

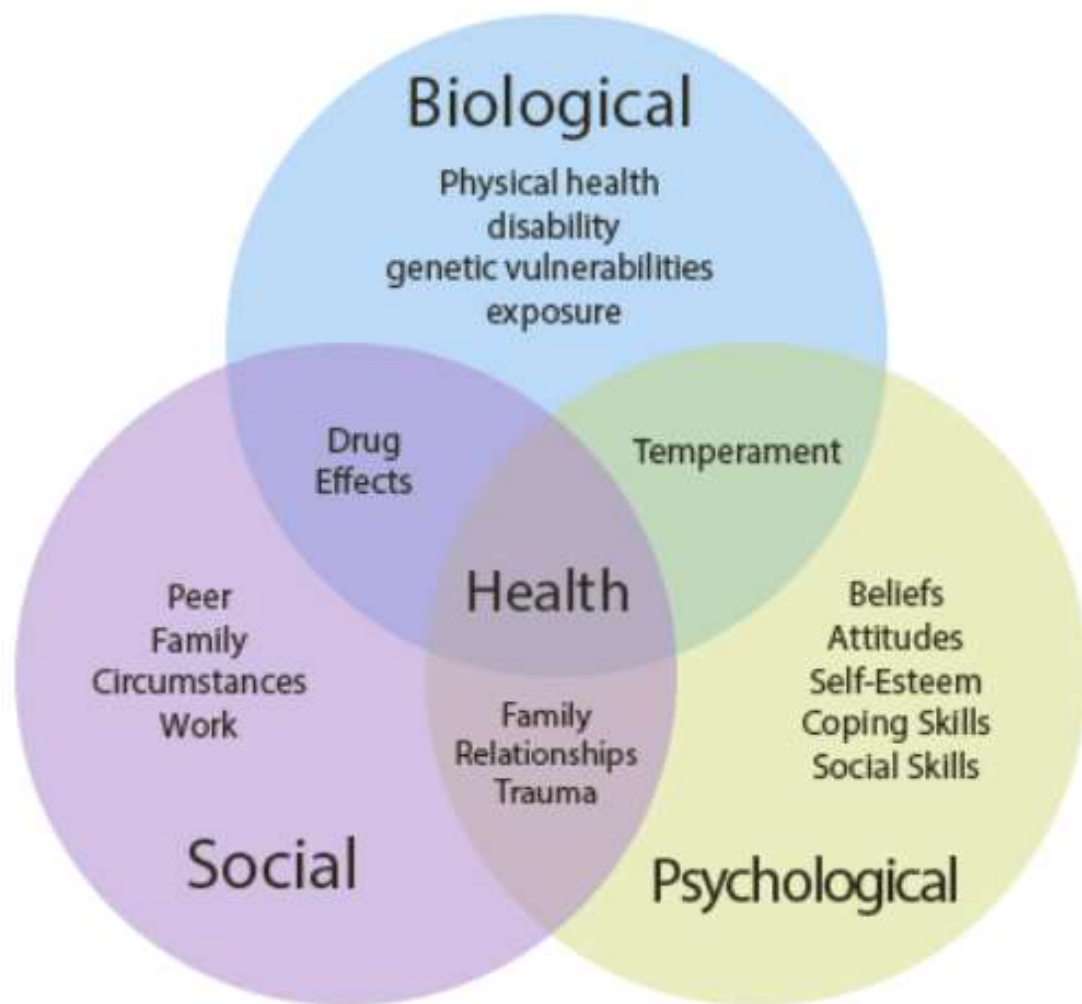
A Holistic Approach to Health in Police: An Australian Perspective

Dr Katrina Sanders
Chief Medical Officer
Australian Federal Police



The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated

Plato



- Two times more likely to have cardiovascular disease
- Two times more likely to have respiratory disease
- Two times more likely to have metabolic syndrome
- Two times more likely to have diabetes
- Two times more likely to have osteoporosis
- 65% more likely to smoke
- Six times more likely to have dental problems, and
- Comprise around one third of all avoidable deaths

Figure 2.5: Employees' levels of psychological distress, by sector

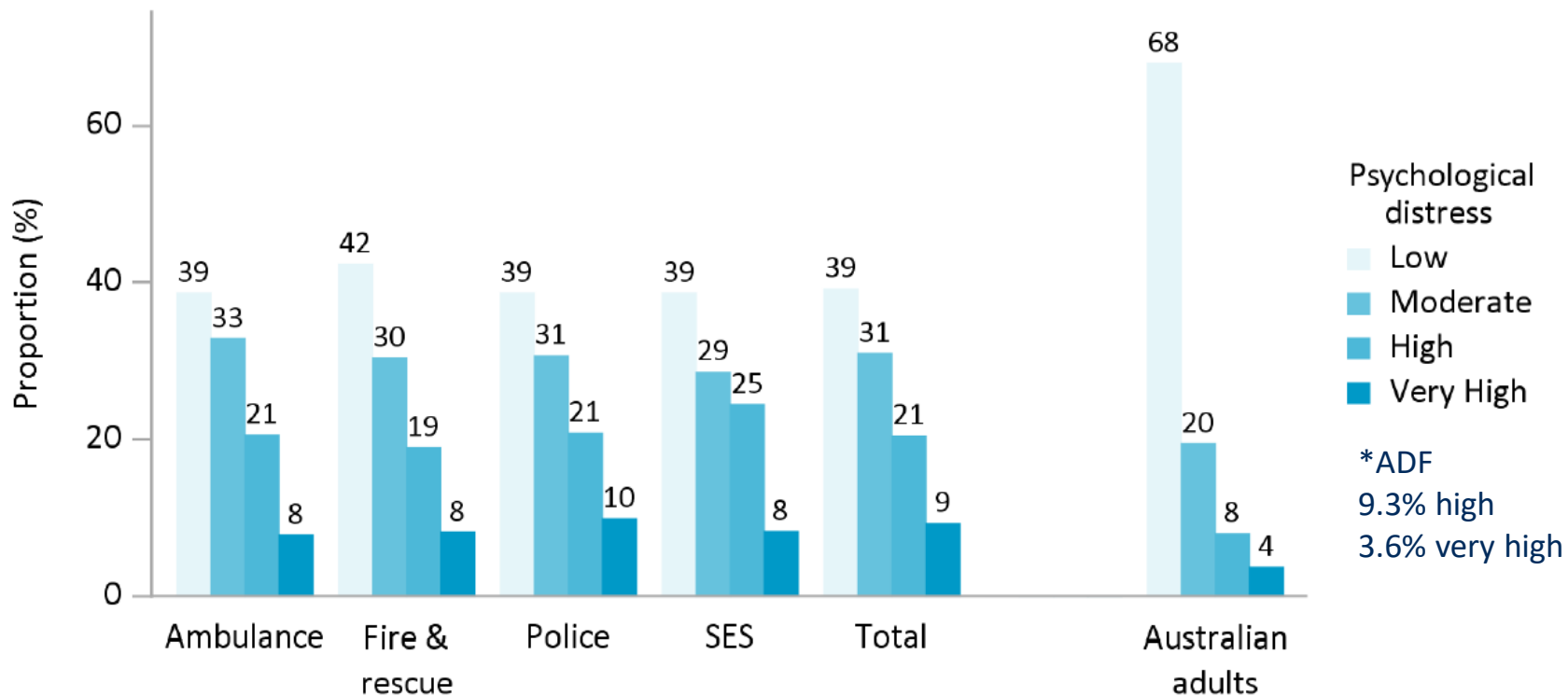


Figure 4.2: Wellbeing among employees, by physical health status

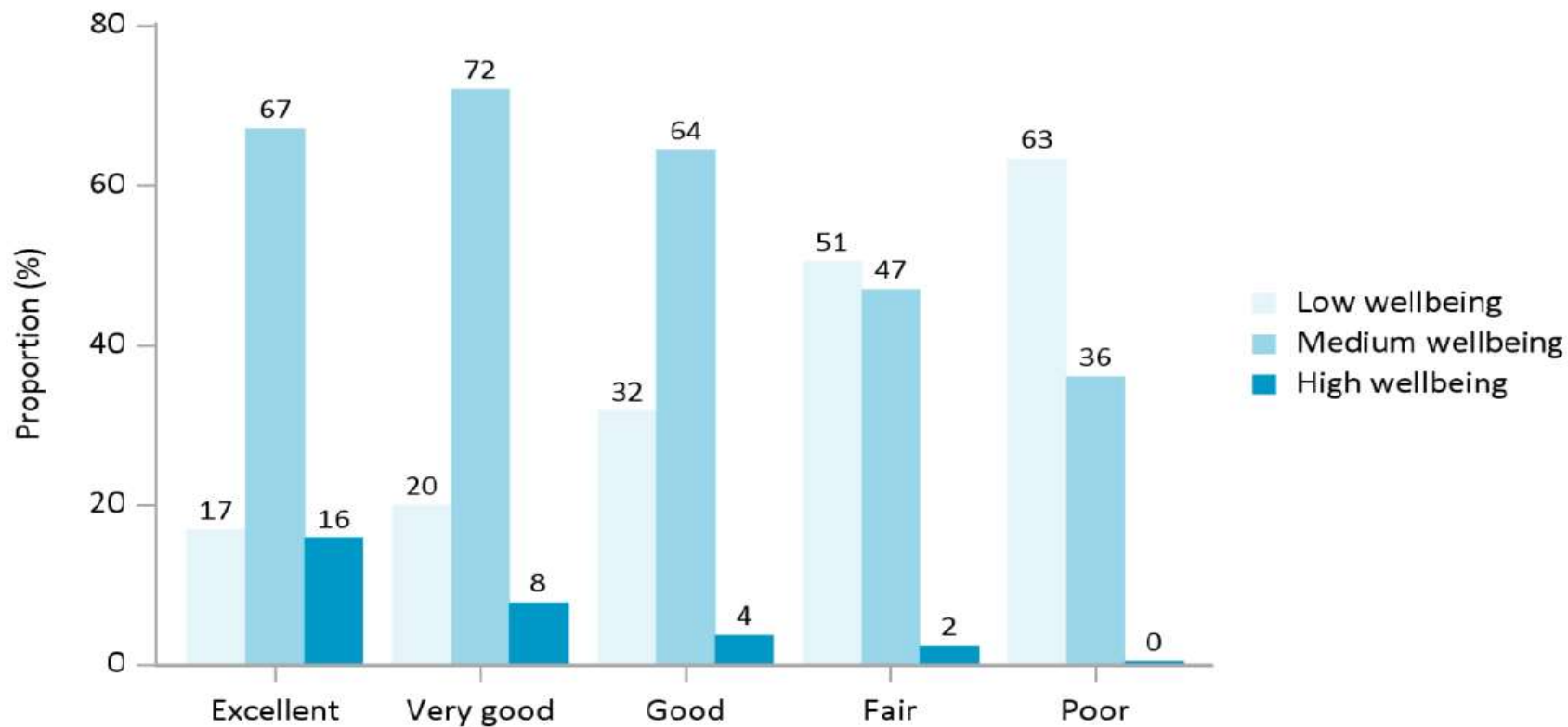
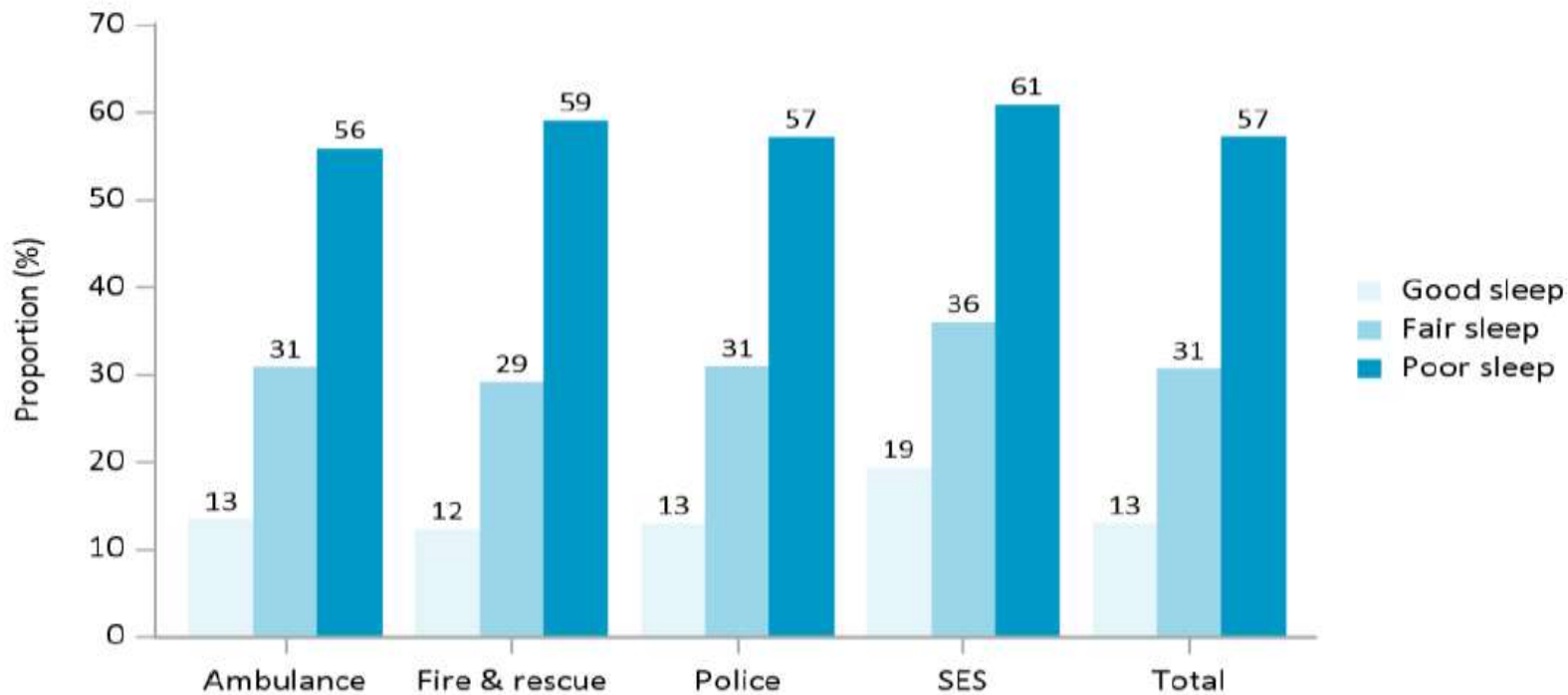
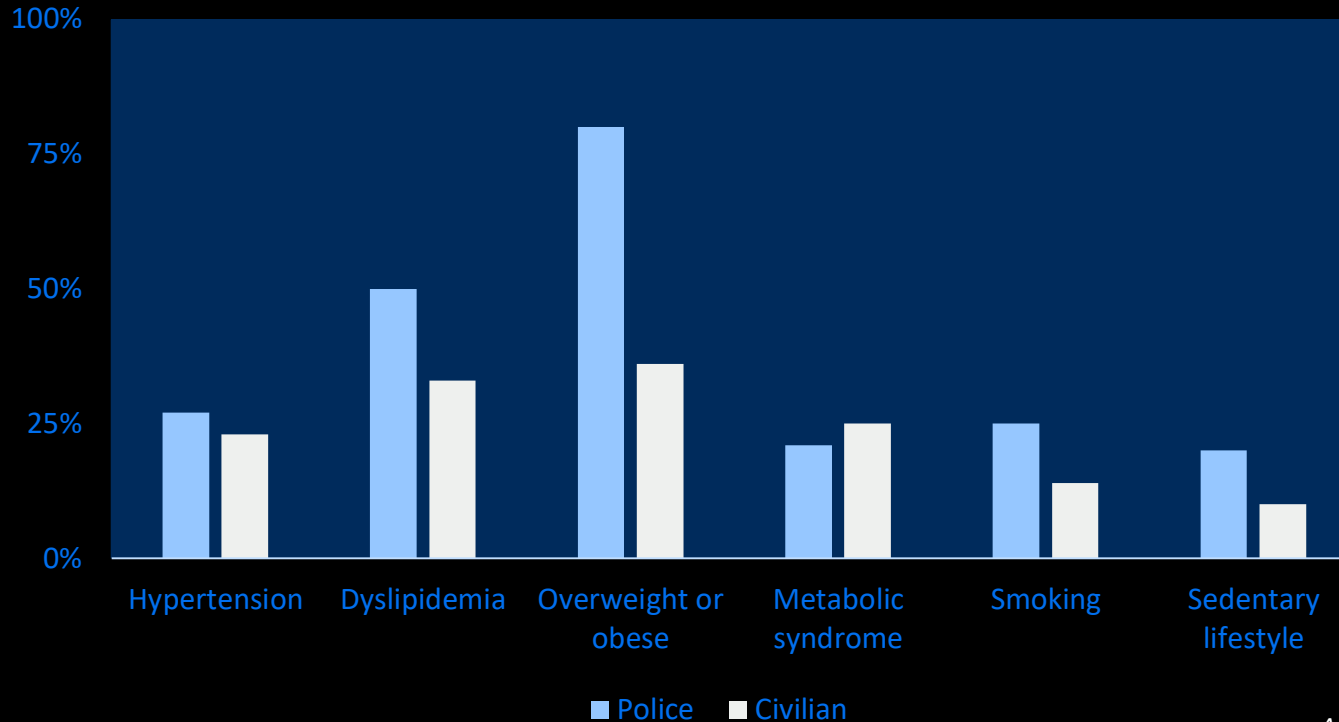


Figure 4.3: Proportion of employees with high or very high psychological distress, by sleep quality

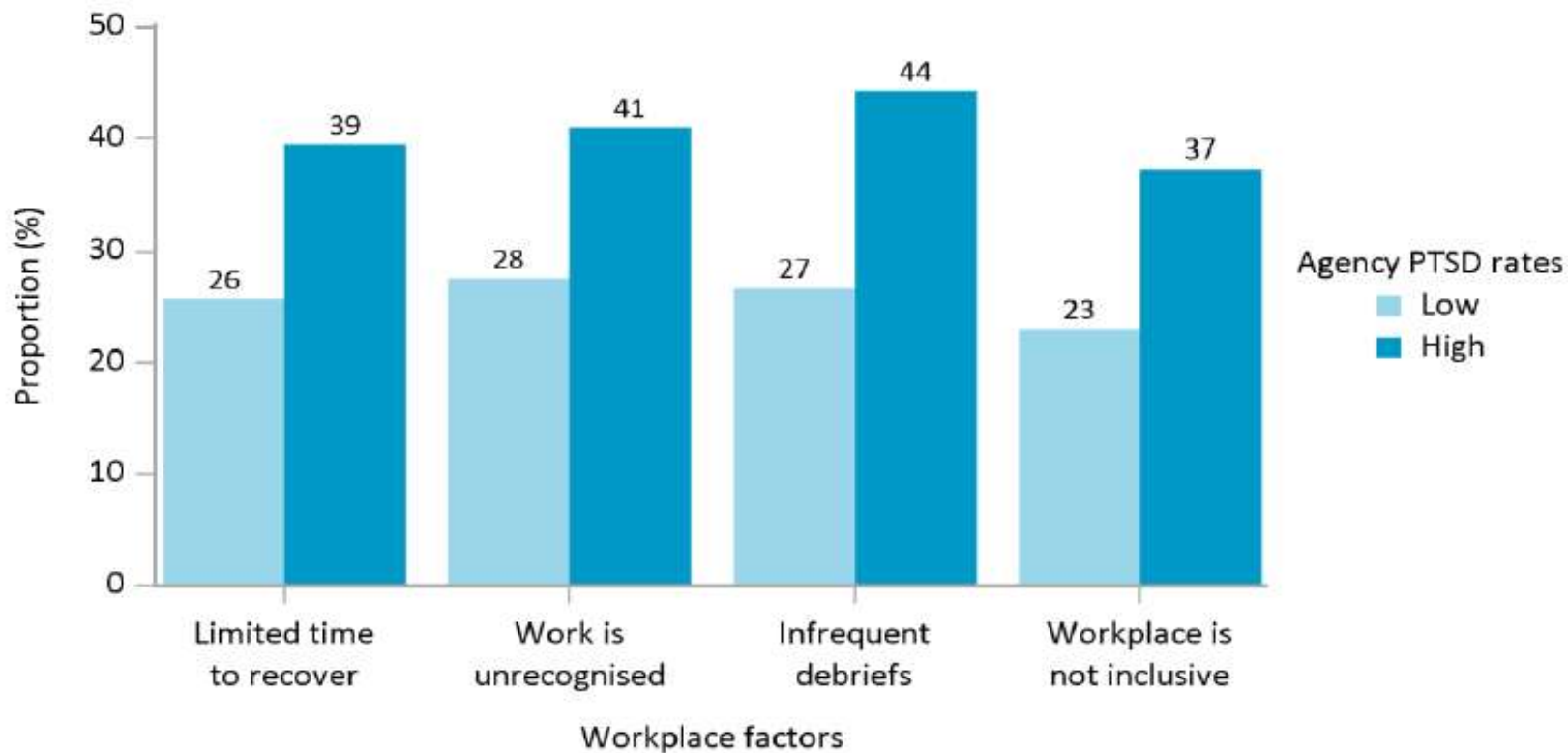


Prevalence of Cardiovascular Risk Factors in Police



Average prevalence statistics
Zimmerman et al.
Heartfoundation.org.au

Figure 6.1: Proportions of employees with negative perceptions of workplace factors in agencies with higher and lower rates of probable PTSD



PHYSICAL



PSYCHOLOGICAL



me



ORGANISATIONAL



SOCIAL



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