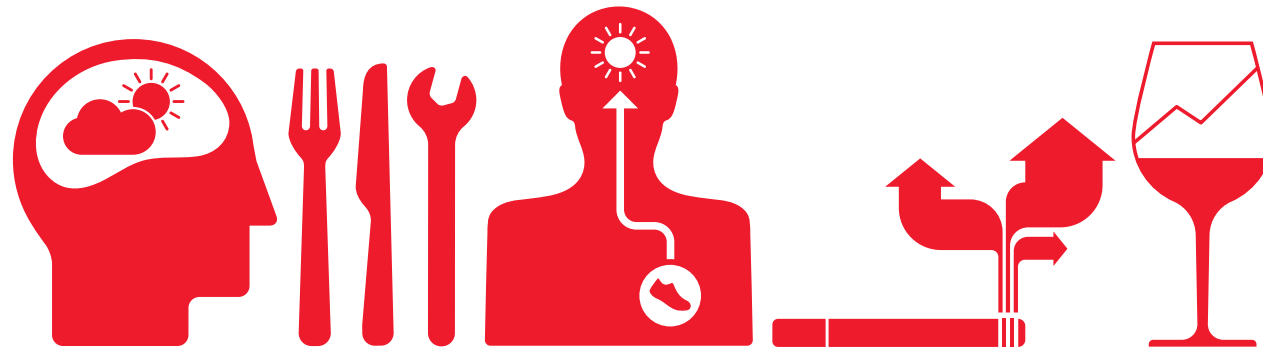


HEALTH AT WORK
INFOGRAPHICS

Health at Work



Why is a healthy workforce important?

HEALTHIER STAFF...



What does poor health and wellbeing cost UK businesses?



£8bn

The cost per year through productivity loss as a direct result of cardiovascular disease (CVD)



£29bn

The cost per year through sickness absence



£15.1bn

The cost per year through presenteeism



What are the key benefits of investing in workplace health initiatives?

BENEFITS FOR EMPLOYERS



The potential economic **return on investment (ROI)** for a UK business that invests in workplace health initiatives is £4.17 for every £1 spent

£1
= £4.17

An employer who actively promotes wellbeing in the workplace is eight times more likely to have **employees fully engaged in their work**

8x 

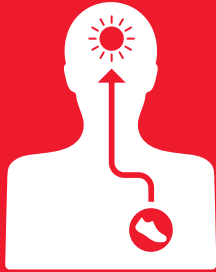
Promoting good health at work can see a 25 to 40% **reduction in absenteeism**

 25 to 40%

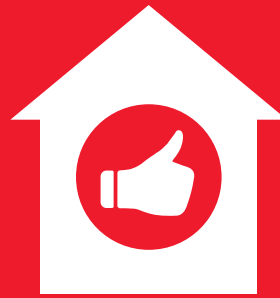
What are the key benefits of investing in workplace health initiatives?

BENEFITS FOR EMPLOYEES

Employees who take part in workplace health initiatives generally become **more active, more fit, and less stressed**



Workplace health initiatives can **boost employee morale and increase job satisfaction**



Being engaged in a workplace health initiative helps **reduce the risk of illness and disease**



Mental wellbeing

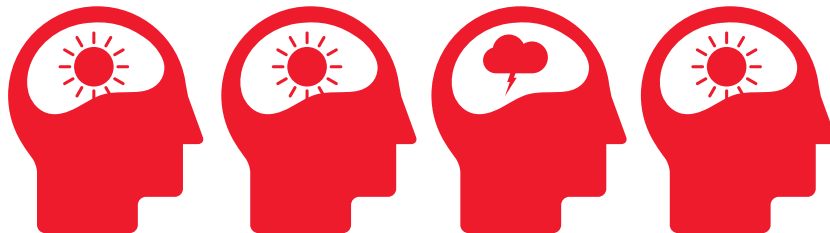


Why is mental wellbeing important?



Mental wellbeing is a state in which we are able to realise our own potential, cope with the normal stresses of life and work productively and fruitfully

Around one in four adults in the UK suffer from some form of mental ill health each year



Being in employment and engaged in meaningful activity is an important part of good mental health

What does poor mental wellbeing cost UK businesses?



What are the benefits of good mental wellbeing in the workplace?

BENEFITS FOR EMPLOYERS

- Increased productivity
- Reduced absenteeism and presenteeism
- Cost saving of health-related sick leave



ABSENTEEISM



COST



BENEFITS FOR EMPLOYEES

- Improved morale
- Improved confidence and self-esteem
- Reduction in stress-related illness



CONFIDENCE



ILLNESS



Healthy eating



Why is eating healthy important?

What we eat and drink affects not just our health but our work performance too



If we don't eat regular well-balanced meals or drink enough water, we may get headaches, feel sluggish or have difficulty concentrating



We consume at least a third of our daily calorie intake while at work



What does poor diet cost UK businesses?



89%

Percentage of employees who say they felt unwell at work and were subsequently less productive

49%

Percentage of employees who have taken sick leave in the last 12 months and have continued to work in some way whilst being absent

Did you know?

Employers have a legal duty to provide clean drinking water and eating facilities

What are the benefits of investing in healthy eating in the workplace?

BENEFITS FOR EMPLOYERS

Increased productivity

Improved morale

Cost saving of health-related sick leave



BENEFITS FOR EMPLOYEES

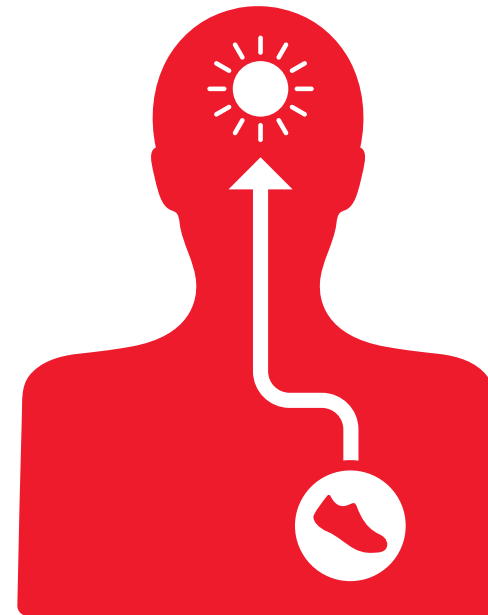
Maintain healthy body weight

Improved productivity

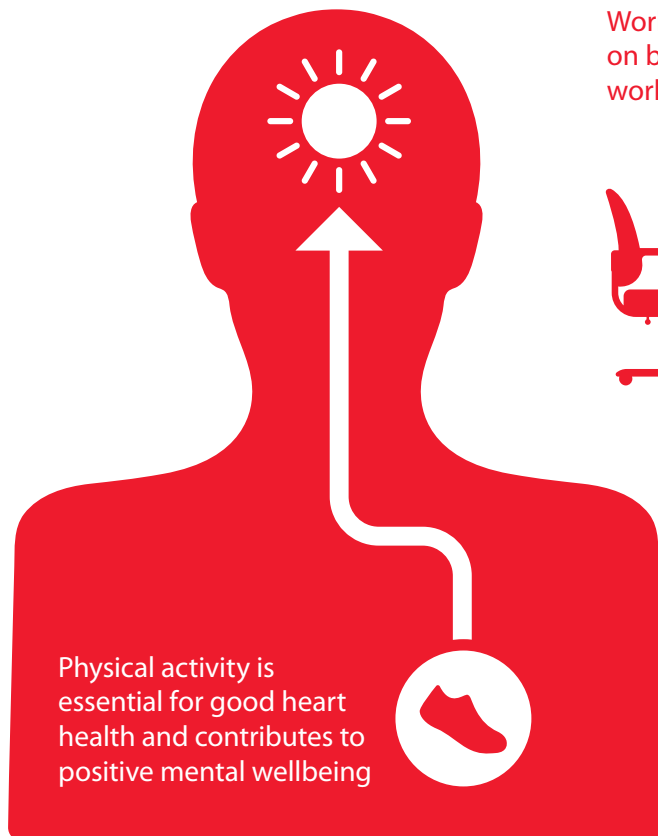
Reduced risk of illness



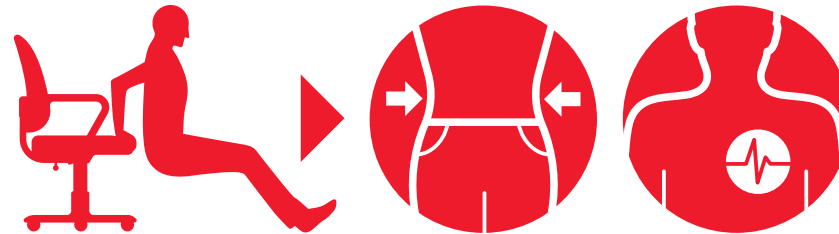
Physical activity



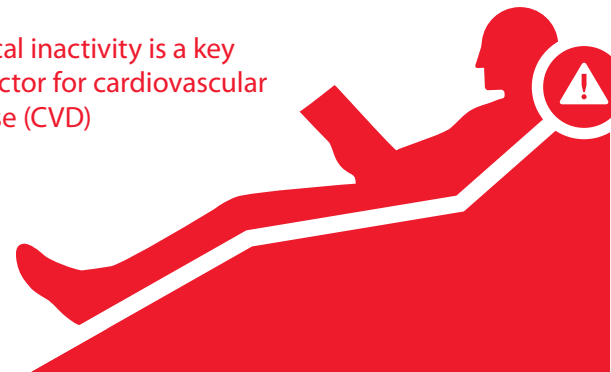
Why is being physically active important?



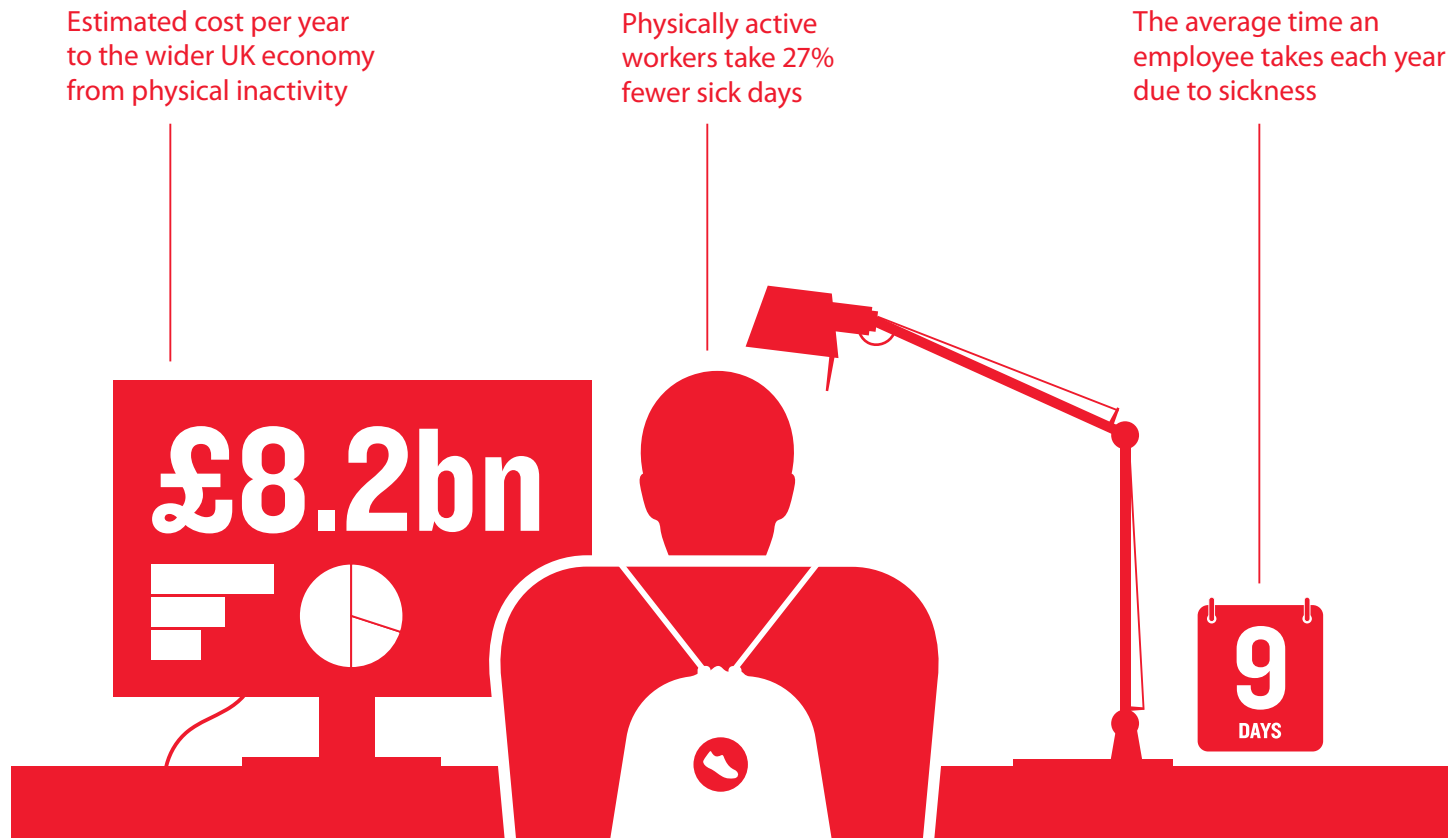
Workplace physical activity can have a positive effect on behaviour, overall fitness, body measurements, work attendance and job stress



Physical inactivity is a key risk factor for cardiovascular disease (CVD)



What does physical inactivity cost UK businesses?



What are the benefits of investing in physical activity in the workplace?

BENEFITS FOR EMPLOYERS

Reduced accident rates

Increased productivity

Improved morale



BENEFITS FOR EMPLOYEES

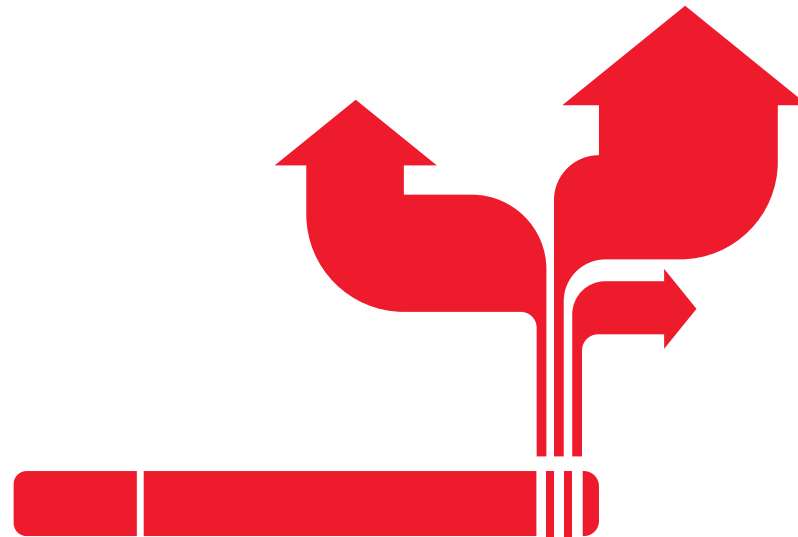
Reduced risk of illness

Improved concentration and focus

Maintain healthy body weight

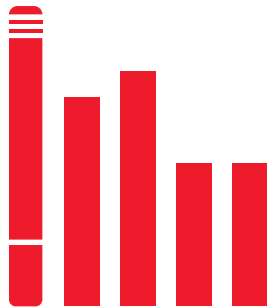


Smoking



Why is it important to not smoke?

30,000



Smoking is one of the major risk factors for heart disease

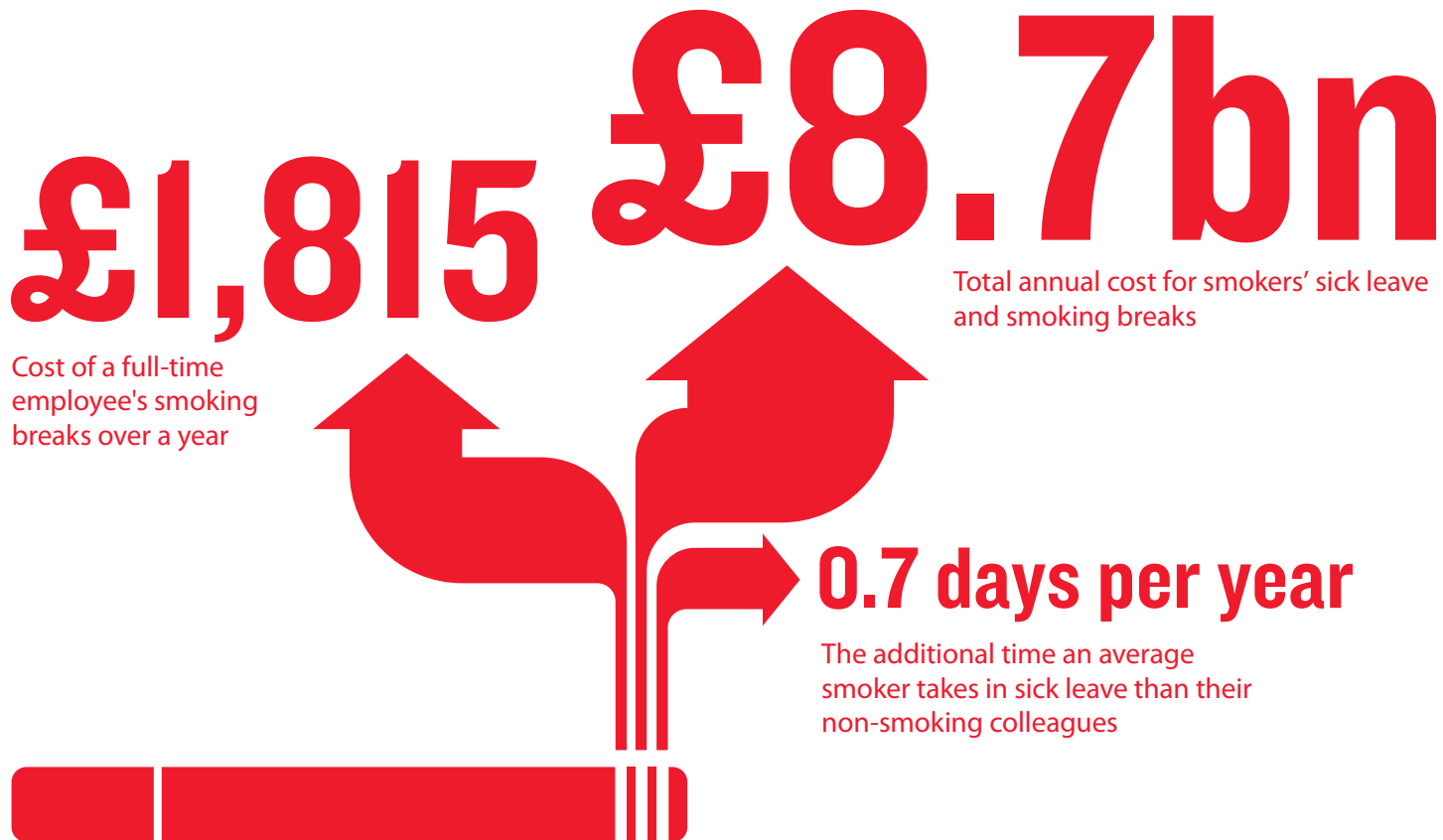


Each year 30,000 smokers die from heart and circulatory disease in the UK



The workplace can play a key role in supporting people to stop smoking

What does smoking at work cost UK businesses?



What are the benefits of investing in a non-smoking workplace?

BENEFITS FOR EMPLOYERS

Reduced absenteeism and presenteeism

Increased productivity

Improved concentration and focus



BENEFITS FOR EMPLOYEES

Reduced risk of illness

Improved concentration and focus

Increased productivity



Alcohol



Why is it important to reduce alcohol intake?

Excessive drinking is the world's number one risk factor for ill health and premature death among 25-59 year olds, affecting businesses, families and individual employees

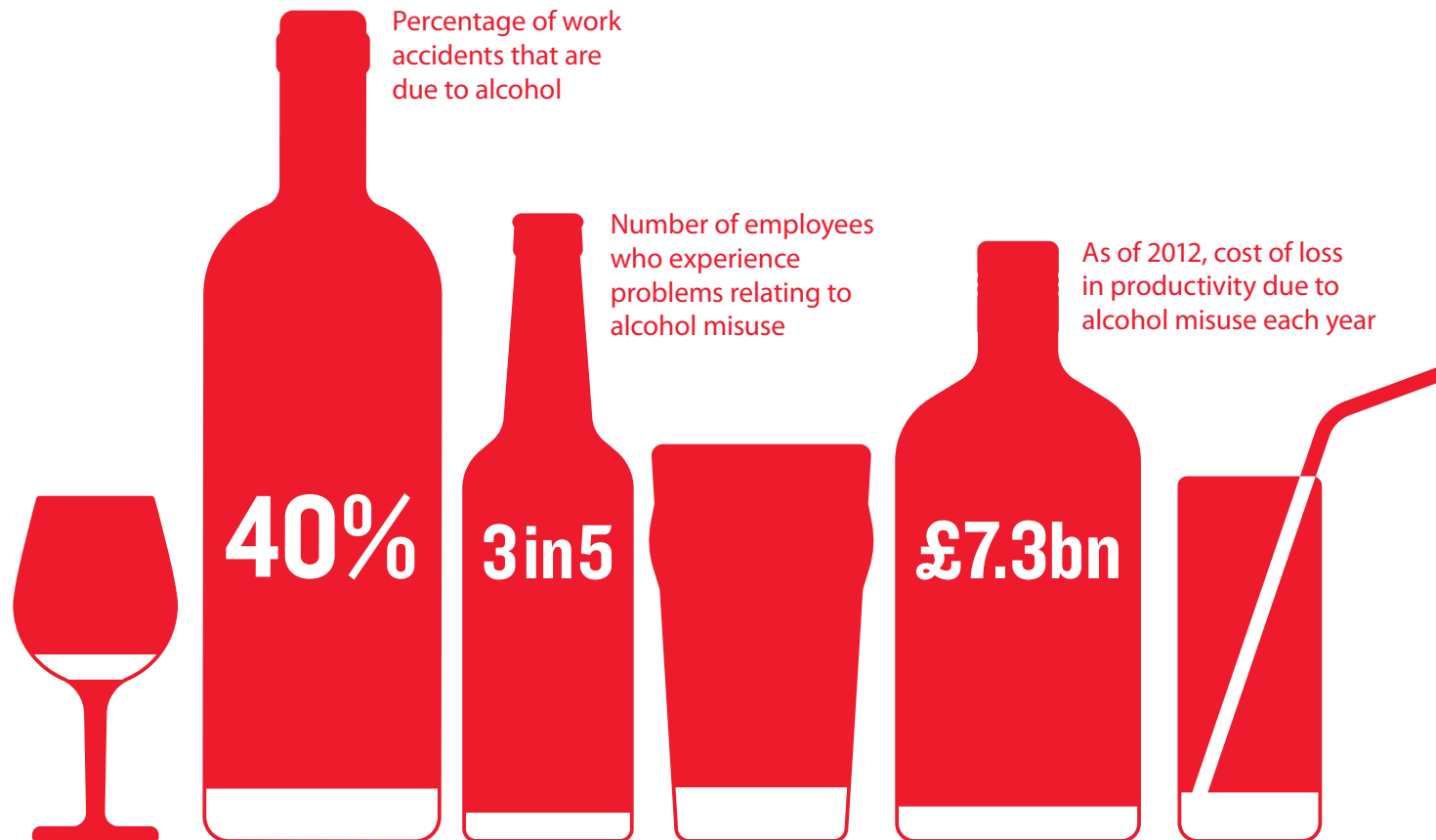
RISK



Staff who drink above recommended guidelines are at higher risk of heart disease, high blood pressure, liver disease and cancer



What does alcohol misuse cost UK businesses?



What are the benefits of encouraging healthy alcohol consumption habits?

BENEFITS FOR EMPLOYERS

Reduced absenteeism and presenteeism

Reduced accident rates

Increased productivity



BENEFITS FOR EMPLOYEES

Improved productivity

Reduced risk of serious illness

Improved concentration and focus



THANKS