



Promoting Healthy Lifestyles at the Workplace

Giuseppe Masanotti, MD, PhD



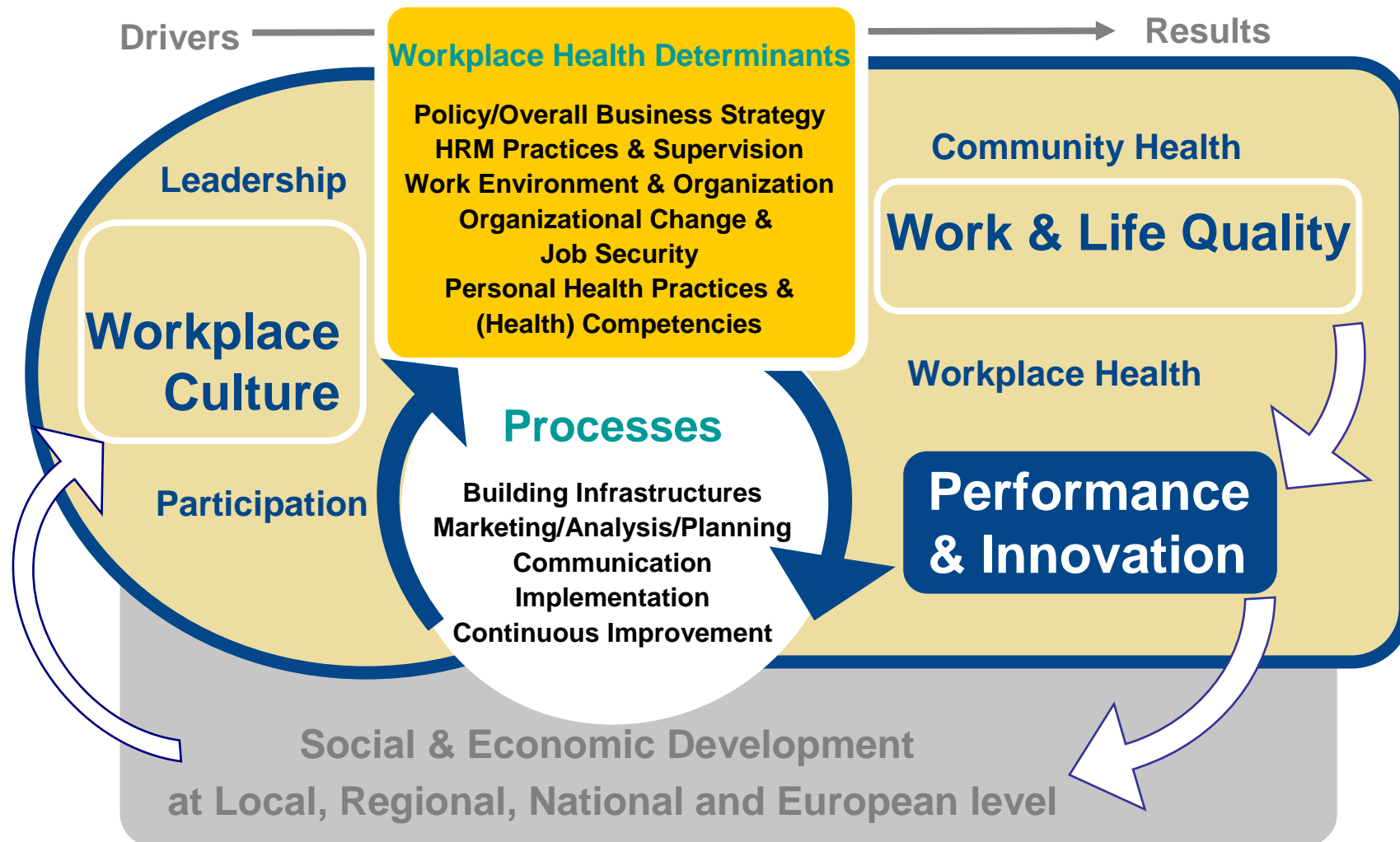
University of Perugia
Department of Medical Surgery Specialty and Public Health

Project

- ✓ University of Perugia
and
- ✓ The European Network for Workplace Health
Promotion

- Co-financed by the **European Commission** under
the *Programme of Community Action in the Field of
Public Health (2003-2008)*

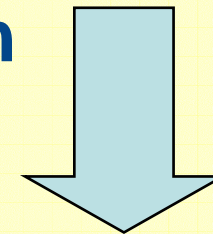
European Approach to Promoting Workplace Health



Vision and Mission of the ENWHP

Healthy Employees in Healthy Organizations

To achieve this vision the Network is committed to developing and promoting good practice in workplace health



which in turn will

Contribute to a high level of health protection and sustainable social and economic development in Europe

Ten years of networking

- 1. WHP in Larger Enterprises**
- 2. WHP in SMEs**
- 3. WHP in Public Administrations**
- 4. Implementing Infrastructures for Promoting Workplace Health**
- 5. Healthy Work in an Ageing Europe**
- 6. Dragonfly
Promotion of Health and Work Ability
WORKHEALTH II – Green in the workplace**
- 7. Move Europe**
- 8. Promoting Mental Health at work**

Organisation

- **Coordination**

University of Perugia, Italy

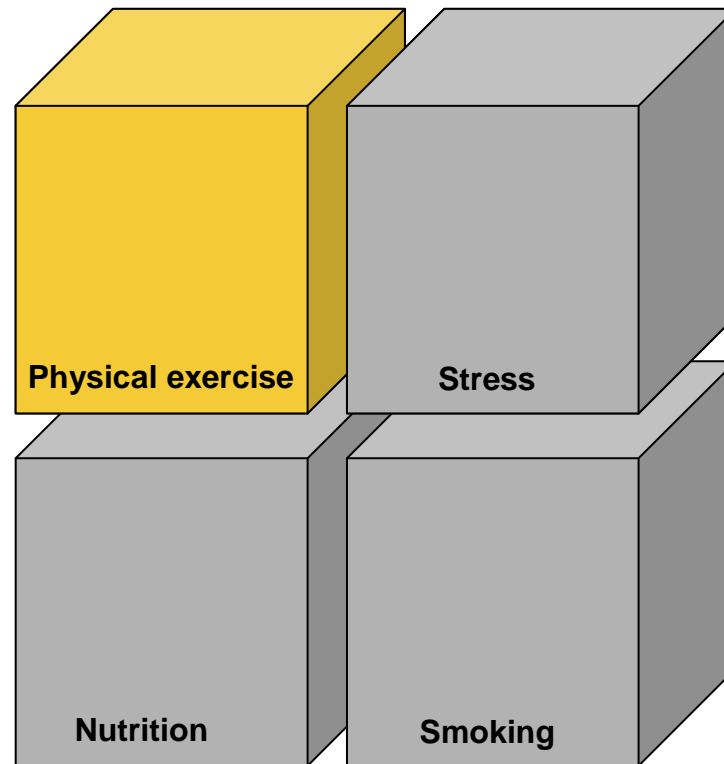
- **Coordination consortium**

Prevent / Belgium, TNO / The Netherlands,
Romtens Foundation / Romania, BKK Federal
Association / Germany, OÖGKK / Austria

- **Country Partners**

Bulgaria, Cyprus, Czech Republic, Estonia,
Finland, Greece, Hungary, Iceland, Ireland,
Luxembourg, Norway, Slovakia, Slovenia, Spain

Focus of the Move Europe Campaign

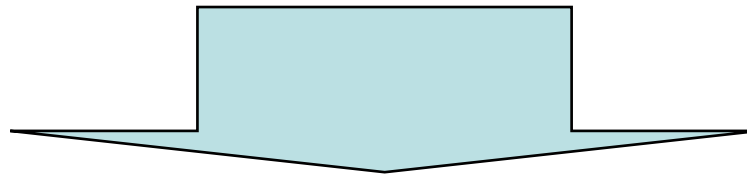


Main Principles

1. Promote good workplace health & involve enterprises
2. „beginners“ & „advanced practices“
3. Lifestyle entry: attractive & concrete
4. Few standards & many national variations
- ✓ Option: combination with forums/networks
- ✓ Perspective: good practice labels

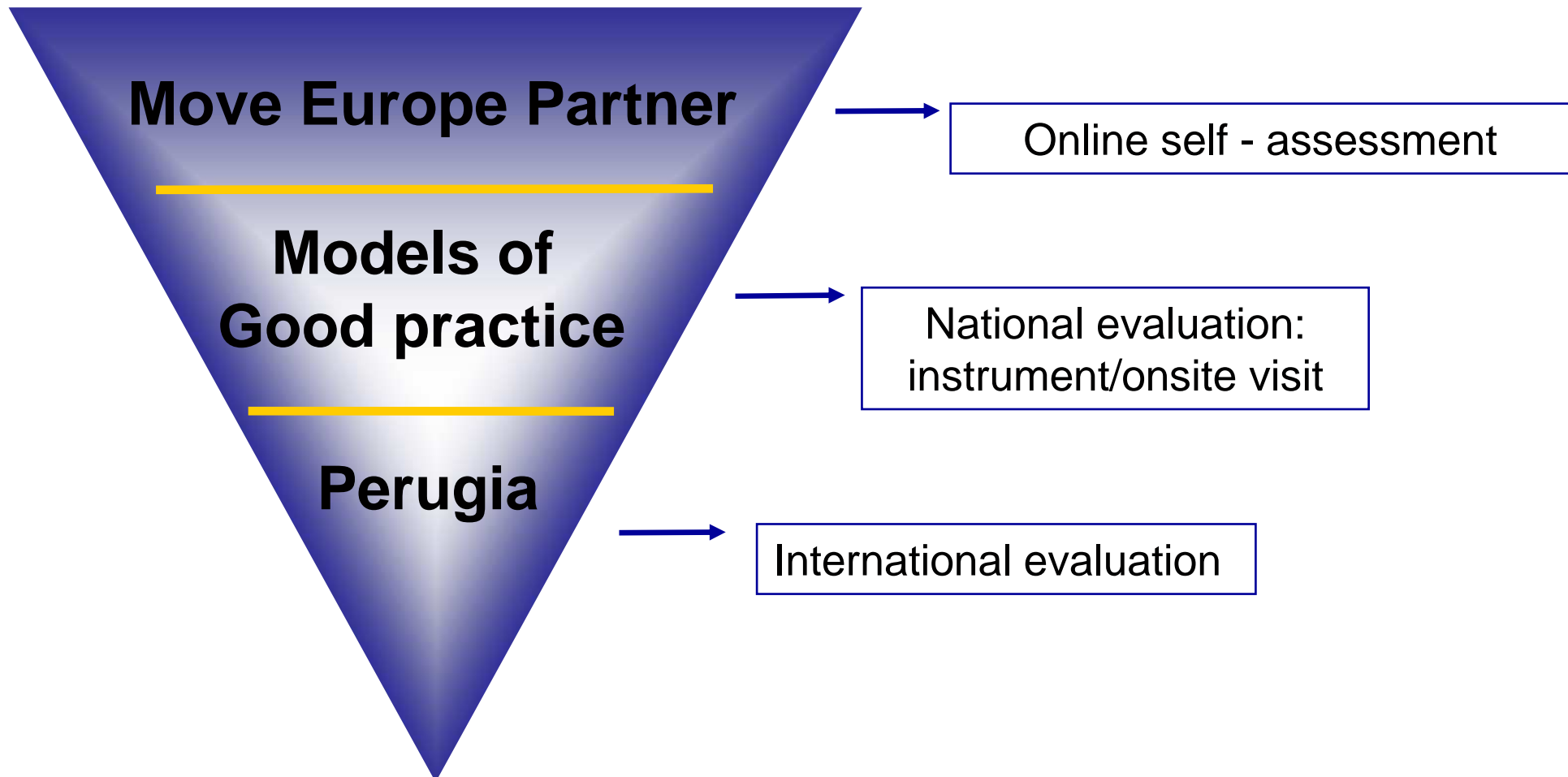
Which partners?

- Companies that are “healthy”
- Companies that started the “healthy” process



Companies that believe that there is no success without healthy living and working conditions

Process to excellence



On-line tool

Europe

- 2.779 (total)
- 1.360 (complete)
- 667 (large)

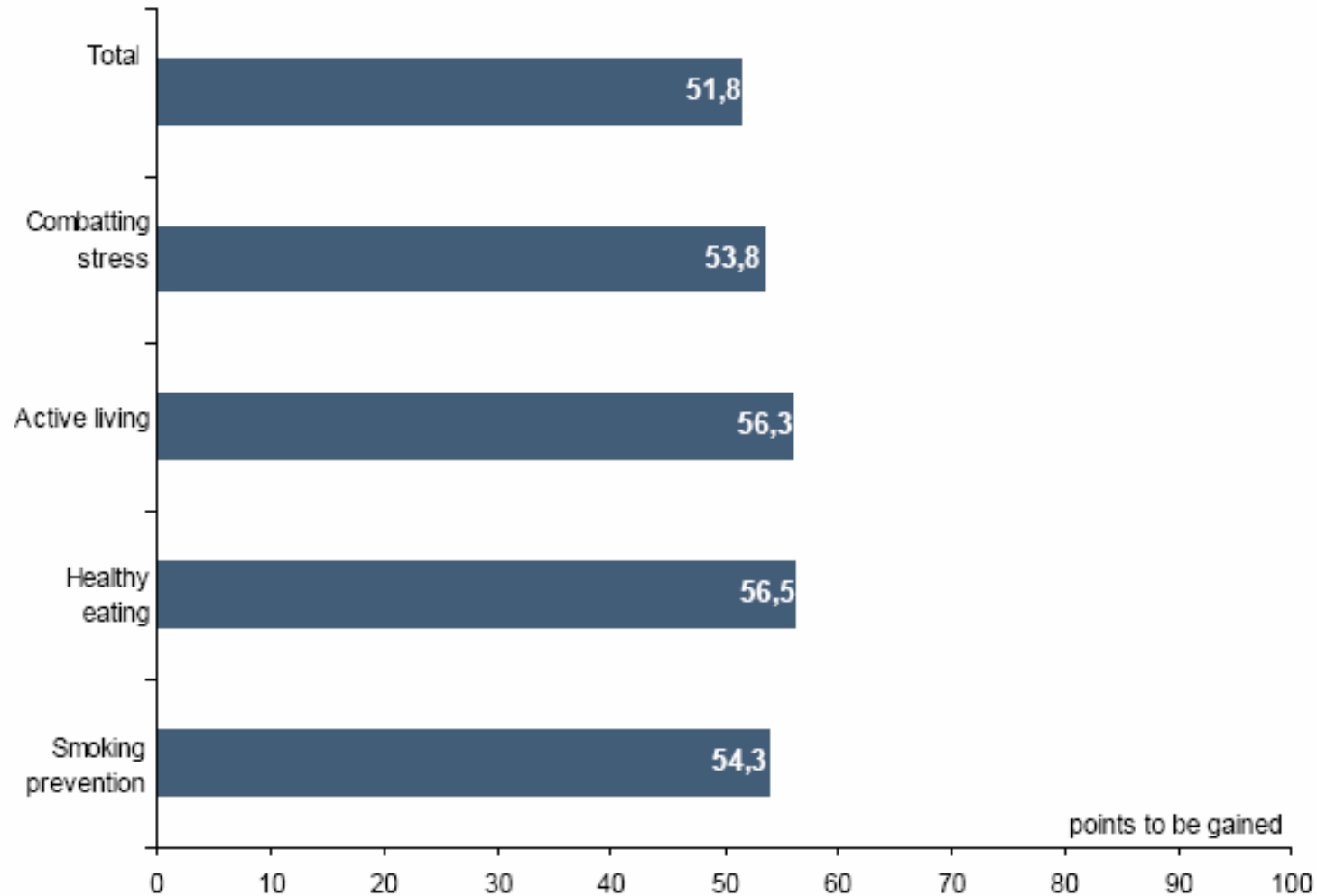
Italy

- 8.761 (web contacts)



QUESTIONARIO DI ADESIONE

Average score by topic



PR activities

- ✓ **European level**

- ✓ 2 events (round table, seminar)

- ✓ **National level**

42 events (conference, workshop, training, seminar, etc..)

- ✓ **Local level**

- ✓ 85 events (conference, workshop, training, seminar, etc...)

*Hoping that all together we can
continue to promote health at work*

Thank you for your attention