



# How healthy is the transport and storage industry?

In the transport and storage industry, eating healthy foods and finding time for physical activity can be tough. Workers in this industry are also more likely to be overweight and smoke.

These lifestyle factors contribute towards an increased risk of chronic diseases such as type 2 diabetes and heart disease, but the good news is that a workplace health program could help turn things around.

*Get Healthy at Work* is a NSW Government initiative that aims to improve the health of working adults by giving businesses all the tools, resources and support they need to develop and implement an effective workplace health program. The free program doesn't require a huge investment, just a commitment to better health at your workplace.

With a focus on priority health issues, the table below highlights the health risks of those working in the transport and storage industry compared to the entire working population in Australia.

There are many factors contributing to these results, including:

- The effect of shiftwork and those who work irregular hours
- Male-dominated workforces (men are less likely to have regular medical check-ups or seek help for physical health issues)
- Difficulty accessing healthy food
- Tasks that involve long periods of sitting

Addressing these factors in your workplace health program will have a lasting, positive effect on everyone at work.

If it's time for a healthier environment at your workplace, sign up to *Get Healthy at Work*.

## Lifestyle health risks - transport and storage industry

Analysis of all persons aged 18 or more	Current Smoker	Inadequate Fruit & Veg Intake	Physical Inactivity	BMI - Measured	BMI - Measured	Waist Circumference	Waist Circumference	Alcohol Increased Lifetime Risk
				Overweight or obese	Obese	Increased or high risk	High risk	
<b>National</b>	22%	49%	71%	59%	23%	55%	31%	24%
<b>Transport &amp; Storage</b>	29%	54%	79%	71%	29%	62%	37%	26%

NOTE: Highlighted items are significantly different from the national average.

Source: The national data above is from an analysis undertaken by PriceWaterhouseCoopers in 2010 using results from the National Health Survey, combined with industry data sourced from occupational health and safety bodies across Australia.

Register online at [gethealthyatwork.com.au](http://gethealthyatwork.com.au)

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