

Why promote health in the workplace?

Canadians are finding it harder to balance work and personal life. Approximately 70 per cent of adults spend at least half their waking hours at work. Most employees also feel that the workplace is an appropriate place to promote health issues.



The current situation

Currently in the Canadian workplace:

- Employee illness and injury are major health concerns.
- Mental and nervous disorders have replaced musculoskeletal conditions as the top conditions causing long-term disability.
- Poor employee mental health costs the Canadian economy \$14.4 billion every year.
- Restructuring continues and can add stress.
- Poor morale issues and high stress lead to high absenteeism, recruitment problems, increased retirements and retention difficulties.
- The cost of employee absence alone is approximately \$8.6 billion annually.

The good news is, although the workplace is an environment that can negatively affect health it also offers great potential for improving overall employee health and well-being.

Healthy workplaces create a win-win situation for employers and employees.

What's in it for Employers?

- Reduced absenteeism
- Improved workplace morale
- Higher productivity levels
- Improved recruitment and retention of staff
- Improved corporate image
- Positive impact on "bottom line"
- Increased customer satisfaction
- Lowered health costs (injury and illness claims, benefits costs)

What's in it for Employees?

- Opportunity for decision-making
- Improved work-family balance
- Improved job satisfaction
- Improved health / quality of life

For more information on workplace health, contact the Workplace Health Coordinator for the Chronic Disease & Injury Prevention Department at 613-966-5513 ext 233.