

The Better Health at Work Award



The Better Health at Work Award

- Free Award
- Covers whole North East and now Cumbria

(coordination and delivery funded by all 12 Local Authorities)

- Open to all employers:
 - large, medium and small
 - unionised and non-unionised
 - public and private

Why Cumbria ?



The Better Health at Work Award

- 45% people don't meet the recommendations for physical activity
- 30% of residents deemed to be inactive
- 68.3% of Cumbrian's are overweight or Obese (Active People Survey)
- Alcohol costs our economy £200m per year, £400 for every resident
- Life Expectancy inequalities across our region
- Mental Health Issues cost UK £30 Billion in lost time productivity
- 15.1% prevalence of smoking illness, preventable deaths

Award Structure



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- Sign up to the appropriate level
- Train up health advocates
- Carry out a Health Needs Assessment
- Create an action plan for the year
- Run activities from HNA
- Implement and EVALUATE any actions
- Collect evidence for the portfolio
- Case study
- Submit the portfolio
- Final assessment visits

Health Advocates



- Remove suspicion from workforce
- Key contact between employer & award co-ordinator
- Interest in health and wellbeing agenda
- Driving force for award programme
- Assist in gathering evidence for portfolio
- Help to identify and progress actions
- Support from line manager
- Help run and organise campaigns
- Signpost to information and support
- Not there to give medical advice

Award Activity in Cumbria



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- Alcohol & Drug Awareness.....8,719
- Stop Smoking8,172
- Healthy Eating.....13,072
- Stress & Mental Health....3,450
- Physical Activity....13,826
- Men's Health.....1,269
- Cancer Awareness...1,267
- Musculoskeletal....7,740
- Health Checks.....752

Benefits to Employers & Employees



- Improves the quality of life of participants
- A healthy and happy workforce is more efficient and productive
- Fewer lost days due to sickness (-2.72 days)
- Better staff retention – lower attrition rates
- Helps organisations become Higher Performing Workplaces
- Increases staff engagement

Cumbria Employers



- Cumbria CC....Gold
- Allerdale BC....Silver
- Carlisle CC...Bronze
- South Lakeland BC...Bronze
- Eden District BC....Bronze
- TSP Longssteels...Silver
- Sealy UK....Silver
- Spirit Energy....Gold
- NCUHT....Silver

Cumbria Employers



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- UMBHT....Gold
- Chance for Life....Bronze
- Cumbria Partnership....Bronze
- Iggesund.....Silver
- Pladis Global....Bronze
- James Cropper....Bronze
- Nestle.....Bronze
- Furness Academy...Bronze

Cumbria Employers

- Cumbria Constabulary...Bronze
- Lakes College....Bronze
- North CCG....Bronze
- University of Cumbria....Bronze



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Our Support



The Better Health at Work Award

- Support through the process including assessment
- Induction
- Web site:
www.betterhealthatworkne.org
- Free training for Health Advocates
- Free Stress sessions
- MHFA Courses (£25)

Mental Health First Aiders

- Two Day Course
- Cost £400
- 16 Maximum mean £25 per attendee (Manual, workbook, zip card provided)
- Gives deeper understanding and impact of MH
- Teach practical skills that can be used every day
- Being able to spot early signs and symptoms of MH
- Guide people to professional support
- Raises awareness of MH literacy
- Reduces stigma around MH
- Promotes early intervention which enables recovery

What Next ?



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www.betterhealthatworkne.org