



ACT  
Government

healthier  
work

HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2016-17

SILVER

## A HEALTHIER COMMUNITY

### *CIT Health Community & Science – 250 staff*

*Through their health and community services disciplines, CIT Health Community & Science provide a range of courses focused on meeting the needs of the community and the industry in the areas of Community Work, Sport & Fitness, Human Services, Health, Environmental & Forensic Sciences.*

Noting community sentiment about how to live a healthy life, the CIT Health Community & Science College wanted to do their bit to address the health and wellbeing for their staff while at work.

“We heard about Healthier Work through word-of-mouth in the ACT community,” says Daniel Noble, Project Officer.

“We decided to join as we believed this initiative would help increase productivity, and potentially save lives.”

“We wanted to focus on things like mental health and alcohol consumption due to their attention in the community.”

That’s why their current plan covers mental health awareness, and looks at the impact of alcohol consumption on people’s day-to-day lives. Forums and information sessions on these topics, as well as online tools, have been well received and have helped to start a range of conversations amongst staff.

They’re also getting more active through corporate activity teams and stretching while at their desks.

“Every lunch time I’ll see a group of staff out and about walking,” says Daniel. “Staff appreciate the commitment and effort put towards their health.”

“It’s great to be doing our part to help keep the staff healthy.”

