






HIGH TENSION

As the upcoming *BBT* Forum focuses on 'Finding the balance between people and policy', what are the stats on the health risks of work trips?

BURNOUT CULPRITS

Of 757 frequent business travellers, 15% reported being nearly burned out. According to their feedback, this group is:

-  More likely to work for a company that over-emphasises the need to control travel costs
-  Less willing to travel
-  Less compliant to travel policies
-  More interested in job offers from firms with favourable travel policies
-  Less satisfied with the outcome of their trips

SOURCE: AMERICAN EXPRESS GLOBAL BUSINESS TRAVEL, TRAVELLER FRICTION: INSIGHTS FROM US ROAD WARRIORS

BLEISURE BOOST



A survey of 250 business travellers at London City airport revealed two positive outcomes of extending a business trip for leisure activities

78% said bleisure improved their personal wellbeing when they returned to work

61% said they were more productive following bleisure trips

SOURCE: BLEISURE TRAVEL REPORT, LONDON CITY AIRPORT

ASKING FOR HELP

Although they count travel policy as important, many have not requested changes from their current employer



asked for improvements in policy



requested a better culture around balancing travel with workload



asked for better travel technology and processes



said they wanted more personal benefits

SOURCE: AMERICAN EXPRESS GLOBAL BUSINESS TRAVEL, TRAVELLER FRICTION: INSIGHTS FROM US ROAD WARRIORS

MORE TRAVEL, MORE PROBLEMS

A study into business travel and mental health found those who spent 14 or more nights away from home per month on business were more likely to report:

- + Poor self-rated health
- + Clinical symptoms of anxiety, depression and alcohol dependence
- + Little physical activity or exercise
- + Increase in smoking
- + Trouble sleeping

SOURCE: BUSINESS TRAVEL AND BEHAVIORAL AND MENTAL HEALTH BY DR ANDREW RUNDLE, TRACEY REVENSON PHD AND MICHAEL FRIEDMAN PHD

LOST TIME

Travellers lose an average of 6.9 hours of productivity for each trip, the financial equivalent of US\$662. The biggest time-wasters included:

2.1
hours lost flying economy class on medium and long-haul services

1.1
hours lost getting to the airport or train station

0.6
hours flying economy class on short-haul services

0.5
hours travelling during weekends

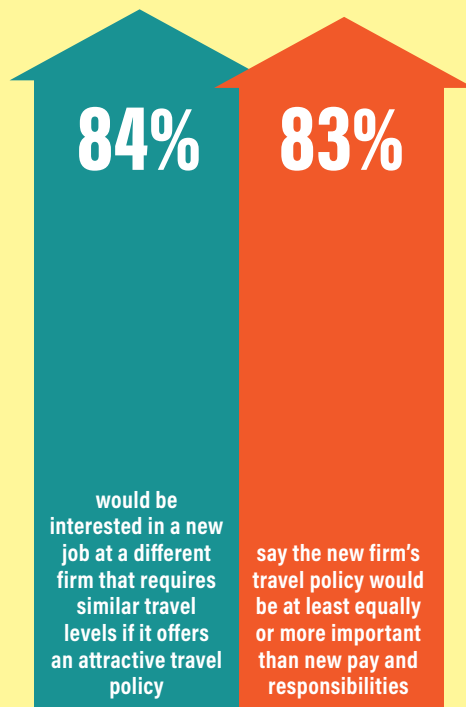
0.4
hours flying indirect versus direct

2.2
hours on other factors

PACKING UP

Research shows travel policy can have a significant impact on employee retention rates, with a surprising majority of travellers taking it into account

SOURCE: AMERICAN EXPRESS GLOBAL BUSINESS TRAVEL, TRAVELLER FRICTION: INSIGHTS FROM US ROAD WARRIORS





BAD BEHAVIOUR

A large number of US business travellers throw healthy habits out the window during business trips

Less likely to exercise on a work trip compared to when they're at home

54%

More likely to eat unhealthy foods when away for business

44%

Drink more on business trips

16%

More likely to smoke cigarettes

8%

SOURCE: ON CALL INTERNATIONAL SURVEY OF 1,000 TRAVELLERS

71%

of travellers say their employer does not actively promote bleisure trips

SOURCE: BLEISURE TRAVEL REPORT, LONDON CITY AIRPORT

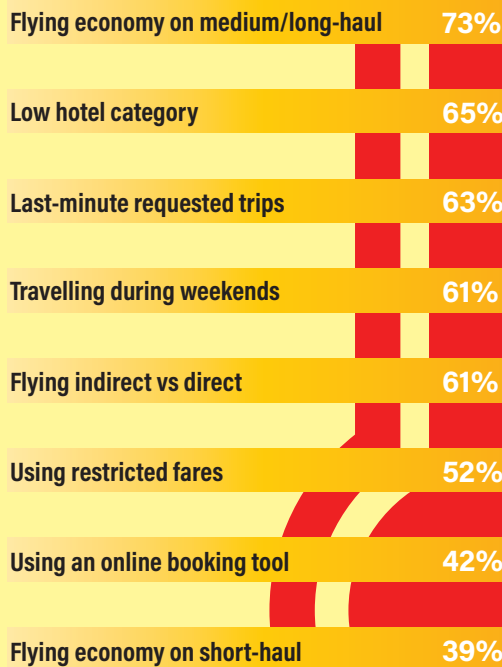


OF COMPANIES DO NOT HAVE A TRAVEL POLICY THAT INCLUDES SUPPORTING MENTAL HEALTH

SOURCE: SIMPILA HEALTHY SOLUTIONS, BUSINESS TRAVEL AND MENTAL HEALTH SURVEY

UNNECESSARY STRESS

Travellers reported high stress levels caused by factors that are easily controlled by their companies' travel policy, including:



SOURCE: CWT TRAVEL STRESS INDEX: THE HIDDEN COST OF BUSINESS TRAVEL

NEGATIVE EFFECTS

US travellers pointed out three adverse outcomes relating to business travel



36%

said they feel more stressed than normal during a business trip



36%

have difficulty sleeping while away for work



13%

find it hard to remember to take daily medications

SOURCE: ON CALL INTERNATIONAL SURVEY OF 1,000 TRAVELLERS