

## Health Promotion: Continuous Improvement Practice

### The challenge:

To raise awareness of the benefits of healthy lifestyles and improve health outcomes for mature workers employed at Southern Cross Care.

### The approach:

Design and implementation of a health lifestyles program for staff over the age of 45.

To pilot the program with 10 committed volunteer employees over a 6-month period and monitor results at the end of the allocated timeframe.

The program to include the following:

- The benefits of a healthy lifestyle (increased physical capacity, personal goals, less prone to injury or reduced severity if injured)
- BMI
- Blood pressure
- Cholesterol
- Diabetes
- Exercise
- Nutrition

Each participant to set individual goals and be monitored every 2 months with progress noted.

### Results will be measured by:

- The results of the group/individuals against specific health indicators (clinical)
- Individual feedback about levels of energy, perception of health improvement and wellbeing (non clinical)
- The reduction in workplace accidents and incidents

