

# CHG NEWS

An educational newsletter about Occupational Health and Return to Work in South Australia.

*This month ...* we look at the burden of diabetes in the workplace, as well as explain how exercise physiology can assist workers who have sustained a workplace injury.

## Diabetes

Type 2 diabetes (T2D), also known as adult onset diabetes, is the most prevalent form of diabetes, affecting 1 in 20 Australians each year (ABS 2019). The cost to Australian employers is estimated to be \$33 billion a year in reduced productivity (Medibank Private 2005).

In T2D, the body cannot maintain normal levels of glucose (sugar) in the blood. This can lead to significant complications including;

- blindness;
- amputation;
- kidney failure; and
- cardiovascular disease.

The cause of T2D is not known, but there are several risk factors which are linked to the development of T2D, including;

- low level of physical activity;
- family history;
- poor diet;
- excessive weight around the waist; and
- pre-diabetes.

Pre-diabetes is a condition where blood glucose levels are elevated above normal, but not as high as for T2D. The risk factors for developing pre-diabetes are identical to those of developing T2D.

Early detection and addressing risk factors is the only way to reduce a worker's risk of developing T2D. A health

assessment which screens for diabetes risk, including a blood glucose level measurement is recommend annually (Health Direct 2017). Employers can facilitate this screening process for their workers by organising an onsite health assessment.

During an onsite health assessment, a workers blood glucose level can be measured on the spot, and advice can be given regarding reducing risk factors, to reduce the likelihood of that worker developing T2D or pre-diabetes. For more information on onsite health assessments, contact CHG.

## Data Highlights

CHG Client data indicates that an annual CHG health assessments reduces diabetes risk by 20%.

Fasting Blood Glucose Levels (mmol/L)		
Normal	Pre-diabetes	T2D
< 5.5	5.5 - 7.0	>7.0

(Diabetes UK 2019)

Upcoming **National Health Awareness Days**

**1 to 30 June 2019**

Bowel Cancer Awareness Month

**13 to 20 July 2019**

National Diabetes Week

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## Exercise Physiology

Exercise Physiology is the use of clinical exercise prescription for the treatment and rehabilitation of a broad range of chronic diseases and musculoskeletal injuries. With a workplace injury, Exercise Physiologists ensure that the strength and conditioning exercise program is tailored to the physical demands of a worker's pre-injury role and to any chronic diseases affecting that worker.

The chronic diseases an Exercise Physiologist can manage include:

- diabetes;
- obesity;
- asthma;
- high blood pressure;
- osteoporosis;
- depression;
- anxiety;
- stroke;
- arthritis;
- cancer; and
- musculoskeletal pain.

In a workplace injury, an Exercise Physiologist is involved after the acute stage of healing, when the body tissues can be safely loaded with resistance.

The benefits of Exercise Physiology include:

- improved strength;
- improved endurance;
- reduced weight;
- pain management;
- improved mood; and
- reduced deconditioning.

CHG Exercise Physiology services are mobile and operate across all CHG clinics (CHG@103, CHG@Gillman and CHG@Elizabeth Vale), as well as onsite in a workplace, or at a gym in the community.

## Meet CHG's Exercise Physiologists

CHG's experienced team of Exercise Physiologists are university qualified Allied Health Professionals who hold their accreditation with Exercise and Sports Science Australia (ESSA).

CHG's Exercise Physiologists take a holistic approach to disease and injury management, with a focus on achieving a worker's personal goals and return to work goals.

CHG's Exercise Physiology team can deliver services:

- privately with private health insurance rebates;
- through Medicare via a chronic disease management plan; and
- as part of the multidisciplinary treatment approach in a workplace injury claim.

Read on to learn how effective CHG Exercise Physiology has been at returning injured workers to work.



Amy Sibenaler  
Health Promotion Manager



Bing Troung



Tyler Rootes

## A CHG Case Study

### Exercise Physiology for Workplace Injuries

In South Australia, workers who have an approved workers compensation claim are able to access up to ten (10) Exercise Physiology consultations where clinically indicated to help with the rehabilitation of their workplace injury.

Last year CHG introduced Exercise Physiology services to compliment their broad interdisciplinary rehabilitation team. Over the last six months, CHG's Exercise Physiologists Amy, Binh and Tyler have treated over 150 workers, delivering more than 1,000 clinical services to injuries ranging from sprains and strains, to spinal pathology and chronic diseases. With a focus on tailoring a strength and conditioning exercise program to a worker's pre-injury duties, CHG's Exercise Physiology team have achieved outstanding results.

CHG rehabilitation outcome data shows that 100% of workers who have seen CHG's Exercise Physiology team thus far have made significant improvements in strength and endurance, with 4 out of 5 workers making a full return to work in their full pre-injury work duties.

If you want to know if Exercise Physiology can help your injured worker, speak to the treating Medical Practitioner.

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*Next month ...* we will look at sprains and strains in the workplace as well as pre-employment medical assessments and their purpose. We hope you enjoyed CHG News. Let's keep your workplace healthy, happy and productive.