

**workout@workday**

**Friday 6 June 2014**

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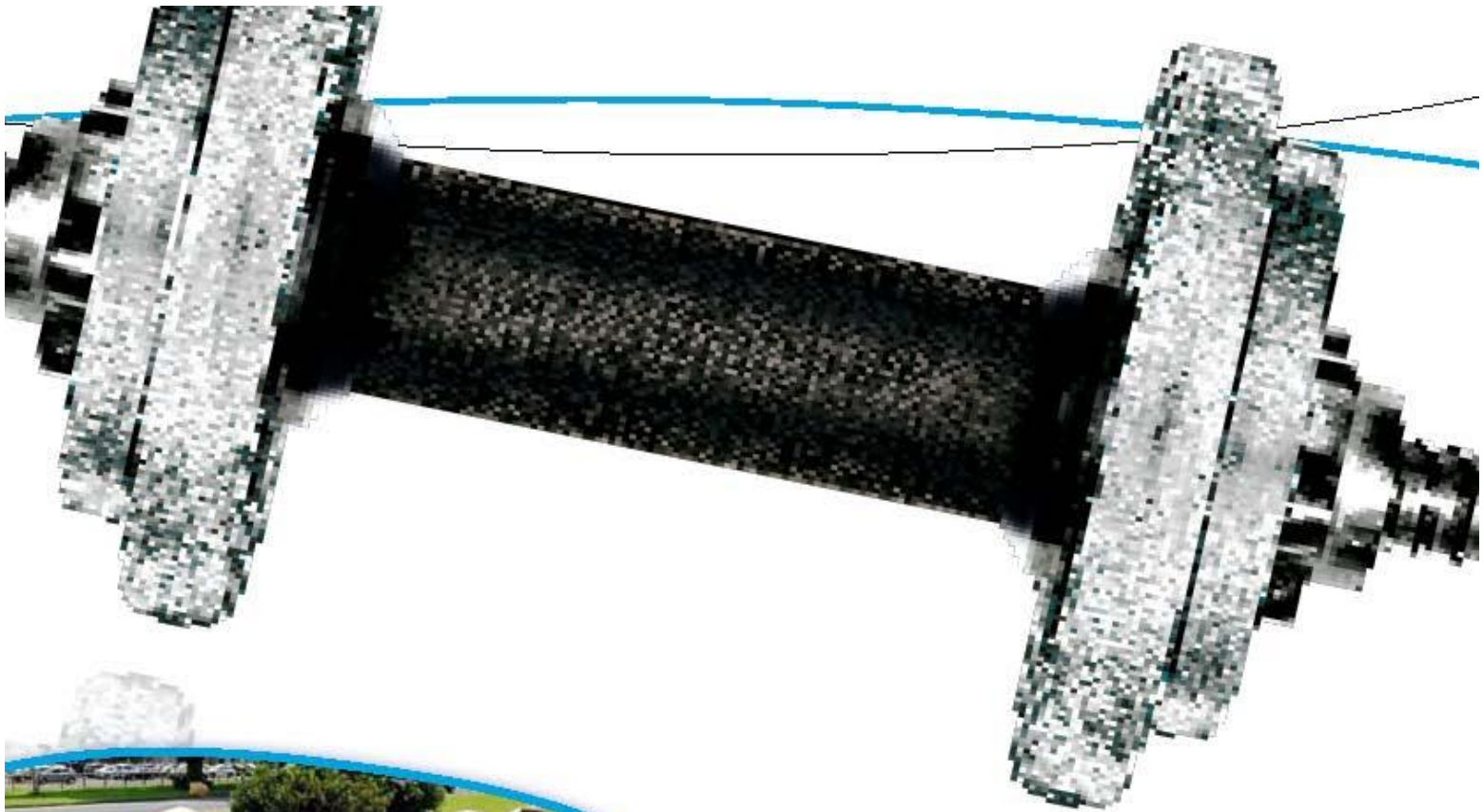
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## Pictures from last year







## Highlights from a successful w@wd in 2013

- **868** members registered and organised **327** events
- Over **200** items of media coverage promoted the day. These included pieces on ITV London, BBC Radio and in the *Daily Telegraph* and *Daily Express*
- **91%** of members said the day was effective in raising the profile of physiotherapy, and 89 per cent said they really enjoyed their event
- **97%** of participants said they were likely to build more activity into their daily routine, with **89%** saying it increased their knowledge and understanding of the importance of exercise.





# 1 What is Workout at Work Day?

First launched in 2011 and now supported by Aviva, this will be the fourth year the CSP has run Workout at Work Day (W@WD) and we will once again be working with the Association of Chartered Physiotherapists in Occupational Health and Ergonomics (ACPOHE) and also this year with the Association of Chartered Physiotherapists in Sports and Exercise Medicine (ACPSEM) to promote the day.

W@WD 2014 is a great opportunity to promote the role that physiotherapy can play in improving workplace wellbeing by highlighting to employers and their staff the benefits of a healthy lifestyle and regular physical activity.

## The Business Case

Research highlighted previously for W@WD has found that many employees engage in poor work habits, which can be detrimental to health and wellbeing and as a consequence result in increased expenditure on sickness absence. A survey of 2,000 employees by YouGov, for W@WD 2013 found:

- 69% did not get two-and-a-half hours of exercise a week, which is the minimum amount recommended by the UK's four Chief Medical Officers
- More than two-thirds (69%) of workers were worried about having to work for longer than previous generations in order to have enough money in their retirement
- Only 17% of those surveyed who were employed said their boss encourages them to take proper breaks, such as lunch or even annual leave.
- And when given a list of nine benefits designed to keep staff fit for work, more than a third (39%) of working respondents said their employer offered 'none of these'<sup>1</sup>

The latest figures from the Health and Safety Executive (HSE) show that in 2011/12:

- musculoskeletal disorders and stress, depression or anxiety accounted for the majority of days lost due to work-related ill health at 7.5 and 10.4 million days respectively
- Around 80% of the new work-related

conditions in 2011/12 were musculoskeletal disorders or stress, depression or anxiety<sup>2</sup>

- An estimated 1.1 million people who worked in 2011/12 were suffering from a work-related illness, of which 452,000 were new cases which started in the year<sup>2</sup>
- Employers lose on average 17 working days per case of musculoskeletal disorders<sup>2</sup>
- The HSE estimate that in 2010/11, workplace illness cost society (individuals, employers and government) £8.4 billion.<sup>2</sup>

On a positive note, research by the Work Foundation shows that for every £1 invested in wellbeing initiatives, businesses get a return of £3.

W@WD encourages employers to think about investing in workplace wellbeing and to understand the value of physiotherapy for their business and employees:

- Rapid access to physiotherapy for employees gets people back to work quicker and reduces the risk of long term sickness
- Physiotherapists and physiotherapy support workers are the experts in physical activity and using movement to improve health and wellbeing
- Physiotherapy teams are specialists in supporting people to age well, in rehabilitation after injury or illness and in enabling people with long term conditions and disabilities to manage their own health and wellbeing. Key to this is helping people to be physically active.

1 All figures are from YouGov Plc. Total sample size was 2,041 adults. Fieldwork was undertaken 3-6 May, 2013. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 18+).

2 Health and Safety Executive, Annual Statistics Report 2012/13: [www.hse.gov.uk/statistics/overall/hssh1213.pdf](http://www.hse.gov.uk/statistics/overall/hssh1213.pdf)

3 Bevan S, Quadrello T, McGee R. Fit for work? Musculoskeletal disorder and the European workforce. London: The Work Foundation; 2009 URL: <http://tinyurl.com/ozcwwad>

## Key Messages

- **The Chartered Society of Physiotherapy** has organised W@WD to encourage employees to develop healthier work habits. Taking breaks and becoming more active both during and outside of the working day is good for physical and mental health
- **Workplace wellness programmes** are a win-win for both employee and employer. Staff are left feeling fitter and healthier and research suggests employers benefit from reduced sickness absence and increased productivity
- **Physiotherapy plays a key role** in helping people to be fit for work, by preventing and treating injuries and illnesses cause or made worse by work.

4 PricewaterhouseCoopers. Building the case for wellness: 4th February 2008. London: PricewaterhouseCoopers; 2008.URL: <http://tinyurl.com/pjdem3c>



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## Wednesday 6 June 2014