

News

Heartbeat Challenge Awards, 2005

Renewal

ACI Glass Packaging, April 2005

ACI Glass Packaging achieved renewal of their Heartbeat Challenge Award recently. ACI Glass is a manufacturing company that employs 184 staff. The company has found that since it brought in training, education and health programmes absenteeism and overtime hours have reduced and safety has improved. Out of 8 sibling operations in Australia and Asia the Auckland company is the highest performing. (People Power-Successful Diversity at Work publication, EEO Trust)

ACI has an on-site gym well patronised by staff and an on-site 'Milestone Learning Centre' which is well used by many employees. Staff can complete NZQA National Certificates in Glass Manufacturing. All staff receive health insurance paid by the company.

Recent initiatives towards renewal of their award have included instigating health and wellness education (e.g. food safety, nutrition, smoking cessation) as part of their training and induction programmes. The company has recently undertaken a comprehensive voluntary health screening programme for staff with referral to GP's or more intensive case management as required. Muscle strengthening exercises have been taught to staff for use on the production line.

ACI has also introduced a healthier shift pattern; 2 days on, 2 nights on, 4 days off. Staff will often come in on their days off to use the on-site gym. Last year many production employees participated in the "Boys Big Day Out" which was a first for ACI Glass. Social sports activities are well supported by employees, such as Cricket, Touch Rugby & Soccer, depending on the season.

Congratulations to ACI Glass! Well done!

Caught being Good!

- * Diagnostic Medlab recently advertised for a 'Human Resources Administrator'. Included in the job description was, "...as well as project tasks such as leading the Heartbeat Challenge Wellness Programme".

This type of commitment to workplace health ensures success, as the programme has become well embedded in the organisation and management have committed personnel hours to the programme.

Heartbeat Challenge has been very successful at Diagnostic Medlab. Congratulations.

- * Pathways Trust employ a staff member 20 hours a week to concentrate on health and wellbeing initiatives for staff and clients. Already this person has made great progress towards improved health in this organisation with tennis, cricket and table tennis tournaments, walking groups and nutrition initiatives. They are in the initial stages of working towards a HBC award for each residential site. Very inspired decision by management which we are sure will pay off.



What's new
with.....



Feet Beat on the web!

Feet Beat will be on the ARPHS/HBC website as from June 7th, and you will now be able to enter on line, and download all the appropriate forms and instructions. If you are not "web savvy", you can still contact Jenny or Judy to be sent hard copies of what you need. You can also view the photo gallery and read some of the "virtual" stories from last year's event. So start thinking about Feet Beat 2005 now! At the rate the year is passing, September – and Spring - will soon be here! Remember - http://www.arphs.govt.nz/Projects/HeartBeat_Challenge/Feetbeat from June 7th.

Inaugural NZ Workplace Health and Safety Awards – Feet Beat a finalist!

(supported by the Department of Labour)

Feet Beat was selected as one of three finalists in the Health and Wellness section of the Inaugural Department of Labour/Safeguard magazine 'Health and Safety Awards'. For those of you unfamiliar with the programme it is a free-to-enter workplace team walking event that runs for 8 weeks from September. Contact Jenny if you have not previously participated and would be interested in finding out more about this years programme, or check out the web site..

How can your organisation ensure sustainability of a workplace programme such as Heartbeat Challenge?

- Review your organisation's vision and mission statements. Do they reflect your organisations value for people? Do the values recognise that the wellbeing of your employees is paramount to your success?
- Have a written policy on employee well being - this will articulate to what extent you are committed to protecting and promoting the health of your employees and providing a workplace environment conducive to health.
- Do you have senior management commitment? union buy-in? employee buy-in?
- Incorporate goals and objectives on workplace and employee health into your organisations strategic planning process.
- Create a business case that positions 'Heartbeat Challenge' as an investment in the long term growth and success of the organisation.
- Share leadership, responsibility and accountability for the programme throughout the organisation. A formalised representative committee structure ensures input from a broad range of staff within the organisation. Ensure the committee is permanent, members may change but the structure remains.

Developing a Healthy Workplace Strategy.
(Health Care) by Jack Kimbell.
San Fernando Business Journal, 19/01/04



Useful Websites

www.arphs.co.nz

The new look Auckland Regional Public Health Website is worth checking out, 2 items may be of interest....

For **nutrition** information go to 'Health Advice' then 'Public Health Nutrition Advice'. Interesting articles in the archive include: -

March 2004 - Weight maintenance

September 2003 - Closing the energy gap

June 2003 - Feeling full, low carbs vs low fat.

All nutrition advice newsletters also have a quiz.

Also on the website is an information page on '**Heartbeat Challenge**'. Access '**Feet Beat**' from this page.

www.mypyramid.gov

Concerned about steadily expanding waistlines, the American government flipped the food pyramid on its side, adding a staircase for exercise and giving consumers 12 individually-tailored models for improving their eating habits. Inside the pyramid, rainbow-coloured bands representing different food groups run vertically from the tip to the base. The old single, triangle-shaped pyramid had a horizontal presentation of food categories that some found confusing.

Exercise is key to the new system. physical activity is represented on the new pyramids by the figure of a person climbing steps toward the tip. The new guide, dubbed "MyPyramid," encourages Americans to customize their diet and exercise regime along 12 models geared to specific calorie needs and levels of physical activity.

Associated Press April 19, 2005

Beverages and snacks in vending machines and cafes.

Auckland District Health Board (ADHB) is leading the way with reforming their snacks and drinks in the cafeteria. ADHB has a contract with Frucor for the beverages in the cafe display fridges. Frucor has been active in displaying water and low/cal and diet drinks at eye level in the fridges. They have also run promotions to encourage sales of these items. Snack vending machines are a work in progress. ADHB Nutrition Services Manager Penny King has been working with Bluebird to label the 'healthier' options in the vending machines and display them at eye level. There is a lack of low fat moderate carbohydrate snacks available and Bluebird has been encouraged to source some. The ADHB is also removing all confectionery from their cafes and has negotiated with 'Cookie Time' to sell only the smaller cookies rather than the 'monster' ones.

Fact: Did you know that it takes about 80 minutes of exercise to burn off a monster cookie!!

What can we do at our workplace?

Ask (and then ask again!!) for your vending machine company to provide healthier options for your machines and snack boxes. If enough companies ask for this a demand will be created.

Check out 'Providers' range (this is not an endorsement but they seem to be making an effort to source healthier options for vending machines and snack boxes. Examples are pretzels, fruit and nut mixes, vege chips.)
ph 0800 661 663

Ask your beverage provider to do what Frucor has done at ADHB

Explain the changes in the cafeteria to staff and what the health benefits of, for example choosing water or diet drinks vs full sugar versions are.

Get rid of the snack box and replace it with a fruit bowl. Subsidise the fruit so it only costs 50 cents an item. Provide variety and make sure the apples are crunchy!.... OR do what 9000 Danish companies do and provide free fruit. One less sick day per person per year pays for the scheme. The benefits to health are enormous.

Fact: New Zealand has one of the highest rates of colon/rectal cancer in the world. This cancer is related to diet and can be avoided by eating more fruit and vegetables.

Source: Medical Director of the Cancer Society, NZ Herald 29/04/05

Fun Nutrition idea for winter at your workplace.

An idea brought to our attention by members of the Pacific Island Nutrition Team at Public Health.

If you have a stove or electric frypans or the means to borrow one how about trying a **Friendship Soup** at work this winter. Everyone brings a vegetable to work for the soup. You could use a water base or someone could provide a box or two of pre-prepared stock from the supermarket. For added bulk you could add a can of baked beans or some pasta. Everyone joins in to make and eat it...grab some nice bread. Healthy and fun!

Fact: According to the U.S Centres for Disease Control and Prevention \$9 billion dollars in workplace productivity in the USA is lost due to diet related conditions such as heart disease, cancer, stroke and diabetes.

Correct Hand Hygiene

If you want to demonstrate good hand hygiene in a very visual way you could try 'Glow Germ'. The cream is applied, the hands are washed and a special light shows up the places on the hands people missed! One company who supplies is listed below...

Du Bois Enterprises
8 Harry Human Heights
Meadowbank
Phone: 5289126
Fax: 5289125

ha.ed@xtra.co.nz

\$115 + gst for glow germ + light



Resource Room Move

If you visit or plan to visit the Owens Rd Resource Room for Ministry of Health pamphlets it has now moved to the Cornwall Complex (formerly National Womens Hospital), on the Ground Floor, ph 623 4600

Gout

Gout is a pain!! And apparently it is the cause of a lot of absenteeism in some workplaces. Auckland Regional Public Health has a visual presentation on Gout that can be emailed to you for company to print off and display. The presentation outlines causes, foods to avoid etc.

Email Jenny Bratty and she will send it through. This does not qualify for a Heartbeat Challenge initiative

An information booklet is available on Gout at www.pharmac.govt.nz, and go to the resources section

Smoking relapse at your workplace?

The Quit Group have put out a useful pamphlet called 'Relapse'. It works with the reader through issues such as triggers, challenging your thinking, self talk and action to try again. Code 1605, email; quit@quit.org.nz or www.quit.org.nz If you would just like one copy to see what it is like, contact Jenny.



Auckland Quit Smoking Options is a comprehensive pamphlet listing all the current smoking courses and programmes, information, books, videos and nicotine and non-nicotine based products available. The pamphlet is developed by ASH and the Cancer Society.

ASH ph 520 4866, ashnz@ash.org.nz

Upcoming Events

Auckland Working Well Seminar Series,

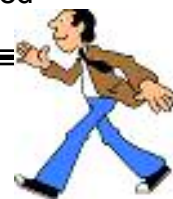
Next Auckland Seminar

1 day mental health at work forum: Working Well – Building Mentally Healthy Workplaces. **21st July 2005**, Mental Health Foundation

For other Working Well Seminars in 2005 see <http://www.workingwell.co.nz>

World Smokefree Day

World Smokefree Day is on Tuesday May 31st. Perhaps a good time to launch a smoking cessation programme at your workplace. Jenny has 8 official posters for this year's campaign, please contact Jenny if you would like one, first in first served



Some ideas for physical activity

- ✓ Walk to cafes at a distance from your office instead of always going to the closest one.
- ✓ Allow time to walk to meetings. If close by, walking can be faster and cheaper than taking a taxi or bus.
- ✓ Arrange a "walking meeting" instead of sitting in an office (only suitable for meetings of 2 or 3 people"
- ✓ Join a nearby health club/gym and work out during lunch, or before or after work. A well-timed workout can give you a boost.
- ✓ Take a water cooler/filter workout. Get up to refill your water cup/bottle. (You need at least eight cups of fluid each day to keep hydrated.)
- ✓ Explore new cities on foot. e.g. go on an early morning or between-meeting walk. Consult with hotel/motel staff who can help you chart a safe and scenic course.
- ✓ Treat yourself to an aerobics class or try a low-impact aerobics video at home
- ✓ Lose your remote control. Get up to change channels on your television, or to select a radio station or compact disk.



Keep up the fantastic work,
Jenny and Judy

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