

Wellbeing

IN THE WORKPLACE



A SNAPSHOT OF THE AUSTRALIAN WORKFORCE

1 IN 3

WORKING-AGE AUSTRALIANS

have **at least 1 of 8 selected chronic diseases** including heart disease, depression, diabetes and osteoporosis ²



1 IN 5

EMPLOYEES

are likely to be experiencing a **mental health condition** ¹



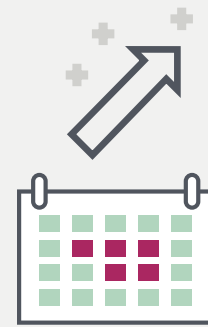
\$34

BILLION

is the annual cost of **lost productivity** to the Australian economy, due to **presenteeism** ⁵



In 2014, 39% of businesses said **depression, anxiety and stress** caused increases in **workplace absences** in the last year ⁴



9.87 DAYS / PERSON

Absenteeism increased from: **8.5 days** per person (2006) up to **9.87 days** per person (2010) ³

THE EVIDENCE FOR INVESTING IN WELLBEING

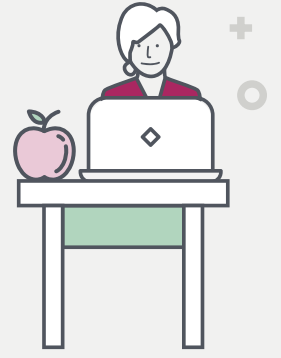
\$5.81 SAVINGS PER EMPLOYEE

On average, worksite health promotion programs **save \$5.81 for every \$1 invested** in employee health and wellbeing ³

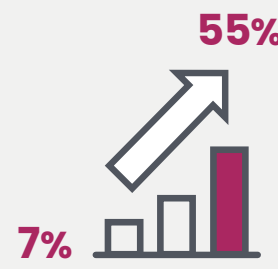


We spend **ONE THIRD** OF LIVES AT WORK

and it's a place where we're likely to be influenced to **change behaviour and adopt healthy habits** ³



Healthy workers are more **productive** at work and have far **fewer short-term absences** than unhealthy workers ³



When employee wellbeing is managed well, the percentage of **engaged employees** increases from **7% to 55%** ³



Corporate wellbeing programs contribute to **personal health outcomes** and:

- ♥ Enhance employee engagement
- ♥ Reduce the costs of absenteeism, presenteeism, disabilities and workers' compensation
- ♥ Increase productivity
- ♥ Improve culture and employee retention ^{2,3}

- yoga
- meditation
- massage

myall | WELLBEING



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myallwellbeing.com

¹ headsup.org.au

² afesearch.com.au/news/growing-trends-in-corporate-health-and-wellbeing-programs-in-australia-in-2015

³ comcare.gov.au/_/_/Benefits_to_business_the_evidence_for_investing_in_worker_health_and_wellbeing_

⁴ thirdsector.com.au/absenteeism-in-the-australian-workplace/

⁵ Centre for International Economics report commissioned by Pathology Awareness Australia (PAA) 2016