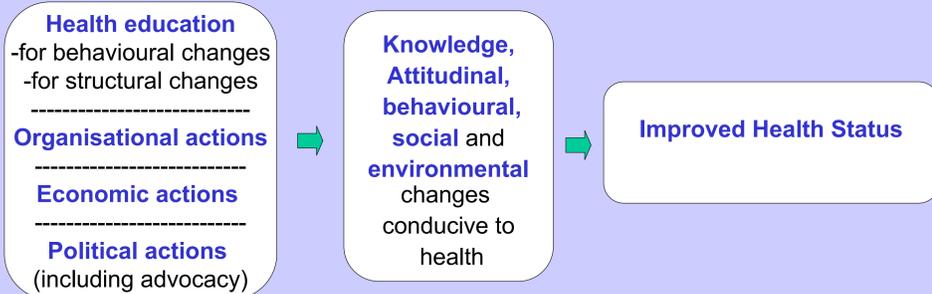


Twenty Years of Workplace Health Promotion

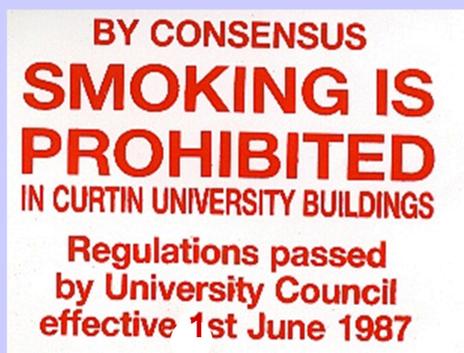
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Curtin University has been actively advocating a healthy lifestyle in the workplace for 20 years.

The Curtin Healthy Lifestyle Program is based on an ecological health promotion approach incorporating principles of the Ottawa Charter¹⁻⁵.



Definition of Health Promotion,



Photos from left to right
 Signage showing the early support for health promoting initiatives on campus..
 Some of the 450 staff participating in the 2003 City to Surf wearing tee-shirts promoting the University and promoting a healthy lifestyle. With 450 participants in 2004 and over 500 in 2005, the University has been recognised as one of the largest corporate teams.
 The program won several awards.
 Pathways and gardens have been incorporated in the University to encourage staff to walk and be active at work

A range of health enhancing activities are offered at the University, along with environmental and policy changes. These provide a supportive environment in the workplace, constituting a good example of a “Health Promoting University” helping to achieve academic and research excellence⁴⁻⁶.

Examples include:

healthy policies

- healthy lifestyle policy – providing time off work to participate in health enhancing activities
- smoking policy – working towards a smoke free campus
- alcohol policy – reducing alcohol and other drug related problems

environmental changes

- walk routes and pathways – encouraging staff to walk during breaks
- bike storage facilities and lockers – encouraging cycling to work
- provision of shade – reducing the risk of skin cancer

behavioural programs

- aerobics, yoga, walking and stair climbing competitions
- participation in the annual City To Surf Fun Run
- stress management, meditation and massage
- formation of groups such as weight watchers, local drug action group, bicycle user group, laughter group, juggling group and many other healthy interest groups
- health and fitness risk assessments
- lunchtime seminars

The Program was established to meet staff needs. It focuses on intersectoral collaboration amongst various departments and sections of the university.

Staff and students are encouraged to become involved, to form supportive groups, to increase the number of healthy opportunities available and to find solutions to health related problems on campus.

Staff are assisted to reduce their level of stress by promoting a healthy lifestyle and changing the work culture to one where staff are valued. They are encouraged to balance work, study and family life by taking work breaks, attend healthy activities during work time, be involved with campus life, network with other staff, develop hobbies, fit physical activity into their day and generally make time to care for their health.

The program operates on the philosophy that both the University and individual staff benefit. Participants are more likely to be healthier, happier, more creative and productive. Valued staff are retained and workers compensation claims are likely to be reduced.

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