Advocating for the people of Western Sydney

November 3, 2014

WSROC supports launch of 'Get Healthy at Work'

The Western Sydney Regional Organisation of Councils (WSROC) is calling on local businesses to register for the NSW Government's new 'Get Healthy at Work' scheme to combat lifestyle-related illness.

WSROC President Cllr Tony Hadchiti said lifestyle-related illnesses are a huge problem for Western Sydney.

Around 60% of adults are overweight or obese and the number of people with type 2 diabetes is now well in excess of 6% in some areas.

"In addition we are facing serious problems among young people where the rates of overweight and obesity are now around 25 per cent and this is higher in lower socio economic areas," he said.

"Many of these diseases can be easily avoided by making healthier lifestyle choices and it is important that we work together as a community to tackle these issues," he said.

"Our councils are already working on a range of initiatives to combat these health problems such as Live Life Get Active free exercise program and Midnight Basketball which teaches young people about healthy eating and active living."

"WSROC also works closely with the NSW Health Department and is a member of the Steering Committee for the Western Sydney Diabetes Prevention and Management Initiative."

Cllr Hadchiti said the Get Healthy at Work initiative is yet another way to help people make better choices.

"We spend the majority of our day in the workplace, so it is a perfect starting point for building healthy habits.

"Sedentary jobs combined with long commute times and limited public transport options mean that Western Sydney workers are spending more time per day sitting down. Combine this with poor diet and we start to see problems," said Cllr Hadchiti.

"The Get Healthy at Work initiative is designed to be flexible and easy to implement in any workplace. It is free to register and businesses of all sizes can get involved.

"Participating businesses will have access to confidential staff health checks, medical referrals, planning and training materials, as well as access to workplace health promotion professionals who can help develop a tailored health program."

Programs will vary depending on the needs and size of each workplace and may include measures to increase physical activity, encourage healthy eating, assistance to quit smoking or reduce alcohol consumption.

"Even simple steps such as ensuring canteens offer healthy and affordable lunch options can go a long way towards encouraging staff to make good choices," said Cllr Hadchiti.

About WSROC:

Western Sydney Regional Organisation of Councils (WSROC) represents 10 local councils in Western Sydney. WSROC advocates on behalf of its councils and their residents to ensure equity in infrastructure and services, to promote liveability and quality of life. It seeks to deliver value to councils through regional collaboration in coordinated procurement, IP and shared services, and manages a number of regional projects funded jointly by its members or from external sources.

“Nestle’s Blacktown factory participated in the pilot version of this program and has already seen great results for its employees,” says Cllr Hadchiti.

For more information visit www.gethealthyatwork.com.au

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