

## Information for infographic

Have provided some information regarding what I would like to see on the poster. Please use some modern icons and make it look as interesting and clean as possible. A white background is the preferred option, with different blue tones.

### **Priority information - The company needs to consider some strategies and provide some intervention in following areas**

#### **Age comparison**

Average age 37 years / average health age 45 years

#### **Company ethics and values**

'the corporate culture of my employer is high (clear values and business ethics' 44% agree / 31% disagree

#### **Injuries and pain**

21% right shoulder injuries

19% lumbar spine injuries

#### **Physical health**

Weight

69% overweight or obese 63% national average

#### **Smoking**

71% workers

national average is 13.3%

---

### **Secondary Information - The highlighted blue is where the company needs to consider some interventions**

#### **Workforce planning**

##### **Work life stage**

15% New entry      29% end career

##### **Travel time**

32% less than 1hr      11% greater than 4hrs

##### **Perceived career path**

41% good prospects      8% limited opportunity

##### **Company engagement**

23% little engagement      8% highly engaged

#### **Physical health**

Waist circumference 49% high risk

18% active for more than 60min day

55% sedentary less than 30min day

#### **Cardiovascular health**

##### **Blood pressure**

45% normal blood pressure      25% elevated / high blood pressure

##### **Blood lipids / cholesterol**

58% normal range levels      15% elevated / high lipid levels

##### **Blood glucose**

38% normal levels      17% elevated / high glucose levels

## **Psychological Health**

### **Depression**

60% no concerns with depressions

10% report severe cases of depression

### **Stress**

24% moderate levels of stress

8% severe cases of stress

### **Anxiety**

72% not at all 4% severe

---

## **General Information**

6% cardiovascular disease

14% type 2 diabetes

55% female

75% responded

25% work-related sleep difficulties