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## Introduction

- Get Healthy at Work (GHaW) is a free NSW Government service aiming to reduce chronic disease risk among workers by building the capacity of businesses to implement workplace health programs and encouraging workers to complete a health check.
- GHaW is delivered with the assistance of contracted service providers or DIY using online resources.

### Get Healthy at Work Program Model



## Aim

- To evaluate the early outcomes of Get Healthy at Work and describe business responses to the program.

## Methods

- Developmental evaluation activities were conducted to contribute to the ongoing refinement and adaptation of the program to meet the needs of businesses and their workers.
- Program monitoring data were analysed descriptively
- 14 interviews were conducted with business program leads and GHaW service providers.

## Results

### Program Monitoring Results

**Businesses registered with GHaW (July '14-Aug '15)** 1,140

#### Registered businesses by size

Small	28%
Medium	42%
Large	30%

**Registered businesses by industry division (top 5)** Professional Services; Manufacturing; Health Care; Construction; Wholesale Trade

**Brief Health Checks** 7,200

#### Brief Health Checks by delivery method

Face to face	36%
Online by a worker at registered business	37%
Completed by a person visiting the website	26%

### Program Evaluation Results

- Businesses with clear communication channels were more likely to involve workers from the outset
- Worker engagement from the early stages of program implementation and development resulted in higher uptake of BHC and understanding of program purpose
- Businesses and program leads that understood the 'end goal' of long term sustainable action were more likely to successfully deliver program components
- Larger businesses reported needing more support from service providers to drive the program

## Conclusions

- Businesses need to value workplace health, view change as possible and as a long term endeavour.
- Service providers are important for building of business capacity to address health in the workplace but do not have the ability to influence business culture.