

# Positive Effects of Workplace Wellbeing Programmes



Workplace wellbeing programmes are programmes that workers can participate in at or near their place of work.

A summary of more than **60 robust reviews**, which cover **100s of individual studies**, show these programmes have a **positive effect on worker health behaviours and health outcomes, and on organisational performance.**



## Health Behaviours



### Strong Evidence

- Increase physical activity and fitness
- Stop smoking



### Some Evidence

- Increase intake of fruit and vegetables
- Improve dietary behaviour

## Health Outcomes



### Strong Evidence

- Reduce weight and BMI
- Increase mental wellbeing
- Reduce stress
- Reduce anxiety and depression



### Moderate Evidence

- Reduce excess body fat
- Lower blood pressure and cholesterol
- Improve wellbeing
- Improve self-perceived health

## Organisational Metrics



### Strong Evidence

- Improve work ability
- Reduce sick absences



### Moderate Evidence

- Reduce absenteeism
- Improve work attendance
- Improve task completion
- Improve supervisor's rating
- Improve productivity