

AUTUMN 2016 STAFF HEALTH AND WELLNESS NEWSLETTER

CONTACT INFORMATION

The Ballarat Health Services Staff Fitness Gym and Pool Program, located at the Queen Elizabeth Centre, is available for all staff and training partners.

Pool times are Mon 5.45pm and Wed 5pm, Gym times are now supervised from 5pm-7pm Mon -Thurs and unsupervised Mon-Fri 6am-8.30am, 5pm-8pm and Sat/Sun 8.30am-8pm.

For more information contact Kate (Staff Fitness Coordinator) – Staff.Fitness@bhs.org.au



Mountain of Fun Run - Sunday 6 March, Mount Warrenheip

Consists of 2 courses – 12.5km run and 6km run/walk. Just 10 minutes east of Ballarat Mount Warrenheip is the perfect location for this event



Night Attack -17-19 March, Carlton

5km night time obstacle course! Participants are to expect their senses to be tested as they navigate through challenging obstacles and fluro UV lighting! Dress in fluro or glow in the dark as the course has ultra violet lights, strobes and smoke machines



Run for Kids – Sunday 20 March, Melbourne CBD

This community event's primary aim is to raise funds for the Royal Children's Hospital Good Friday Appeal. There is a 16km course or a 5km course which you can participate



Stawell Gift – 26-28 March, Stawell

A whole family event! 3 days of racing in a true carnival atmosphere with plenty of action off the track, including fashions on the field and childrens entertainment



Active April – The Month of April

This April, step up the amount of physical activity in your life and get more active, more often! All it takes in 30 minutes a day during April! Click to picture to register!



Oxfam Trailwalker - 8 - 10 April, Melbourne

100km of bush trail within 48 hours. It's not a relay, your team has to start together, stick together and finish together



Run The Rock – Saturday 16 April, Woodend

Surround yourself with the alluring mountains, abundant wildlife and beautiful gardens at Run the Rock. Choose from 5km run/walk, 12km run, 20km run and 2km kids run



Weekend To End Women's Cancer – 16-17 April, Melbourne

This weekend we remember the lives we have lost through breast or gynaecologic cancer and celebrate the lives we are saving! Funds raised will help Peter Mac's clinicians and researchers!



OstaSplash – 30-1 April-May, Moonee Valley Racecourse

Slip, stack, splash, music and mayhem. OstaSplash spans 5km of flatgrassland with inflatable obstacles with themed music to get your groove on



Mothers Day Classic Sunday 8 May, Wendouree

One in eight Australian women will be diagnosed with breast cancer in their lifetime, support the National Breast Cancer Foundation's research program and complete a 6km or 12km walk or run.



Run the Gap Sunday 22 May, Halls Gap

Take in the majestic Grampians National Park, one of Victoria's most stunning natural features and join in a 6km walk/run, 12km run or 21km trail run!



LIFE! Program for Staff – Autumn

This State Government initiative is for prevention of Type 2 Diabetes, Heart Disease and Stoke and is offered to BHS staff. Take the AUSDRISK questionnaire on the next page to see your risk!



Leave Matters 'Remember, no leave, no life'

Labour Day – Monday 14th March

Easter – Friday 25th to Monday 28th March

Anzac Day – Monday 25th April

PLEASE CLICK ON THE PICTURES FOR LINKS TO EVENT WEBSITES

THE AUSTRALIAN TYPE 2 DIABETES RISK ASSESSMENT TOOL (AUSDRISK)

1. Your age group:

- Under 35 years 0 points
 35–44 years 2 points
 45–54 years 4 points
 55–64 years 6 points
 65 years or over 8 points

2. Your gender

- Female 0 points Male 3 points

3. Your ethnicity/country of birth:

a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No 0 points Yes 2 points

b. Where were you born?

- Australia 0 points
 Asia, Middle East, North Africa,
 Southern Europe 2 points
 Other 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- No 0 points Yes 3 points

5. Have you ever been found to have high blood glucose (sugar) for example, in a health examination, during an illness, during pregnancy?

- No 0 points Yes 6 points

6. Are you currently taking medication for high blood pressure?

- No 0 points Yes 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- No 0 points Yes 2 points

8. How often do you eat vegetables or fruit?

- Everyday 0 points
 Not everyday 1 points

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- Yes 0 points No 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, while standing):

Waist measurement (cm) _____

Complete either the green or orange box below, as appropriate:

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women	
Less than 90cm	Less than 80cm	<input type="checkbox"/> 0 points
90–100cm	80–90cm	<input type="checkbox"/> 4 points
More than 100cm	More than 90cm	<input type="checkbox"/> 7 points

For all others:

Men	Women	
Less than 102 cm	Less than 88 cm	<input type="checkbox"/> 0 points
102–110cm	88–100cm	<input type="checkbox"/> 4 points
More than 110cm	More than 100cm	<input type="checkbox"/> 7 points

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

5 or less: Low risk

Approximately one person in every 100 will develop diabetes.

6–11: Intermediate risk

For scores of 6–8, approximately one person in every 50 will develop diabetes. For scores of 9–11, approximately one person in every 30 will develop diabetes.

12 or more: High risk

For scores of 12–15, approximately one person in every 14 will develop diabetes. For scores of 16–19, approximately one person in every seven will develop diabetes. For scores of 20 and above, approximately one person in every three will develop diabetes.

* The overall score may overestimate the risk of diabetes in those aged less than 25 years.