

Northern Ireland Chest Heart & Stroke

What difference did we make?

NI Chest Heart & Stroke (NICHS) have adopted the Outcomes Based Accountability (OBA) model for measuring the impact, quality and efficiency of its services. This infographic demonstrates the impact made by Well Team in workplaces in the Northern HSCT area, from 2016-19.

How much did we do?



120

Workplaces registered to participate in Well Team



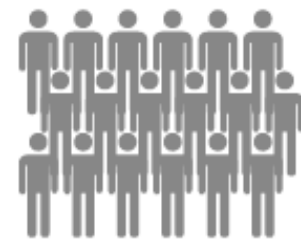
73

Workplaces supported to carry out an employee health and wellbeing survey



99

Health Champions trained across 33 workplaces



3,825

employees involved in Well Team (62% male, 38% female)



33

workplaces supported to develop health & wellbeing action plan over 3 years



158

workplace health & wellbeing initiatives delivered in workplaces in year 1 of action plans.

How well did we do?



90%

satisfaction rate with Well Team programme



83%

of Health Champions scored their confidence level as 8 or above out of 10



50%

of workplaces shortlisted for a health & wellbeing award went on to win (5 out of 10)

Is anyone better off?

100%

of workplaces are delivering a health & wellbeing action plan for employees

100%

of workplaces are delivering health & wellbeing initiatives for employees

100%

of health champions have increased knowledge of workplace health and wellbeing priorities



“Only 6 months into our action plan we have already seen incredible benefits from weight loss, increased exercise and quitting smoking.”

Stephens Catering Equipment Ltd.



Well Checks

Following Well Check sessions:

1 in 7 

employees were referred to their GP

23%

referred for high blood pressure



44%

referred for high cholesterol



NICHS delivered the above initiatives as part of the workplace action plans.

Well Talks

Following Well Talk sessions:

93%

of employees who attended a Well Talk, reported increased awareness of the signs & symptoms of chest, heart & stroke illnesses

51%

of employees who attended a Well Talk reported that it motivated them to make a lifestyle change

