

ACTIVE GEELONG - ACTIVE WORKPLACES MAPPING PROJECT

**UNDERSTANDING WORKER'S PHYSICAL  
ACTIVITY IN RELATION TO THE WORKPLACE**

MCCOLL'S TRANSPORT

FEBRUARY 2020

A joint project between:

Active  
Geelong  
*THE MOVEMENT MOVEMENT*

  
Barwon  
Health





# ABOUT ACTIVE GEELONG

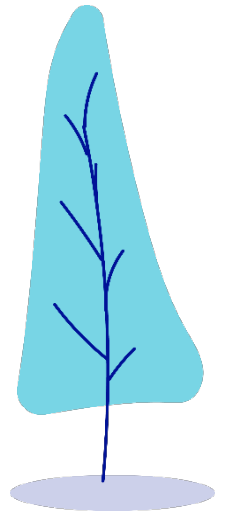
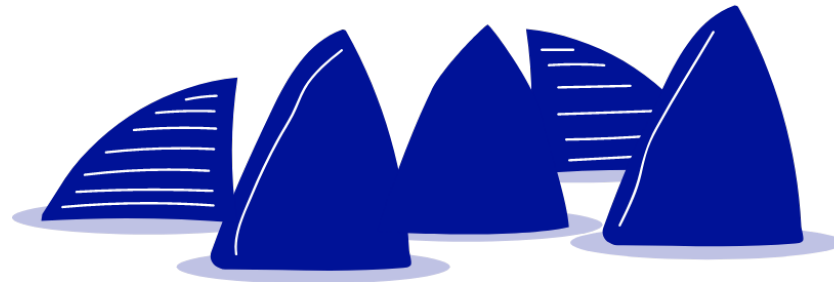
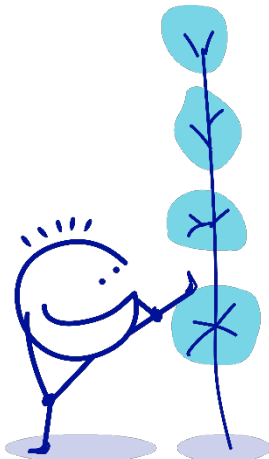
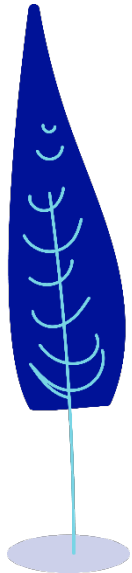
A community of dedicated specialists collaborating to inspire pro-active enjoyment of life, through easy access to physical activity, for everybody, every day.

## OUR TEN YEAR GOAL

To make Geelong Australia's most active city.

## WORKPLACE OBJECTIVE

Make Geelong workplaces the most active in Australia by 2022

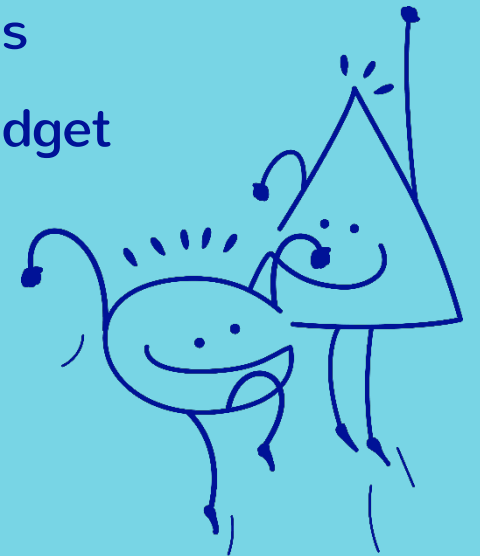




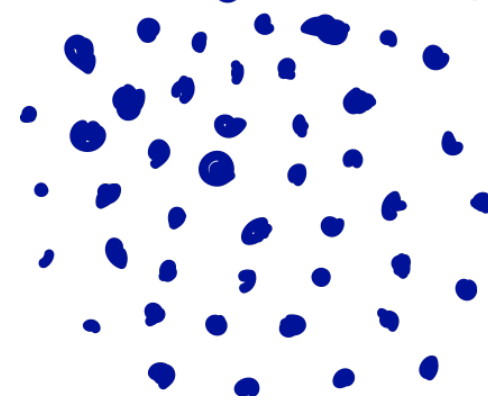
# WHY DOES GEELONG NEED TO BE MORE ACTIVE?

Research reveals that **42%** of the Geelong population do not meet current physical activity guidelines of participating in at least **30-60 MINUTES OF PHYSICAL ACTIVITY** on at least **5 DAYS** of the week.

In Australia it has been estimated that **10%** of all premature deaths are attributable to physical inactivity, costing the national health budget **\$1.5 BILLION EACH YEAR.**



# HOW BEING MORE ACTIVE BENEFITS THE GEELONG BUSINESS COMMUNITY



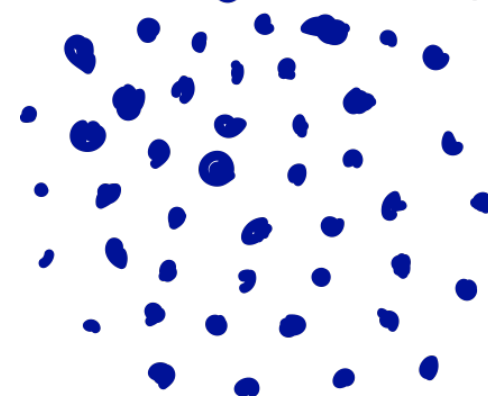
Whilst the health benefits for individuals resulting from the success of our vision are obvious, we also envisage significant benefits for business and the Geelong economy:

## BENEFITS

- a) Healthy and higher performing employees
- b) An opportunity for individual businesses to demonstrate to both existing and future employees the organisation's genuine interest in the welfare of its people and position themselves as an "Employer of Choice" for local talent
- c) Opportunity for positive communication between staff and management
- d) Improved staff morale leading to higher levels of productivity
- e) Higher levels of staff retention
- f) Enhances family environment for employees



# ACTIVE WORKPLACES MAPPING PROJECT



## ACTIVE GEELONG'S AIMS

To deep dive into the barriers and enablers of physical activity in a variety of unique workplace settings.

To then share the learnings with the workplaces engaged with Active Geelong and the broader Geelong community

## OUTCOMES FOR MCCOLL'S

- An in-depth understanding and visual map of the barriers & enablers to physical activity specific to your workforce
- Identified and prioritised action ideas to increase physical activity and wellbeing of workers
- A group of engaged & inspired employees who have worked collaboratively to build the visual map
- Ongoing support from Active Geelong, Barwon Health and the Healthy Workplaces Achievement Program
- Satisfaction of being a leader in the Geelong business community through your role in making Geelong, Australia's most active city
- Demonstrated commitment to staff health which can be used to promote McColl's as an employer of choice in our region



# KEY PLAYERS

## MCCOLL'S KEY CONTACT

- Megan Taylor  
Health & Wellness Coordinator

## WORKSHOP FACILITATORS

- Barwon Health - Healthy Workplaces Achievement Program  
Rowena Rittinger – Health Promotion Officer  
Lynne Quick – Health Promotion Officer  
Chelsea Gunther – Administration & Communications Officer
- Deakin University – Global Obesity Centre  
Dr Josh Heyward – Research Fellow
- Active Geelong  
Yvette Denning - Workplace Program Coordinator

## PARTICIPANTS

- 10 McColl's employees  
Drivers  
Safety & operational personnel  
Office & administrative staff

# WORKSHOP 1: DEVELOPING THE ACTIVE WORKPLACE MAP

19 FEBRUARY 2020

**OBJECTIVE:** To create a shared understanding of factors relevant to McColl's that support or hinder employees in their efforts to be physically active.

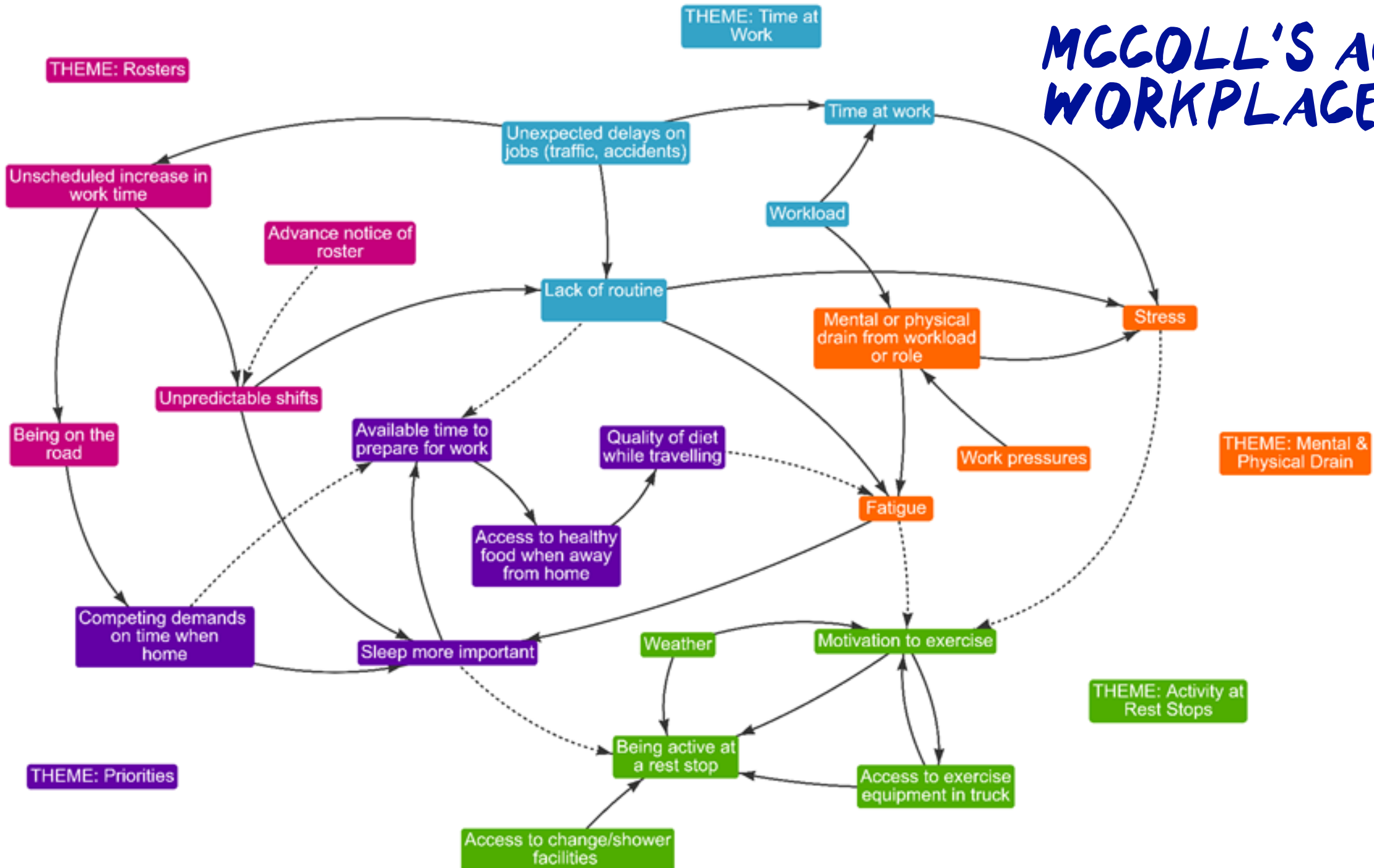
A series of activities were conducted where participants identified factors affecting workers physical activity at McColl's, and how those factors were connected to one another.

An initial Active Workplace Map was completed in this first workshop, and the session concluded with a review of the map produced, and an explanation of the following session.

The final version of the map is on the next page.



# MCCOLL'S ACTIVE WORKPLACE MAP



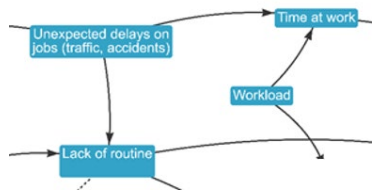




# ABOUT EACH THEME

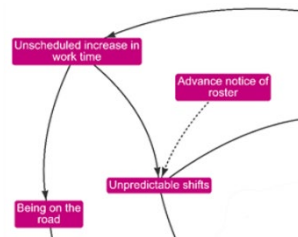
## TIME AT WORK

- Sometimes unpredictable work routine can disrupt home
- Managing unexpected sources of delay, for example roadworks
- Reduces time to be physically active



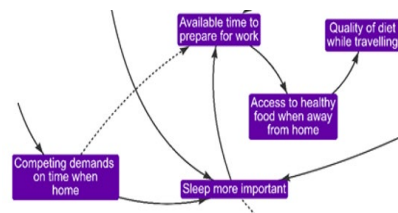
## ROSTERS

- Sudden changes to rosters, increases in work time
- Can disrupt work-life balance and make it hard to find time to be active



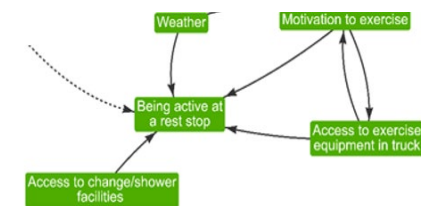
## PRIORITIES

- Balancing different priorities including getting enough sleep, preparing for time out on the road, and having time to be present with family
- Sleep is important to manage fatigue but can impact on time to be active



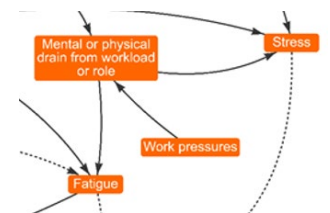
## ACTIVITY AT REST STOPS

- Prioritisation of sleep
- Access to equipment, shower facilities, or a supportive physical environment at stops



## MENTAL & PHYSICAL DRAIN

- Job-stress, work pressures, workload and fatigue
- All affects motivation to be physically active at work and at home.





# WORKSHOP 2: ACTIVE WORKPLACE ACTION IDEAS

26 FEBRUARY 2020

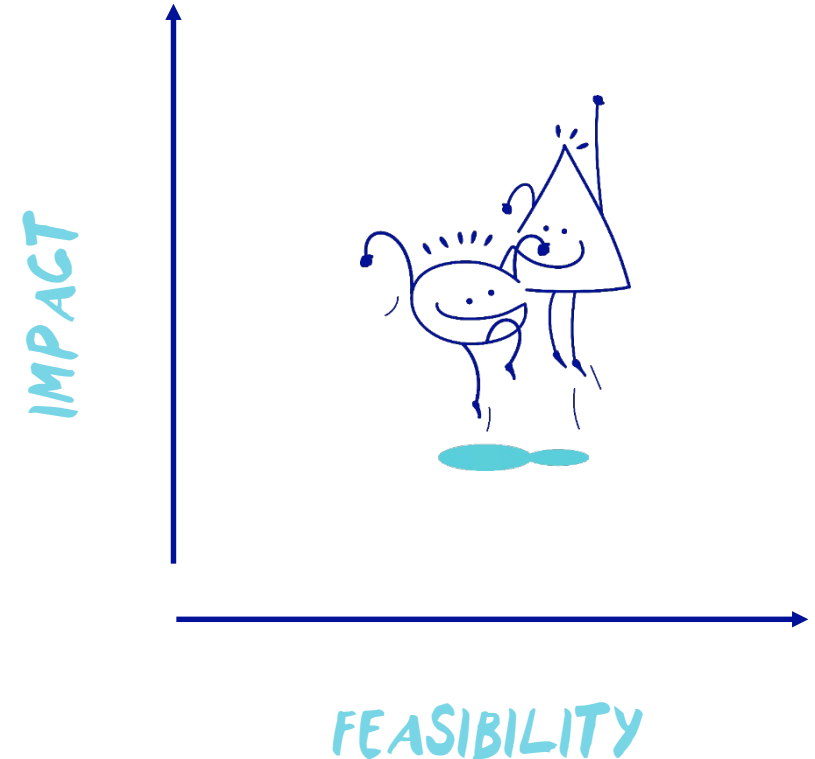
**OBJECTIVE:** Identify and prioritise potential actions in response to this shared understanding

In workshop two the participants identified and prioritised action ideas that could be implemented at McColl's to better support workers to be physically active.

The group rated how impactful they thought the idea would be, along with how feasible they thought it would be to implement.

Some ideas directly target worker physical activity, while some ideas were more indirect – aiming at some of the significant and diverse barriers to physical activity acknowledged in the Active Workplace Map.

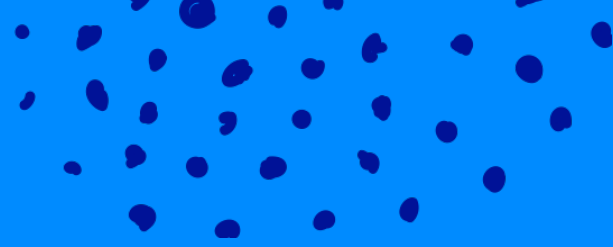
The action ideas are summarised on the following pages.





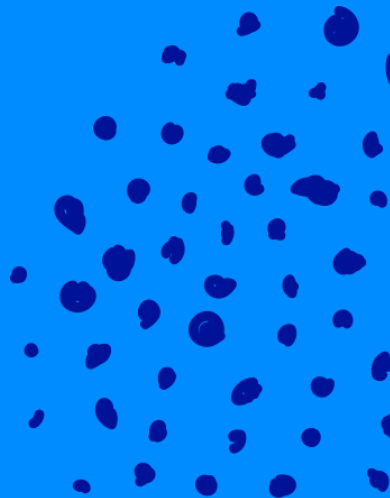
# ACTION IDEAS BRIEF SUMMARY

Broad theme	Impact / feasibility	Examples
Nutrition	High / Medium-High	<ul style="list-style-type: none"><li>• Partner with a food provider such as YouFoodz</li><li>• Information on easy, healthy recipes or meals for meal planning</li></ul>
Management commitment and support	High / Medium	<ul style="list-style-type: none"><li>• Continue to build commitment and support for physical activity</li><li>• Incorporate physical activity or health into company values &amp; policies</li></ul>
Improved roster/better work life balance	High / Low	<ul style="list-style-type: none"><li>• Provide greater advance notice on rostering</li><li>• Strengthen communications between McColl's and the customer base</li></ul>
Provide basic strength bands and basic exercise routines	Medium / High	<ul style="list-style-type: none"><li>• Create programs tailored to different roles within the organisation</li><li>• Build resources &amp; programmes that can be easily utilised</li></ul>



**ACTIVE GEELONG  
ENCOURAGES  
ACTIVE ENJOYMENT  
OF LIFE, EVERYBODY,  
EVERY DAY.**

- Move a little more every day
- Pledge your support: [activegeelong.org.au](http://activegeelong.org.au)
- Follow us on social media
- Encourage your family, friends and colleagues to get active





THANK  
YOU!

Active  
Geelong

[activegeelong.org.au](http://activegeelong.org.au)

[movers@activegeelong.org.au](mailto:movers@activegeelong.org.au)