



# Your health summary, Check

Brief Health Checks summary for:

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# About your **summary report**

This report is part of the *Get Healthy at Work* program. 50 or more of your workers have taken part in the free Brief Health Check. As a result, this summary report has been compiled.

It details the results of the following health risk factors:

- Type 2 diabetes
- Body shape
- Smoking
- Healthy eating including;
  - Fruit and vegetable intake
  - Sugary and fatty foods intake
- Water intake
- Physical activity and active travel

Your report doesn't include the results of alcohol consumption reported by workers. Alcohol is excluded due to the sensitivity of the results and the impact that the reporting may have on an individual's decision to take part in *Get Healthy at Work*.



# A snapshot of **your workplace**

## Workplace characteristics

Size:

Date of report:

Number of participating workers:

## Snapshot of health check results

Risk	Level of risk	Proportion of workers
Heart disease (waist circumference)	Average Increased High	
Type 2 diabetes risk	Low Medium High	
Inadequate physical activity		
Healthy eating	Inadequate vegetable intake Inadequate fruit intake	
Currently smoking		

# Your workers and diabetes

Diabetes is a serious condition where there is too much glucose (a type of sugar) in the blood.

There are two main kinds – type 1 and type 2. Type 2 diabetes is the most common and can be prevented or delayed by living a healthy lifestyle.

Lifestyle factors that can increase a person's risk of type 2 diabetes include:

- Being overweight, especially around the waist
- Physical inactivity
- Unhealthy eating habits
- High blood pressure
- High cholesterol
- Smoking

Workers with type 2 diabetes have a higher risk of developing heart disease, stroke, kidney disease and blindness.

## Risk scores of developing type 2 diabetes in the next 5 years:

### Low risk

Low risk of developing type 2 diabetes in the next 5 years

A score of 5 or less indicates that approximately 1 person in every 100 will develop diabetes

### Medium risk

Medium risk of developing type 2 diabetes in the next 5 years

A score between 6-11 points indicates that approximately 1 person in every 30-50 will develop diabetes

### High risk

High risk of developing type 2 diabetes in the next 5 years and may already have undiagnosed diabetes.

A score of 12 points or more indicates that 1 person in every 3-14 will develop diabetes.



# Your workers and **body shape**

Body shape influences a person's health. Excess weight around the waist (a potbelly) is a health risk.

An increased waist measurement, regardless of height or weight, is a risk for developing ongoing health problems such as heart disease, type 2 diabetes and some cancers.

Tackling issues contributing to a potbelly in the workplace will help your workers improve their health. Even a small reduction in weight and waist size can have big health benefits.

## Body shape results:

Gender	Average risk	Increased risk	High risk
Women	Less than 80cm	80 - 88cm	More than 88cm
Men	Less than 94cm	94 - 102cm	More than 102cm

*NB: The cut-offs differ for those of Asian and Aboriginal descent. A waist measurement of  $\geq 80$ cm for women and  $\geq 90$ cm for men indicates an increased health risk.*





# Your workers and healthy eating

Healthy eating helps you maintain a healthy weight and reduces your risk of type 2 diabetes and cardiovascular disease.

It's important to eat plenty of fruit and vegetables. Many adults in NSW eat inadequate amounts of these foods, particularly vegetables. The Australian Dietary Guidelines recommend adults eat:

- 2 serves of fruit daily
- 5 serves of vegetables daily (women)
- 6 serves of vegetables daily (men)

**Fruit and vegetable consumption results:**

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# Frequency of eating sugary and fatty foods

Sugary and fatty foods and alcohol are known as 'discretionary foods and drinks' because they're not needed for good health, and are high in kilojoules. Making a habit of consuming these products can contribute to unhealthy weight gain.

Supporting your workers to limit sugary and fatty foods in favour of nutritious foods (such as fruit and vegetables) will help them to maintain good health and control their weight.

High kilojoule sugary and fatty products include sweet biscuits, cakes, desserts, ice cream, processed meats, lollies, chocolate, pastries, fried foods, crisps and similar snack foods, cream, butter and sugary drinks.

## Frequent\* intake of sugary and fatty foods results:

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\* Frequent intake is defined by these food and drinks being consumed 3 or more times per week.



# Your workers and physical activity

It's recommended that Australian adults do at least 150 to 300 minutes of moderate intensity physical activity each week.

Supporting your workers to do at least 150 minutes of moderate physical activity each week can improve their health and reduce their risk of developing chronic diseases.

## The Australian Physical Activity Guidelines for adults recommends:

**Move More:** Doing any physical activity is better than none. Each week, accumulate:

- 150 to 300 minutes of moderate intensity physical activity or
- 75 to 150 minutes of vigorous intensity physical activity.
- Do muscle strengthening activities on at least 2 days each week

### Physical activity results:

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### Amount of physical activity results:

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### Vigorous physical activity results:

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# Your workers and active travel

Active travel is walking or cycling as a form of transport. Using active travel for all or part of the journey to work can help workers achieve their recommended daily physical activity.

## Active travel results:

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# Your workers and sitting down

Sitting for long periods of time may be bad for health. It's a good idea for workers to stretch and walk at regular intervals.

## Sedentary behaviour results:

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For more details visit [gethealthyatwork.com.au](http://gethealthyatwork.com.au)

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