

# Diabetes Projects Trust

## WORKPLACE WELLNESS Programme

Poor health and chronic disease are responsible for more lost time than accidents and can impact significantly on workplace productivity, and lead to high rates of absenteeism and presenteeism. Whilst individuals have the ultimate responsibility minimising their modifiable risk factors (poor diet, inadequate physical activity and tobacco use) and staying well, the right environment, incentives, knowledge and support from their workplace can help. The DPT Workplace Wellness programme provides free support to the employer to help improve the wellbeing of their employees.

### This programme helps:

- Workplaces to become a 'health supporting environment'
- Raise awareness of risk factors for chronic diseases including type 2 diabetes and what to do about them
- Improve knowledge and motivation for lifestyle change
- Provide practical ways employees and employers can make improvements

### We offer:

- Workplace visit and assessment
- Display stands and resources
- Recommendations for canteens
- Advice on healthy food options for vending machines
- Presentations, interactive teaching sessions for staff and management
- Support with Health days, activities and planning
- Personal Health assessment/risk screening and advice which may include: blood glucose level, blood pressure, waist circumference, referral to smoking cessation co-ordinator, advice on '10 minute action bites'
- Other support as required



\*Fully Funded by MOH

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