



Innovation,
Applicability and
Transferability

Research Update/Outcome

Commitment to employee health and wellbeing: Staying healthy in body, mind and spirit

Wellbeing is not just about physical fitness and good health. It involves emotional wellbeing and creating a workplace where meaningful relationships exist.

In 2015, Resthaven engaged the Australian Workplace Innovation and Social Research Centre (WiSER) to explore a range of options to ensure a healthy workplace at Resthaven. This research was linked to Resthaven's Strategic Plan and the "RestFit" program.

Research partner Dr Kate Barnett developed a user friendly discussion paper that summarised characteristics of a healthy workplace, indicators to measure healthy workplaces, benefits to employees and employers of healthy workplaces, ideas to consider for exploration of approaches to healthy workplaces at Resthaven and important health indicators that can contribute to personal health and, therefore, healthy workplaces; healthy diet, enough physical exercise, and personal resilience.

Resthaven's Program Managers were surveyed and provided feedback about a workplace health and wellbeing strategy. There was strong support to continue working towards developing a healthy workplace strategy at Resthaven as a 'work in progress'.

Subsequent support of healthy workplaces includes: a quit smoking program, sponsoring participation in fun runs and walks, establishing a partnership with Executive Fitness Management (EFM), free flu immunisation for employees and volunteers, ArthritisSA education, promotion of healthy eating ideas and the Resthaven Workforce Health and Wellbeing stretching program.

