

WORKPLACE HEALTH

75% people aged 16-64 are in employment⁽¹⁾

8.9 hours average time British people sit per day⁽²⁾

1 in 4 do less than 30 minutes exercise a week⁽³⁾

1 in 6 deaths caused by physical inactivity (the same as smoking)⁽⁴⁾

People are **20% less** active now than in the 1960s⁽⁵⁾



Workplace Health

IMPACT

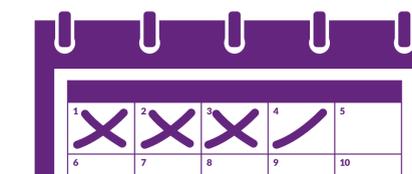
£60 billion cost of an unhealthy workforce to the UK taxpayer⁽⁶⁾



131 million working days lost per year⁽⁹⁾



53% stress is leading cause of long-term absence⁽⁷⁾



4.4 days lost per worker due to sickness absence⁽¹⁰⁾

£2.4 billion cost to employers due to staff leaving jobs with mental health problems⁽⁸⁾



4.2 million days lost through work-related back pain costing businesses **£5 billion**⁽¹¹⁾

BENEFITS OF PHYSICAL ACTIVITY

Reduced risk of more than **20 chronic diseases**⁽¹²⁾



Workplace wellness programmes can reduce absenteeism by

42%⁽¹³⁾



For every **£1** spent on workplace health initiatives the ROI can range from

£2 to £34⁽¹⁴⁾

30% reduced risk of depression⁽¹⁵⁾

BENEFITS OF WORKPLACE CHALLENGE

After 3 months: **73%** increase in inactive employees taking part in sport

0.6 days After 6 months: Sickness absence was reduced by 0.6 days

19% increase in employees cycling to work

After 6 months: **84%** of inactive employees were reaching 150 minutes of exercise each week

16% increase in employees walking to/from work

BENEFITS TO YOUR BUSINESS

Boosted external image of the organisation

Achievement of core business aims

Increased networking & communication between employees & departments

Boosted company morale

Improved relationship between staff & employer



www.workplacechallenge.org.uk

1. <https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/bulletins/uklabourmarket/september2017> | 2. <http://www.getbritainstanding.org> | 3. <https://www.sportengland.org/news-and-features/news/2016/november/7/focus-on-tackling-inactivity/> | 4. <https://www.sportengland.org/news-and-features/news/2016/november/7/focus-on-tackling-inactivity/> | 5. <https://www.gov.uk/government/publications/health-matters-getting-every-adult-active-every-day/health-matters-getting-every-adult-active-every-day> | 6. PHE, Health and Work Costs | 7. <http://www2.cipd.co.uk/pm/peoplemanagement/b/weblog/archive/2017/01/13/five-things-that-must-be-on-your-workplace-wellbeing-radar-in-2017.aspx> | 8. www.remploy.co.uk/mentalhealth | 9-10. PHE, Health and Work, Managing health at work for employers | 11. <http://www.getbritainstanding.org> | 12. <https://www.gov.uk/government/publications/health-matters-getting-every-adult-active-every-day/health-matters-getting-every-adult-active-every-day> | 13. <http://www.getbritainstanding.org> | 14. Healthy Work - Evidence into Action 2010 page 46 Figure 9 | 15. <http://www.nhs.uk/Livewell/fitness/Pages/whybeactive.aspx>