

Despite regulatory pressure, bankers take top health spot

By Kate Weber

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Senior employees in the banking sector have reached the top spot on Executive Health Index despite also reaching the top spot on [APRA](#) and [ASIC](#) watch lists as the banking industry came under further scrutiny by both regulators.

Senior managers and executives in banking claimed the number one position on the Executive Health index knocking of lawyers from the position, falling to seventh place while financial services and commerce landed at number five.

However, banking executives' psychological health ranking did fall from 5th place to 11th place.

Economic performance, elections and uncertainties can place extra stress across industries.

"What it says is that a whole range of things impact to key people within banking, legal and accounting and other industries," Executive Health Solutions CEO, John Hall said.

Hall continued to say one factor that could influenced white collar over blue was the investment in health services provided to workers.

"Those white-collar industries certainly investment in the health of the key people and their employees.

"They have a more supportive environment just by the nature of where they're located and access to good food and access to end of trip facilities and good hotel policies, all those sorts of things play into good health decisions.

"We do see a big divide between white and blue collar and that's part of the reason why."

Blue collar industries continue to perform poorly with the main exception being transport executives who improved across all main categories and overall jumped from 19th place to 9th.

The findings are based on data gathered in financial year 2018 from over 10,000 executive health assessments, in more than 200 organisations, across 18 industries and is endorsed by academics from the University of Technology Sydney.

Hall said it was "hard to know the cause and effect" stating the legal sector has been under extra pressure of late.

The Royal Commission is one potential factor in the legal sector fall from the top spot, however Hall was quick to point out the report touched on investment banking more than retail and there are a vast range of aspects influencing the decline.

"It's always a multifaceted reason, it could be one of the stresses.

"I think most legal companies would say that it was a stressful time at the time, but there could be a variety of other reasons that would cause a declined.

"You can't you can't be that specific."

There was also not-so-good news for women. Female executives aged 20-29 were the group most at risk for stress. This group also had nearly three times the number at risk of anxiety compared to men.

The report found one in fourteen women are consistently drinking alcohol above the recommended levels, compared to 1 in 7 men. Small Business and Private Individuals had the highest female alcohol consumption.