

How We Shape Up



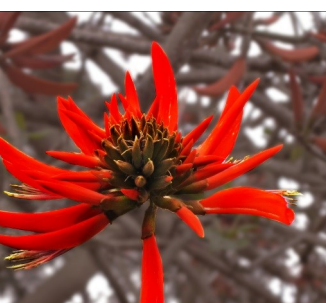
STAFF SURVEY RESULTS



In August 2017, 113 staff completed the Go Active @ Macquarie Survey by reporting how they can be supported to be more active and eat healthy at work. This was a follow-up to a similar survey done in 2011.

The survey results gave a great insight into:

- ➔ how staff are getting to work and why they are choosing that method
- ➔ factors that were influencing their daily physical activity levels
- ➔ what could be done to make healthy eating easier during the work day.



Getting to Work

- ★ 84% of people said they were driving to work, with a further 4.5% travelling by car as a passenger.

The main reasons people travel to work this way were; fast journey (65.5%) and need to attend before or after work activities (26%).

In addition,

- 19% of people reported taking the bus or train
- 8% of people reported walking to work
- Less than 1% of people reported cycling to work

- ★ 21% of people are living within 0-5km of work while 18% live 6-10km away.
- ★ 67% have considered using public transport as another option for health and to avoid traffic.

- ★ The main reason for choosing an alternative form of travel was to improve health and fitness (45%)

- ★ Staff reported not feeling safe (39%) and living too far away (40%) as reasons for not cycling to work.

- ★ When asked what would encourage them to get to work via active travel, most suggested:

- more frequent public transport (30%)
- easier access to work travel options, such as pool cars, public transport (29%)
- a shuttle bus service to the train station (23%).

Physical Activity

- ★ Only 3% of staff reported getting the recommended 30 minutes of physical activity every day.

However, most staff (87%) would like to be more physically active.



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Physical Activity *(Cont.)*

- ★ Staff identified factors that would support physical activity.

These included;

- on-site gym facilities (52%)
- organised lunchtime activities (37%)
- showers/changing facilities (33%)
- walking staff meetings (23%)
- Outdoor exercise stations (15%).

- ★ Walking is the most popular form of regular exercise people would like to participate in (58%) followed by Yoga (52%) and strength training (39%).

Nutrition

- ★ 84% of staff report bringing their lunch/ meals from home.
- ★ The main reason for this was wanting to eat healthy food (32%), convenience (30%) and price (15%).
- ★ Suggestions by staff on how the Macquarie Hospital campus could support healthier food choices at work included:
 - Regular produce markets on site (44%)
 - More healthy options in the café (38%)
 - Providing fruit to staff in tea rooms for a small donation (30%)
 - Access to filtered drinking water (25%)
 - Healthy options in the vending machines (23%)

Action to Date

The Macquarie Wellness Group will be working on the ideas that were provided through the survey responses.

The group is currently working on developing a new walking map that highlights short (10min) and long (30min) walking routes around the campus.

In addition, the Wellness Unit's Exercise Physiologist and students have recommended staff exercise classes on Tuesdays and Thursdays (12:30pm-1:00pm) in the Wellbeing Gym. These classes are endorsed and supported by the Wellness @ Work Group.

Where to now?

The Wellness Group will implement more initiatives to support staff to eat well and be active e.g. the walking maps and implementation of the new Healthy Food and Drink Framework for staff and visitors.

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