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Thomas Graeme Wright

University of Western Australia, Australia

A CASE STUDY ON HOW CHANGING MANAGEMENT SYSTEMS AND IMPROVING HEALTH PROFILES CAN PRODUCE REAL EVIDENCE AT WORK, NOT JUST PLATITUDES

This case study is on a large mining equipment supply company in Perth, Western Australia. The purpose of the study was to benchmark the workforce, create performance metrics, implement interventions - based on the data and review the commercial data points and risk profiles. We also had to identify the one health factor that could most impact on the health profile of business. The workforce benchmark (n=123) was; 41.8±12 years, 176±8.5 cm tall, weighs 89±16.8 kg, has a BMI of 28.6±4.7, with 26.8±7.3% body fat, a neck of 40.4±3.1 cm, a waist of 100±8.5 cm and hips of 107±7.9 cm - reflecting a W:H of 0.93±0.07. The average blood pressure was 130±14.3/84±9.9 mmHg and blood glucose level of 5.3±1.6 mmol/L. The self-report questionnaire benchmark: 24% have a positive CHD history, 63% have not had their cholesterol levels checked, 55% could be more active, 38% added salt to their food, 45% ate processed foods - often, 59% have less than 5 serves of fruit and vegetables, 23% indicated that their urine is discoloured, 14% smoke and 14% have >2 standard drinks per day. The company is embarking on a fully integrated program, using a range of modalities and technologies to rectify the risk profiles and link any changes to their business processes. We will report on the outcomes of the first six-month of changes.

Biography

Thomas Graeme Wright completed his PhD in weight management, hormones and metabolic changes from the University of Western Australia. He published five papers on the research for his PhD. He is the Managing Director of Optimum in a consulting company that works with industry to help create elite workforces and improve the performance of all those at work. He has been at the leading edge of health management and particularly obesity and overweight management in Australia for many decades.

gwright@optimumhms.com.au

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