

## Workplace Achievement Program

The Workplace Achievement Program is available to all organisations in Victoria to support the development of healthy workplaces. The Achievement Program provides an evidence-based framework and gives practical steps and easy-to-use tools and templates to promote and improve health and wellbeing in your workplace.

As the lead agency for the Workplace Achievement Program in the Barwon region, Barwon Health will support your workplace to achieve best practice benchmarks to influence areas such as morale, safety and productivity, and create a healthier workplace for your staff. The best practice benchmarks cover five priority health areas: Healthy eating; Physical activity; Alcohol; Smoking; and Mental health.

### The health of workers

Did you know?

- Organisations that don't promote health and wellbeing are four times more likely to lose talented staff in the next 12 months
- Unhealthy workers take nine times more sick days per year than healthy workers
- On average, six working days of productivity are lost per worker every year as a result of workers coming to work sick or injured
- On average, a smoker will cost their employer 30 days of lost productivity every year, due to time taken to smoke while at work
- Loss of productivity due to obesity is estimated to cost \$6.4 billion a year in Australia
- On average, three working days are lost per worker every year as a result of workplace stress

Source: *Healthier Workplace WA*, <http://healthierworkplacewa.com.au>

### Benefits to workplaces

- Improved staff retention
- More productive staff
- Healthier staff
- Staff that feel valued
- Better team relationships

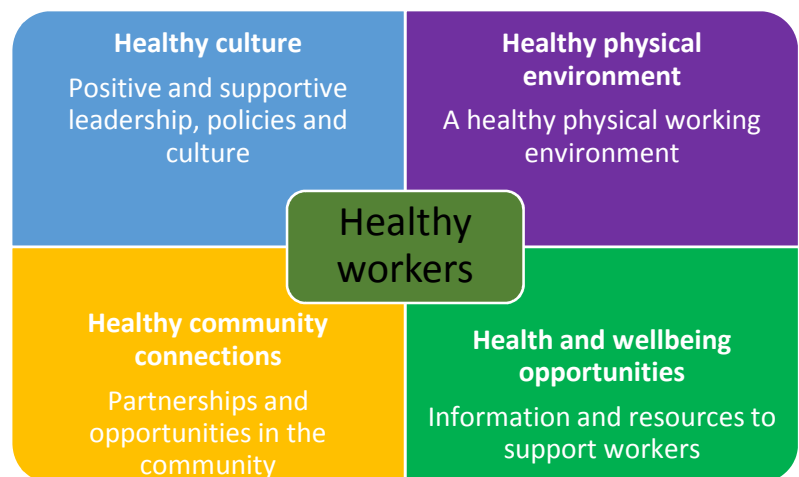


**achievement**  
program

***Creating Healthier Workplaces***

## Creating a healthy workplace

Evidence shows that the most successful and sustainable health and wellbeing initiatives are those that use a whole organisational approach. The Healthy Workplaces Framework identifies four workplace domains that can influence employee's health and wellbeing.



## Types of support Barwon Health can provide

- Assistance in creating an engaging work health and wellbeing program
- Connect you with health and wellbeing experts
- Opportunities to attend networking events and workshops
- Best practice healthy workplace examples
- Assistance with wellbeing policy and surveys
- Help to identify your employees at the highest risk
- Healthy eating and nutrition advice through the Healthy Eating Advisory Service
- Tools to show return on investments

To register or find out more about the Achievement Program contact:

**Local contact:**  
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03 421 53475

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[admin@achievementprogram.org.au](mailto:admin@achievementprogram.org.au)  
[www.achievementprogram.health.vic.gov.au](http://www.achievementprogram.health.vic.gov.au)

*Creating Healthier Workplaces*