



BEING HEALTHY IS EVERYONE'S RESPONSIBILITY

Housing Industry Association – HIA (ACT/SNSW) – eight staff

Housing Industry Association is the industry body for residential building in the ACT and southern NSW region.

Getting healthy ideas and activities off the ground becomes everyone's responsibility in the small and busy team at HIA (ACT/SNSW).

"The whole team gets involved in their own way," says Kristie Burt, Workplace Adviser.

Ensuring their health and wellbeing plan touches on a variety of staff interests and needs means it becomes part of the daily 'norm' in the workplace.

"We develop our plan through staff consultation," says Kristie. "That way, staff feel as though they own the plan and are more likely to take part."

The initiatives that resonate with staff are their weekly healthy recipes ideas, moving around the office for more incidental exercise, and encouraging healthy eating.

"We have had great success in people being more active around the office – whether it be collecting their printing or popping into a colleague's office to chat," says Kristie. "People know the importance of this regular time away from their screens."

After a couple of years of health and wellbeing activities, the HIA team also recognise the importance of emotional and social health as key to wellbeing.

"Healthier workplaces don't just relate to physical activity – mental health and general wellbeing also need to be considered," says Kristie.

