



Obesity and Exercise

IN THE WORKPLACE

Background

- Using the workplace as a location to support health and wellbeing has many benefits both to the employer and employee
- Part of the World Health Organisations (WHO) healthy workforce definition includes to consider personal health and resources in the workplace.

OBESITY



What is Obesity?

- Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.

Current Situation

- Currently, within Northern Ireland 59% of adults are classed as either overweight (36%) or obese (23%) (DHSSPS, 2012).
- the 2005/6 NI Health and Wellbeing Survey (NIHWS) highlighted that a similar proportion of men (24%) and women (23%) were obese.
- However, men were more likely (64%) than women (54%) to be overweight (NIHWBS 05/06).

Impact of Obesity

- There are increasingly recognised connections between obesity and other health issues, such as heart disease, liver disease and cancer.
- Cancer Research UK (CRUK) has highlighted that the majority of individuals do not realise that obesity is the second biggest risk factor for developing some types of cancer.

What is causing this problem?

Changes in eating patterns

- The Department for Environment, Food and Rural Affairs (DEFRA, 2010) report that increased snacking on foods rich in fat and sugar and increased dependence on convenience foods, such as takeaways which contain large quantities of hidden fat, are a very high source of calories.
- In addition, when examining the purchases of fruit and vegetables throughout the UK, quantities purchased for the household were lowest in NI.

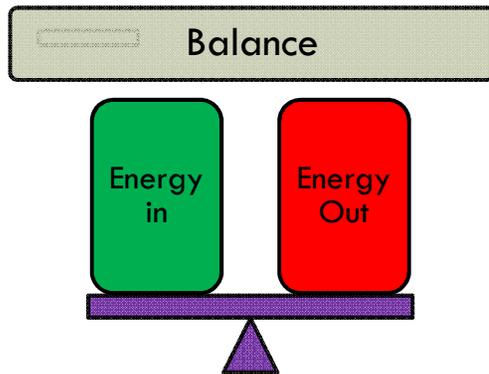
What is causing this problem?

Physical Activity

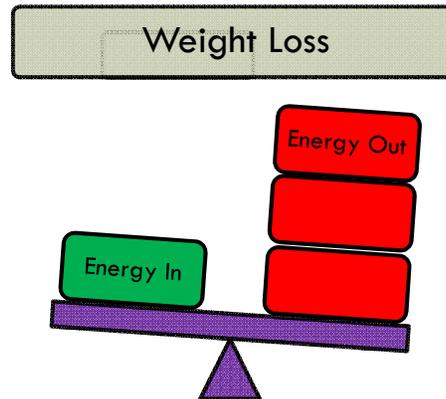
- Modern society has seen a reduction in manual labour and an introduction of technology, meaning sedentary lifestyles are now replacing our once active lives, for example lifts, escalators, moving walkways and television and computers.
- The increasing use of cars in today's society is also a large factor in sedentary lifestyles. Only 2% of our total distance travelled is through walking.

Getting the Balance Right...

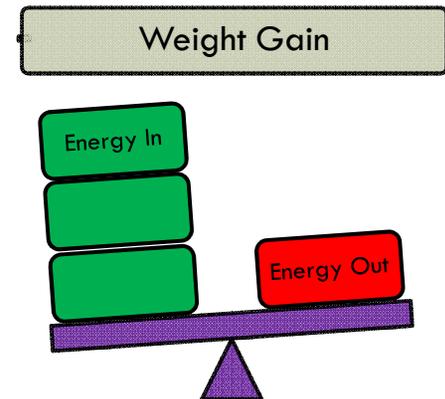
When energy in is equal to energy out your weight is maintained



When you take in less energy than you use up then you lose weight



When you take in more energy than you use up then you gain weight



EXERCISE



Current Situation

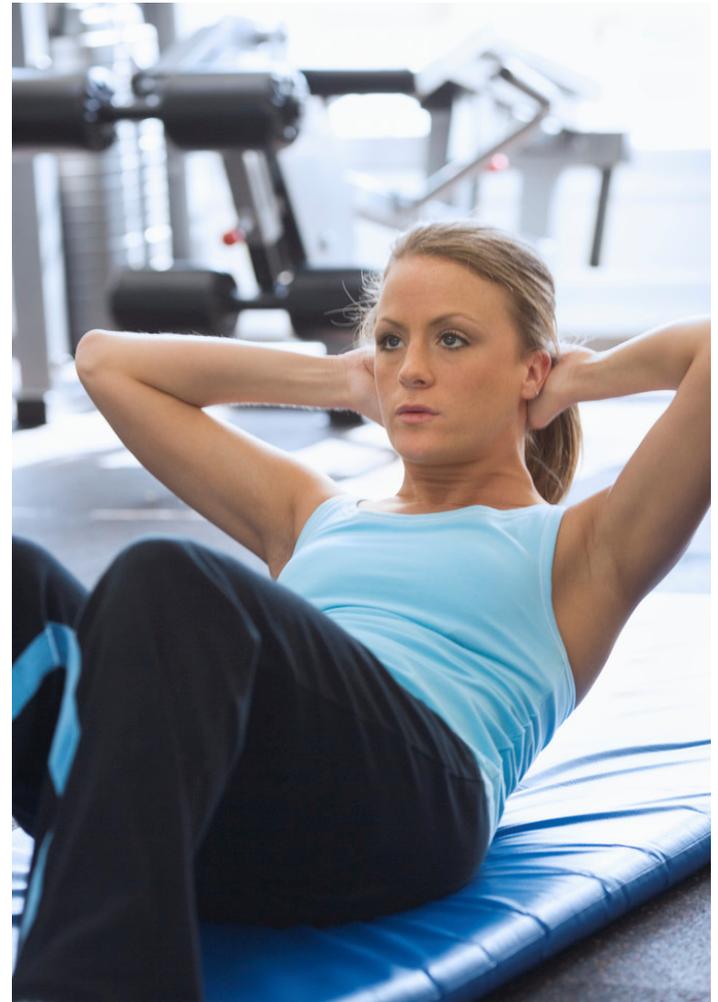
- Only 30% of all people in NI take above the recommended level of physical activity of at least 30 minutes per day on five days a week.
- In addition, 23% were not regularly active in the previous six months and did not intend to be so in the next six months(NIHWS).

It only takes half an hour



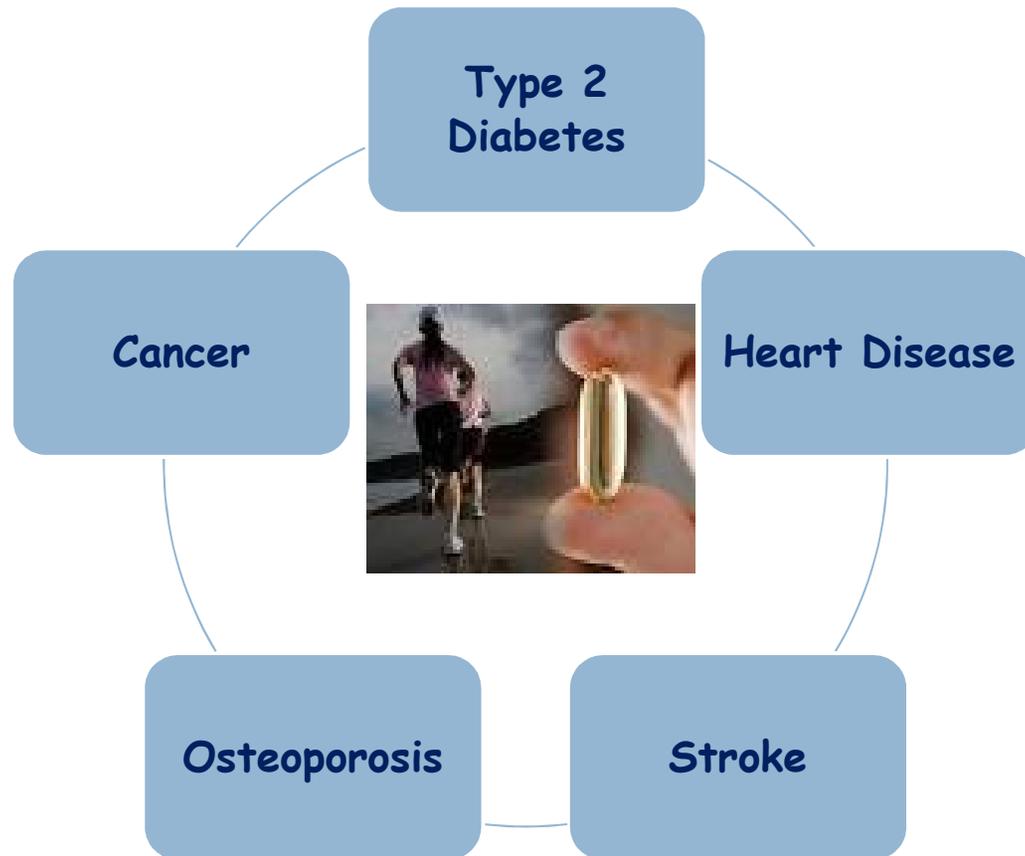
- Moderate exercise should make you –
 - breathe slightly faster
 - feel warmer
 - heart beat slightly faster
- Make physical activity part of your daily routine

What are the
benefits of
exercising?



Exercise Prevents

One of the Most Cost Effective Drugs...EVER



Exercise Improves



Why do we need healthy workplaces?

Promoting Health in the Workplace improves the working environment by -

- Reducing staff turnover
- Increased motivation in staff and a better working environment leading to better communication
- A rise in productivity and work quality
- An attractive organisation to work for.

Life's Simple 7

1. Being physically active
2. Maintaining a healthy diet
3. Sticking to a healthy weight
4. Maintaining good cholesterol levels
5. Keeping blood pressure down
6. Regulating blood sugar levels
7. Not smoking



Action Cancer Workplace Programmes

- Cancer Awareness Sessions
- Health Checks
- Action Man
- Why Weight? Programme

Cancer Awareness session

Are designed to raise awareness of the main cancers and the relevant symptoms for each. These sessions also encourage people to become proactive and visit their GP if they have any concerns. This will aid early detections and reduce incidences of cancer in Northern Ireland. They also provide information on smoking, diet, exercise, healthy eating and alcohol

Workplace Health Checks

A MOT Health check is a chance for employees assess their current health and is done by carryina 4 of the following 6 tests –

- ❑ Cholesterol
- ❑ Blood Glucose
- ❑ Blood Pressure
- ❑ Body Composition Analysis
- ❑ Lung Function
- ❑ Facial Skin Analysis



ACTION MAN

Action Cancer provides MOT health checks and has established this new programme to enable men to make practical and positive lifestyle changes. The overall aim is to motivate men to take their health seriously and raise awareness of male specific cancers.

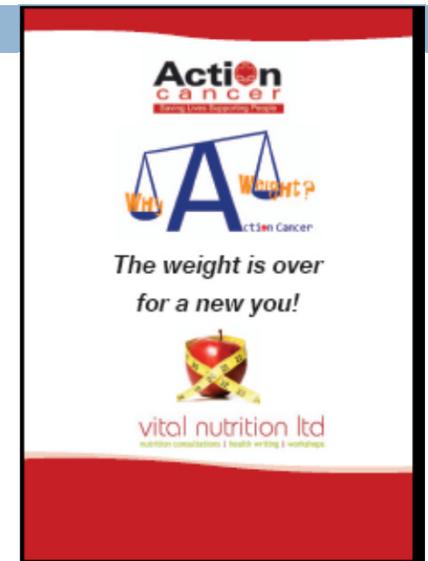
- Our health promotion staff will provide an MOT health check to an agreed number of men . The check will include cholesterol, glucose, BMI, blood pressure, lung capacity and body composition analysis, as well as lifestyle advice and information on male specific cancers.
- Targets will be set by each individual (e.g. – lose 5lbs, increase muscle mass by 10% etc). The health promotion staff will provide a plan for each male to personalise to help them reach their goals.

ACTION MAN

- Each individual will be provided with an individual proforma exercise sheet with options to challenge them and a pedometer to track their activity each day.
- Regular support email from Action Cancer to ask how they are getting on and provide advice and tips, encouragement. Establishment of a facebook page for the guys to post how they are doing.
- Health promotion will come back to your workplace after 12 weeks to complete a second MOT health check for the participants. This will be to measure the changes and assess against initial results. All participants provided with an Action Man certificate. Participants will be involved in a post programme evaluation.

Why Weight Programme

- This is an eleven week weight loss programme aiming to educate participants about the importance of a health balanced diet and healthy body weight.
- The programme consists of an introduction session, 8 weekly meetings and 3 follow up sessions
- Participants will have their body composition measured at the introduction session week eight and at each follow up.
- They will have their body weight measured every week to track progress and increase motivation
- During the 8 weekly meetings participants will also take in part in walks and aerobic exercise sessions.



Case Study – Why Weight Programme

- 18 Participants
- Evaluation showed a statistically significant change in body weight, Fat % and Visceral Fat

On Average each participant –

- lost half a stone
- Decreased fat % by 2.3%
- Dropped Visceral fat level by 1



Participants Comments

- The best thing about the programme was the friendly approach, achievable goals and good advice
- I learnt how to lose weight in an easy and enjoyable way
- I enjoyed learning about healthier options, food labels and the fat models

Simple Steps Your Workplace Can Take

- Offer Healthy food choices in canteen or fridges to allow employees to store healthy lunches
- Flexible working hours to give employees the opportunity to take breaks for exercise
- Cycle and walk to work schemes
- Health Checks and Assessments
- Participating in National Campaigns

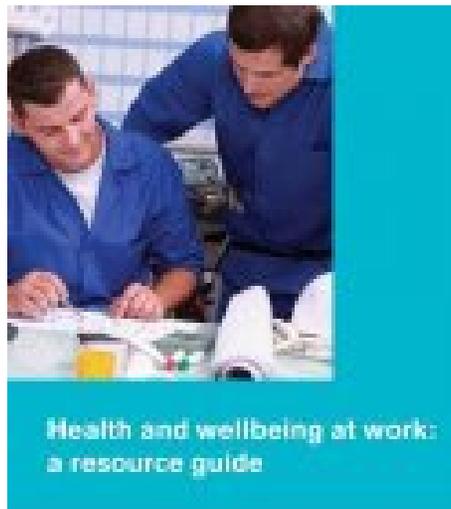


Help employees to be physically active during the working day

- encouraging them to move around more at work (for example, by walking to external meetings)
- putting up signs at strategic points and distributing written information to encourage them to use the stairs rather than lifts if they can
- providing information about walking and cycling routes and encouraging them to take short walks during work breaks
- encouraging them to set goals on how far they walk and cycle and to monitor the distances they cover.

Useful Resources

- Public Health Agency- Health and Wellbeing at work : a resource guide



HSC Public Health Agency

Action
cancer
Saving Lives Supporting People
Celebrating 40 Years

Useful Websites

Healthy Eating –

www.enjoyhealthyeating.info

www.bda.uk.com/workplacehealth/workshops

Physical Activity –

www.getalifegetactive.com

www.travelwiseni.com

www.cycleni.com

Obesity –

www.choosetolivebetter.com



Any Questions?



Thank-you!

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Saving Lives Supporting People
Celebrating 40 Years