



The story "work with heart"

- **Over 17.2 million people die each year from cardiovascular diseases-** leading cause of death worldwide.
- 80% of premature deaths from heart disease and stroke could be avoided by controlling the main risk factors: tobacco, unhealthy diet and physical inactivity.
- Millions of productive life-years are lost annually - especially in the context of the current financial crisis.

Businesses around the world, World Health Organization & World Economic Forum have recognized the importance of employee health to achieve core business objectives. Many have committed to include health promotion on their corporate agenda.

- Most of us spend more than half our waking hours at work. A workplace that encourages healthy habits can reduce the risk of heart

- disease and stroke – the world’s leading cause of death. Saying no to tobacco, eating a healthy diet and being physically active are
- important steps towards greater productivity and longer life. Find out what works for you. Develop your own plan to work

Why Workplace Wellness?

- The WHO estimates that between 2005-2015 income loss (in international dollars) could rise to as much as \$558 billion in China, **\$237 billion in India**, \$303 billion in Russia and \$33 billion in the UK.
- Countries such as Brazil, China, Russia and India currently lose more than 20 million productive life-years annually to chronic disease, and that number is expected to grow 65% by 2030.
- Workforces wellness benefits - are dramatic

workplace wellness programmes

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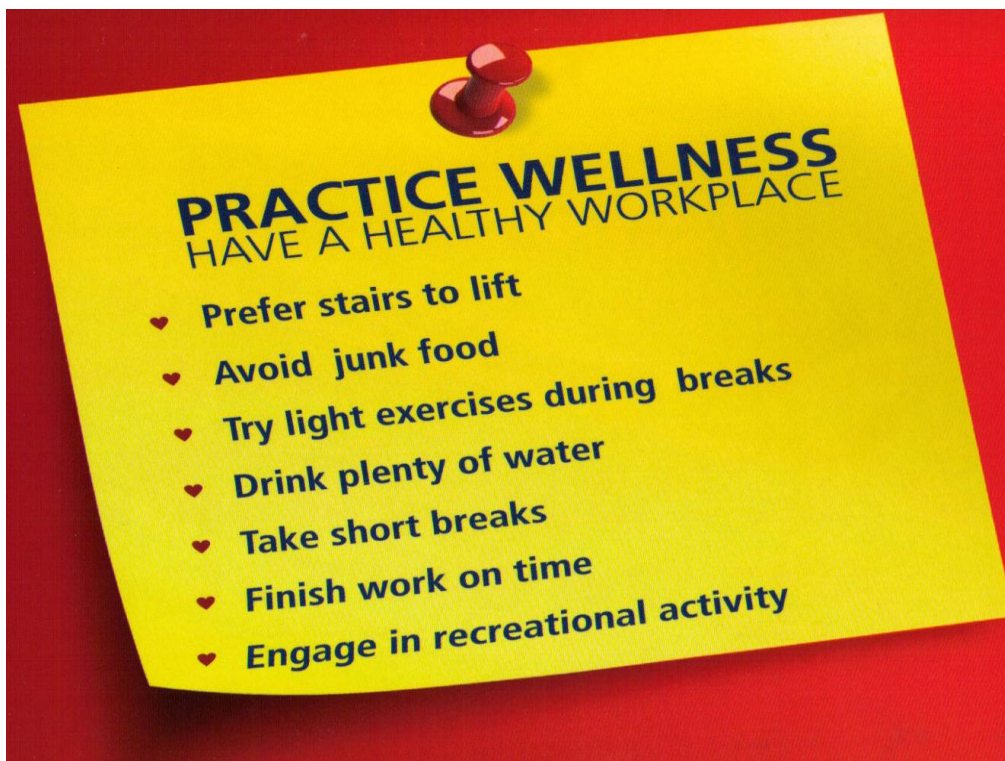
Tips for employers

- **Offering information to workers**, such as leaflets telling people about the risk factors for heart disease and stroke.
- **Establishment of health policies**, e.g. no tobacco use in the building.
- **Encouraging good eating habits**, e.g. offering information about the calorie and fat content of canteen food, adding more whole grain meals, natural products, fruits and vegetables on the menu.
- **Encouraging workers to exercise during their breaks**. A moderate amount of exercise – at least 30 minutes a day – can reduce the risk of heart disease.
- **Offering easy access to drinking water** for employees, partners and suppliers in office buildings, outdoor worksites and in meeting rooms.

- **Healthy food intake** – Eat at least five servings of fruit and vegetables a day. Make smart choices, like choosing the ‘healthy menu’ in your canteen or bringing your own food from home.
- **Get active and take heart** – Even 30 minutes of activity can help to prevent heart attacks and strokes and your work will benefit too. Take the stairs, go for a walk during your break, or get off the bus a couple of stops earlier and walk the rest of the way.
- **Use less salt and avoid processed foods** – Try to limit your salt intake to about a teaspoon per day. Be wary of processed foods, which often contain high levels of salt.

Tips for employees-contd.

- **Say no to tobacco** – Your risk of coronary heart disease will be halved within a year and will return to a normal level over time.
- **Maintain a healthy weight** – Weight loss, especially together with lowered salt intake, leads to lower blood pressure. High blood pressure is the number one risk factor for stroke and a major factor for approximately half of all heart disease and stroke.
- **Know your numbers** – Visit a health-care professional who can measure your blood pressure, cholesterol and glucose levels, together with waist-to-hip ratio and Body Mass Index. Once you know your overall risk, you can develop a specific plan of action to improve your heart health. **HEART AGE**
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