

FOUNDATION FOR  
**CHRONIC  
DISEASE**  
PREVENTION™  
**IN THE WORKPLACE**

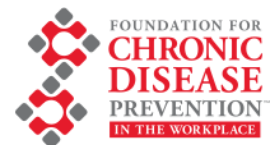
**Executive Summary Report**  
**2011 FCDP Study**



# Study Aim

*“To assess the impact of participation in the Global Corporate Challenge on low intensity physical activity levels, employees risk factors to non communicable diseases (such as Type 2 diabetes and cardiovascular disease), workplace productivity and psychological measures of employee mental health.”*

Six organisations participated in this study including Tesco Plc, Kraft Foods UK, Wood Group, Tyco Fire Products and Hays Recruitment.

The logo for Tesco, featuring the word "TESCO" in a bold, red, sans-serif font with three blue diagonal stripes underneath.The logo for Hays, featuring the word "HAYS" in a bold, blue, sans-serif font, with the tagline "Recruiting experts worldwide" in a smaller, blue, sans-serif font below it.The logo for Tyco, featuring the word "tyco" in a bold, blue, italicized, sans-serif font.The logo for Kraft Foods, featuring a colorful, stylized flower icon to the left of the words "kraft foods" in a blue, sans-serif font, with the tagline "make today delicious" in a smaller, red, sans-serif font below it.The logo for Wood Group, featuring the letters "WGW" in a bold, white, sans-serif font inside a red rounded rectangle, with the words "WOOD GROUP" in a smaller, white, sans-serif font below it.

# FCDP and Lancaster University



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Prevention in the Workplace  
(FCDP)***



# Executive Summary

- The results show that participating in the GCC resulted in a significant increase in employee physical activity levels as well as the frequency and planning of regular exercise.
- The results reveal a significant improvement in all aspects of employee psychological wellbeing (such as confidence, self-esteem, sleep and concentration levels) and a significant reduction in all types of stress.
- Significantly higher levels of productivity were reported by employees after the GCC.
- The results demonstrate a significant increase in satisfaction with employee's quality of life by the end of the GCC.
- Biometrics results show a large proportion of employees lost weight, reduced their %age body fat, reduced their waist circumference and also reduced their BMI.
- Biometrics also show a positive reduction in blood pressure in a large proportion of employees
- The study suggests organisations can benefit from encouraging and supporting employees to walk more than 7,500 steps per day.



# Basic Study Demographics

**In total, 752 employees took part in the study:**

**Sex:**

- 45% Male
- 55% Female

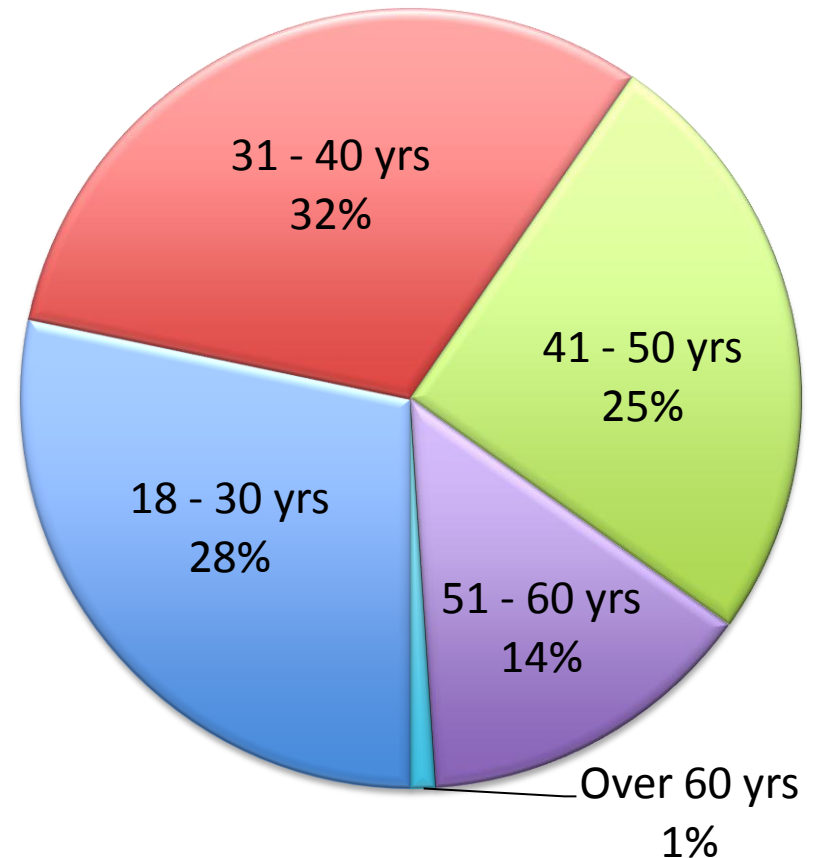
**Nature of Role:**

- 92% Sedentary Jobs
- 8% Active Jobs

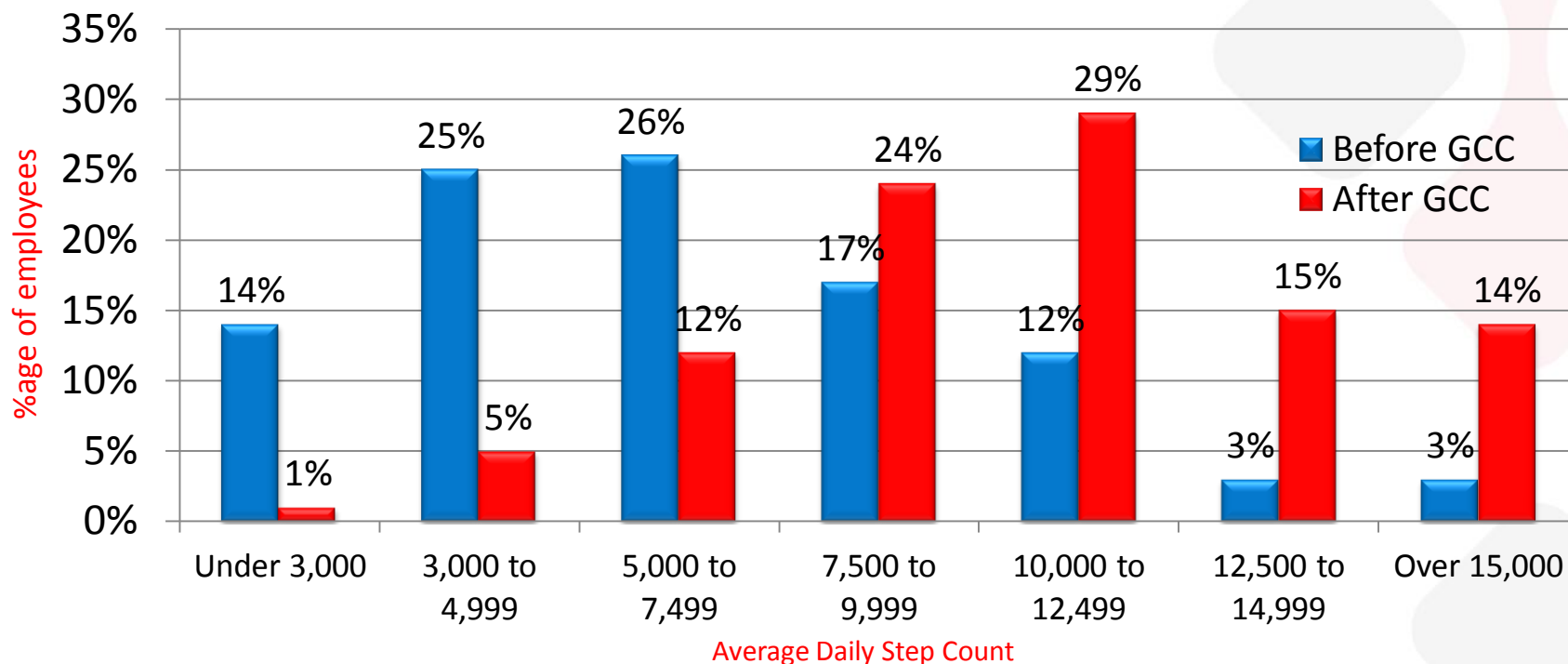
**Ages:**

- 60% Under 40 years old
- 40% Over 40 years old

*Average Participant Age = 38.5 years*



# Increase in Physical Activity

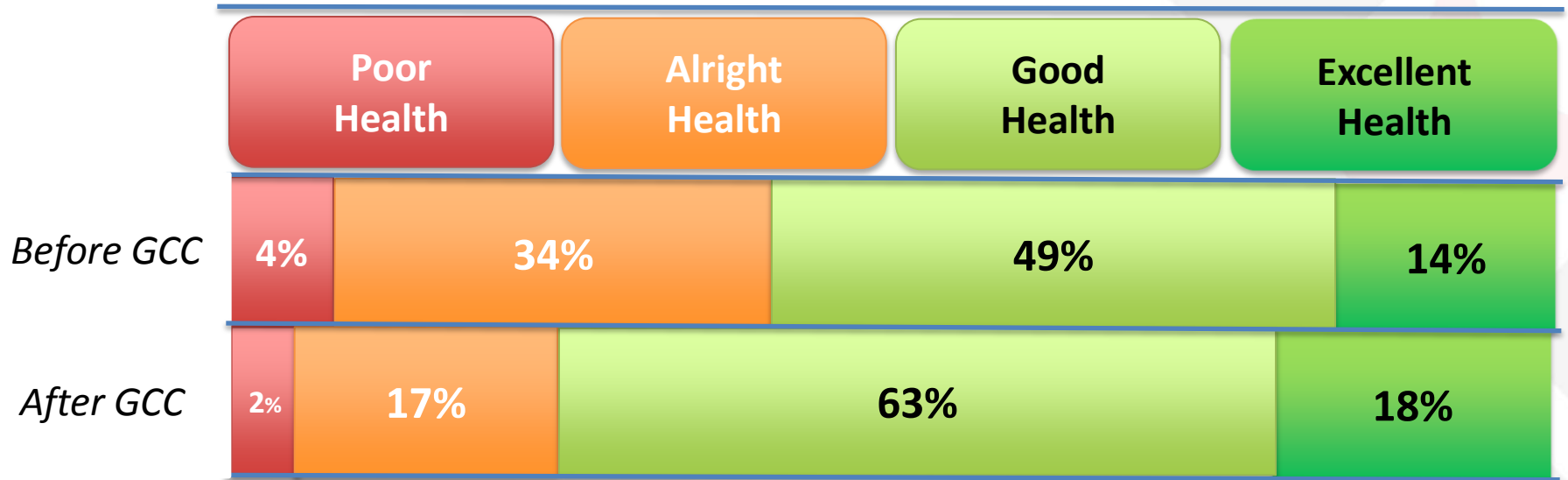


- Before the GCC, only 18% of employees achieved >10,000 steps per day
- After the GCC, this **increased to 58%** of employees averaging >10,000 steps per day
- 82% of employees achieving 7,500 steps per day or more



# Shift in Employee Overall Health

Change in the employee's perception of their overall health (%age of employees):



- **20% more** employees reported that their health after the GCC was either “good” or “excellent”
- Employees taking more than 10,000 steps rated their overall health significantly higher than those taking fewer



# Improvements in Physical Health

**2.8kg**  
Weight  
Loss

## **Weight Loss: 53% of employees lost weight:**

- Average weight loss across all participants was 0.6kg
- **Average weight loss was 2.8kg** for those that recorded a reduction

**10%**  
Less  
Body Fat

## **Body Fat: 52% of employees reduced %age Body Fat:**

- Average reduction across all participants was 1%
- **Average %age Body Fat reduction was 10%** for those recording a reduction.

**5.2cm**  
Waist  
Reduction

## **Waist: 62% of employees reduced their waist circumference**

- Average waist across all participants reduced by 2.0cm
- **Average reduction in waist circumference was 5.2cm** (for those recording a reduction)





# Positive Changes in BMI

Changes in BMI classification before and after GCC:

Body Mass Index (BMI)					
	Underweight	Normal	Overweight	Obese class 1	Obese class 2
Pre event	2 (1%)	87(39%)	94 (42%)	33 (15%)	6 (3%)
Post event	1 (0%)	90(40%)	91 (40%)	33 (15%)	7 (3%)
Movement +/-	<b>-1</b>	<b>3</b>	<b>-3</b>	<b>0</b>	<b>1</b>

- Prior to the challenge, 60% of participants were classified as “overweight” or “obese”
- This dropped to 58% after the GCC
- **48% of employees reduced their BMI** to some degree
- 8% of employees reduced their BMI by more than 5%



# Reduction in Blood Pressure

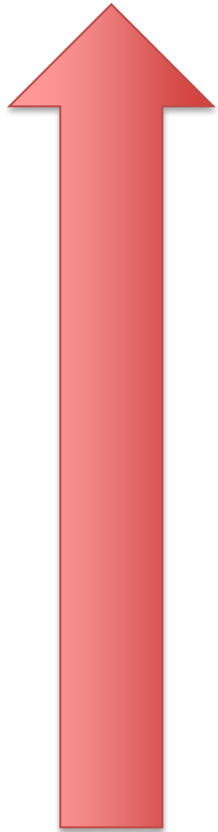
*Changes in Blood Pressure classification before and after GCC:*

Systolic Blood Pressure				
	Desirable	Pre hypertension	Stage 1 hyper	Stage 2 hyper
Pre event	71 (32%)	112 (51%)	33 (15%)	4 (2%)
Post event	97 (44%)	96 (44%)	25 (11%)	2 (1%)
Movement +/-	<b>+26</b>	<b>-16</b>	<b>-8</b>	<b>-2</b>
Diastolic Blood Pressure				
	Desirable	Pre hypertension	Stage 1 hyper	Stage 2 hyper
Pre event	94 (43%)	85 (39%)	33 (15%)	8 (4%)
Post event	103(47%)	79 (36%)	27 (12%)	11 (5%)
Movement +/-	<b>+9</b>	<b>-6</b>	<b>-6</b>	<b>+3</b>

- **29% of employees moved to a lower category of Systolic Blood Pressure**
- **24% of employees moved to a lower category of Diastolic Blood Pressure**



# Improvement in Psychological Wellbeing



**35%** more employees gained confidence in themselves

**Insight:** Increased confidence reduces likelihood of depression and anxiety

**28%** more employees reported not feeling unhappy or depressed

**Insight:** Reducing the chances of an employee feeling stressed

**52%** more employees reported no longer feeling worthless

**Insight:** Self-esteem makes an employee more likely to succeed at work

**23%** more employees felt better able to overcome difficulties

**Insight:** This reduces an employee's probability of feeling stressed

**17%** more employees reported not losing sleep over worry

**Insight:** Less worry indicates less chances of stress

**15%** more employees felt able to enjoy day to day activities more

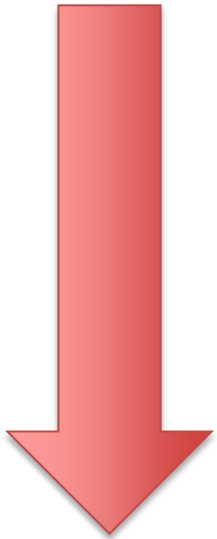
**Insight:** A more positive outlook can result in higher productivity



# Significant reduction in Stress

Following the GCC, participants reported a significant reduction in stress levels in relation to **ALL** issues measured (including work stress, family stress, health stress and financial stress).

In particular we saw the following most dramatic improvements:



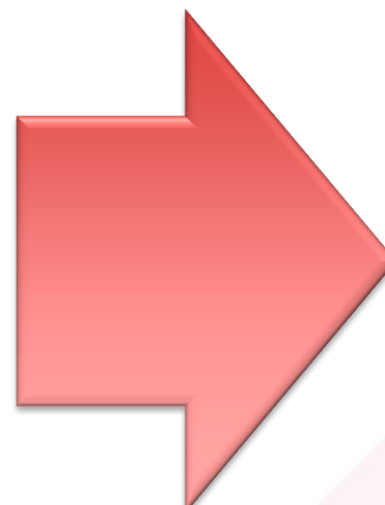
- **15%** more employees reported little or no stress in relation to general and emotional wellbeing
- **14%** more employees reported little or no stress associated from work
- **13%** more employees reported little or no stress associated from their overall health
- **12%** more employees reported little or no stress in relation to their family, finances and ability to cope with day to day problems



# Significant improvement in Quality of Life

%age of Employees who rated the following as “very good”:

	<i>Before GCC</i>	<i>After GCC</i>
Quality of Personal Life:	41%	48% (+7%)
Feeling towards their Job:	24%	30% (+6%)
Happiness in your Self:	21%	30% (+9%)
Ability to adjust to change:	27%	40% (+13%)
Happiness with Life as a whole:	35%	45% (+10%)
Overall contentment with life:	32%	44% (+12%)



# Step Change in Productivity

*Changes in reported productivity levels before and after GCC (%age of employees):*

Daily Productivity				
%age of employees	Less than 80% Productive	80 - 89% Productive	90 - 99% Productive	100% Productive
Before GCC	15%	44%	32%	9%
Post GCC	8%	34%	45%	13%

- **20.5% of employees recorded an improvement in productivity**
- **17% more employees** reported that they were 90% or more productive in their day job
- Employees who took more than 10,000 steps per day recorded significantly higher levels of productivity

