

Get Started

WellnessFits is a partnership between the Canadian Cancer Society BC and Yukon and HealthyFamilies BC. The free program helps BC businesses with the support and resources they need to create healthy workplaces. Get started today, visit wellnessfits.ca.



Workplace Wellness Programs Work!

Organizations who have implemented programs have experienced:

- **20%** decrease in short-term disability among participants
- **27%** reduction in absenteeism due to stress

Acknowledgments

New Westminister Healthier Community Partnership Committee is a partnership between:



WellnessFits



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Sources cited include reports from the Industrial Accident Prevention Association, Mental Health Commission of Canada and The Conference Board of Canada. All references and more information are available at: www.newwestcity.ca/hcp

Health Is Everyone's Business

NEW WESTMINSTER



“A healthy workplace will not only support employees to achieve wellness and quality of life goals, but equally important will nurture learning, collaboration, and innovation.”

- Graham Lowe, Author of
Creating Healthy Organizations

Healthy Workplaces Mean Healthy Business

- ↘ Decrease absenteeism
- ↗ Increase productivity
- ↘ Decrease costs of illness and disability leave

Cost to the Canadian Economy

- In 2012, ABSENTEEISM COST Canada **\$16.6 BILLION**
- UNHEALTHY EMPLOYEES, such as those who are sedentary, overweight, smoke or have a high alcohol intake, **ARE ABSENT 50% MORE OFTEN** and COST 2-3 TIMES MORE in health care costs
- Every SEDENTARY employee costs a company an **extra \$488/YEAR**
- Every SMOKER costs a company \$2500/YEAR
- ~21% of the working population in Canada currently **EXPERIENCE MENTAL ILLNESS**
- **MENTAL ILLNESS** COST Canadian employers MORE THAN **\$6 MILLION DOLLARS** in lost productivity in 2011



Healthy Body

Support your employees:

- Promote using stairs and keep them clean, lit and safe
- Offer incentives for participation in physical activity
- Host company recreation events, like lunch time walks
- encourage employees to consider walk or bike commuting

Check out affordable active living opportunities in your neighbourhood available through New Westminster Parks, Culture and Recreation.



Healthy Mind

Support your employees:

- Encourage employees to talk face to face
- Communicate with over worked or overwhelmed employees
- Celebrate special occasions

Check out MentalHealthWorks.ca to learn more and for links to resources for both employees and employers.

Early identification and action to combat stress has the potential to decrease losses to productivity of up to 30%.

Healthy Eating

Support your employees:

- ↘ Post a list of nearby healthy restaurants and provide access to nutritional information
- Serve healthy foods at meetings
- Provide a fridge and microwave so employees can bring food from home

Check out New Westminster's options for local, affordable and healthy food like Farmers Markets and Community Gardens.

Healthy Lungs

Support your employees:

- Implement a tobacco free workplace
- Provide information on stop smoking programs

Check out QuitNow.ca for free programs to support quitting tobacco.

