



MONASH WELLBEING

THE WELLBEING PROGRAM BEHIND THE
WORLD'S HEALTHIEST WORKPLACE -
'WELLBEING AT MONASH'

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Who is Monash?





Our motivators...

- A healthy work environment supports a healthy workforce
- Employer of choice
- Community reach



From humble beginnings...



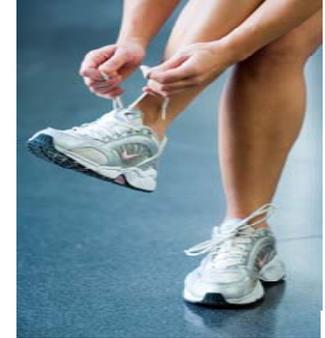
GLOBAL CENTRE FOR HEALTHY WORKPLACES Awards and Summit...

- Recognises outstanding healthy workplace practices and programs
- Submitted application, finalist presentation
- Based on WHO framework for healthy workplace
- www.globalhealthyworkplace.org



Wellbeing @ Monash

- Mental health
- Physical health
- General health, and
- Nutritional health



Physical Health

- Monash 10,000 Steps Challenge
- Monash Global Walk Run
- Staff Wellbeing Activity Program (pilates, yoga, swimming...)
- On campus gyms
- Active transport (bike arrival station, share bikes)
- Community based events (Mother's Day Classic)



General Health

- Smoke-free Monash
- Health checks
- Flu immunisation
- Men's Health
- Women's health
- Diabetes health
- Flexible work arrangements
- Volunteering

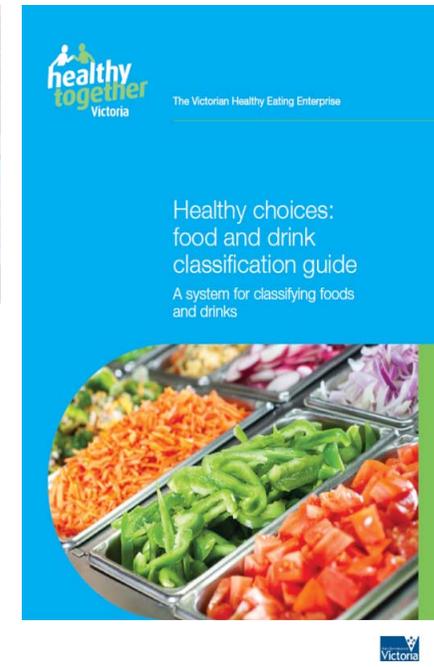


FREE
WorkHealth Checks



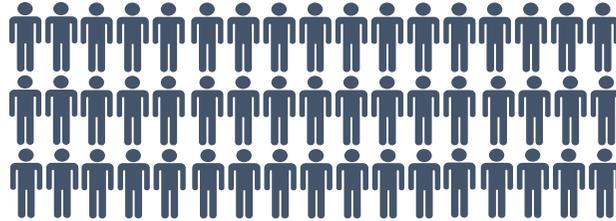
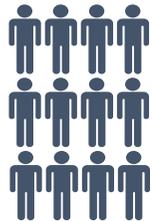
Nutritional Health

- Healthy Choices
- Healthy vending
- Healthy catering panel
- Food is Medicine online course
- Dietitian consultations
- Water fountains
- Community gardens
- Healthy cooking demonstrations





STAFF WELLBEING ACTIVITY PROGRAM (SWAP) PARTICIPATION



2010
60 Participants

2016
2626 Participants

10,000 STEPS PROGRAM



GLOBAL ONLINE COURSES

250,000+
*Mindfulness for
Peak Performance*

120,000+
Food is Medicine



WELLBEING KPI



Top strategies

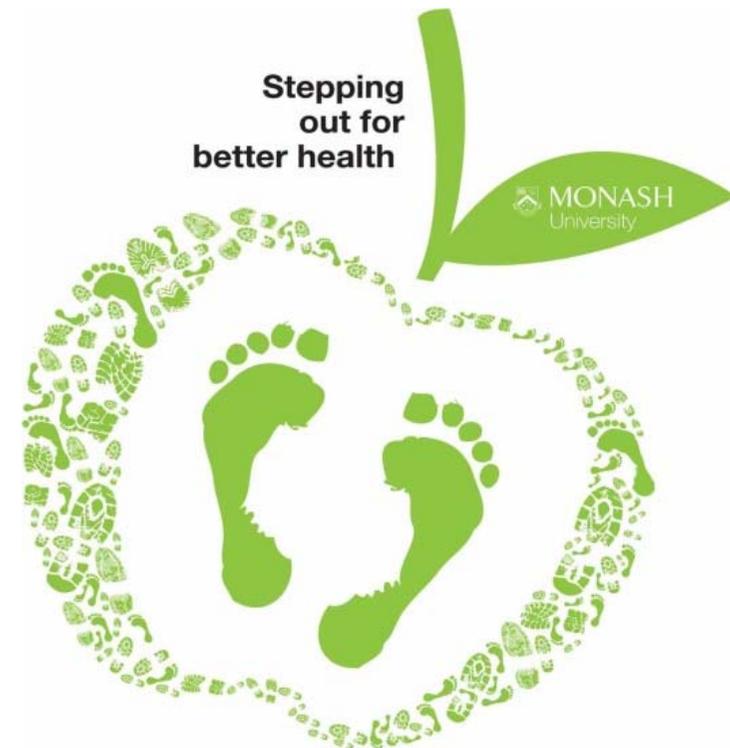
- Leadership involvement
- Engagement and Collaboration
- Policies
- Resources in people & time
- Communication
- 3 Ps – prioritise, process, programs
- Wellbeing champions

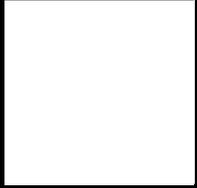


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What we've learnt

- Start small
- Listen, engage, and collaborate
- Get senior management commitment
- Remove the barriers
- Continuously improve





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