, body and soul challenge Evaluation of challenge morning tea 	<ul style="list-style-type: none"> Book week for challenge Send Isabel challenge Book date, evaluations and organise food for morning tea
June	<ul style="list-style-type: none"> Asthma awareness display 	
July	<ul style="list-style-type: none"> Healthy homes information packs 	<ul style="list-style-type: none"> Plan next health calendar

DPT Workplace Wellness Programme

Employee diabetes risk
screening

Environment – auditing,
vending machines and
cafeterias, surroundings

Healthy recipe
demonstrations

Education – workshops
and presentations

Hands on team activities –
challenges, games

Successful Outcomes (2014)

19 organisations across **25** worksites

Over **8350** employees impacted

750 people screened

Mean blood glucose = **5.9** mmol/L (ref: fasting <5.5 mmol/L)

Mean blood pressure = **131/82** mmHg

Mean BMI = **29.2** kg/m² (overweight)

31% obese BMI (>30 kg/m²)

Ministry of Social Development Contact Centre Masterchef-style Cooking Demonstration



Warehouse North Island Distribution Centre Men's Health Night



Framework Trust team shared lunch and education session



Vero Insurance Health Expo

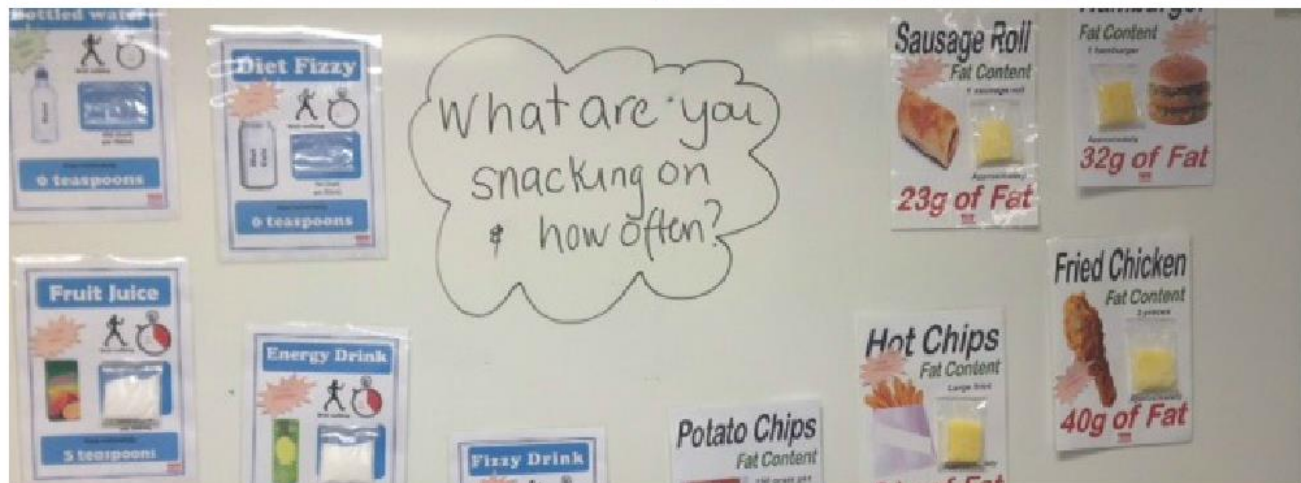


Firth Concrete Penrose Site Vending Machine and Healthy Snack Campaign

Before



After



Evaluation (2013)

Methods

- Retrospective review of data
- One-on-one interviews
- Online surveys
- Repeated workplace audits

Evaluation

Results

- **All** participated in health promotion activities
- **50%** made changes to workplace environment
- Service rated as **excellent**
- Health promotion **easily facilitated**
- All would **readily recommend** us to other organisations
- More than one year of support required for significant changes in employee health
- Small steps in healthy direction

Contact details

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09 273 9650

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