

## Why Take Part In Britain's Healthiest Workplace 2019?

**BRITAIN'S  
HEALTHIEST  
W🍏RKPLACE**



# Today's Speakers



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# Britain's Healthiest Workplace 2019

One of the largest initiatives in the UK that seeks to understand the **impact of employee health and engagement** on productivity.

Since 2013,  
**450 unique companies**  
and approximately  
**158,000 individuals**  
have taken part in the  
survey



2018 included  
**26,471 employees**  
across  
**128 Organisations**

## THE STUDY PARTNERS



# 2018 Key Findings

## % OF PEOPLE AT RISK



18.6%

BMI body mass classed as obese (body mass index >30)



65.2%

Nutrition – do not eat at least 5 fruit or veg per day



30.1%

Physical Activity  
150 minutes or less moderate to high-intensity sessions per week



10.6%

Currently Smoking  
Cigarettes/cigars/pipes



29.5%

Chronic Conditions  
At least one chronic condition



29.8%

Alcohol  
Exceeding recommended units

## WHAT WORRIES EMPLOYEES?



Work-related Stress

58.1%



A lot of Financial Concerns

9.6%



Sleep Deprivation  
(less than 7 hrs a night)

37.2%



Mental Wellbeing  
Symptoms of severe depression

7.9%

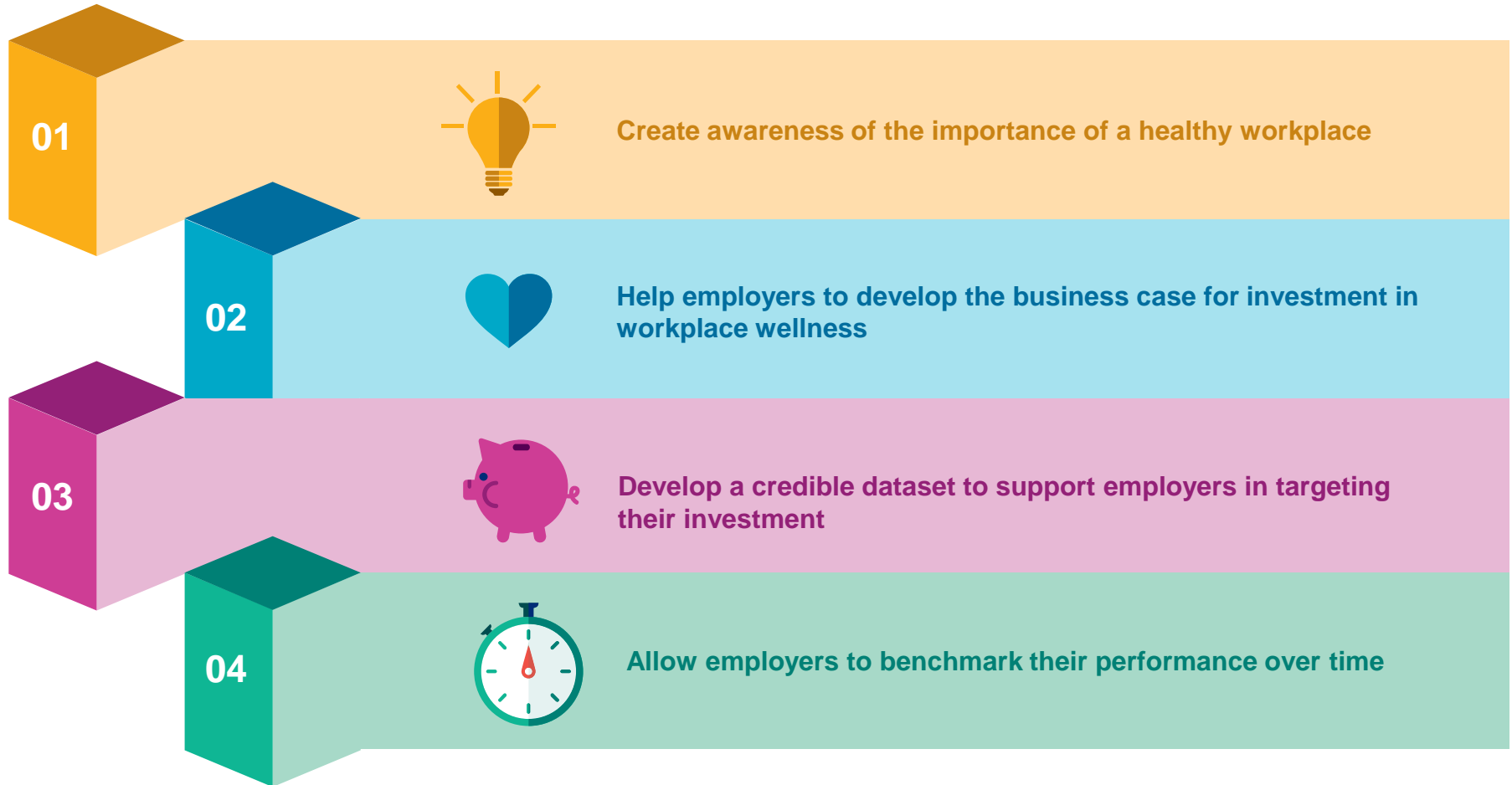
# The Impact on Employers

**35.6** days productivity lost per person per year = **13.63%** of work time

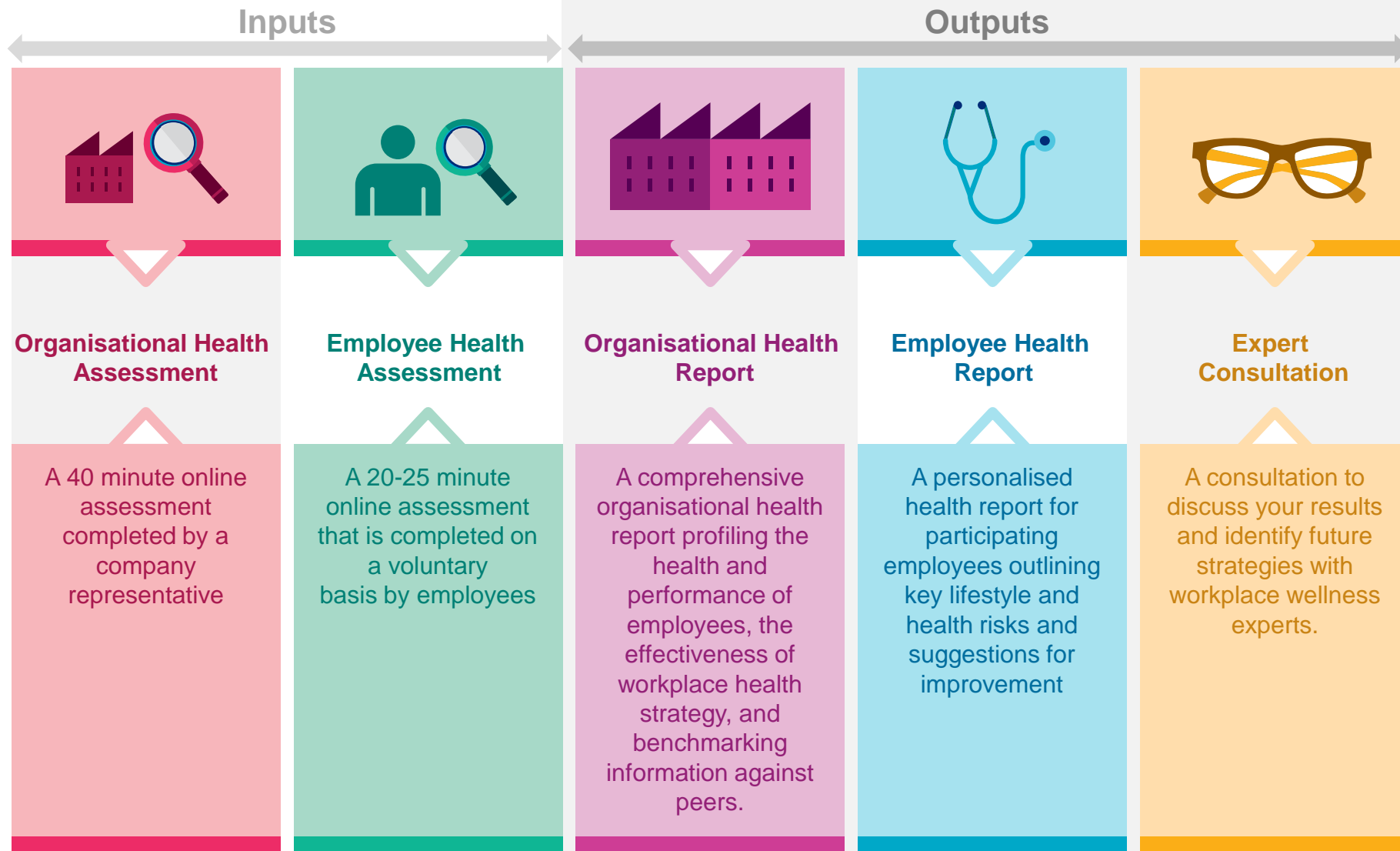
**1.16%** of work time is lost due to absence and **12.47%** due to presenteeism



# Why Participate In The Study?



# How It Works



# Britain's Healthiest Workplace Timeline



### LIFESTYLE HEALTH

Smoking, excessive alcohol consumption, poor nutrition and physical inactivity are important modifiable risk factors. Encouraging employees to make healthy choices will not only help prevent chronic diseases, but should also have a beneficial impact on productivity, work performance and engagement.

The following sections show your employees' behaviour with regard to lifestyle choices, highlight where they are most at risk, and offer some suggestions on how to positively influence this. More detail on workplace health interventions can be found on page 42.

For each risk factor, the following definition of risk applies:

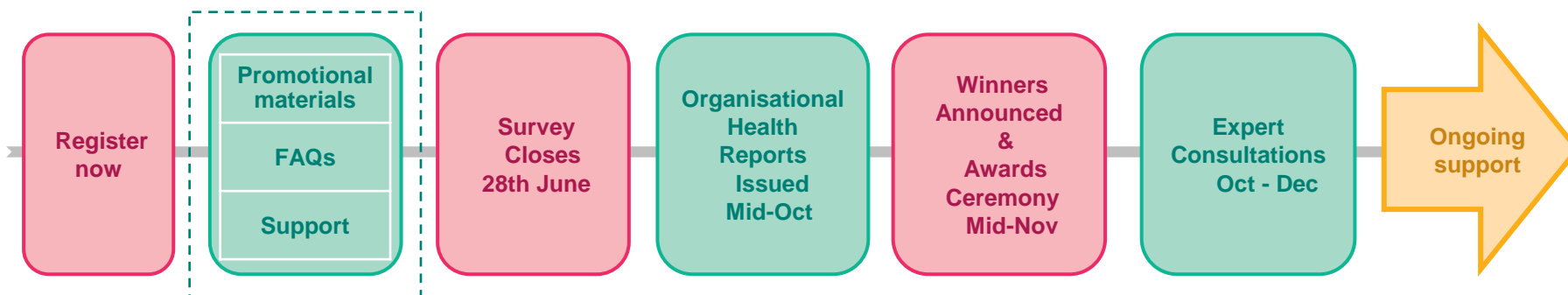
- Physical activity** refers to the percentage of employees who are doing less than the recommended 150 minutes of moderate-intensity exercise each week.
- Nutrition** refers to the percentage of employees who indicate they do not eat a balanced diet. A balanced diet is one based on recommended servings of fruits, vegetables, whole grains and nuts and seeds, avoiding excessive poultry and processed meats.
- Smoking** refers to the percentage of employees who currently smoke cigarettes, cigars or pipes.
- Alcohol** refers to the percentage of employees drinking more than the recommended limit of 14 units of alcohol each week.

The graph below illustrates the proportion of your employees who are at risk as a result of their lifestyle indicators being outside of the healthy range, compared to both the sector and top 5 benchmarks.

#### LIFESTYLE RISK INDICATORS

Risk Factor	Sector benchmark	Top 5
Physical activity	~15%	~25%
Nutrition	~10%	~45%
Alcohol	~5%	~15%
Smoking	~2%	~5%

**YOUR EMPLOYEES ARE MOST AT RISK FOR NUTRITION.**





# Our 2018 Winners

	Healthiest Workplace	Most Improved Workplace	Healthiest New Entrant
Large	Nomura International PLC	Siemens Rail Automation	Atkins
Medium	Adidas	Tideway	Gerald Eve LLP
Small	Wellness International Ltd	Blue Motor Finance	Wellness International Ltd

## What Participants Say

*“We have used the insights provided by the survey to keep evolving our approach every year. We’d encourage other organisations to take part.”*

**Adidas UK**

*“Britain’s Healthiest Workplace sends a clear message to employees that not only are we looking after their health, we’re also working to improve it.”*

**Nomura International plc**

*“Britain’s Healthiest Workplace has helped us gain valuable insights on how we can improve our work environment and encourage our employees to make healthier lifestyle choices.”*

**Dixons Carphone**

# Questions?

Please type your questions in the Q&A section of the toolbar and we will do our best to answer as many questions as we have time for.

To submit a question while in full screen mode, use the Q&A button, on the floating panel, on the top of your screen.



CLICK HERE TO ASK A QUESTION  
TO "ALL PANELISTS"



**Paul Hollingdale**  
Mercer Marsh Benefits



**Mike Naulls**  
Mercer Marsh Benefits

## FEEDBACK

Please take the time to fill out the feedback form at the end of this webcast so we can continue to improve. The feedback form will pop-up in a new window when the session ends.

## Next steps

**Register now at [www.healthiestworkplace.co.uk](http://www.healthiestworkplace.co.uk)**

**Take part in the survey by 28 June**

**Support available from Mercer Marsh Benefits**



# MERCER MARSH BENEFITS™

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