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## Nationwide survey shows Kareena Private Hospital has the healthiest workforce

A recent health and culture survey conducted by private health insurer ahm (Australian Health Management) has revealed that Kareena Private Hospital staff are the healthiest workforce surveyed across a range of industries, to date.

The nationwide survey found that 74% of staff at Kareena Private had “good” health compared with an average of only 59% of staff in other organisations. In addition, the survey reported that 90% of staff at the hospital had a good work/life balance and job satisfaction.

Kareena Private CEO, Sue Panuccio attributed these great results to its **Wellbeing and Balance Program** which includes a range of activities and initiatives supporting staff health, personal development and contributions to the community.

“We have been working very hard at Kareena on our Wellbeing and Balance Program which encourages staff to maintain a healthy lifestyle and work/life balance. It is really tremendous to see that this is paying off,” said Ms Panuccio.

“Our recent participation in the 10,000 steps pedometer challenge was an example of how staff can improve their physical activity in a fun and social way. The hospital also donated \$750 to the Make-a-Wish foundation when the teams reached their goal.”

Other events that Kareena identified as having participated in over the past year included Feeling Great Week, Goodbye to Summer Hawaiian Affair, SIDS and Kids Mothers Community Event and Seniors Week activities.

“The Wellbeing and Balance Program has made a real difference to the staff at Kareena and the community program has also been immensely popular with the recent SIDS and Kids events totally booked out.”

More information about the program is available at [www.kareenaprivate.com.au](http://www.kareenaprivate.com.au)

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