

Winnipeg Regional Health Authority-Healthy Workplace Project

Top Individual Health Risks

1. Physical Activity-23.8% Inactive
2. Work Life Balance-60.4 work-home 18.1-home to work
3. Sleep-40.2% > 7 hours
4. Emotional Health-23.1% at risk for depression
(9.9% Canadians)
5. BMI/Waist Circumference-53.4%overweight/obese, 25.8%
↑ Waist circumference

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Top Organizational Health Risks

1. Workload-60.42/100-above midpoint
2. Workplace Stress Norms-47.9% endorsed 4/more unhealthy norms
3. Work Stress-18.92/30
4. Occupational Health and Safety-76.4 rate safety, 52.75 rate health conscious employers
5. Job Coping-61.5/100

Support for Healthy Workplace Initiatives...

- Healthy Workplace Network-100% participation-ongoing attendance
- Regional Supports-Emotional Health-Stress Mastery tools conflict program-peer and manager training, understanding Depression workshops
- 20/23 sites have Wellness Committees representative of staff mix
- 6/23 sites have employee health and wellness incorporated into strategic plan