

REPORT

Workplace Health Information Session MCC OCT. 05

Presented by Bernard Denner

Report prepared by:
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Executive Summary

Workplace Health Program MCC

Held: October 05

Please note:

Not all respondents chose to answer all questions

Some respondents may have chosen to tick more than one answer

Some questions have multiple-choice answers

80 Men & Women Participants (approx)

48 Respondents

Evaluation Return Rate 60%

General Statistics

72% of the respondents were males & 27% female

4% of the respondents were in the age range 20-30

41% of the respondents were in the age range 30-40

27% of the respondents were in the age range of 40-50

14% of the respondents were in the age range of 40-50

8% of the respondents were in the age range of 50-60

Marital Status

8% of the respondents were Single

62% of the respondents were Married

16% of the respondents had a Partner

8% of the respondents Divorced

Employment Status

8% of the respondents were in Management

20% of the respondents were in By-Laws

4% of the respondents were in Admin

Top 10 Health Issues

Heart Disease

Relationships

Cancer

Prostate Cancer

Anxiety & Stress

Diabetes

Blood Pressure

Depression

Workplace Stress

Breast Cancer

Response to Workplace Health Session

- 21%** of the respondents indicated that they would Relax more
- 20%** of the respondents indicated that they would see a GP
- 20%** of the respondents indicated that they would work on relationships
- 12%** of the respondents indicated that they would increase their exercise
- 12%** of the respondents indicated that they would have a Romantic Weekend
- 10%** of the respondents indicated that they would change unhealthy habits
- 10%** of the respondents indicated that they would eat less fat

Issues the respondents would like to address

- 27%** of the respondents indicated that they would like to address family issues/work balance
- 20%** of the respondents indicated that they would like to address health/wellbeing issues
- 10%** of the respondents indicated that they would like to address workplace issues
- 10%** of the respondents indicated that they would like to address general health
- 8%** of the respondents indicated that they would like to address workplace stress
- 6%** of the respondents indicated that they would like to address retirement issues

What makes you feel ordinary?

Relationships

- 16%** Partner
- 8%** Workmates
- 6%** Ex Partner

Sex

- 10%** Lack of opportunity
- 8%** Lack of Sex & Good Sex
- 10%** I'm Happy

Work

- 18%** Stress & Tension
- 16%** Uncertainty of Employment
- 10%** Management

Was the Workplace session Valuable

- 100%** of the respondents found the workplace session was valuable for them

Response to the Session

- Bernard Denner received a rating of **4.5 out of 5** for his talk
- The General Health Information a rating of **4.6 out of 5**