

Workplace Health Check Report

Company Name





Thanks

Thanks for entrusting me to perform your workplace health checks. It was an absolute pleasure to offer such a wonderful health initiative for your employees. They are blessed to have such a caring and supportive environment to work in.

The sessions went well and it was nice to be able to not only determine any areas of concern, but to assist each individual with some guidance on how to better their health in the future.

If it's not too much trouble, I would greatly appreciate if you could provide me with a review on Facebook and Google. The short time that it takes you, would really mean the world to me.

I am always open to constructive feedback, so please share any ways you think I could have enhanced your experience via email at julie@naturoway.com.au. Thanks in advance.



naturoway



julie-curran-naturopath



julienaturoway

Report Overview



Employees were thoroughly investigated, because as a Naturopath, I understand that the systems and organs within the body are interconnected and work together. When one is out, it can affect another, so it's important for me to see the bigger picture, viewing the mind and body as a whole.

The Employee Assistance Program (EAP) was discussed in each session, informing the participants that they were only a phone call away and for them to use them when required.

Where applicable, I referred people to see their General Practitioner for further blood testing. This was usually in response to lifestyle choices, certain health complaints or their relative risk of Cardiovascular Disease. I also gave people the option to send their results to me if they wanted me to update my calculations and give them a revised score.



All disease begins
in the gut!

Hippocrates

In summary, I found that cardiovascular disease risk, immunity, sleep, adrenal and thyroid health were areas of concern that kept popping up.

As you can see on the next page, the average metabolic age was lower than the average actual age. This is a great result, because obesity is a huge factor in the development of disease and is related to many conditions and health issues.




Everyone received booklets with advice on how to reduce stress and promote better sleep quality; whilst gut health, mood and other health advice was provided where appropriate.

All employees were offered 20% off a Naturopathy consultation with me if they were interested.

Please note, in the fatigue, nutrition & alcohol graphs (below):

- Rarely = never
- Occasionally = once a fortnight
- Sometimes = once or twice a week
- Often = a few times a week
- Always = daily

Demographics

		
Attendees	45	34
Age (years)	38	36
Height (cm)	170	186
Weight (kg)	73	86
Metabolic Age (years) [*]	37	32
Metabolic  than Actual Age ^{**}	9	6
Increased Visceral Fat ^{***}	5	8
1st Health Check	69%	55%

* Body composition scales calculate the Basal Metabolic Rate and the average age associated with this level of metabolism.

** People whose metabolic age is higher than their actual age, indicate that they need to improve their metabolic rate.

*** Visceral fat is the internal fat in the abdomen, surrounding the vital organs in the trunk area, which is directly linked to an increased risk of diabetes, heart disease, high blood pressure and further illnesses.

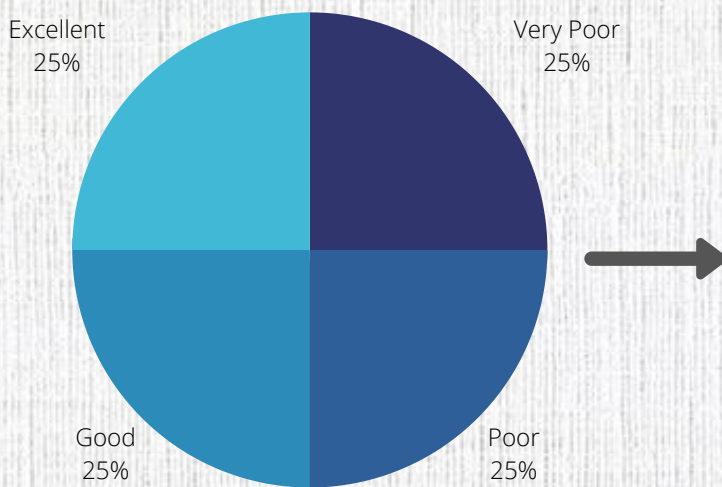
Lifestyle Factors

Workplace burnout is all too common, leading to workers not being able to make decisions about their schedule or workload and an increase in absenteeism.

Sleep

Stress, excessive caffeine and sugar intake, and bad habits leading up to bedtime can negatively impact sleep quality and quantity.

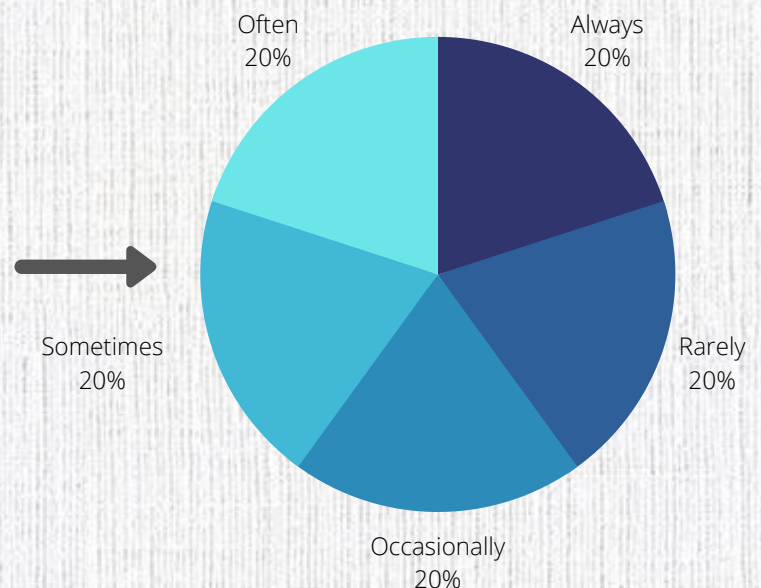
This may manifest as an inability to unwind and fall asleep due to ruminating thoughts about your day, frequent waking, and/or feeling unrefreshed upon waking. Sleep can affect productivity, how well you: think, react, work, learn, interact with others, heal and restore, so it is important to everyone.



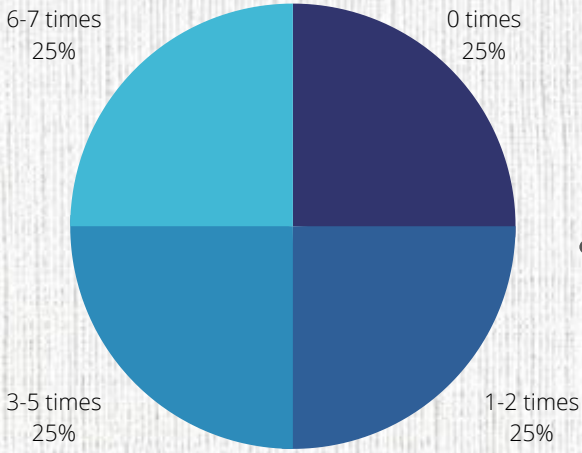
Fatigue

According to Safe Work Australia, fatigue in the workplace not only impacts a workers' mental and physical health, but it can also impact on the health and safety of themselves and others around them.

Fatigue can result in a lack of alertness, slower reactions to signals or situations, a drop in productivity and affect a worker's ability to make good decisions.



Lifestyle Factors

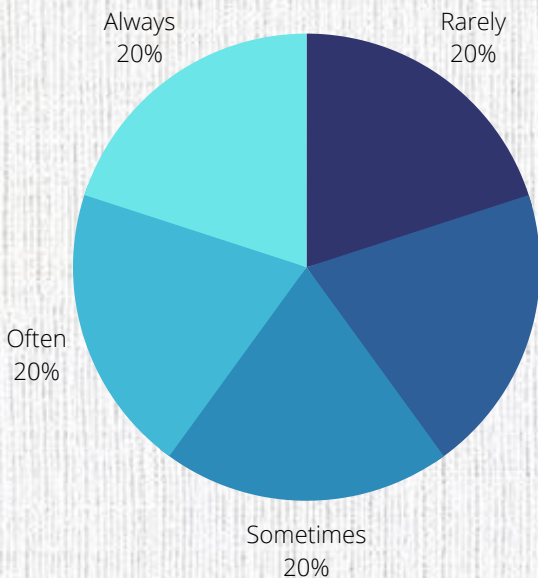
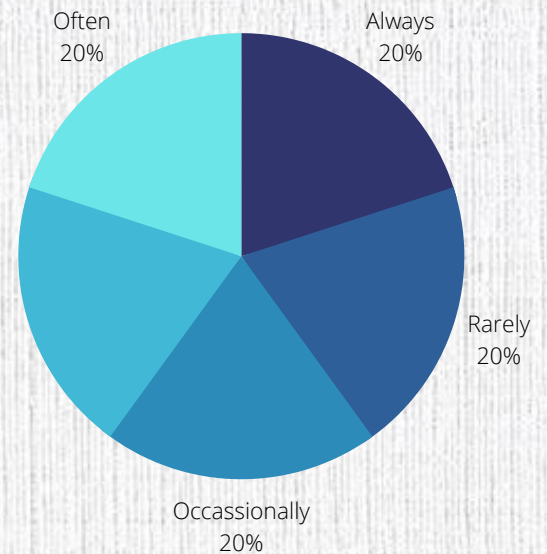


Weekly Exercise

According to health.gov.au, it's preferable to be active on most days of the week. At least 30 minutes of moderate activity a day reduces your risk of heart disease.

Nutrition

Consuming five cups of vegetables and/or salad a day lowers the risk of chronic disease - e.g. type 2 diabetes, obesity, heart disease, stroke and some cancers.



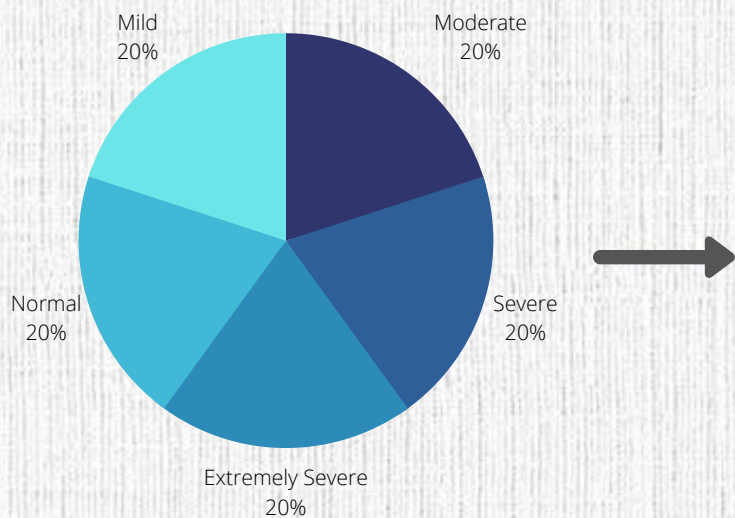
Alcohol Intake

Alcohol increases your risk of heart disease, stroke, cancer and liver disease including cirrhosis, and memory and learning issues.

According to the Australian Alcohol Guidelines, healthy men and women should drink no more than 10 standard drinks a week and no more than 2-4 on any one day.

Mental Health

The Depression, Anxiety and Stress Scale (DASS) is a set of three questions that measure the emotional states of depression, anxiety and stress. These areas can deeply affect your mental & physical energy, motivation and underlie many health problems.

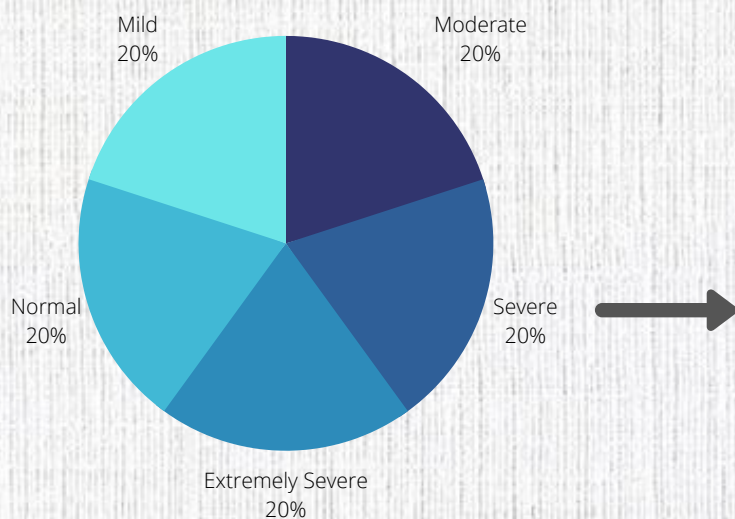
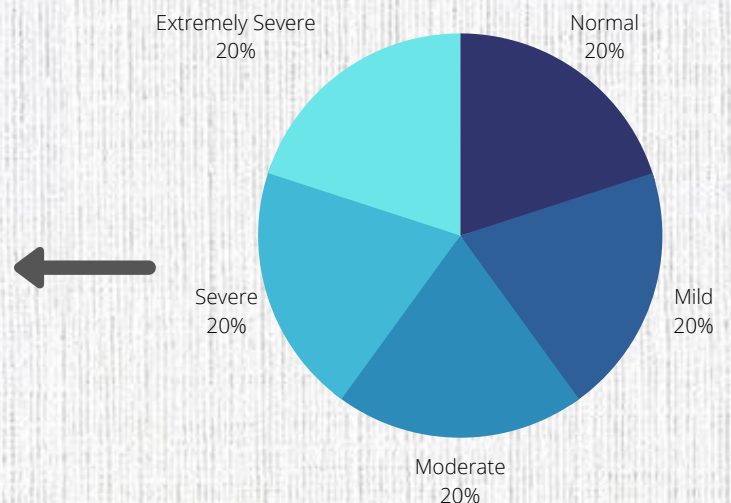


Depression

The depression scale assesses hopelessness, the inability to feel pleasure, dissatisfaction with life, self-deprecation and lack of interest and involvement. This can cause a drop in productivity and an increase of absenteeism in the workplace.

Anxiety

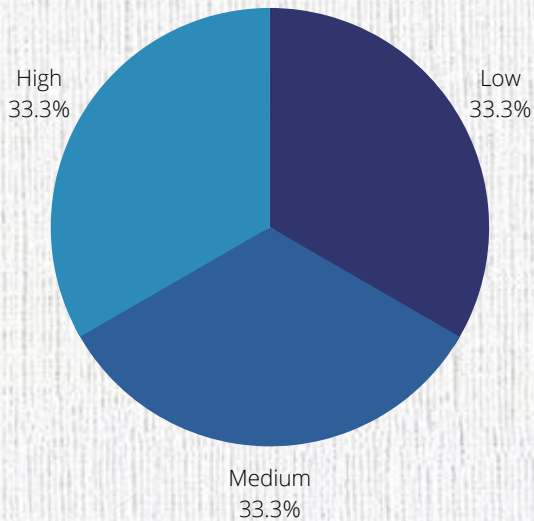
The anxiety scale assesses autonomic arousal, skeletal muscle effects and anxiety. A worker that is unable to concentrate on the task at hand is one that is not only wasting time and money but often distracts other workers.



Stress

The stress scale assesses difficulty relaxing, nervous tension, being easily upset and agitated, irritability, over-reactivity and impatience. This can cause headaches, sleep disturbances and hostility at work.

Liver & Gut Health



Digestive Complaints

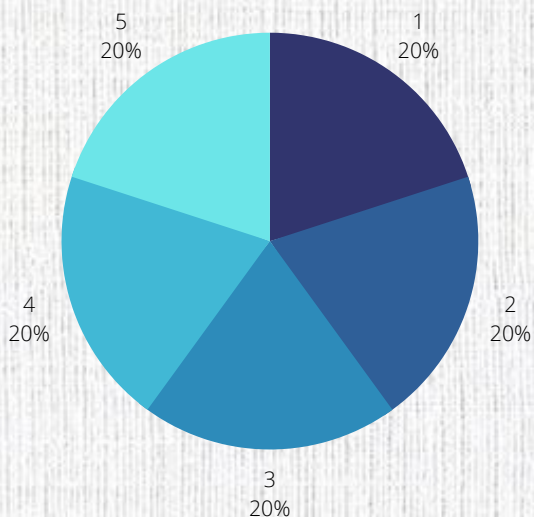
The gastrointestinal system may cause an array of symptoms and effect many areas of your health. Stress can also affect digestion.

Research shows your microbiome relates to mental and emotional health, poor immunity, allergies, asthma, diabetes, autism & obesity.



Is a Detox Recommended?

A detoxification is simply a treatment designed to rid the body of poisonous substances, which are often referred to as 'toxins'. Employees completed a questionnaire that determined if ineffective detoxification may be influencing their health, causing fatigue, inflammation, allergies, reproductive issues, or difficulty losing weight . It also pinpointed which detox program was best suited.

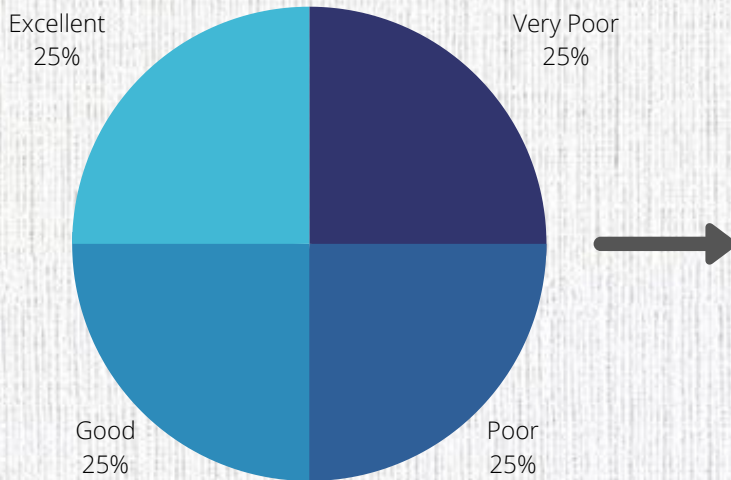


Which detox?

1. No Detox Recommended
2. Health Reset Detox
3. Gut Pathogen Detox
4. Liver Clearance Detox
5. Gut Pathogen + Liver Clearance



Hormones + General



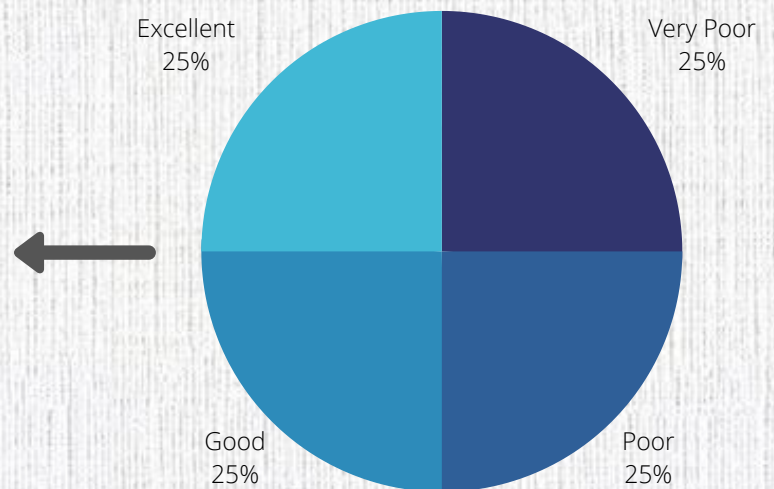
Endocrine System

Encompasses the **adrenal** glands which secrete your stress hormone, cortisol; and your **thyroid** gland which regulates heart rate, blood pressure and metabolism.

Chronic stress can cause a dysregulation of these hormone secretions, resulting in adrenal insufficiency, hypothyroidism (underactive) and hyperthyroidism (over).

General Health

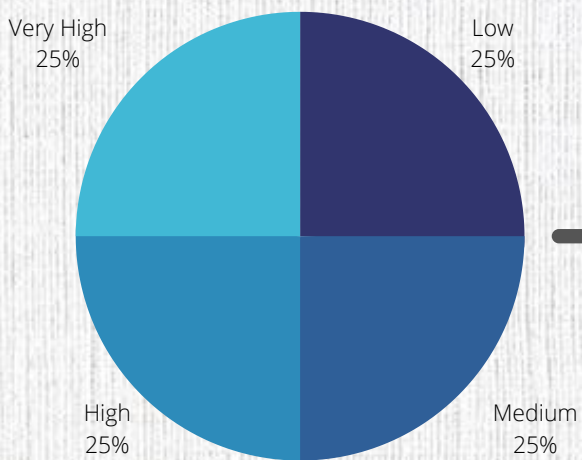
This section of the health appraisal questionnaire looks at the frequency of exercise, whether the person is vegetarian or vegan, whether they are over 50 years of age and whether they are pregnant, lactating or planning to have a baby within 3-6 months.



Heart Health

Cardiovascular Disease Risk (CVD)

According to the World Health Organisation (WHO), the majority of CVD is caused by risk factors that can be controlled, treated or modified, such as high blood pressure, cholesterol, being overweight or obese, smoking, lack of physical activity, diabetes, an unhealthy diet or harmful use of alcohol. Other factors that increase your risk are your age, stress, poor immunity and your family history of heart disease. An increased CVD risk can result in heart attack or stroke.



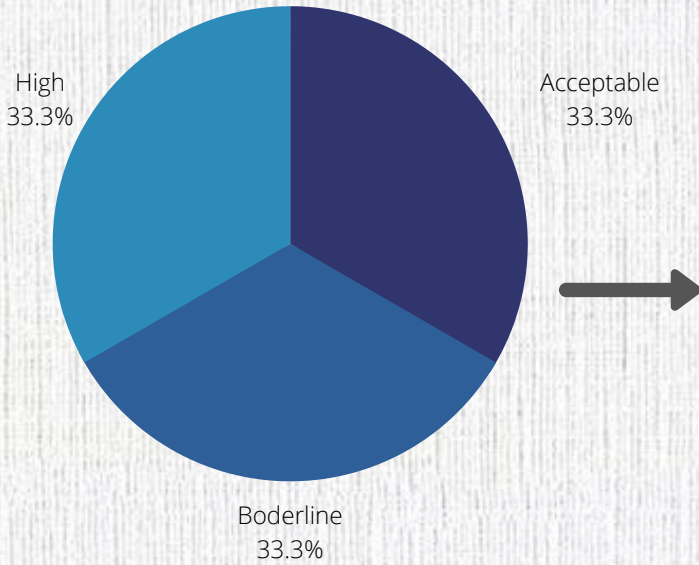
CVD Risk Assessment

A questionnaire, blood pressure testing and blood test results, where used to identify the employees' risk of cardiovascular disease. I referred people to see their General Practitioner for further investigations when warranted.

Blood Pressure

Is the measure of force exerted by the blood against the artery walls. It is measured in millimetres of mercury (mmHg) and the two readings are given (Systolic/Diastolic) – e.g. 120/80 is considered to be a healthy blood pressure level.

Heart Health

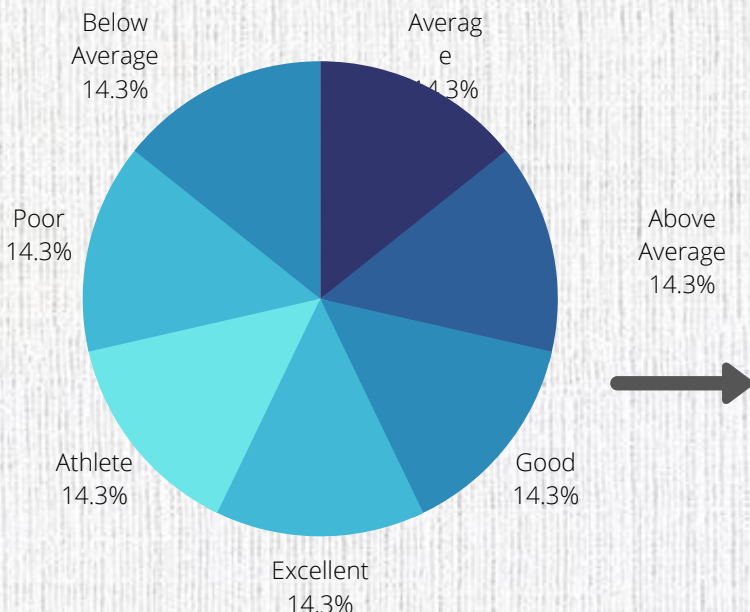
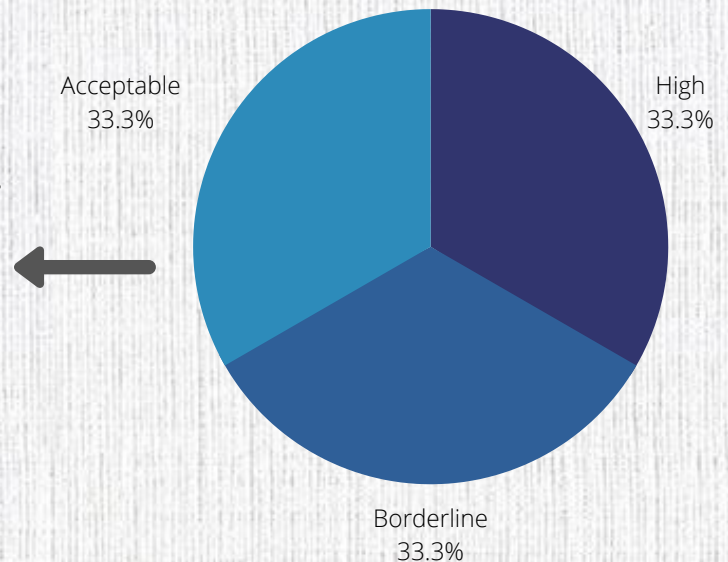


Systolic BP

Is produced as the heart contracts to force blood through the arteries. A healthy resting level should be 100-130. If it exceeds 140, medical clearance is required prior to engaging in a fitness program.

Diastolic BP

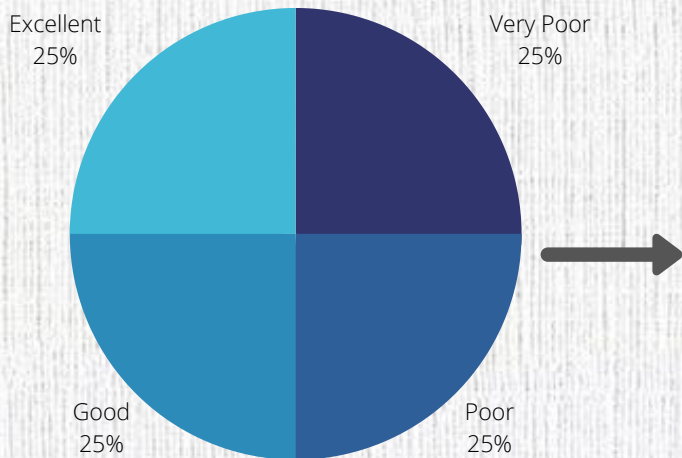
Is the pressure in the arteries between beats. A healthy resting level should be 60-80. If it exceeds 90, medical clearance is required prior to engaging in a fitness program.



Resting Heart Rate

This test can help to determine your health and fitness level; as well has how efficiently your heart pumps oxygenated blood around your body.

Immune Health



Poor Immunity

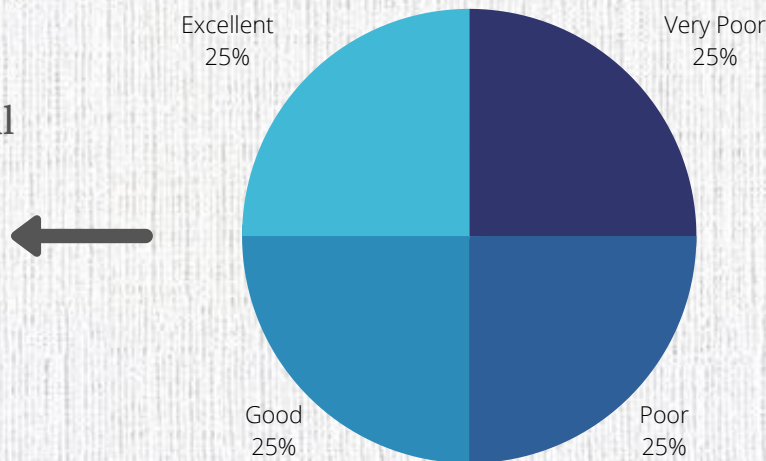
We are exposed to viruses and bacteria daily, however we only get sick sometimes, and some of us more often than others. This is to do with how strong and effective your immune system is. Stress, lack of sleep and poor nutrition all weaken your immunity.

If your immune system is struggling, you will get sick more often and take longer to recover, resulting in absenteeism in the workplace and often, a drop in productivity.

Zinc Levels

Zinc is an essential nutrient involved in hundreds of biochemical roles in your body, influencing smell, hormonal and reproductive health, wound healing, immune function, maintaining the central nervous system and supporting mood, concentration and digestion.

It also affects your taste, so by getting people to swish zinc in their mouth and assessing how much they were able to taste the metallic taste, allowed me to determine potential deficiencies.





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Prevention is better
than cure!

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Recommendations

Firstly: I advise a robust Health and Wellbeing Program that promotes wellbeing, mental health, sleep and nutritional guidance. You may choose to adopt a program that focuses on a separate area of health each month or on a quarterly basis.

Secondly: I strongly recommend performing these Workplace Health Checks on a regular basis. Once a year or more often if different employees are taking up the offer.

Finally: research has shown the benefits of onsite health consultations - like massage and Naturopathy, to be beneficial. If you're interested, I can perform Naturopathy consultations onsite, online or over the phone, making it easy for people to attend.



want to
learn more?

Would you like me to perform some webinars to educate and empower your employees; to reduce their risk of heart disease and take control of their immune, sleep and mental health?

Please call me today
on 0422 684 052!



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