

FORESTRY'S WELLBEING RISKS

A wellbeing pilot programme run by Safetree in 2018 identified key wellbeing risks among forestry workers. The findings from the pilot will be helpful to forestry companies that want to improve the wellbeing of workers because they identify key health issues to focus on. The pilot used wellbeing data from 774 forestry workers and identified the following health risks:

SMOKING

- **23%** are current smokers

HIGH BLOOD PRESSURE

- **69%** have elevated or high blood pressure, indicating an increased risk of a heart attack or stroke

FATIGUE

- **51%** have sleep issues

DIABETES

- **14%** had a blood test result that indicates either pre-diabetes or diabetes

WEIGHT

- **39%** have a waist circumference that suggests a high risk of injury (e.g. getting out of machinery) and long-term disease such as type 2 diabetes

HIGH COLESTROL

- **12.5%** have high cholesterol
- **19%** have an unhealthy cholesterol ratio, indicating an increased risk of cardiovascular disease

DEPRESSION

- **23%** were at risk of moderate to severe depression
- **4%** screened positive for severe depression.

The pilot used wellbeing data from 774 forestry workers. It was run in partnership with KYND Wellness, FICA, and Rayonier Matariki. For more information on the pilot see www.fisc.org.nz