



The Healthy Worker

September 2016 Newsletter

Good news for everyone..

A smokefree future



Public Health England have just announced the lowest rates of smoking in England on record. So is their long running campaign making a difference for individuals, families, workplaces and the NHS?

Smoking has many health implications, and not just the obvious. The negative impact on Vitamin C absorption is not so well known, nor the impact on intervertebral discs which degenerate more rapidly, leading to a higher risk of low back pain in smokers, than non-smokers. These are important aspects for the workplace. Vitamin C helps bolster the immune system, making us more resilient to seasonal viruses and short term conditions, whilst back pain continues to be one of the leading causes of absence from work.

In a large research study, smoking is one of just two factors which were associated with sickness absence irrespective of other factors. Smokers are estimated to take at least 10% more sickness absence time than non-smokers. The study concluded that decreasing smoking is likely to provide important gains in work ability and reduce sickness absence.

There is no doubt that the NHS has helped 1000's of smokers to quit and the figures. However, what has caused the recent decline in smoking rates? Interestingly, prescription rates for traditional nicotine replacement gum and patches have declined at the same time as smoking rates have declined, so it appears there is more to it than traditional services. Rates of e-cigarette usage have increased markedly and although not supported by the NHS, there

are reports from those who have found this an important part of stopping their usual tobacco habit. Oral medications may also be having an impact.

Last year one in five who tried to quit were successful, six years ago that was just one in seven. The annual Stoptober is looming, so a great time to take the plunge for those who are still smoking and wish to quit. Whatever the route to stopping smoking, the increased success rates are providing benefit for individuals, their families, workplaces and the NHS, and that's great news!

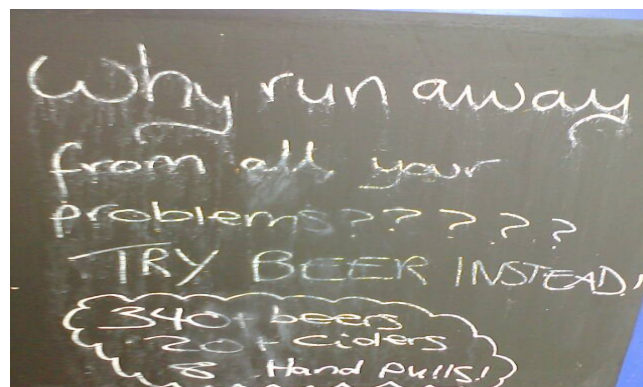
Thought for the month

Ethical marketing...

Advertising of products is widespread. It must be successful or the £multi-million industry wouldn't exist. So, those responsible for the messages which we as consumers receive have a responsibility in how they influence us.

I have passed by some interesting signs recently outside pubs and restaurants. Alcohol consumption is a concern in this country. Figures from Alcohol Concern reveal the extent of the problems with 7.5 million people unaware of the damage their drinking could be causing and a £7.3 billion bill from lost work and reduced productivity.

Alcohol consumption is part of our culture, being associated social events of all types. There is a fundamental difference however in the reasons why we drink, if it is socially with friends that is quite different to being a means to relax, unwind and perhaps help us sleep. The later is essentially self- medicating, and is therefore likely to be titrated against the level of stresses and strains within life. This is a dangerous route to follow, as it leads us to bad places when we are more vulnerable. So pub signs advocating that after a 'hard day at work' we need to 'relax' and therefore should join 'happy hour' are not helpful as they associations they create can lead to difficulties. Or the one shown below.... So please challenge those pub signs, and have a think about why you drink.



Dates for your diary

From The Healthy Worker

28th September - Mental Health Awareness Workshop - For further information [click here](#)

5th October - Improving Resilience Workshop - For further information [click here](#)

19th October – Recognising stress in yourself and others. For further information [click here](#)

9th November - Managing Sickness Absence Training. For further information [click here](#)

25th November – Managing stress, for Managers - For further information [click here](#)

National dates - warning, it's a busy time of year ahead!!

29th September - World Heart Day. For further information [click here](#)

30th September - Worlds Biggest Coffee Morning. For further information [click here](#)

01 - 31st October - Breast Cancer Awareness Month. For further information [click here](#)

01 - 31st October - Stoptober - chance to quit smoking. For further information [click here](#)

3 - 7th October - Back Care Awareness Week. For further information [click here](#)

3 - 9th October – Dyslexia Awareness Week. For further information [click here](#)

3 – 7th October – National Work Life Week. For further information [click here](#)

4th October - Bipolar Awareness Day. For further information [click here](#)

10th October – World Mental Health Day. For further information [click here](#)

21st October – Breast Cancer Awareness Day. For further information [click here](#)

1-30th November – Movember. Men's Health Awareness. For further information [click here](#)

Out and About



Come and say 'hello..'

If you going to the Midlands Area Partnership CIPD Conference on October 8th

Alternatively, if you are attending the Malvern Expo on October 13th

Whether we already know you or not, we'd love you to come and share a little of your day with us.

About 'The Healthy Worker Ltd'

So you can get the best from your employees through improved employee health and wellbeing, reduced sickness absence and presenteeism we provide Occupational Health Consultancy and Training Services

Your teams will feel enlightened and empowered after our participative and enjoyable workshops. Ask us about our 'try before you buy scheme'.

Let us know your needs so we can design the perfect workshop for you. Examples include:

- The Health Worker Course, for those wishing or needing to improve any aspect of their health and wellbeing. In a University based study this course demonstrated a significant reduction in the number of days and episodes of absence for course delegates
- Planning your Wellbeing Strategy
- Mental Health Awareness Training for Managers and Employees
- Understanding and Managing Absence For Managers
- The S-word. Recognising and managing stress in ourselves and others
- Managing stress related absence and stress risk assessment
- Building Personal Resilience
- Improving your Wellbeing Workshops. a taster of The Healthy Worker Course.

For further details,

Contact Us



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