

Construction Industry n = 1348



The program was delivered over a 3 year period across 42 sites within NSW. Program design included a rolling delivery schedule with sites identified based according to risk. Rural & remote locations were given a higher priority.

Program Components

1. Program design founded on the HealthStyle foundation principles. Key components:
 - Enviro-check
 - Advisory group support
 - Leading by example tool
2. HealthStyle 60 minute Health Check
3. Edu-sessions: Body Matters, FeastWell, Mind Matters, SleepMatters, The Story of Cancer
4. Healthy Media Program

Key Outcomes

1. 72% of inactive participants met national physical activity targets by programs end
2. 22% of those who consumed NO fruit or vegetables met national targets by programs end
3. 33% of those who were abdominally obese achieved healthy status by programs end
4. Program was “adopted” as a cultural change initiative for groups with low engagement