

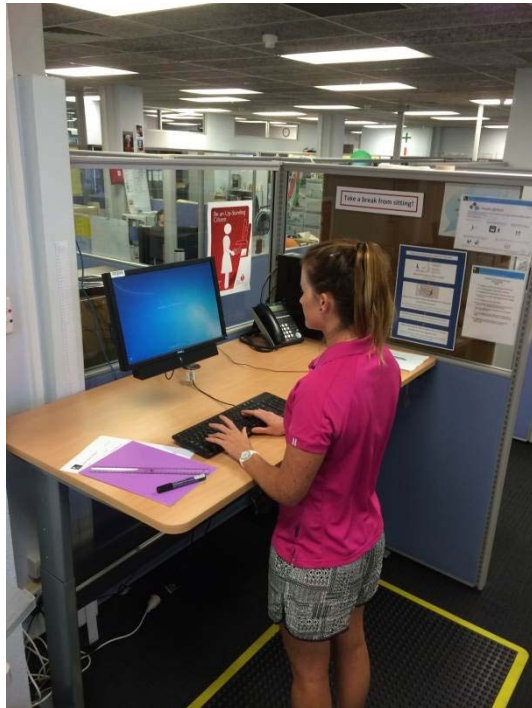


Healthy@Work

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A model of a health promoting workplace

Department of Health is a Smoke Free Workplace



The settings approach

“the place or social context in which people engage in daily activities in which environmental, organizational and personal factors interact to affect health and well-being”
WHO 1998

- Workplaces, schools, communities, prisons, hospitals and health services

World Health Organization, "The WHO Health Promotion Glossary," World Health Organization, Geneva, 1998.

- National Partnership Agreement on Preventative Health, 2011- 2014
- Healthy Workers
- NT Health (formerly Department of Health)

Create a supportive workplace environment which encourages and enables healthy lifestyle choices

Decrease workforce risk profile for developing a preventable chronic condition

- Fruit and vegetables consumption
- Physical activity
- Healthy weight
- Tobacco
- Harmful consumption of alcohol





Department of Health, "Northern Territory Health Promotion Framework," Department of Health, Darwin, 2013.

Key Impacts Settings Approach

Sustainability

Diversity

**Productivity
+
Efficiencies**

Engagement

**Innovative
Solutions**

Leadership

**Evaluation
+
Quality
Improvement**



○ Settings approach is a flexible and sustainable model

● Opportunities

- National Partnership Agreement on Preventative Health
- Expand and contract
- Healthy Lifestyle Sponsorship Fund

● Levers

- Work Health and Health Strategy

● Future roll-out

- Northern Territory Government
- Private industry
- Outcome evaluation

Health promoting workplace model versus Individual risk factor wellbeing approach

- Considers all influences of health within the setting
- Integrates health promotion strategies at all levels of influence and key action areas of the continuum

A settings approach to health

Wellbeing approach is but one part of the puzzle



“Making the healthy choice the easy choice”

Health Promotion Strategy Unit

http://www.health.nt.gov.au/Health_Promotion/index.aspx

Kate Robertson

Training and Education Program Development Officer

Health Promotion Strategy Unit

NT Health

kate.robertson@nt.gov.au