

REPORT

Workplace Health Program
Executive Summary

Workplace Health
Two Hour Session
April 2006

Report prepared by: for organization based on survey response

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Executive Summary

Workplace Health Session

29 Respondents

Respondent's ages ranged from 20-59 years

93.1% of the respondents felt that the Workplace Health Session had been valuable for them

Top 10 areas of health and wellbeing

Cancer
Heart Disease
Prostate Cancer
Blood Pressure
Diabetes and Anxiety / Stress – equal fifth
Depression
Relationships
Urinary / Bladder Problems
Mental Health Issues / Workplace Stress – equal ninth
Sexual Difficulties

27.5% respondents indicated that the relationship with their **Partner** made them feel depressed or ordinary

13.7% respondents indicated that the relationship with their **Children** made them feel depressed or ordinary

48.2% respondents indicated that they were **happy** with their relationships

31% respondents indicated that the **Lack of Good Sex** made them feel depressed or ordinary

13.7% respondents indicated that the **Lack of Sex** made them feel depressed or ordinary

41.3% respondents indicated that they were **happy** with their sex/intimacy

55.1% respondents indicated that their **Uncertainty of employment** made them feel depressed or ordinary

34.4% respondents indicated that the **Uncertainty of their future** made them feel depressed or ordinary

24.1% respondents indicated that they were **happy** with their work/income

41.3% respondents indicated they would like to address **Health/Wellbeing**

24.1% respondents indicated they would like to address **General Health**

24.1% respondents indicated they would like to address **Family Issues/Work Balance**

20% respondents indicated they would like to address **Retirement**

79.3% indicated the session by Bernard Denner was **Excellent**

75.8% indicated the Information in the Session was **Excellent**

Summary

Session Feedback – Workplace Health Session

Held: April 2006

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*

Participants

29 Respondents 100%

General Statistics

All of the respondents were male

Respondent's ages ranged from 20-59 years

Current Marital and Work status

13.7% of the respondents are single
55.1% of the respondents are married
10.3% of the respondents are with a partner/defacto
17.2% of the respondents are separated/divorced

10.3% of the respondents are management
27.5% of the respondents are production staff
6.8% of the respondents are general/administration staff

Respondents Top 10 areas of health and wellbeing that are important to them

Heart Disease	86.2%	Contraception	13.7%
Relationships	41.3%	Alcohol Use	17.2%
Diabetes	68.9%	Drug Use	27.5%
Blood Pressure	72.4%	Depression	55.1%
Cancer	89.6%	Day to day workplace issues	24.1%
Workplace Stress	34.4%	Suicide	13.7%
Relationships	31%	Sexual difficulties	31%
Urinary / Bladder Problems	37.9%	Mental Health issues	34.4%
Anxiety / Stress	68.9%	Breast or Cervical Cancer	24.1%
Prostate Cancer	79.3%	Smoking	24.1%

As a result of the Workplace Health sessions the respondents will

41.3% will reduce weight
37.9% will spend more quality time with their partner/kids
37.9% will increase exercise
31% will relax more
27.5% will change unhealthy habits
24.1% will have a romantic weekend
24.1% will eat less fat
24% will see a GP
20.6% will work on relationships and work issues
20.6% will organise a health screening

0% will reduce smoking

Has the Workplace Health Session been valuable for you?

93.1% of the respondents said YES

What makes you depressed or feel ordinary?

Relationships with

27.5% respondents indicated	Partner
13.7% respondents indicated	Children
13.7% respondents indicated	Workmates
13.7% respondents indicated	Ex-Partner
6.8% respondents indicated	Self
48.2% respondents indicated	they were happy with their relationships
0% respondents indicated	Friends

Sex

31% respondents indicated	Lack of Good Sex
13.7% respondents indicated	Lack of Sex
10.3% respondents indicated	Intimacy/Love
10.3% respondents indicated	Lack of opportunity
3.4% respondents indicated	Inability to perform
41.3% respondents indicated	they were happy with their sex/intimacy
0% respondents indicated	Knowledge of sex

What makes you depressed or feel ordinary? (cont)

Work

55.1% respondents indicated	Uncertainty of employment
34.4% respondents indicated	Uncertainty of future
20% respondents indicated	Stress/Tension
17.2% respondents indicated	Uncertainty of income
17.2% respondents indicated	Management
13.7% respondents indicated	Retirement
6.8% respondents indicated	Unemployment
6.8% respondents indicated	Lack of Qualifications
3.4% respondents indicated	Long hours
24.1% respondents indicated	they were happy with their work/income
0% respondents indicated	Isolation

What would you like to address the most?

41.3% respondents indicated they would like to address	Health/Wellbeing
24.1% respondents indicated they would like to address	General Health
24.1% respondents indicated they would like to address	Family Issues/Work Balance
20% respondents indicated they would like to address	Retirement
6.8% respondents indicated they would like to address	Workplace issues
6.8% respondents indicated they would like to address	Issues around Mental Health
3.4% respondents indicated they would like to address	Workplace Stress

Workplace Health Session – Bernard Denner

79.3% indicated the session was Excellent
17.2% indicated the session was good
0% indicated the other choices of Very Poor, Poor and Average

Workplace Health Session – Information

75.8% indicated the Information was Excellent
24.1% indicated the Information was good
0% indicated the other choices of Very Poor, Poor and Average

Comments:

Can see what I should do. Typically, it will probably take something dramatic for happen to make me take action. Too late – maybe?
Very good... informative.
Great – should do follow up.
Very well presented and the time did not drag out, interesting all through the sessions.
Very good content...
Covered all important aspects.
I learned some kind of religion is good for your health.