

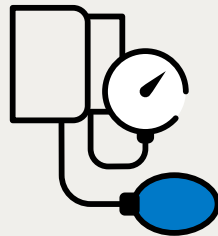
The health of Britain's workplaces



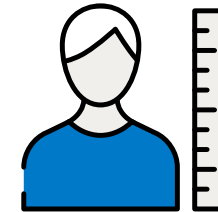
6%
at risk of
diabetes



32%
experienced mild
or significant
insomnia



15%
have raised
**blood
pressure**



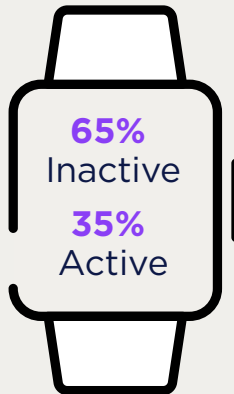
BMI
41%
overweight **21%**
obese



24%
experienced some
form of **anxiety**

26%
experienced some
level of **depression**

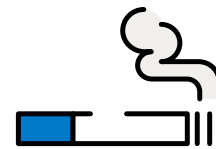
**Physical
Activity**



65%
Inactive
35%
Active



MSK
81%
Reduced range



Smoking
3% Current
smoker
60% Ex
smoker



10%
higher risk or increased
risk of **alcohol consumption**
or possible dependence