



RELaxEd Teachers' Health Survey

Background

We surveyed primary and secondary school teachers in NSW to find out more about their health and wellbeing.



Results

1136 teachers participated. Of these:

- 83% were women
- 73% taught at schools in urban or suburban area
- 77% are not physically active enough for health
- 61% don't eat enough fruit
- 91% don't eat enough vegetables
- 22% drink sugary drinks regularly
- 42% don't get adequate sleep
- 11% smoke cigarettes
- 51% have high psychological distress
- 32% have high levels of burnout

67% engage in 3+ unhealthy behaviours; they were 56% more likely to have distress and 67% more likely to have burnout.

Teachers who worked 60+hrs/week were more likely to engage in unhealthy lifestyle behaviours.

Conclusion

Strategies to improve the mental wellbeing and lifestyle behaviours of teachers in NSW are urgently needed. These strategies need to consider the occupational factors that impact teachers.