

Calling all
employers:
Do you
want a
healthier
male
workforce?

Workplace
Men's Health
Program

Foundation 

Do you want healthier men at work?

Did you know?

Employers who introduce health promotion to their workplaces can:

- Reduce employee health risks by up to 56 per cent at a rate of 10 per cent each year
- Significantly reduce the cost of absenteeism. Absenteeism is estimated to cost Australian employers 2 per cent of GDP based on an absence rate of 2.5 per cent.
- Address the obesity epidemic. Some 3.2 million Australians are clinically obese and are costing \$3.8 billion in lost productivity and direct health costs. A significant proportion are men.

Why the fuss?

Some health stats:

- More than five men die prematurely each hour in Australia from potentially preventable conditions
- Every year more than 470,000 years of life are lost to the male population due to premature death – from heart disease, cancer, accidents, suicide, alcoholism, obesity and smoking
- The suicide rate is four times higher for men than women
- Men live, on average, five years less than women
- Over two thirds of men are overweight – increasing their chances of heart disease, diabetes, high blood pressure and cancer

Why assess the health of men working for you?

No employer can afford to ignore the health of Australia's 5.4 million working men – a quarter of the country's population.

Imagine the impact on Australian communities – on workplaces, wives, children and friends – if men could live longer and healthier lives.

A recent Wesley Corporate Health Study on health in the Australian workplace has found:

- the average worker has almost three health 'risks' meaning they are more likely to suffer heart disease, obesity, diabetes, cancer and depression. They are up to 7 per cent less productive because of these risks.
- The study estimated the effect on the Australian economy, from lost productivity due to ill health, was \$34.8 billion per annum or 4.2 per cent of GDP.

But wait. There's good news!


These health risks can be reduced by workplace health checks and education strategies.

Employers, who introduce health promotion to their workplaces, can reduce their employees' health risk factors by up to 56 per cent, according to the Wesley study.

So how could an employer achieve this?

By offering:

- annual health and wellness checks of all employees to identify health risks
- educational materials and referrals to improve employees' health.



Employers who introduce health promotion to their workplaces can reduce their employees' health risk factors by up to 56 per cent...



The Decades of Life program

Foundation 49's unique Decades of Life health assessment program takes health care to the worker. What better way to reach Australian men than at work?

We help identify risks and early warning signs for many of the major illnesses experienced by men.

The program allows an age-specific health assessment, and then refers a man to a general practitioner for a follow-up, should warning signs be identified.

According to the man's individual health status and age, the program spots areas of greater health concern.

Positive ideas are offered to help each man improve his health. Not only is he likely to live a longer and healthier life with his family and mates, he'll miss fewer working days and be more productive.

The Decades of Life program is a unique health assessment because:

1. it is gender specific, focusing very clearly on the health issues that face men;
2. it is provided by a not-for-profit, Foundation 49. The price is set with the aim of making the service accessible to the whole workforce;
3. it is a two-part, online and face-to-face assessment which makes it easy to use. We also know there are huge benefits to men who have a chance to discuss any issue or concern they may have with a health professional face-to-face – which is why it is a part of our program.

Decades of Life – Fast facts

What's the value to the employer?

- For an employee on \$50,000 per year, reducing their health risk factors by 2.9 is potentially worth up \$3,480 per year per employee in productivity gains. In an organisation of 1000 employees, with the average salary of \$50,000 per year, these gains could be as high as \$3.48 million per year.

Two choices...

- There are two ways to access the Decades of Life program.
 1. In-house. We train your nurse or health professional to use our Decades of Life Program and offer ideas on ways to promote the health assessment, including distribution of our information kit. We also offer staff access to on-going health information through the website, our newsletter and support from the Foundation 49 team.

2. Full Program. This includes access to the online Decades of Life Program with a Foundation 49 nurse who conducts individual appointments and provides unique reports – for the staff member and their GP. We also offer staff access to on-going health information through the Foundation 49 website and our newsletter.

What types of tests are done?

- Blood pressure
- Height and weight (calculating your Body Mass Index)
- Finger prick test for blood sugar level and total cholesterol
- Screening questions for a number of different conditions, depending on your age and personal history
- Every result is kept completely confidential. No personal results are given to employers.

If you would like to find out more, call Foundation 49 on (03) 9508 1567.

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Foster's leads the way

Foundation 49's growing workplace health program has revealed some sobering figures at the Foster's Abbotsford Brewery.

And while the health checks revealed undiagnosed high blood pressure, cholesterol and mental health issues, the interesting news for all men is that the results mirror, almost exactly, health statistics for the wider male population.

The multi-national company is one of the first to embrace Foundation 49's innovative Decades of Life men's health assessment – working to ensure its male employees are offered state-of-the-art workplace health care.

Occupational Health Manager, Jo Spencer, says that while almost 220 tests have been done as part of a free pilot program with Foundation 49, Jo would like to see the service expanded to all Foster's male staff around Australia and possibly internationally. "As a responsible employer, we have a long history of offering this sort of support to our staff, many of whom have been with us for years," says Ms Spencer. "Foster's is a brilliant employer, very generous and active in offering flu vaccinations, heart health information, and other services."

"Foundation 49's Decades of Life program is unique in that it reaches a younger group of men as well – not just older men – and with depth and breadth."



Three quarters of the participants claimed the health check was excellent or very good and said they would like to be back in a year for another check-up.

Foundation 49 provided a nurse two days a week to conduct the tests. Checks of blood pressure, cholesterol, blood sugar, weight, cancer risk, hormones, cardiovascular and emotional health revealed that many men have undiagnosed conditions – many of them preventable. Foundation 49 provided all services to Foster's free-of-charge as the effectiveness of the workplace health testing was assessed.

Instrument technician, Rafx Hamilton and national supplies relationship co-ordinator, Nicholas Tzoraz have both done the assessment.

Do you want a healthier male workforce?

Take action now to protect your greatest assets – your employees

Call and book the Foundation 49 Workplace Program.

We will tailor a program for you. Anywhere in Australia.

Call now on 03 9508 1567

As an employer, are you aware of the effect of poor health on your employees and its impact on workplace productivity?

Foundation 49 can come into your workplace and offer a cost-effective, efficient and comprehensive health check for each male employee.

Book the Foundation 49 team to visit your workplace.
Call (03) 9508 1567.



Foundation 49
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awareness in men

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