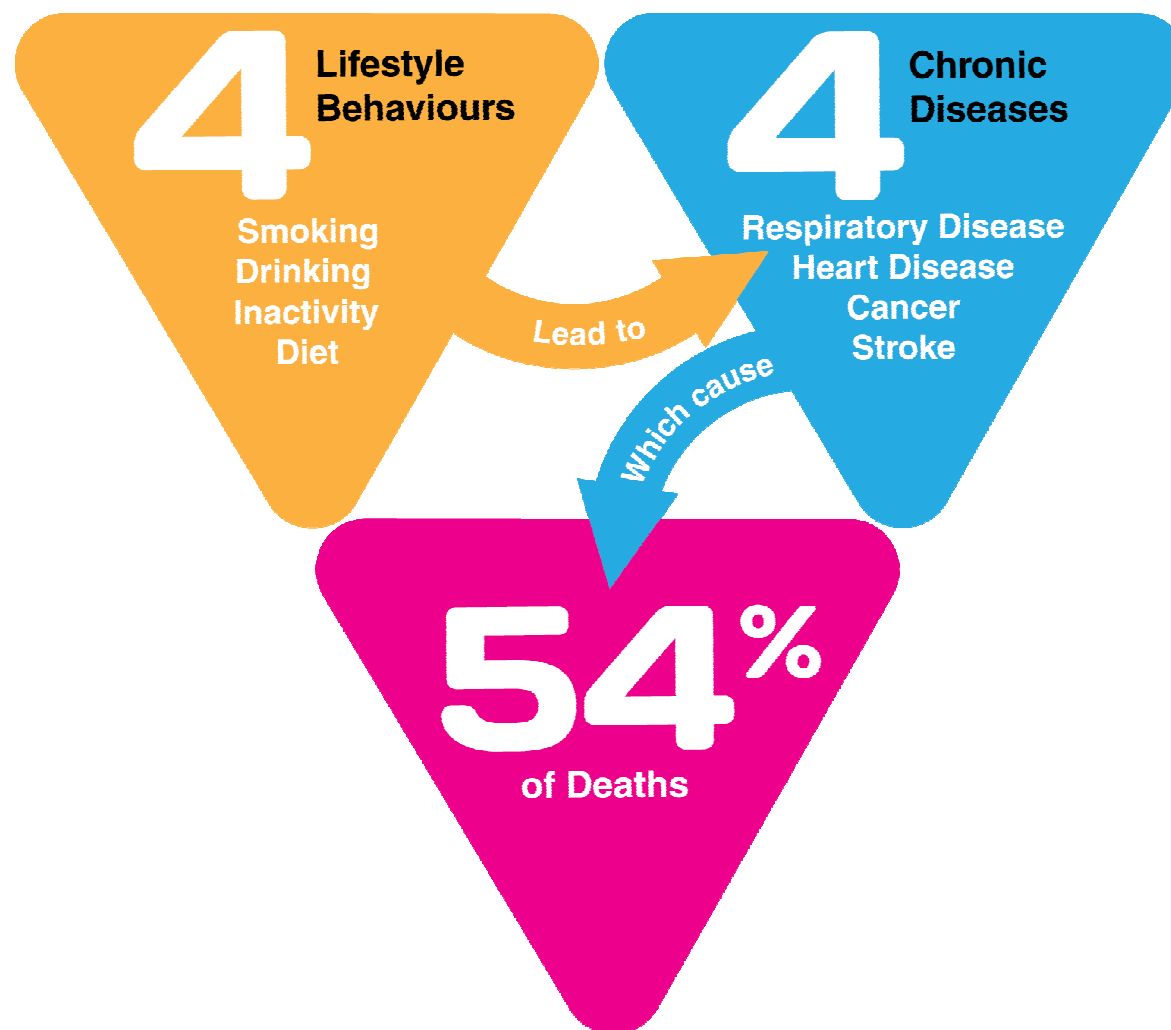




thrive
Plymouth

Life, Health & Wellbeing

Positive choices for better health in a growing city



Four New Themes



- ▶ **'4-4-54' in all policies**
- ▶ **Supportive environments**
- ▶ **Engaged communities**
- ▶ **Capacity Building**

Three New Approaches



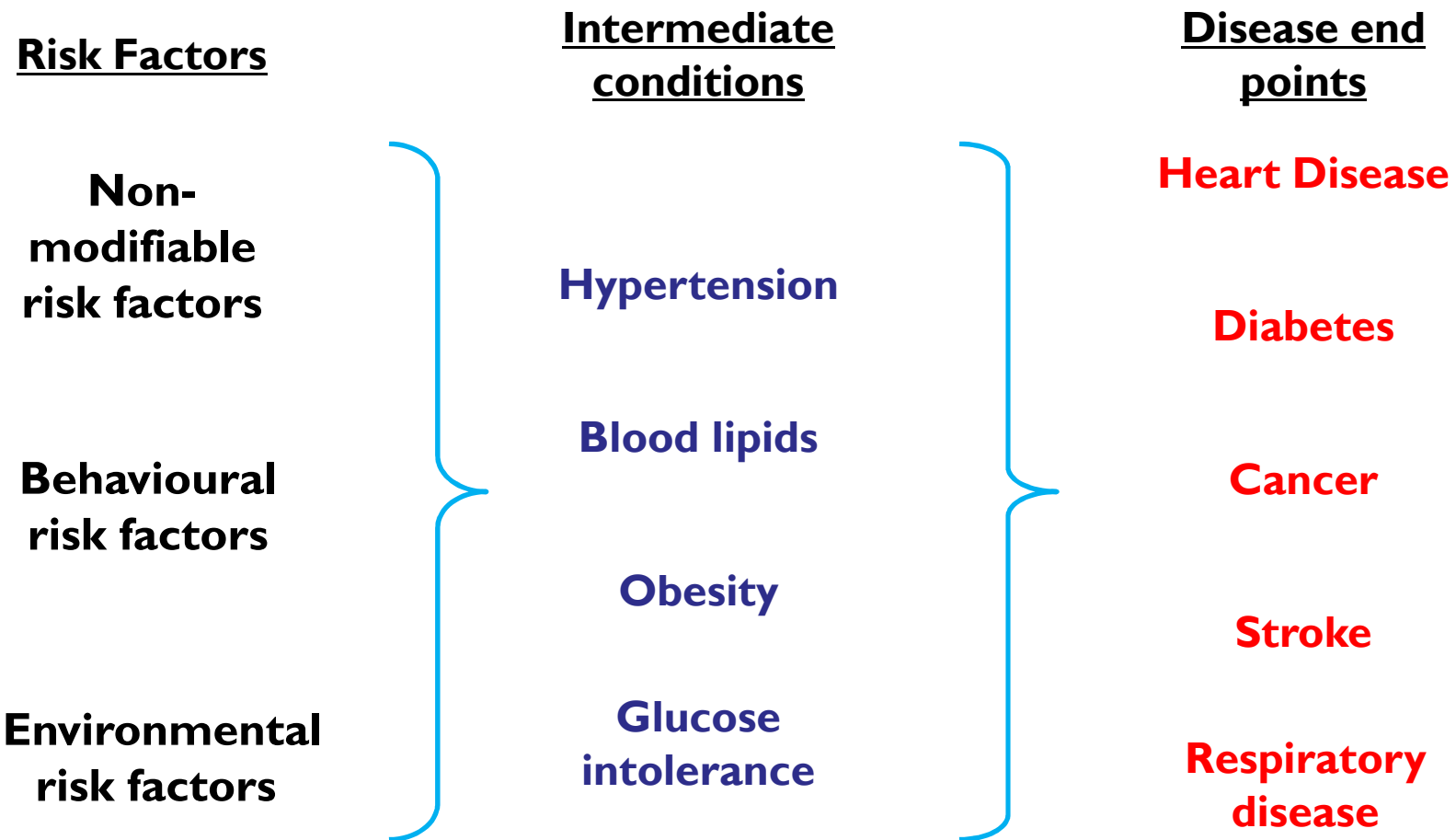
- ▶ **Population prevention**
- ▶ **Common risk factors**
- ▶ **Changing the context of choice**

(I) Population Prevention



Weight category	BMI distribution in Plymouth adults (>20yrs)	Diabetes risk in Plymouth over next 10 years	Population burden (new cases from 2015-2025)
Underweight	2%	3%	120
Healthy weight	31%	7%	4,340
Overweight	43%	10%	8,600
Obese	19%	21%	7,980
Morbidly obese	5%	32%	3,200

(2) Common risk factors



(3) Changing context of choice



Knowledge



Attitudes



Behaviour

Person

Possibilities

Place

Process

**Social movement
for healthier Plymouth**



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A New Focus Each Year



Year 1

Workforce health and wellbeing

Why workforce health & wellbeing?



Because employee health is critical to company culture and output

- ▶ Sickness absence costs employers 8.4 working days per employee per year
- ▶ 40% of sickness absence is estimated to be due to mental ill health
- ▶ Physically active workers take 27% fewer sick days
- ▶ Employees who have difficulty exercising during the work day are 96% more likely to have a drop in productivity
- ▶ Poor nutrition can contribute to stress, tiredness and effects capacity to work
- ▶ Alcohol is estimated to cause 3-5% of all absences from work; about 8 to 14 million lost working days in the UK each year.

Smoking cost calculator



Smoking Breaks

The calculations assume employee works an average of 7.5 hours per day for 40 weeks of the year (200 days).

Total number of employees within the company:	3,000
Smoking prevalence amongst all staff: England <input type="text"/>	21%
Estimated number of smokers:	630
Number of smoking breaks per day (outside of regular breaks):	1 <input type="text"/>
Number of minutes spent on each smoking break away from workplace:	10 <input type="text"/>
Estimation of average salary:	15000 <input type="text"/>
Estimated number of hours lost by all smokers within the company over the course of one year through smoking breaks:	21,000
Time lost on smoking breaks expressed as full time staff equivalents* for one year:	14

Sickness Days

NICE suggest that, on average, a smoker will take an additional 33 hours off sick per year compared to a non smoker. This is equivalent to 4.4 days.

Total number of employees within the company:	3,000
Smoking prevalence amongst all staff:	21%
Based upon the estimated number of smokers in the company, the number of additional sick days per year:	2,772
Expressed as full time staff equivalents, the additional time taken off sick by smokers within the company over one year:	14
Estimation of average salary:	15000
Illustrative cost of smokers requiring additional sick days:	£207,900

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