

Northumbria Disclosure Log

Response to Request

Reference: 1458

Date of response: 04/09/2012

Request

How many staff are currently employed within the Northumbria NHS trust ?

How many staff were employed within the Northumbria NHS trust in 2011?

How many staff were employed within the Northumbria NHS trust in 2010?

How many staff were employed within the Northumbria NHS trust in 2009?

What was the sickness absence rate amongst Northumbria NHS trust staff in 2011?

What was the sickness absence rate amongst Northumbria NHS trust staff in 2010?

What was the sickness absence rate amongst Northumbria NHS trust staff in 2009?

How many staff working within Northumbria NHS trust are currently classed as overweight or obese?

How many staff working within Northumbria NHS trust were classed as overweight or obese in 2011?

How many staff working within Northumbria NHS trust were classed as overweight or obese in 2010?

How many staff working within Northumbria NHS trust were classed as overweight or obese in 2009?

How is Northumbria NHS trust currently developing and implementing strategies for actively improving the health and wellbeing of their workforce?

How has Northumbria NHS trust developed and implementing strategies for actively improving the health and wellbeing of their workforce in 2011?

How has Northumbria NHS trust developed and implementing strategies for actively improving the health and wellbeing of their workforce in 2010?

How has Northumbria NHS trust developed and implementing strategies for actively improving the health and wellbeing of their workforce in 2009?

Do you currently offer weight management programmes for staff working within Northumbria NHS trust ?

Did you offer weight management programmes for staff working within Northumbria NHS trust in 2011?

Did you offer weight management programmes for staff working within Northumbria NHS trust in 2010?

Did you offer weight management programmes for staff working within Northumbria NHS trust in 2009?

What measures are currently in place to encourage staff working within Northumbria NHS trust to exercise?

What measures were in place to encourage staff working within Northumbria NHS trust exercise in 2011?

What measures were in place to encourage staff working within Northumbria NHS trust exercise in 2010?

What measures were in place to encourage staff working within Northumbria NHS trust exercise in 2009?

What measures are currently in place to encourage staff working within Northumbria NHS trust to eat healthy food?

What measures were in place to encourage staff working within Northumbria NHS trust to eat healthy food in 2011?

What measures were in place to encourage staff working within Northumbria NHS trust to eat healthy foods in 2010?

What measures were in place to encourage staff working within Northumbria NHS trust to eat healthy foods in 2009?

What provisions for healthy snacks and beverages are currently made available to shift workers working within Northumbria NHS trust ?

What provisions for healthy snacks and beverages were made available to shift workers working within Northumbria NHS trust in 2011

What provisions for healthy snacks and beverages were made available to shift workers working within Northumbria NHS trust in 2010

What provision for healthy snacks and beverages were made available to shift workers working within Northumbria NHS trust in 2009

How many NHS staff working within Northumbria NHS trust are currently on a weight management programme?

How many NHS staff working within Northumbria NHS trust were offered the opportunity to join a weight management programme in 2011

How many NHS staff working within Northumbria NHS trust were offered the opportunity to join a weight management programme in 2010

How many NHS staff working within Northumbria NHS trust were offered the opportunity to join a weight management programme in 2009

How many NHS staff working within Northumbria NHS trust have taken up the programme and reduced their weight and BMI

How many NHS staff working within Northumbria NHS trust took up the programme and reduced their weight and BMI in 2011

How many NHS staff working within Northumbria NHS trust took up the programme and reduced their weight and BMI in 2010

How many NHS staff working within Northumbria NHS trust took up the programme and reduced their weight and BMI in 2009

Response

How many staff are currently employed within the Northumbria NHS trust ?

Response:

8,814

How many staff were employed within the Northumbria NHS trust in 2011?

Response:

8,588 (increase due to the transfer of Community Services wef 01/04/2011)

How many staff were employed within the Northumbria NHS trust in 2010?

Response:

6,433

How many staff were employed within the Northumbria NHS trust in 2009?

Response:

6,431

What was the sickness absence rate amongst Northumbria NHS trust staff in 2011?

Response:

The rolling average for 2011 was 4.26%

What was the sickness absence rate amongst Northumbria NHS trust staff in 2010?

Response:

The rolling average for 2010 was 4.49%

What was the sickness absence rate amongst Northumbria NHS trust staff in 2009?

Response:

The rolling average for 2009 was 5.16%

How many staff working within Northumbria NHS trust are currently classed as overweight or obese?

How many staff working within Northumbria NHS trust were classed as overweight or obese in 2011?

How many staff working within Northumbria NHS trust were classed as overweight or obese in 2010?

How many staff working within Northumbria NHS trust were classed as overweight or obese in 2009?

Response: Northumbria Healthcare NHS Foundation Trust does not record this information.

How is Northumbria NHS trust currently developing and implementing strategies for actively improving the health and wellbeing of their workforce?

How has Northumbria NHS trust developed and implementing strategies for actively improving the health and wellbeing of their workforce in 2011?

How has Northumbria NHS trust developed and implementing strategies for actively improving the health and wellbeing of their workforce in 2010?

How has Northumbria NHS trust developed and implementing strategies for actively improving the health and wellbeing of their workforce in 2009?

Response:

Since 2011 to date Northumbria Healthcare NHS Foundation Trust addresses the Health and Wellbeing of their workforce by following guidance from the Royal College of Physicians and NICE Public Health Guidance for the Workplace. This guidance is implemented via a health and wellbeing strategy designed specifically to meet the needs of staff employed in the trust

- NICE. Management of long-term sickness and incapacity for work (PH19). London: NICE, 2009.
- NICE. Promoting physical activity in the workplace (PH13). London: NICE, 2008. •NICE. Promoting mental wellbeing through productive and healthy working conditions (PH22). London: NICE, 2009.
- NICE. Workplace interventions to promote smoking cessation (PH5). London: NICE, 2007.
- NICE. Obesity: guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children (CG43). London: NICE, 2006.
- NICE. Promoting and creating built or natural environments that encourage and support physical activity (PH8). London: NICE, 2008.

From 2009-2010 NHS Northumbria followed a strategy designed around the objectives set out by Steve Boorman's Report NHS Health and Wellbeing and Dame Carol Black's report "Working for a Healthier Tomorrow".

Do you currently offer weight management programmes for staff working within Northumbria NHS trust ?

Response:

Northumbria Healthcare NHS Foundation Trust currently offers weight management programmes for staff via Occupational Health support, onward referral to dieticians and supported input from Community Health Trainers.

Did you offer weight management programmes for staff working within Northumbria NHS trust in 2011?

In 2011 weight management programmes were offered by our occupational health nurses, group sessions offered by dieticians in house.

Did you offer weight management programmes for staff working within Northumbria NHS trust in 2010?

Response:

In 2010 weight management programmes were offered by our occupational health nurses, group sessions offered by dieticians in house.

Did you offer weight management programmes for staff working within Northumbria NHS trust in 2009?

Response:

In 2009 weight management programmes were offered by our occupational health nurses, group sessions offered by dieticians in house.

What measures are currently in place to encourage staff working within Northumbria NHS trust to exercise?

Response:

Northumbria Healthcare NHS Foundation Trust currently offers a wide variety of physical activity opportunities including free exercise classes provided on the main sites, access to gyms on site, subsidised rates with local gyms, cycle excursions and 5 a side football tournaments. We are currently working with Sustrans to improve cycling facilities on each of the sites and routes between sites.

What measures were in place to encourage staff working within Northumbria NHS trust exercise in 2011?

Response:

In 2011 Northumbria Healthcare NHS Foundation Trust offered a wide variety of physical activity opportunities including free exercise classes provided on the main sites, access to gyms on site, subsidised rates with local gyms, cycle excursions and 5 a side football tournaments.

What measures were in place to encourage staff working within Northumbria NHS trust exercise in 2010?

Response:

In 2010 Northumbria Healthcare NHS Foundation Trust offered a wide variety of physical activity opportunities including free exercise classes provided on the main sites, access to gyms on site and subsidised rates with local gyms.

What measures were in place to encourage staff working within Northumbria NHS trust exercise in 2009?

Response:

In 2009 Northumbria Healthcare NHS Foundation Trust offered a wide variety of physical activity opportunities including free exercise classes provided on the main sites and access to gyms on site.

What measures are currently in place to encourage staff working within Northumbria NHS trust to eat healthy food?

Response:

We have an intranet page dedicated to staff information. This gives daily menu choices, including nutritional information for all of our dishes. We have healthy sandwich choices and a self serve salad / fruit bar. Information is continually updated. We operate all of the Trust vending services and have a 40% healthy option (H Box) ratio across these machines. We address this through the Trusts health and Wellbeing Group and we are continually looking at ways to provide further services and healthy eating information to staff.

What measures were in place to encourage staff working within Northumbria NHS trust to eat healthy food in 2011?

Response:

Give advice on healthy eating. A range of healthy dishes including salads, fruit, sandwiches and hot choices which are available both at service times and in vending machines. Theme days incorporating cultural choices.

What measures were in place to encourage staff working within Northumbria NHS trust to eat healthy foods in 2010?

Response:

Give advice on healthy eating; A range of healthy dishes including salads, fruit, sandwiches and hot choices which are available both at service times and in vending machines. Theme days incorporating cultural choices.

What measures were in place to encourage staff working within Northumbria NHS trust to eat healthy foods in 2009?

Response:

Give advice on healthy eating; A range of healthy dishes including salads, fruit, sandwiches and hot choices which are available both at service times and in vending machines. Theme days incorporating cultural choices

What provisions for healthy snacks and beverages are currently made available to shift workers working within Northumbria NHS trust ?

Response:

We offer healthy options outside of normal hours via vending machines for food and beverages

What provisions for healthy snacks and beverages were made available to shift workers working within Northumbria NHS trust in 2011

Response:

We offered healthy options outside of normal hours via vending machines for food and beverages.

What provisions for healthy snacks and beverages were made available to shift workers working within Northumbria NHS trust in 2010

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How many NHS staff working within Northumbria NHS trust are currently on a weight management programme?

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Response:

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