

Every employee and contractor, working for Northern Powergrid, should go home at the end of each shift uninjured and in good health after a productive days work

Health - Know your numbers.



This year, National Know Your Numbers Week is running from 11th – 17th September. Knowing your numbers will give you a reflection of your current health status and highlight any risks you are vulnerable to, many of which you will be unaware of without a quick test.

Examples of your numbers and the health risks involve include:

- **Weight** - 2/3 of adults in England are overweight or obese.
- **Body mass index** - Being overweight increases your risk of developing osteoarthritis. Being just 10 lbs overweight puts an extra 30-60 lbs of pressure on your knees.
- **Body fat %** - Approximately 1 in 11 deaths in the UK is linked to carrying excess fat.
- **Muscle %** - A lack of muscle mass can increase the risk of middle-age weight gain, diabetes and osteoporosis.
- **Hip to waist ratio** - Having an increased hip to waist ratio will put you at greater risk of developing diabetes, cardiovascular disease and stroke.

- **Visceral fat rating** - Having excess visceral fat can lead to a greater risk of coronary heart disease, cancer and depression.
- **Blood pressure** - 30% of adults in the UK have high blood pressure, 50% are not receiving treatment.
- **Blood glucose level** - Approximately 500,000 adults in the UK are living with undiagnosed Type 2 diabetes.
- **Cholesterol level** - A raised cholesterol level increases the risk of heart disease, the leading cause of death for both men and women.
- **Resting heart rate** - On average one person dies every 3 minutes from cardiovascular disease in the UK.
- **Lung function** - A decrease in lung function and lung capacity is linked to an increased risk on heart health.

The above facts and statistics are just a small example of the risks involved with carrying unhealthy numbers. Many other health risks are increased in their likelihood of development.

For health screening provision in Northern Powergrid see;

HAS 044 - Employee health care provision within Northern Powergrid.

NHS choices "Four million people died in 2015 as a result of being too tubby, struck by cancer, heart disease, diabetes and other killer conditions,"

This is based on a global study that looked at how the proportion of people who are overweight and obese has changed over time. This was determined by recording body mass index (BMI), where a BMI of 25-29.9 means being overweight and 30 or above is being obese.

Researchers then assessed the link between having an unhealthy BMI and health outcomes including cardiovascular disease, diabetes and cancer.

It found that, despite public health efforts, obesity is on the rise in almost every country and in both adults and children. Prevalence has doubled in most countries over the past 30 years. Researchers also estimated that having a high BMI accounted for 4 million deaths globally, 40% of which occurred in people who were overweight but not yet obese.

This demonstrates that being overweight may almost be as risky to health as being obese. The rate of increase in obesity was also greater in children, showing the need for interventions to halt and reverse this trend to avoid future disease and deaths.

What is considered a healthy weight – BMI 20 to 25 – was unsurprisingly found to be the category with the lowest health risk. The best way to obtain and maintain a healthy BMI is to eat a healthy calorie-restricted diet and exercise regularly; two concepts that are at the core of the NHS Weight Loss Plan.

2 Identify Your HF Needs Heart failure

Do you know the symptoms of HF?



Shortness of Breath



Chronic Coughing or Wheezing



Build-up of Fluid (edema)



Fatigue or Feeling Lightheaded



Nausea or Lack of Appetite



Confusion or Impaired Thinking



High Heart Rate

People who experience more than one should be evaluated.