

Health and Wellbeing in the Workplace

MARS

**Mars UK *Winning with Wellness* –
health and wellbeing for Mars
employees and the local community**

Frances Ainley, Mars Corporate Affairs

MARS | Agenda

- The Mars Journey
- Mars *Winning with Wellness*
- Benefits of workplace health and wellbeing
- Health and wellbeing local business partnership



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Mars UK – The Five Principles



The Five Principles

Quality Responsibility Mutuality Efficiency Freedom



change 4 life

Eat well Move more Live longer

bike4life Facts

The recommended amount of weekly activity for adults is 150 minutes of moderate activity. Cycling is a great way of achieving this.

- Cycling is a great way of improving cardiovascular fitness and is especially good for losing, maintaining and keeping your weight.
- Regular cycling between 150 and 200 minutes per week can help in preventing or treating the conditions you need to be.
- Active car users - As you are likely to sleep you usually will not need to start in your weekly routine. So cycling from that time instead of using the car will save time from before you get to work.
- Family time cycling is a great way to be active family to have some fun and exercise at the same time.
- Doesn't feel well? Exercise makes you feel stronger you are able to sleep. Cycling will help to improve your sense of well-being and reduce the stress. It will also help you to sleep better as you feel better! Always wear your seat belt when cycling to work.
- Check for the environment - cycling is green - its pollution - but the best to use that and remember that you are leading the change.



What's on your plate?

The eatwell plate, pictured below, shows how much of what you eat for the whole day should come from each food group. How does your own plate match up?



6 ways to feel better fast

- 1** Swap to get you up & about: Swapping your usual bus or car journey to work for walking or cycling is a great way to build up to 30 minutes of moderate activity, 5 times a week.
- 2** Portion swap: Could you swap a portion of chips for a portion of veg or salad with your main course?
- 3** Snack swap: Craving chocolate, biscuits or cake? Try some fresh fruit or a handful of dried fruit instead.
- 4** Swap for 5 A DAY: Swap one of your daily teas or coffees at work for a glass of 100% unsweetened fruit juice.
- 5** Fibre swap: White bread contains very little fibre, so choose alternatives made with wholemeal or wholegrain bread.
- 6** Drink swap: Try halving the sugar in your tea or coffee - you probably won't even taste the difference!

To find other simple swaps search Change4Life online.

MARS **change 4 life**

Walk from London to Paris

Team FitBag Competition
Starting in October

walk 4 life

Free Fitness Advice

100% FREE Fitness Advice
Just ask for a small walk with a FitBag to help you **change 4 life**



The 3-FOUR-50 message

- 3 risk factors that cause four chronic diseases that account for over 50% of deaths worldwide.

- The risk factors are:



Tobacco use



Lack of physical activity



Unhealthy diet

- The diseases are:



Cardiovascular



Chronic respiratory



Cancers

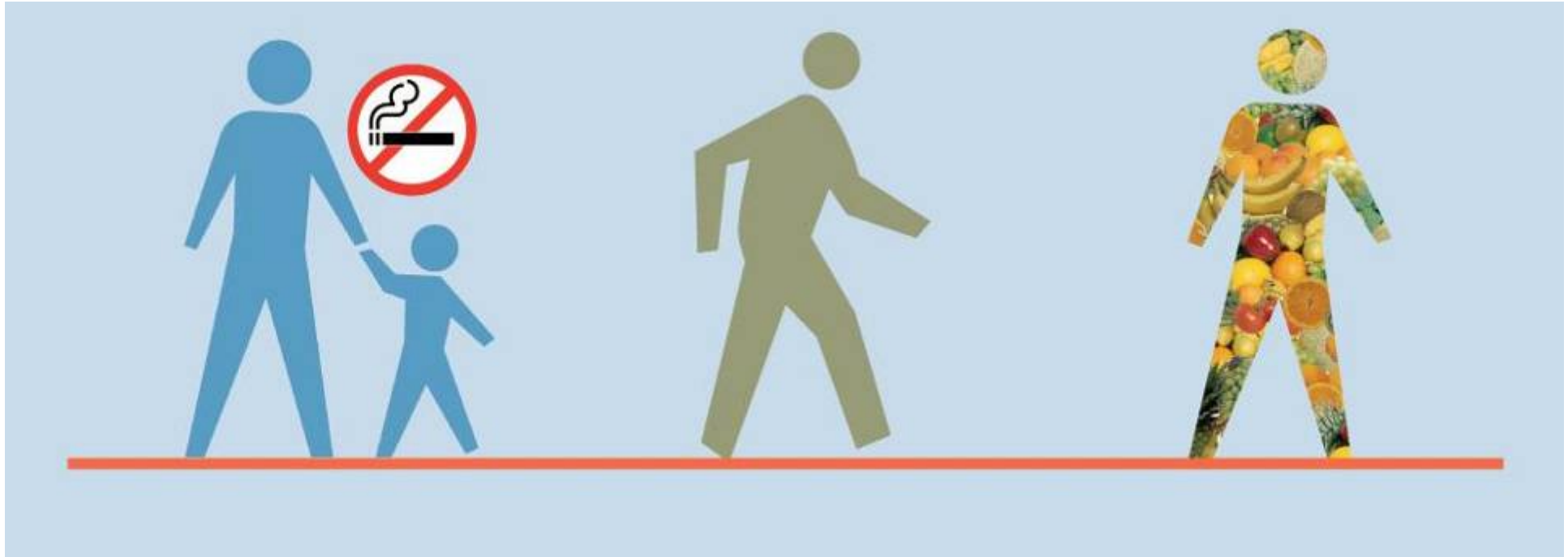


Type 2 diabetes



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Prevention works



It's simple, affordable and effective



- Diet
 - Around one third of cancers are attributed to poor diet and nutrition
- Physical activity
 - 65% of adults and 50% of children do not take the recommended amount of exercise
 - 70% of the adult population is sufficiently inactive to be classed as 'sedentary'
- Weight
 - In the UK 1 in 4 adults and children are obese and this figure is rising
 - About 2/3 of the population is now overweight

The benefits are very clear

- **For employers:**
 - **Sickness absence costs UK businesses nearly £14 billion a year**
 - **Approximately 175 million working days are lost to illness in the UK each year**
 - **Employees in good health can be up to three times as productive as those in poor health**
- **For the government:**
 - **Improved workplace health could save the government over £60 billion**



Health and Wellbeing Local Business Partnerships

Government initiative for workplace health

Department of Health backing – Responsibility Deal Health at Work network

Roll out existing Workplace Health scheme to approx. 10 local SMEs

Measure engagement and participation in 3-6 months





Health and Wellbeing Local Business Partnerships

- Mars - Slough
- Unilever - Leatherhead
- Novo Nordisk - Crawley



The Novo Nordisk Launch

- Novo Nordisk launched Fit 4 Business on Friday 4th February
- Very well attended including representatives from local small businesses, Crawley FC and Henry Smith, MP
- 10 small businesses have signed up (nine of which attended the launch)
- Involvement from Crawley Borough council
- Offer for small businesses includes access to a website, free NHS health checks, visits from local health trainers



- Unilever launched their project on Thursday 24 February 2011
- Very well attended including Lord Howe, representatives from local small businesses and local media
- Unilever is partnering with small businesses of varying size and sector
- Unilever's Fit Business scheme will be made available to partaking small businesses
- 2011 programme to cover healthy cooking, physical activity, the importance of mental health and alcohol and smoking: with appropriate links to government campaigns (e.g.) Change 4 Life



our people
our business
fit business

We are Unilever. We win because we care about the **health of our people**. This is why we are investing in health and vitality by running a year-long workplace health pilot at Port Sunlight Factories and Leatherhead.

Fit Business gives you the knowledge and tools to help you choose a healthier lifestyle, one that's right for you, **both in and outside work**

How...? You'll benefit from a wide range of activities – from health screenings to Lunch 'n' Learns and fitness events – giving you everything you need to look good, feel good and get more out of life.

U-choose

It's good to know your **guideline daily amounts**

Wondering what Guideline Daily Amounts are? Well quite simply Guideline Daily Amounts (GDAs) are a guide to how much energy and key nutrients the average healthy person needs to eat to have a balanced diet. They can be used to inform decisions on what and how much we should eat if we want to stay healthy.

An adult's Guideline Daily Amount* is:

Calories	Sugars	Fat	Saturates	Salt
2000	90g	70g	20g	6g

*This is the amount for both men and women of your age. It is only a guide to what you should eat.

Calories	Sugars	Fat	Saturates	Salt
319	55g	44g	15g	1.6g
16%				27%

*This is the amount for both men and women of your age. It is only a guide to what you should eat.

Make your choice for a more healthy life.



Breakfast launch event for Health and Wellbeing local business partnerships in Slough

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Fiona Dawson, President of Mars Chocolate UK



Lord Howe, Dame Carol Black and Fiona Dawson



Lord Howe



Rob Jellyman, Adamson Construction



Phil Edgar and Mick O'Neill, Control Valve Maintenance

Lord Howe with representatives from the SMEs



Andrew Hogger, Universal Security Group



David Price, X1 ltd



Blood pressure and BMI tests



Lord Howe having his blood pressure tested



Neil Impiazzi, Slough Estates Group



Mick O'Neill, Control Valve Maintenance



Andrew Hogger, Universal Security Group



The Mars Launch

- Mars launched on 31 January 2011 - attended by Lord Howe, Dame Carol Black, Fiona Dawson (President of Mars Chocolate UK), local press, representatives of SMEs,
- Mars is partnered with 11 SMEs - ranging in size from 9 to 75 employees
- Mars is working closely with *Slough Working Well*



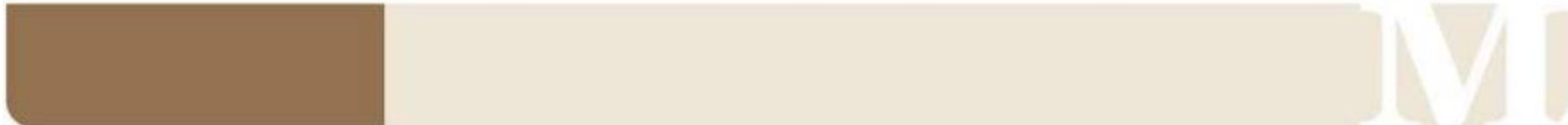


Evaluation



C3 Collaborating for Health are conducting an evaluation of the HWLBP project.

To be investigated	Timeframe
The impact of the project on the large businesses (to ascertain replicability of project)	Within three months of launch
The engagement of small businesses in the project and the attitudes of the employees of the small businesses	
The health impact on the employees of the small businesses (as well as follow up on attitudinal responses)	Within 12 months of launch



Mutuality

Critical to embed, integrate, inspire and evaluate

Good health is good business



The background features a large, light beige, stylized outline of the word 'MARS'. The letters are thick and blocky, with rounded corners. The word 'MARS' is written in a smaller, dark blue, serif font, centered within the outline of the 'A' and 'R'.

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