

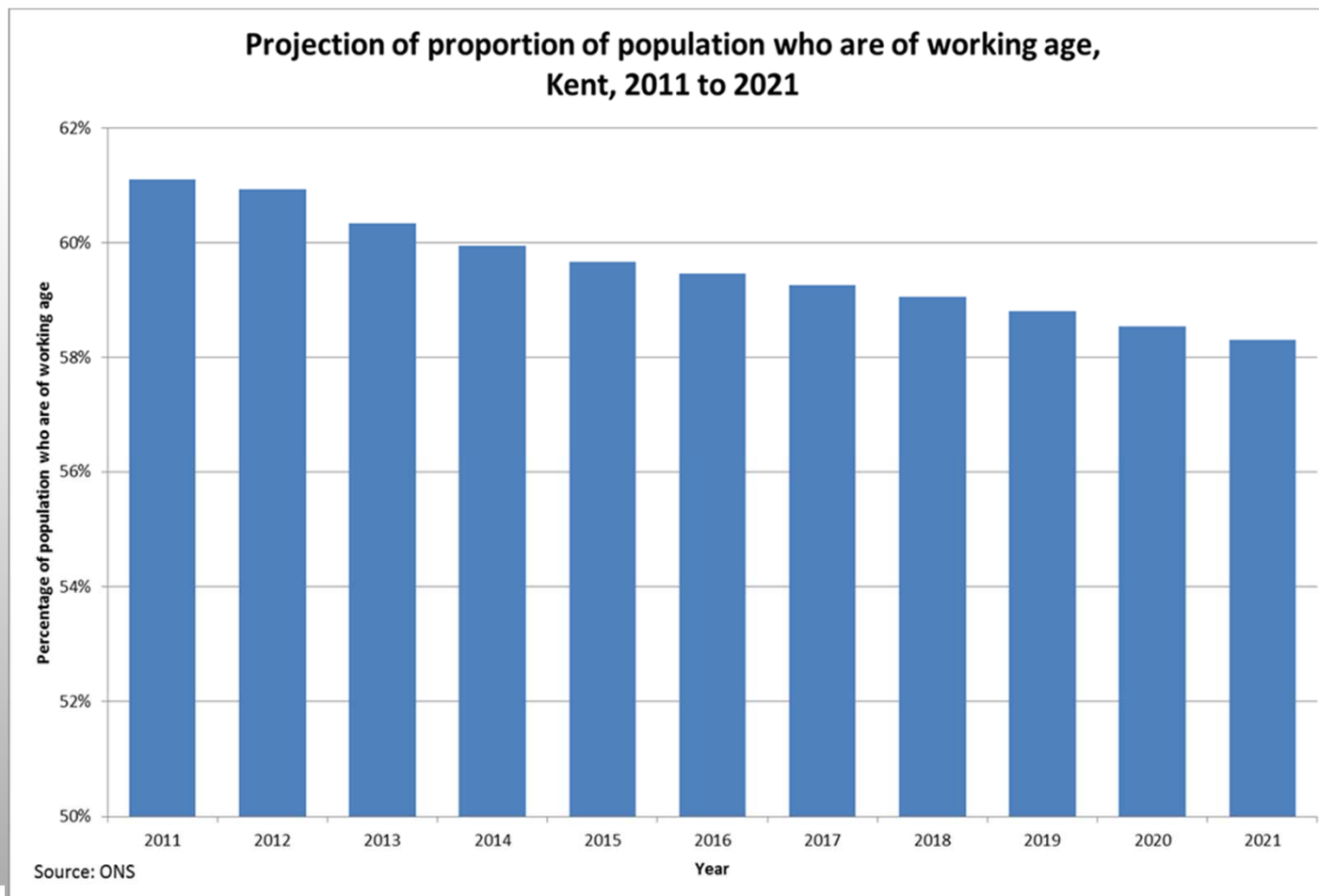
Health at Work

Who's business is it?

Kas Hardy
Public Health Specialist
Kenthealthybusiness@kent.gov.uk

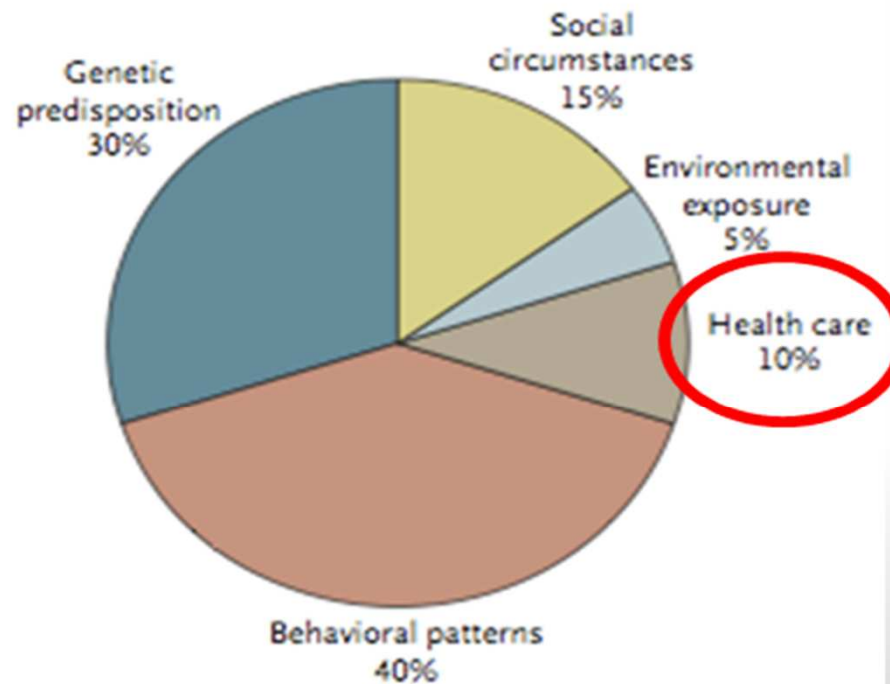


The future labour pool



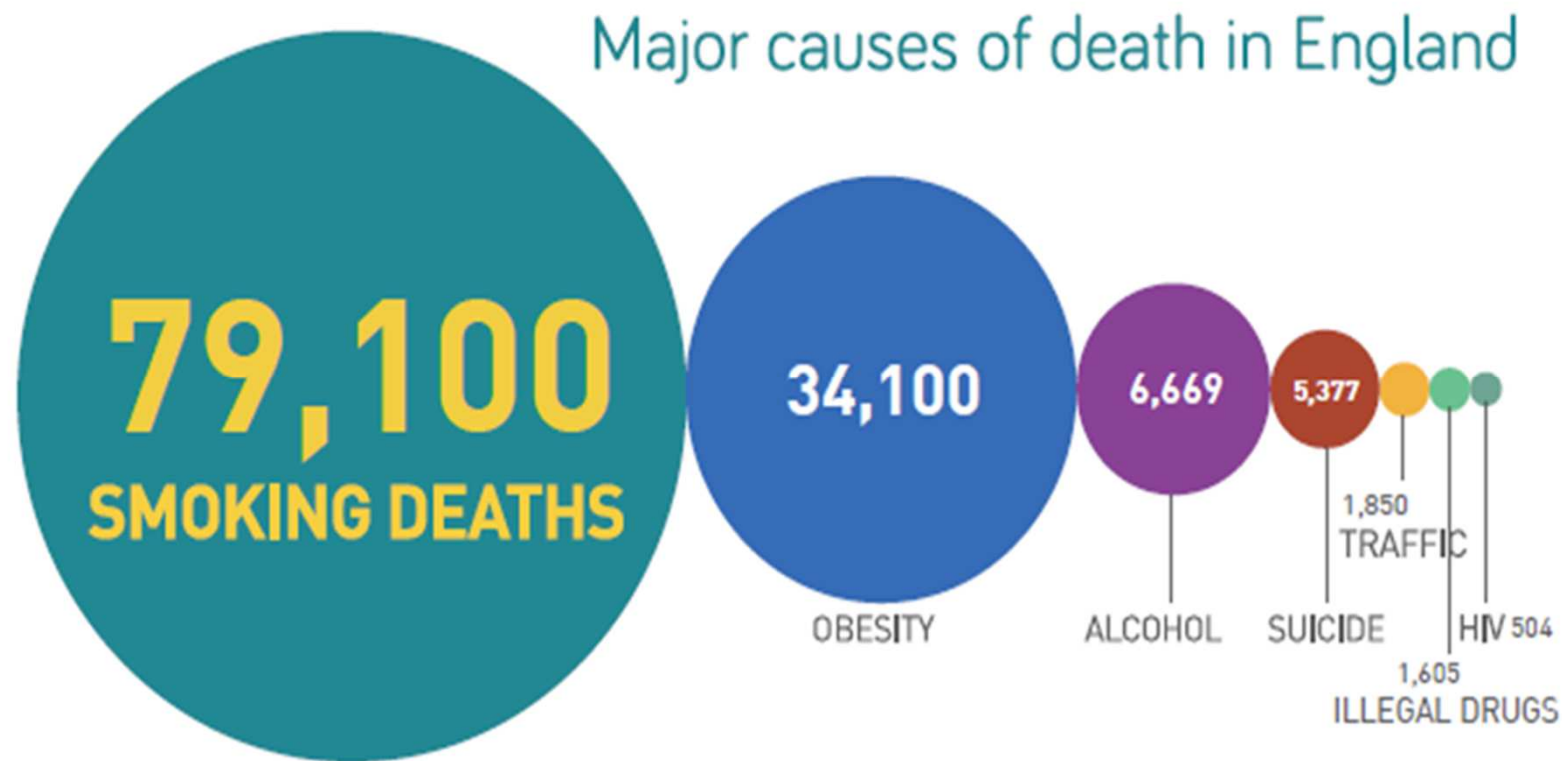
The NHS will sort it out!

Proportional Contribution to Premature Death

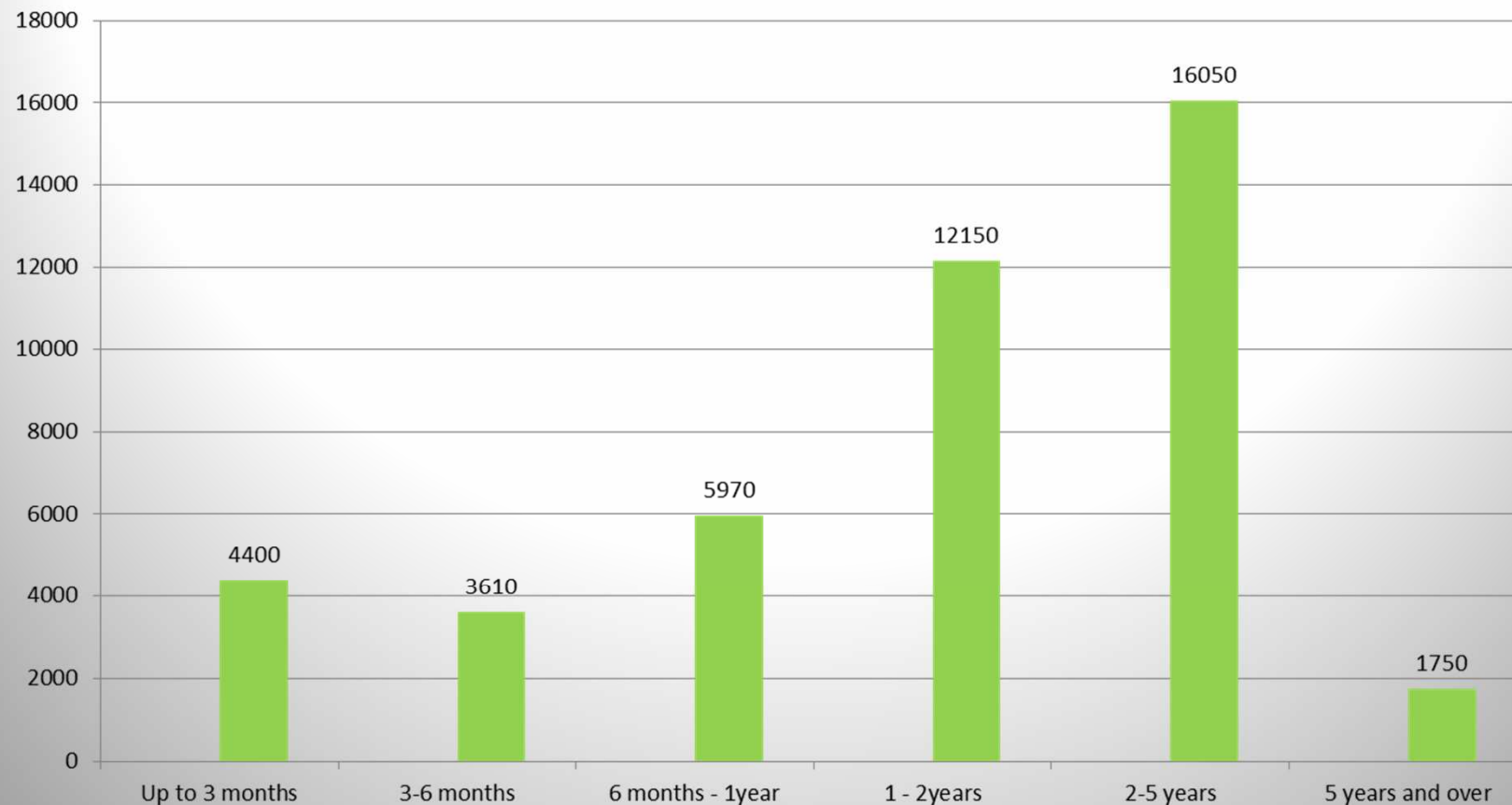


Steven A. Schroeder, M.D. We Can Do Better NEJM 357;12

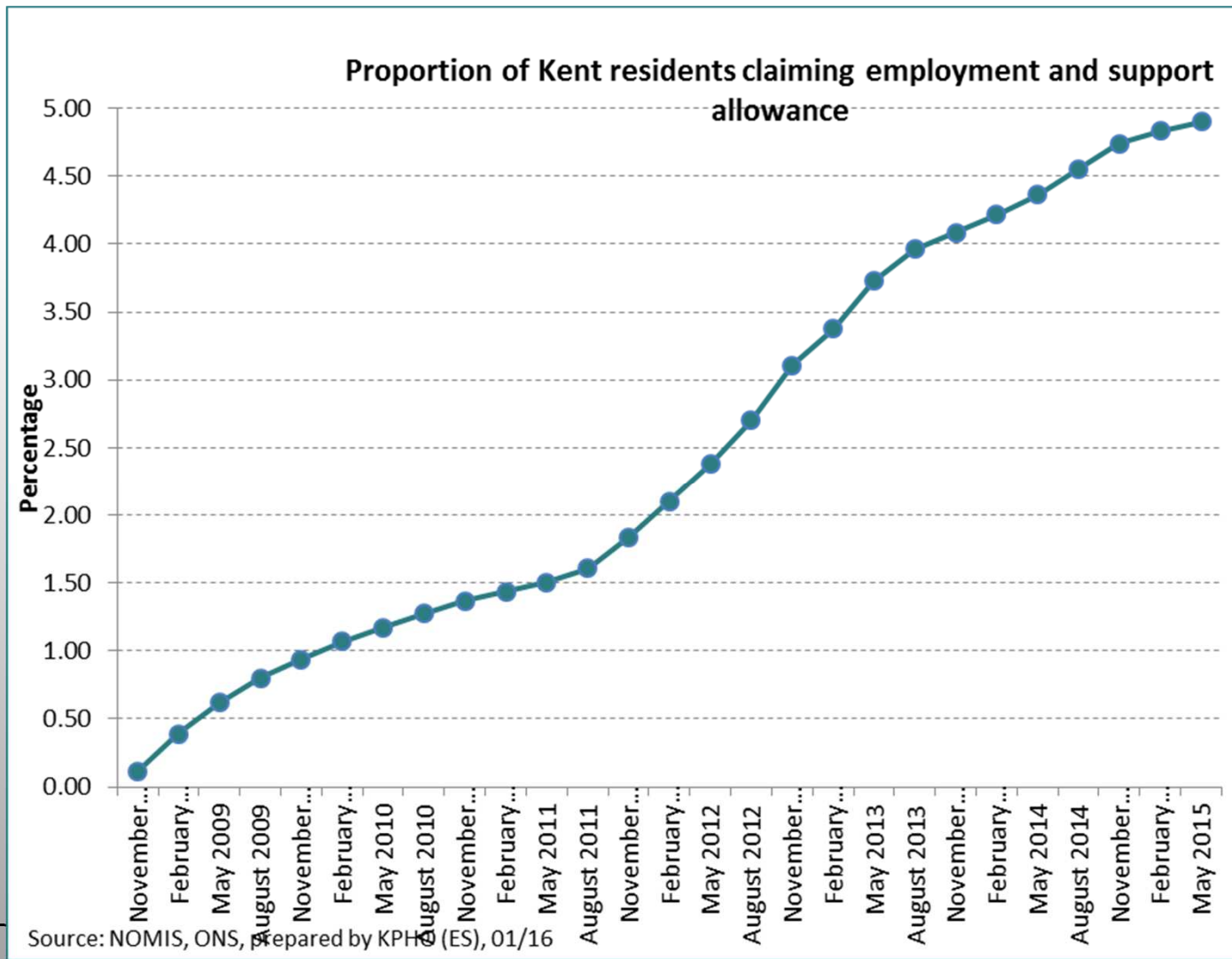
Major causes of death in England



People claiming Employment Support Allowance in Kent (November 2014)



Employment Support Allowance



Five Year Forward View*

- outlines the shared vision to prevent illness, late diagnosis and health inequalities, through a radical upgrade in prevention and Public Health.
- the NHS should support workplace initiatives, promote the Workplace Wellbeing Charter, and tackle sickness related unemployment, particularly through lifestyle changes to address Obesity, Smoking and Alcohol.
- also cites local authority position to promote good work, through advice, enforcement, partnership working and contractual levers such as the Social Value Act*.

*Five year forward view. Department of Health (2014)

*The Social Value Act (2012) <http://www.legislation.gov.uk/ukpga/2012/3/enacted>



Public Health Programmes

Delivered through NHS (Districts in West Kent)

- **Free NHS Health Checks (for those over 40 without a diagnosis)**
- **Free Stop Smoking Service**
- **Free Health Trainers**
- **Free Weight loss programmes**
- **Free Counselling/talking therapies**

Free Fun and team spirit

live it well now [Click to view](#)

You have 0 articles in your Handbook

HOME NEWS WAYS TO WELLBEING SUPPORT AND HELP YOUR COMMUNITY WORK & MONEY POLICIES

Take control of your health and download Health Help Now

Have you downloaded Health Help Now?

Health Help Now is an app and website that helps people find the best place for treatment for common symptoms. It shows which services are open and where they are. It can help people find out if they need to see a doctor, pharmacist or use a minor injuries service. Health Help Now is for [...]

LIVE IT WELL – SIX WAYS TO WELLBEING

Why don't you take up the Six Ways to Wellbeing? The Six Ways to Wellbeing are small changes you can make to your life which can make a big difference. The Six Ways to Wellbeing – connect, give, take notice, keep learning, be active and care for the planet – can lift your mood and help you to cope with life gets stressful. [Go to the Six Ways to Wellbeing](#) and see how people in Kent are doing simple, enjoyable things that make a big difference to how they feel.

- Find out more about the [Six Ways to Wellbeing](#)
- Want to use the [free Six Ways to Wellbeing Resources](#) in your community? Follow the link to download them for free.
- Do you want to [measure your wellbeing](#)? Why not use our new online tool.

We are also using our facebook page www.facebook.com/LiveItWellKent to promote the Six Ways to Wellbeing and will be following people all around Kent as they begin to adopt one of the Six Ways as well as sharing handy hints and tips on how you can adopt one of the Six Ways to Wellbeing. To find out more and to see some suggestions how you too can adopt one of the [Six Ways of Wellbeing](#).

You can keep in touch with us by either subscribing to our once a month email by completing

CONNECT WITH US

FIND FREE HELP AND SUPPORT

[Help with Search](#)

Help with what? [Show Options](#)

Where are you? [Show Options](#)

Who are you? [Show Options](#)

Recovery Star? [Show Options](#)

☐ Include News and Other Items

[Reset All Options](#)

Other Search Text

What Can I Search For?


CONTACT US

We are always pleased to hear from you. If you want to tell us about how you are adopting the Six Ways to Wellbeing or if you want to send your feedback, amendments and suggestions. Please do by using our [contact form](#) and get in touch.

FIND US ON FACEBOOK

Six Ways to Wellbeing
www.liveitwell.org.uk

Be the first of your friends to like this



DRY JANUARY

English | Cymraeg

Home Fundraising Mocktails Public Health Testimonials Corporate Partners Advice Impact Calculator Get the App

02 DAYS **09** HOURS **28** MINUTES

[DONATE!](#) [SHOP](#)

SIGN UP NOW.

CAN YOU STAY OFF THE BOOZE FOR 31 DAYS?


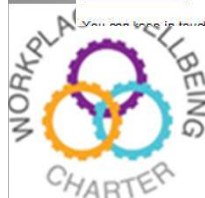
Last year over 2 million people cut down their drinking for January. 2016 is looking to be even bigger, so join in and reap the rewards!

From significant health benefits including weight loss and better sleep, to more money in your pocket – what have you got to lose?

You're more likely to stick with it and feel the benefits if you sign up, so take the challenge, banish the booze and feel like a new you!

SIGN ME UP

THOUSANDS OF PEOPLE ARE SIGNED UP FOR DRY JANUARY

Free Fun and team spirit



Physical Activity and Health

[Health benefits of physical activity](#)

[Health News](#)

[Health Promotion and Public Health](#)

[Health Strategies, Policies and Resources](#)

[Mental Health](#)

[Health Initiatives](#)

[Health Contacts](#)

[Older People Physical Activity facts](#)

[Older People Resources](#)

[Older People Grant Aid Schemes](#)

[Older People Useful Contacts](#)

[Workplace Health](#)

[Workplace Challenge](#)

[Workplace Champion](#)

[Business Games](#)

[A solution](#)

[Products](#)

[Healthy Business Awards](#)



Workplace Challenge



The Workplace challenge is a national programme, funded by Sport England, which aims to engage workplaces in physical activity and sport.

Being inactive is the 4th leading risk factor for global mortality. On average, we spend 60% of our waking hours at work and most of this time is spent sitting. We can help reduce this inactivity by signing up to Kent's **Workplace Challenge**.

Activity has many positive effects on work performance, productivity and absenteeism. Activity improves motivation, energy and stress levels. By taking part in Kent's **Workplace Challenge**, it shows that your business cares about your employees' health. The social aspect of the challenge creates **FUN** in the workplace and increases team spirit...

...AND THE CHALLENGE IS FREE!

Companies and organisations across Kent are invited to take part and everyone is welcome to sign up, no matter how active or inactive they currently are.

It's easy to sign up to the [free online tool](#)! Once you've signed up you just need to log your activity. This can be anything from a 10 minute walk, a 30 minute run at lunchtime, a bike ride or exercise



Customer Care Team

Phone: 0300 123 1807

SMS text: 07943 091958

Email: kcct.ct@nhs.net

[Home](#)

[Our services](#)

[Talk to us](#)

[About us](#)

You are here > [Home](#) > [Our services](#) > [Health Trainers \(Kent\)](#)

[Our services](#)

[Health Trainers \(Kent\)](#)

[Online referral form](#)

[United we stand](#)

Name of service

[Health Trainers \(Kent\)](#)

Kent Community Health **NHS**

NHS Foundation Trust

Search

99% Patient Satisfaction Score based on feedback from July to September 2015

[Printable version of this page](#)

[Related documents](#)

[Service leaflets](#)

No documents available.

[Useful links](#)

[Online referral form](#)

[Kent health and wellbeing website](#)

[Your comments](#)

She (Bernadette) was really kind and helpful, and very patient. She said ideas I didn't think of. Very kind and very good. (Sheppey)

November 2015

A confidential and useful service to discuss health and wellbeing and personal problems with support. (Tonbridge and Malling)



And for those that would like acknowledgement

Kent Healthy Business Awards

9 Themes

3 Levels



Good quality work is good for us

The 'golden thread' running through Kent Healthy Business is:

- Leadership
- Culture
- Communication



Kent Programme

Launched in January 2014 in Folkestone

February 2015	34 businesses	9602 Employees
December 2015	84 businesses	32,287 Employees
Increase	50 businesses*	22,685 Employees

- **18 businesses received Awards in July 2015**
- **Most NHS Trusts now signed up**
- **KCC**
- **Kent Police Training Division**
- **Some Districts**



District working

How can you drive this forward in your organisation and in your daily business?

Thank you for listening

EMAIL US ON:

KENTHEALTHYBUSINESS@KENT.GOV.UK

OR VISIT WEBSITE:

WWW.KENT.GOV.UK/KENTHEALTHYBUSINESS

