



Life! at Metro Trains

“ The sessions at Metro Trains spark a lot of conversation. Participants discuss how they have changed their shopping habits and the healthier lunch options they bring to work. They also support each other in increasing their physical activity levels whilst on shift, such as reminding each other to walk more. This is great to see. ”

Mark – *Life!* facilitator at Metro Trains



“ After implementing the *Life!* program we have found that our employees are more likely to take control of their own health and take steps to improve it. Many have improved their diet and increased their physical activity. *Life!* program participants report a new sense of purpose when it comes to their healthy lifestyle goals. ”

Jules – Wellness Specialist,
Metro Trains



Developing a healthy workforce

At Metro Trains, happy and healthy employees are at the core of the organisations vision. Many of Metro Trains' staff are at a high risk of developing type 2 diabetes and cardiovascular disease, largely due to the nature of shift work and other factors that make it more difficult to develop and maintain a healthy lifestyle. This is where the *Life!* program has come in.

Improving staff health and wellbeing at Metro Trains

Since early 2019, *Life!* has worked with the wellness team at Metro Trains to improve the health and wellbeing of its workforce by rolling out the *Life!* program across multiple divisions of the business. Delivered by qualified health professionals, the program shows eligible employees how to improve their eating habits, physical activity and stress management in seven one-hour sessions delivered over 12 months.

Sessions are typically held at the start or towards the end of a shift and during lunch breaks. Demonstrating commitment to their employees' health, Metro Trains chose to run *Life!* during paid work hours. Evidence also shows that there are many benefits to having a healthy workforce including higher staff morale, increased productivity and reduced insurance costs.¹

The *Life!* program has been delivered to more than 20 groups of Metro staff and has become part of their annual calendar of events, available to all 6000 staff providing they meet the *Life!* programs' eligibility criteria.

¹ Who.it

Program rollout at Metro Trains

STEP 1 – Health Checks

Health checks are done with 150-200 staff in each division to identify trends (e.g. percentage of staff that have high cholesterol, are physically inactive etc).

STEP 2 – *Life!* Healthy Living Session

Metro Trains staff receive an overview of the program and complete a test to determine their eligibility.

STEP 3 – *Life!* program delivery

Eligible staff attend seven sessions that cover healthy eating habits, physical activity and Blood Pathology tests are done on site stress management.

Results show that Metro Trains has helped reduce their employees' risk of developing type 2 diabetes, heart disease and stroke by 33.6% with the *Life!* program.



Healthier Eating

- Employees improved their diet by increasing fibre and reducing fat intake
- 33.3% achieved their healthy eating goal by the end of the course



Physical Activity Increased

- Average physical activity levels increased by 20.4 minutes per day
- All *Life!* program participants at Metro Trains achieved the goal of doing 30 minutes moderate physical activity per day



Healthier Weight and Waist

- Employees' average weight reduced by 2.1kg
- Average waist circumference reduced by 3.4cm



Program Satisfaction

- Participants were engaged and highly satisfied with the *Life!* program
- 72.2% of employees rated the *Life!* program as excellent or very good

*These results are based on 72 Metro Trains employees who have completed the program up to session 5.





The *Life!* program is free for eligible participants, funded by the Victorian Government and coordinated by Diabetes Victoria. With a state-wide workforce, the *Life!* program can be delivered in any Victorian workplace and tailored to your organisation's needs.

Life! provides a qualified health professional, tools, resources, workbooks – everything needed to run practical and engaging sessions. Metro Trains, Kmart, City West Water and local councils are just some of the organisations *Life!* has successfully worked with.

"I used to be so tired all the time but that has now changed because of the Life! program. I have changed my sleeping habits, how I choose my food at the supermarket and how I prepare it."

– Josie, *Life!* participant and Authorised Officer at Metro Trains

"The information we received as part of the Life! program was delivered in a very positive manner and easy to understand. It triggered a lot of conversation and exchange of ideas among colleagues."

– Shiham, *Life!* participant and Authorised Officer at Metro Trains

Are you interested in helping your employees get their health on track?

Learn more about our workplace health & wellbeing services today.
lifeprogram.org.au | 13 RISK (13 7475) | life@diabetesvic.org.au

***Life!* – Helping you prevent diabetes,
heart disease and stroke**

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The *Life!* program is supported by the Victorian Government