

How We Shape Up



GO
ACTIVE @
RYDE

STAFF SURVEY RESULTS

In 2016 seventy six staff completed the Go Active @ Ryde Survey by reporting how they can be supported to be more active and eat healthy at work.

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

- ★ 81.5% of people said they were driving to work, with a further 7% travelling by car as a passenger. The main reasons people to travel to work this way were: Fast Journey (71%) and need to attend before/after work activities.

In addition,

- 13% of people reported taking the bus or train
- 13% of people reported walking to work
- 4% of people reported cycling to work
- ★ Almost 40% of people are living within 0-5km of work
- ★ 76% have considered using public transport as another option for health and to avoid traffic
- ★ Main reason for not cycling to work is that people reported not feeling safe.

Physical Activity

- ★ Only 7% of staff reported getting the recommended 30 minutes of physical activity every day. However, most staff (84%) would like to be more physically active.
- ★ Staff identified factors that would support physical activity. These included
 - On-site gym facilities (53%)
 - Organised lunchtime activities (34%)
 - Showers/changing facilities (27%)
 - Campus activities and events (21%) e.g. Ride to work days.



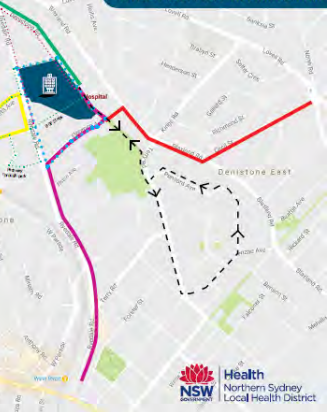
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GO 2 WORK ACTIVE FACILITIES AT RYDE HOSPITAL



GO 2 WORK ACTIVE RYDE HOSPITAL WALKING MAP



- Walking is the most popular form of regular exercise people would like to participate in (57%) followed by Strength training (38%), Yoga (35%) and Pilates (31%).

Nutrition

- 88% of staff report bringing their lunch/meals from home.
- The main reason for this was that they wanted to eat healthy food (33%), price (22%) and convenience (22%).
- Suggestions by staff on how the Ryde Hospital campus could support healthier food choices at work included:
 - More healthy options in the café (59%)
 - Regular produce markets on site (40%)
 - Access to filtered drinking water (35%)
 - Improved facilities for food storage/preparation and reheating (21%)

Action to Date

The Ryde Wellness Group has been working hard to act on the ideas that were provided through the survey responses.

The group has developed resources such as:

- ➔ **The Ryde Hospital Walking Map:** A map of short and long walks that staff may wish to do before or after work or during breaks. The distance and time taken to walk to Eastwood and West Ryde train stations and Midway Shopping Centre are shown.
- ➔ **Facilities at Ryde Hospital Map:** A map of showers and bike racks that staff can access. These facilities will allow staff to freshen up after being active before or during work.

These resources are available on the Intranet:

<http://intranet.nslhd.health.nsw.gov.au/ClinicalNet/healthprom/programs/Pages/GoActive2Work.aspx#Ryde>

Where to now?

There will be more initiatives implemented to support staff to eat well and be active. For example, *September Walking Challenge* and the implementation of the new Healthy Food and Drink Framework for staff and visitors.

For further information about health and wellbeing initiatives at Ryde Hospital please contact:

Kylie Tekell, Health Promotion Officer
kylie.tekell@health.nsw.gov.au

or

Deb Williams, Health and Wellbeing Consultant
debra.williams@health.nsw.gov.au



Health
Northern Sydney
Local Health District