

## Healthy lifestyle

*Workplace resources  
for cancer prevention  
and early  
detection*



### Fresh Start Courses

- Help employees quit smoking with group courses at your workplace. Eight 1-hour sessions are held over four weeks.

OR

- Facilitator Training. A two day course designed to provide health professionals with the information, skills and confidence they need to run *Fresh Start* courses in the workplace.

### Information for parents

Some of your employees may be parents of young children and the workplace provides an opportunity to provide health information to this target group. There is good evidence that childhood eating patterns continue into adulthood. So developing good habits early in life provides children with long term health benefits.

The Cancer Council WA Parental Guidance Recommended (PGR) program helps parents to encourage their children to make healthy choices.

Five different workshops:

- Healthy eating, healthy behaviours
- Spending food money wisely
- Cooking and tasting
- Physical activity, fit for life
- Healthy communities

Workshops are free and are delivered by a trained PGR educator.

### Orders and bookings

To order any of our resources or book education sessions or PGR workshops contact our Resource Officer on 9382 9300 or email [education@cancerwa.asn.au](mailto:education@cancerwa.asn.au)  
For more information visit our website: [www.cancerwa.asn.au](http://www.cancerwa.asn.au)

### Cancer Council Helpline

A state-wide community service on cancer information and support available to all Western Australians for the cost of a local call. Contact the Cancer Council Helpline 13 11 20 to find out more about the services we provide for cancer patients, their families and friends.

### Cancer Council Library Service

A comprehensive cancer library is available. For inquiries about books or journals, phone the Cancer Council Helpline on 13 11 20.

### Cancer Council Shop

For sun protection clothing, hats, sunscreen, sunglasses and beach shades visit our shop at 334 Rokeby Road, Subiaco or phone 9388 2574. Or you can order online at [www.cancerwa.asn.au/shopping](http://www.cancerwa.asn.au/shopping)

### How your workplace can support the fight against cancer?

An opportunity exists for workplaces to help fundraise to support the Cancer Council WA's programs and services. We have an extensive calendar of events ranging from group events such as Australia's Biggest Morning Tea, Daffodil Day, Girls Night In and Relay For Life, to individual activities such as Me No Hair and payroll giving.

To find out more about how your organisation can help, log onto our website at [www.cancerwa.asn.au](http://www.cancerwa.asn.au) or contact our Events Hotline on 1300 65 65 85.

For further information contact:



statewide for the cost of a local call  
Weekdays 8 am - 8 pm

**Cancer Council Western Australia**  
*A non-government,  
community supported organisation*

[www.cancerwa.asn.au](http://www.cancerwa.asn.au)

 Funded by  
Community  
Donations



08/09

 **Cancer  
Council**  
Western Australia

As Australians spend at least one third of their day at work, the workplace can have a significant impact on our health. There are several benefits from looking after your employees' health, including:

- Improved staff morale
- Increased productivity
- Improved job retention
- Reduced staff turnover
- Decreased absenteeism
- Decreased injuries
- Reduced health costs

Healthy employees will have increased energy, improved fitness, a healthy weight, plus improved quality of life.

In Australia, **1 in 2 men** and **1 in 3 women** will develop cancer before age 85. Evidence tells us that at least half of all cancers could be prevented with a healthy lifestyle.

**Remember: Healthy Australians = Healthy Workers**

The Cancer Council Western Australia can offer your workplace the following resources to help improve your employees' health:

- Education sessions
- Brochures
- Posters
- Fact sheets
- Speaker's kits
- Policy templates

## Education Sessions

Contact the Cancer Council WA to book a cancer prevention information session at your workplace. Sessions run for 30 to 60 minutes, depending on your needs. Topics include:

### Skin cancer

- Outdoor workers: skin cancer awareness and sun protection



Photo courtesy of QLD Health

### Men and cancer

- Overview of men's health and common cancers affecting men

### Women and cancer

- Overview of women's health and common cancers affecting women

## Nutrition

- Healthy eating
- How to read food labels

## Healthy Lifestyle

- Overview on reducing your risk of cancer and other chronic diseases, including heart disease, obesity and type 2 diabetes.
- Physical activity
- Alcohol reduction

## Smoking cessation

- Overview about the health risks of smoking
- *Fresh Start* quit smoking seminar for smokers wanting to quit

We can also deliver information sessions focusing on specific cancer types, for example, bowel, prostate, testicular, breast or gynaecological cancers.

## Resources

We offer a range of brochures and posters to workplaces covering the following topics:

- Healthy eating
- Physical activity
- SunSmart (including a series for outdoor workers)
- Men's health
- Women's health
- Smoking cessation
- Specific cancers - bowel, prostate, testicular, breast, gynaecological cancers

## Speaker's Kits

The Cancer Council WA has developed a series of well researched, affordable, speaker's kits for workplaces that may not have access to an education session delivered by Cancer Council staff. Each speaker's kit contains a comprehensive powerpoint presentation plus all the background information and references needed to deliver the topic.

