

Promoting Health at Work

Men's Health

Fife Natural Gas and Liquid (FNGL), Mossmorran, has a predominantly male workforce, with a mix of office and engineering workers. The workforce is comprised of Shell UK and contracted staff. The site strives to develop health, safety and wellbeing activities which engage all workers across the site.

What engages men at FNGL?

- Giving time to attend health fayres and activities
- Providing general information on health topics which is not specifically targeted at men
- Including competition in activities
- Giving free food or taste tests
- Using interactive activities, for example using an exercise bike activity to cycle the time it takes to burn off the calories of one chocolate bar
- Providing real life experience on health topics, such as cancer survivor volunteers
- Making it fun, but disgusting get interest too
- Making it relevant and linked to their needs and interests
- Providing onsite resources and group support
- Making it mandatory – e.g. 'day out for safety' where every worker is involved in a day of workshops

What doesn't work for FNGL?

- Workers didn't want to share their feelings at a 'Brew and a Blether' event during mental health week
- Topic talks with questions at the end were not effective as workers kept quiet, preferring to keep their questions for a one-to-one opportunity
- Marketing it as a men's health fayre
- Promoting health topics which do not relate to their age., e.g. prostate cancer awareness was not of interest

What has success looked like over the years?

- Workers passing their medicals, due to improvement in food consumption and physical activity changes
- Workers getting checked for testicular cancer after learning the early signs
- Introduction of an on-site gym and it being used
- Increasing healthy options consumed in the canteen
- Reduction in the number of workers who smoke
- More workers taking an interest in their health and wellbeing



Key Points

- Base activities on workers interests and needs
- Link health topics to work, national messages or a competition
- Give time through the working day to participate

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