



## Workplace Health: What works well?

WorkWell Team

**The announcement of the winners in the first annual New Zealand Workplace Health and Wellbeing Awards were one of many highlights from the Health and Productivity Management Conference held in Auckland on 9th August 2012.**

A large number of private and public sector representatives attended the conference, where top quality presenters provided information and updates on health and wellbeing developments and trends relating to the current and future workforce of New Zealand.

Among them was the National Director for Health and Work in the UK, Dame Carol Black, who discussed experiences and challenges in prioritising worker health in the UK. National policy and corporate leadership were key themes of this and other presentations, as were the importance of collaboration and employee participation. A comprehensive variety of topics were presented throughout the conference, including fatigue, nutrition and exercise; heart health; labour force participation; cultural values and inclusion; case studies; smoking cessation; health and safety performance; and wellness coaching. Discussions were had on the rationale for addressing employee wellness and safety within the working day, and the best ways to achieve sustainable change.

WorkWell, developed and delivered by Toi Te Ora – Public Health Service, was presented at the conference as an example of putting evidence-based theory into practice, as well as public and private sector collaboration.

The presentation focused on learnings from the first two years of WorkWell implementation, and trends identified through staff surveys and organisational data. With nearly 60 businesses now participating in WorkWell within the Bay of Plenty and Lakes regions, WorkWell is potentially impacting on the lives of nearly 12,000 employees (as well as their families and community connections).

Within this population, there has been notable motivation to eat better and exercise more, and a keen commitment from participating organisations to assist employees in implementing these changes during the working day.

Organisational policy development has been a key activity within workplaces over this time, as has awareness-raising and consideration to improving workplace facilities and physical surroundings.

In line with international evidence, WorkWell uses a whole organisation approach, incorporating input and support from all employees, at all levels within participating organisations. It has been designed to build supportive environments and promote positive health messages throughout the workforce, addressing a wide range of health issues. The full programme is available to employers in the Bay of Plenty and Lakes regions.

For more information on WorkWell, visit the website [www.workwell.health.nz](http://www.workwell.health.nz) or email [work.well@bopdhb.govt.nz](mailto:work.well@bopdhb.govt.nz).

More information on the Health and Productivity Management Conference and the New Zealand Workplace Health and Wellbeing Awards can be found via the Health and Productivity Institute of New Zealand (HAPINZ) website [www.hapinz.co.nz](http://www.hapinz.co.nz).

**Meghan Ruha**  
WorkWell  
Toi Te Ora – Public Health Service  
[work.well@bopdhb.govt.nz](mailto:work.well@bopdhb.govt.nz)

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