

**EAST AYRSHIRE COUNCIL**

**CORPORATE GOVERNANCE COMMITTEE  
15 FEBRUARY 2007**

**SCOTLAND'S HEALTH AT WORK (SHAW)**

**MEN'S HEALTH WEEK – 13-17 NOVEMBER 2006**

**Report by Depute Chief Executive/ Executive Director of Corporate Support**

**1. PURPOSE OF REPORT**

- 1.1** The purpose of this report is to advise the Committee of activities that were held within the Council as part of Men's Health Week – 13-17 November 2006 and of changes which are being made to Scotland's Health at Work Scheme (SHAW).

**2. BACKGROUND**

- 2.1** East Ayrshire Council holds the Gold Award, under Scotland's Health at Work scheme (SHAW).
- 2.2** As part of its activities under the SHAW banner, the Council runs a number of awareness and interactive activities, throughout the year, to recognise particular aspects of health promotion within the workforce.
- 2.3** SHAW Gold initiatives also aligns to the vision of the East Ayrshire Council's Community Plan – offering personnel, whether they are employees or residents within our geographical area, access to opportunities to information and interactive sessions, regarding health promotion. Certainly, the benefits reaped by our involvement with SHAW aid in our progress to strengthening the community planning process and bolstering the links of social, economic and environmental actions of those with a connection to East Ayrshire, whether it be through employment or residency.
- 2.4** The most recent interactive promotion was that of Men's Health Week – 13-17 November 2006. This week-long event was aimed at male employees of the Council.

**3. MEN'S HEALTH WEEK**

- 3.1** The sessions which were private and confidential allowed employees to undertake a range of tests including weight and blood pressure, smoke-aliser and leg/back strength. Information packs were also provided to all who attended.
- 3.2** 101 male employees attended one-to-one sessions throughout the Council area.

3.3 The profile of those attending was:

**Age Profile**

- 17-30 years                    10 male employees
- 31-50 years                    53 male employees
- 51-65 years                    37 male employees
- 65+ years                      One male employee

**Blood Pressure**

- Normal                         47 male employees
- Borderline                    30 male employees
- High                            24 male employees

**Body Mass Index**

Underweight                  Below 20  
 Normal                         20-24.9  
 Overweight                    25-29.9  
 Obese                            30+

	<b>Underweight</b>	<b>Normal</b>	<b>Overweight</b>	<b>Obese</b>
<b>17-30 years</b>	2	3	5	
<b>31-50 years</b>		8	34	11
<b>51-65 years</b>		8	21	8
<b>65+ years</b>			1	

**Smokers**

15 male employees

**Non-smokers/ those who had stopped**

86 male employees

	<b>Smokers</b>	<b>Non-smokers/ Stopped</b>
<b>17-30 years</b>	2	8
<b>31-50 years</b>	9	44
<b>51-65 years</b>	4	33
<b>65+ years</b>		1

3.4 Arising from some of the issues raised during the Health Week, further activities will be targeted.

4. **SHAW**

4.1 The SHAW branding is undergoing change, whereby it will come under the banner of **Healthy Working Lives**. In addition to health promotion, this programme will also include occupational health and safety; environmental and employability elements and will group together in the formation and so achievement of a new Award. As can be seen, the broadening aspects of this Award, to include these elements, will further reflect the intrinsic quality and so hub of those themes currently being addressed, within the Community Plan.

## **5. FINANCIAL IMPLICATIONS**

- 5.1** The CHIP Van and associated competent staff were provided by the Community Health Improvement Programme (CHIP) Project, which is currently funded until March 2008. Development of this service beyond 2008 would require additional funding to cover all costs.
- 5.2** The only cost attached to this event was that of the colour photocopying of posters – a total of £41.75 (25 x A3 and 75 x A4 posters).

## **6. POLICY/ LEGAL IMPLICATIONS**

- 6.1** Events such as Men's Health Week contributed to the maintenance of the Council's Gold SHAW status. In addition to this event, other such activities contribute to the *Improving Health* theme of the Community Plan, such as cancer awareness; oral health; sexual health and healthy eating, as well as promotion of particular events, such as World AIDS Day. Certainly, in collaboration with our working partners, both within the Council and with other organisations, we together continue to raise people's general awareness and interest on many aspects of health, safety and welfare.
- 6.2** Initiatives and promotion of information and interactive sessions are required to continue, so as to allow East Ayrshire Council to maintain their Gold Award status, within SHAW.

## **7. RECOMMENDATIONS**

- 7.1** The Committee is asked to note:
- a) the activities carried out during Men's Health Week; and
  - b) the proposed changes to SHAW

Elizabeth Morton  
Depute Chief Executive/ Executive Director of the Department of Corporate Support  
22 January 2007

## **LIST OF BACKGROUND PAPERS**

Nil

Any person wishing further information should contact Martin Rose, Head of Personnel  
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