

Take a bite out of the mango

# Beiß in die Mango



Workplace health promotion

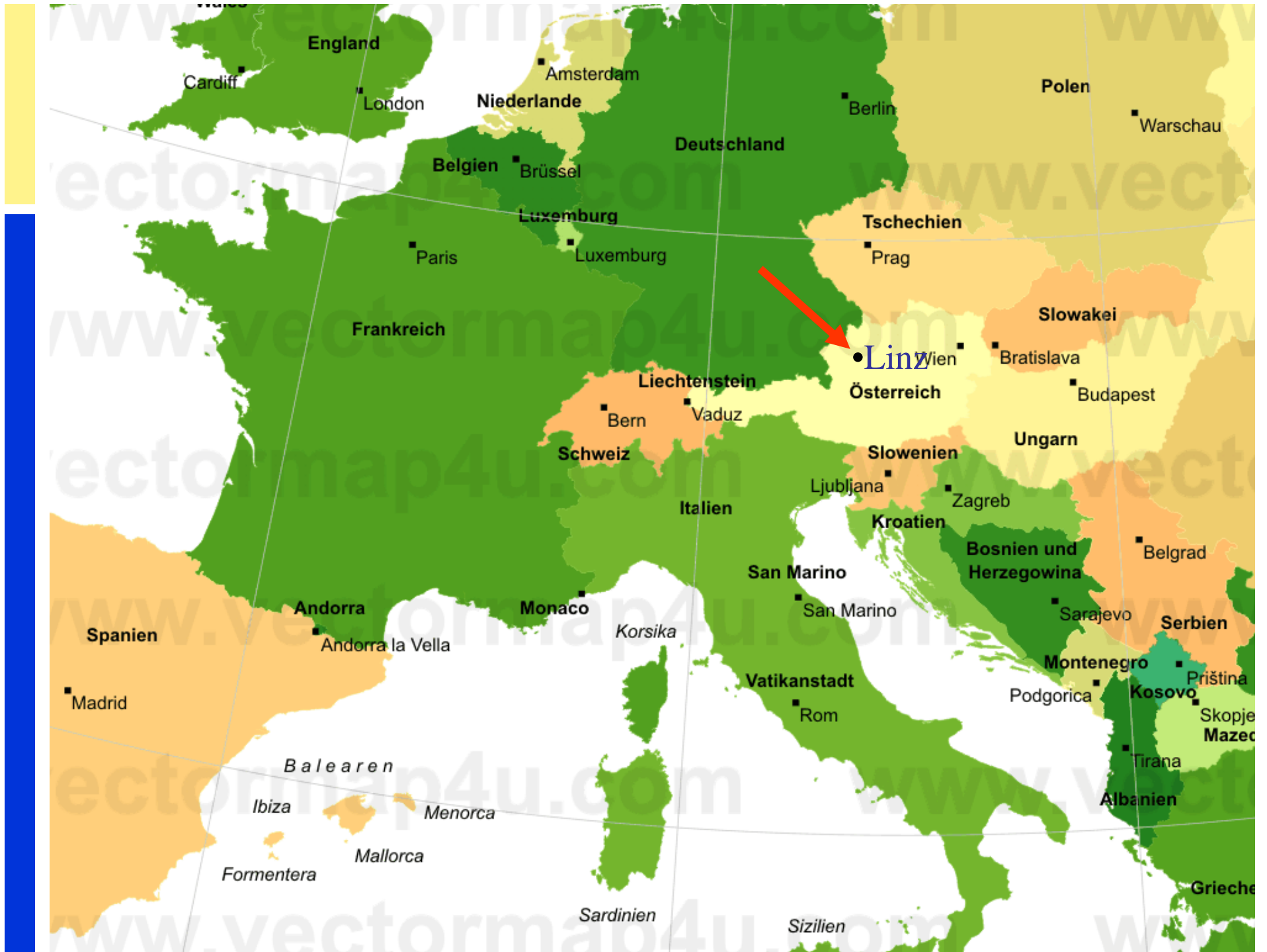
Hospital of St. Elisabeth Linz, Austria



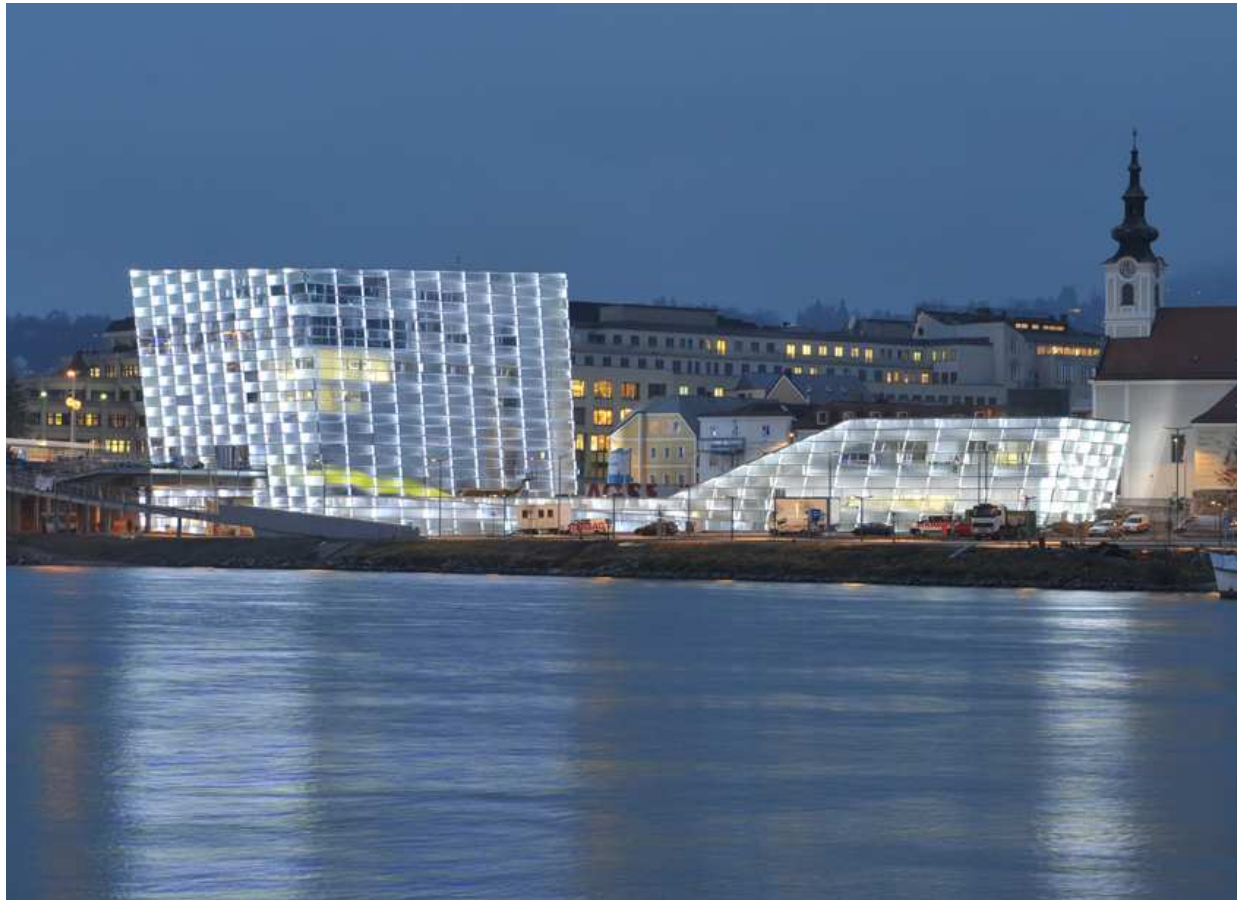
In Fröhlichkeit den Menschen dienen



Allgemein öffentliches Krankenhaus  
Elisabethinen Linz



# European capital of culture Linz 09



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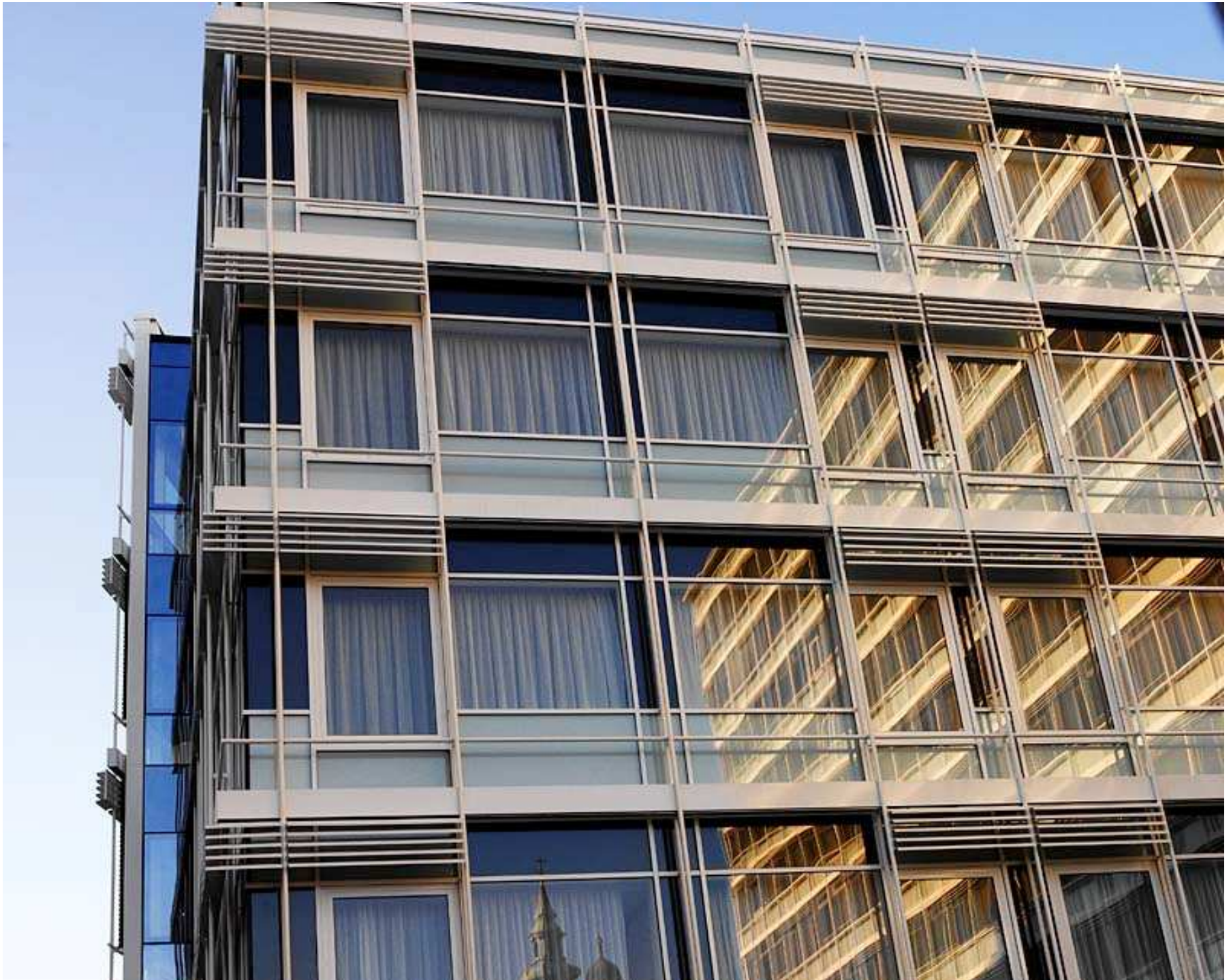


# European capital of culture Linz 09



# European capital of culture Linz 09

























# St. Elizabeth of Thuringia



We must make people happy.





# Project aim



- Encourage employees' motivation for a healthy lifestyle
- Give opportunities to participate in health promoting activities
- Increase motivation and zeal
- More satisfaction with workplace situation
- Reduce number of health problems
- Minimize health risks
- Reduce costs arising from illnesses

# Criteria of success



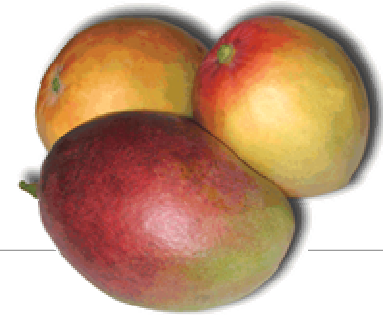
- 50% of employees fill out questionnaire
- One out of two employees takes part in any of our health promoting activities within one year
- Second questionnaire confirms that workplace situation (tasks, workload, organizational and social resources) has improved
- Reduce number of reported illnesses by 0,25% between first and second questionnaire

# Project team



- Medical and nursing staff
- Medical-technical staff
- Maintenance staff
- Administration

# Controlling committee



- Management
- Personnel director
- Workplace safety specialists
- Members of the work council

# Project team



**Berta Reiter, MAS**  
Projektleitung  
Pflegermanagement



**Marianne Tammegger**  
Direktorin d. Akademie  
f. Diätendienst



**Ing. Mag. Günther Kolb**  
Öffentlichkeitsarbeit



**Sr. Barbara Lehner**  
Direktorin der  
Krankenpflegeschule



**Mag. Thomas Hofer**  
Controlling



**RT Elke Gamsjäger**  
Funktionsleitung



**PT Susanne  
Mayrhofer**  
Funktionsleitung



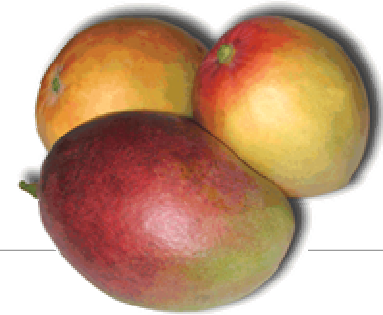
**Dr. Hedwig  
Scheuringer**



**Mag. Agnes  
Retschitzegger**  
Koordinatorin

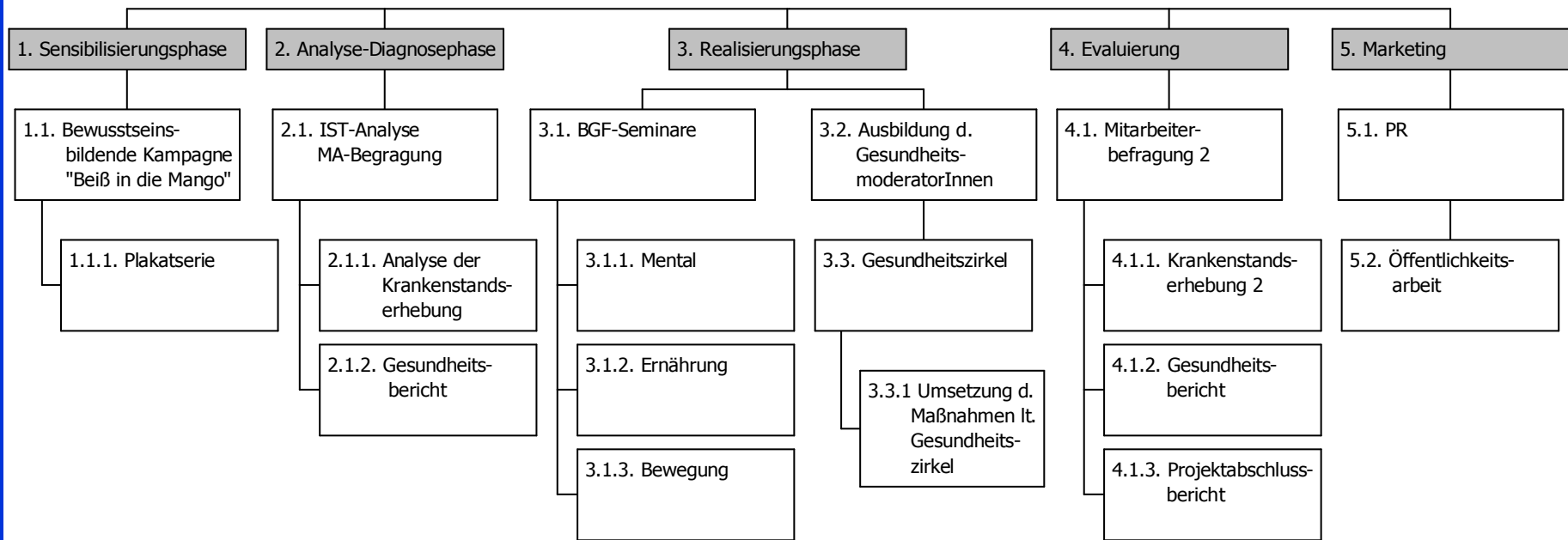


# Schedule

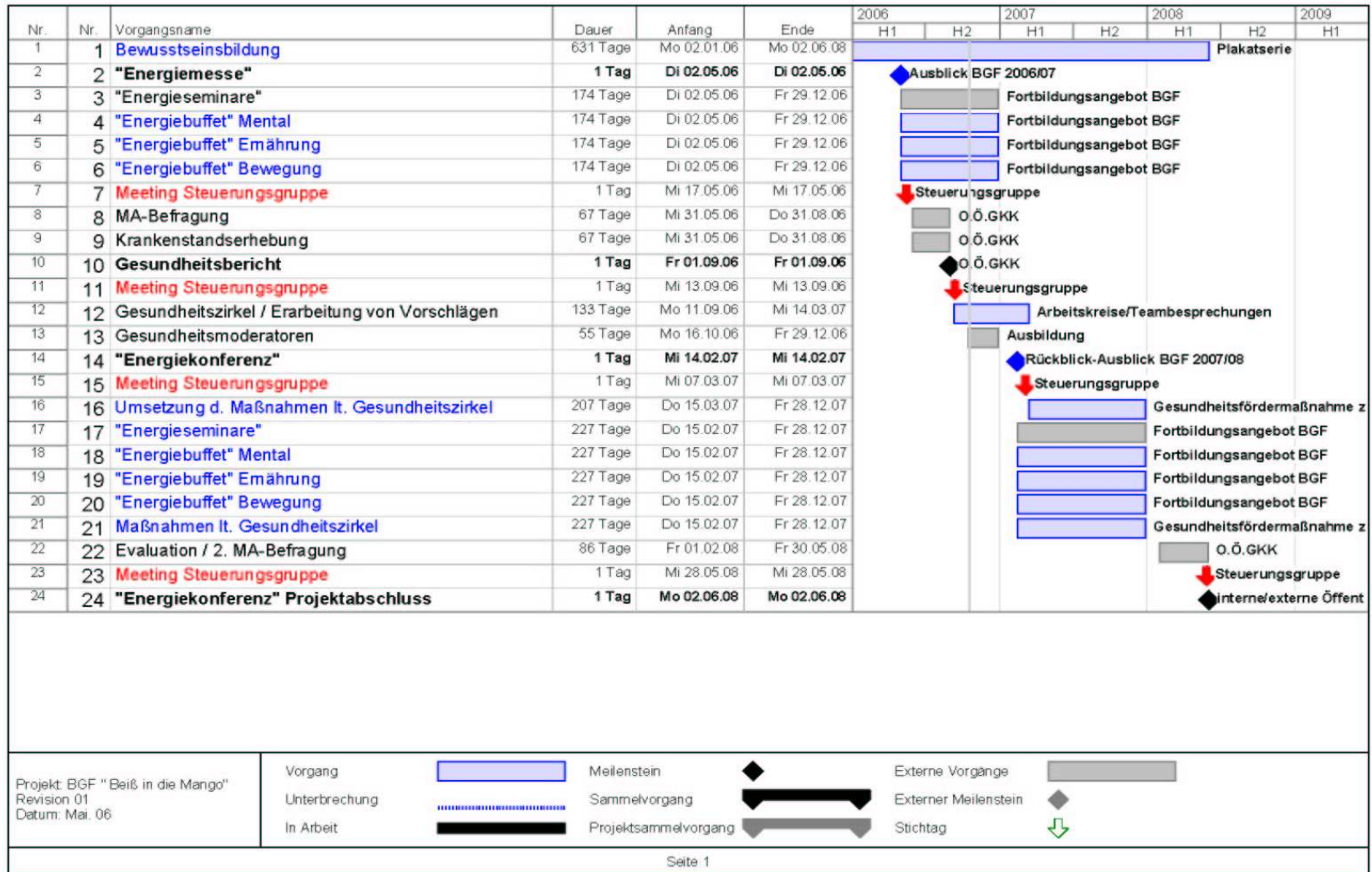


„Take a bite out of the mango“ is an integral health promoting project.

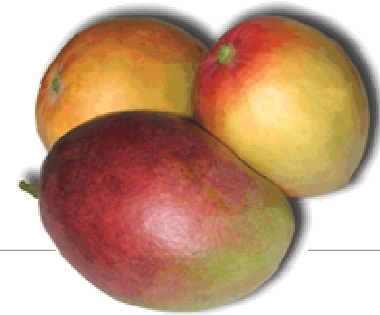
# Structure



# Time schedule

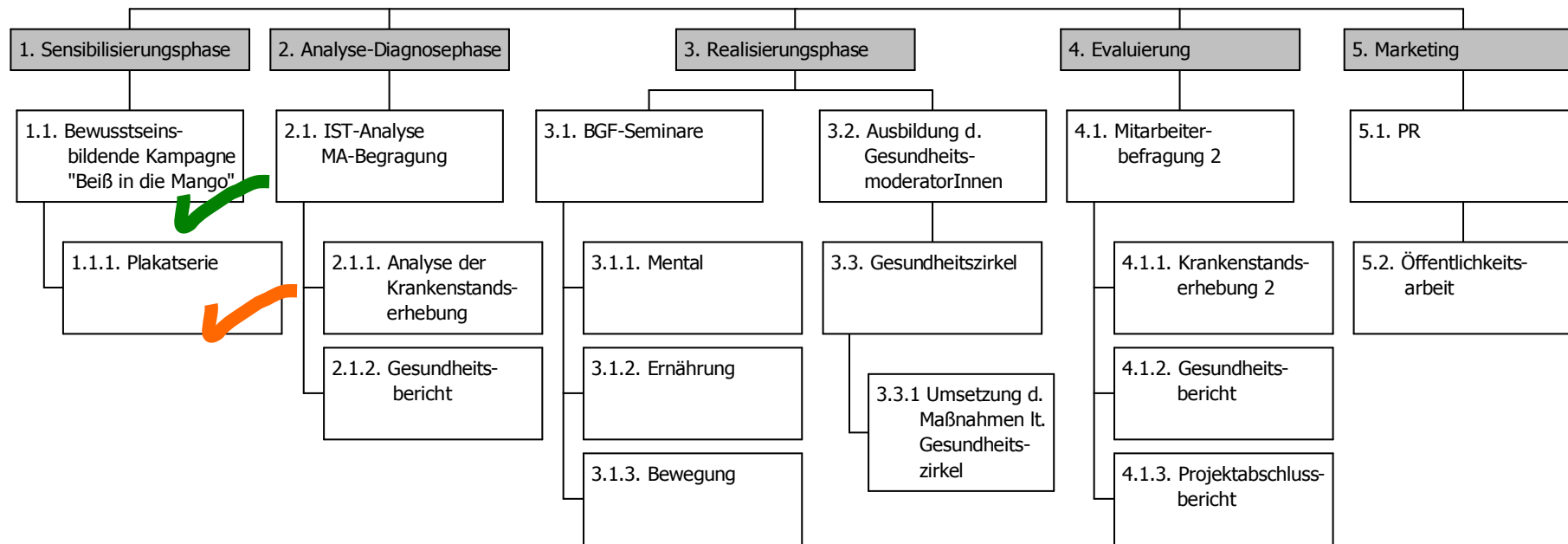
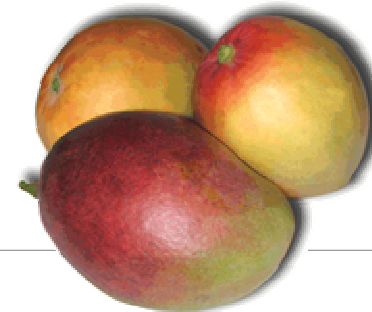


# Budget

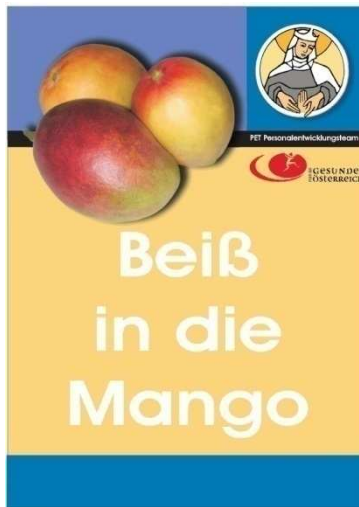


<b>Overall costs</b>	<b>€ 120.000,00</b>
Mental health:	€ 20 000,00
Healthy diet:	€ 7 000,00
Healthy exercise:	€ 10 000,00
Health circle measures:	€ 25 000,00
<b>Various grants:</b>	<b>€ 62.500,00</b>
Fund Healthy Austria	€ 52.000,00
Upper Austrian Insurance Company	€ 10.500,00

# Structure



# Poster series

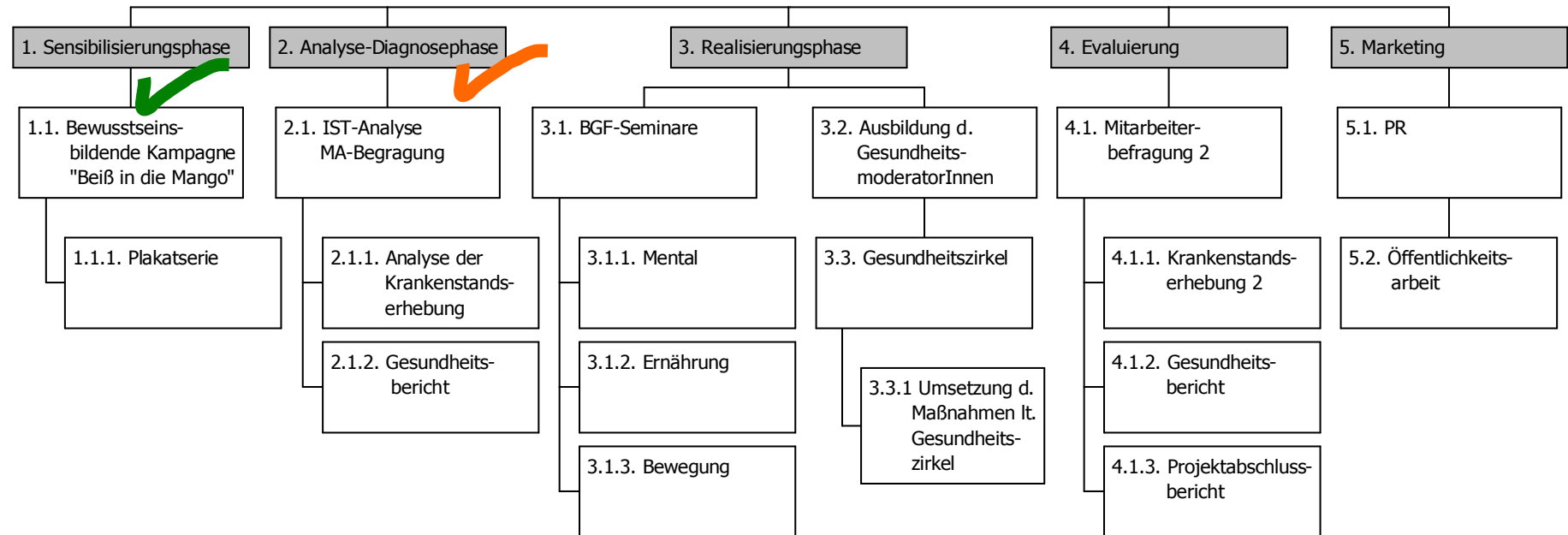




**BEISS IN  
DIE MANGO**

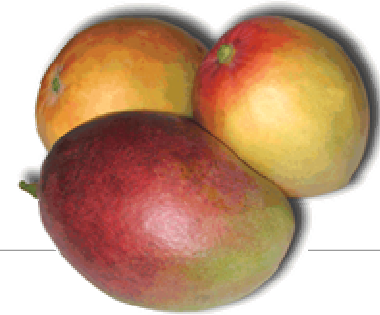


# structure





# questionnaire



**1332** questionnaires were handed out

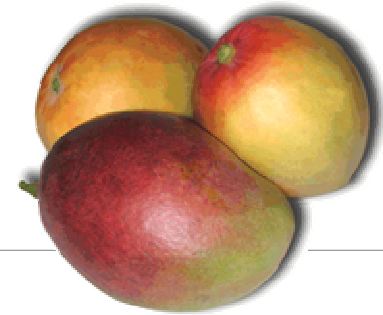
**705** came back filled out

**53%** quota

## Health report



# health report 1



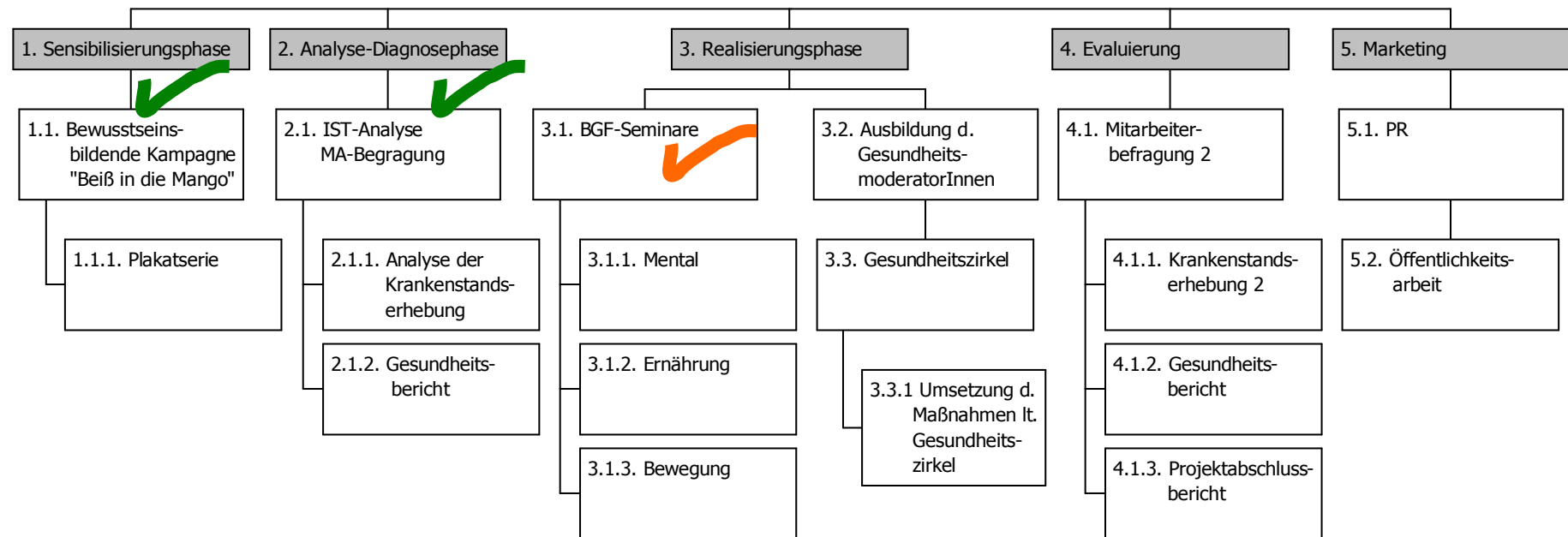
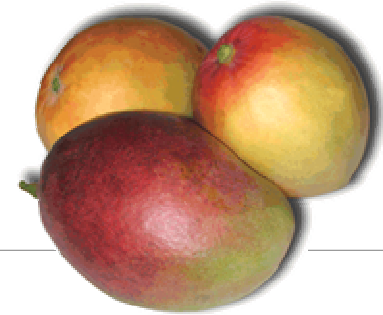
## strains

- high expectations with regard to the qualifications  
a lot of responsibilities
- huge workloads
- ergonomic workplace situation

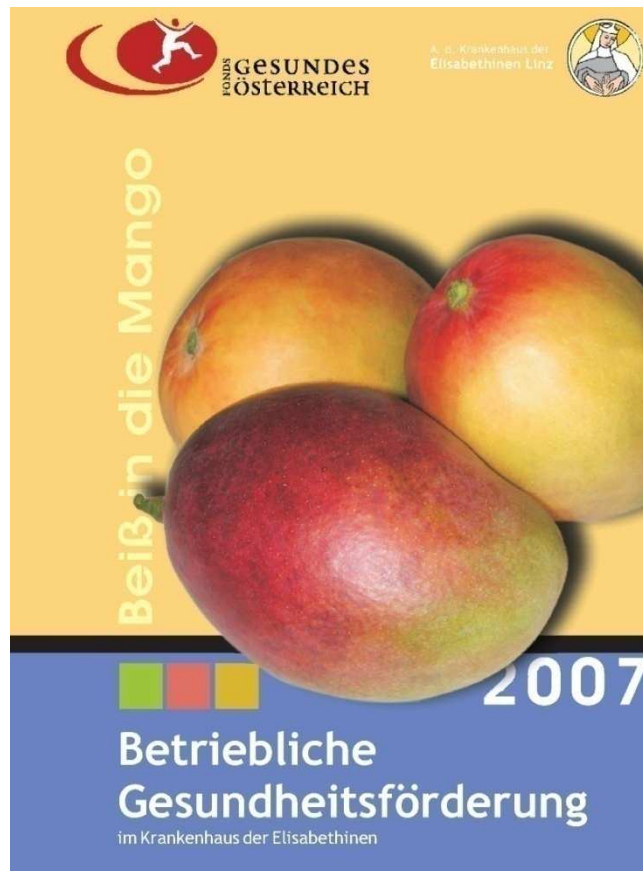
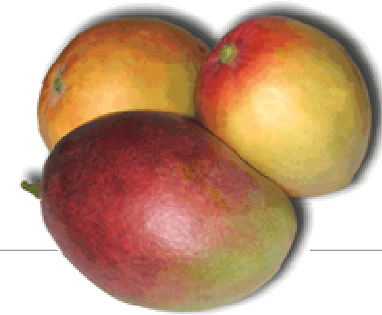
## source of health

- high social capital

# structure



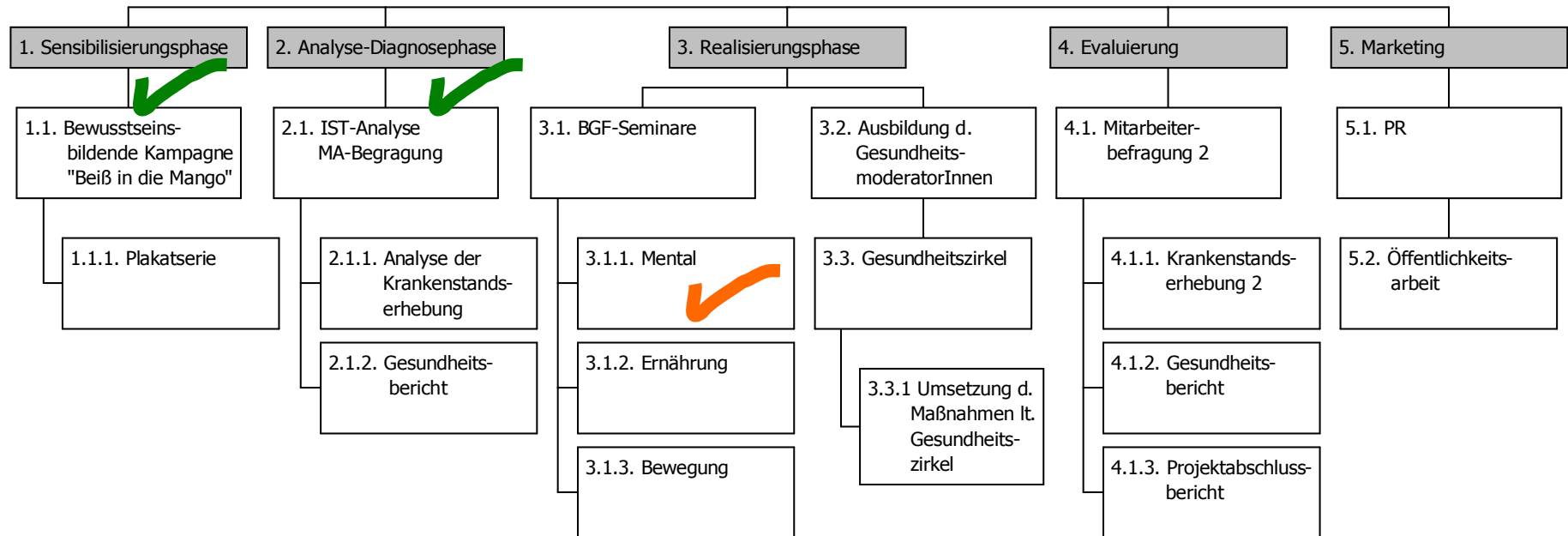
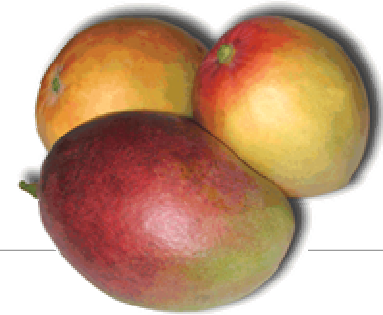
# 83 seminars, lectures and workshops



covering the topics

**mental health**  
**diet**  
**exercise**

# structure





Sr. M. Friedburga  
Drückenthauer  
Generaloberin



Sr. M. Engelberta Augl  
Geschäftsführung



R. Kickingeder  
Pflegedirektion



OA Dr. F. Harmoncourt  
Ärztlicher Direktor  
Geschäftsführung





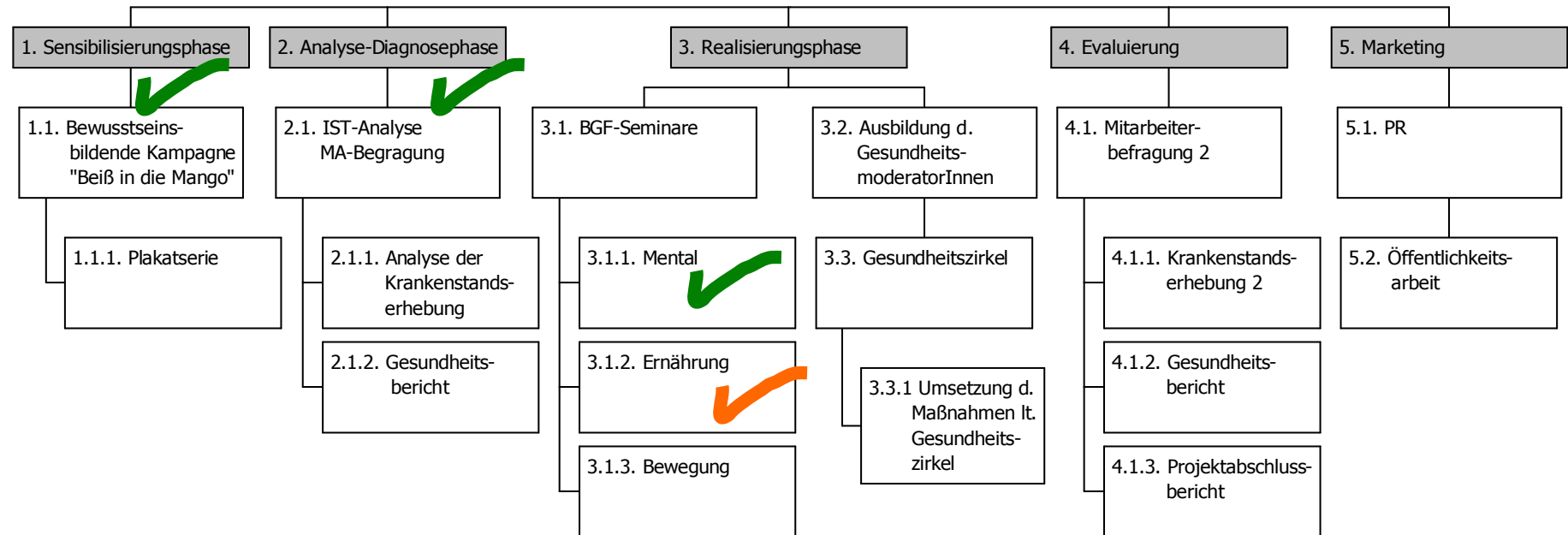








# structure

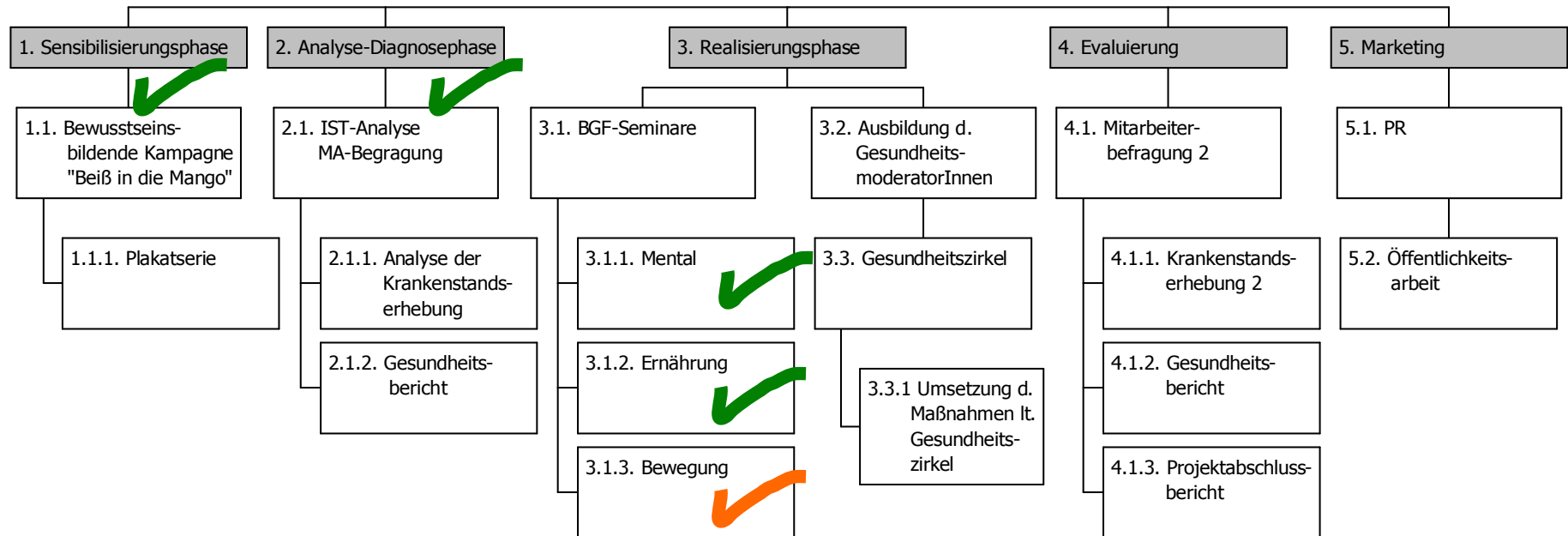
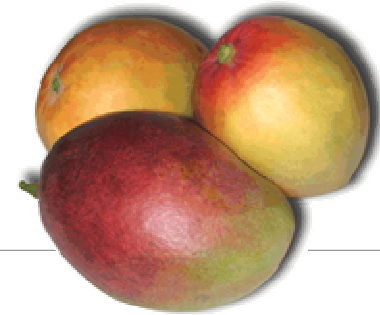








# structure

































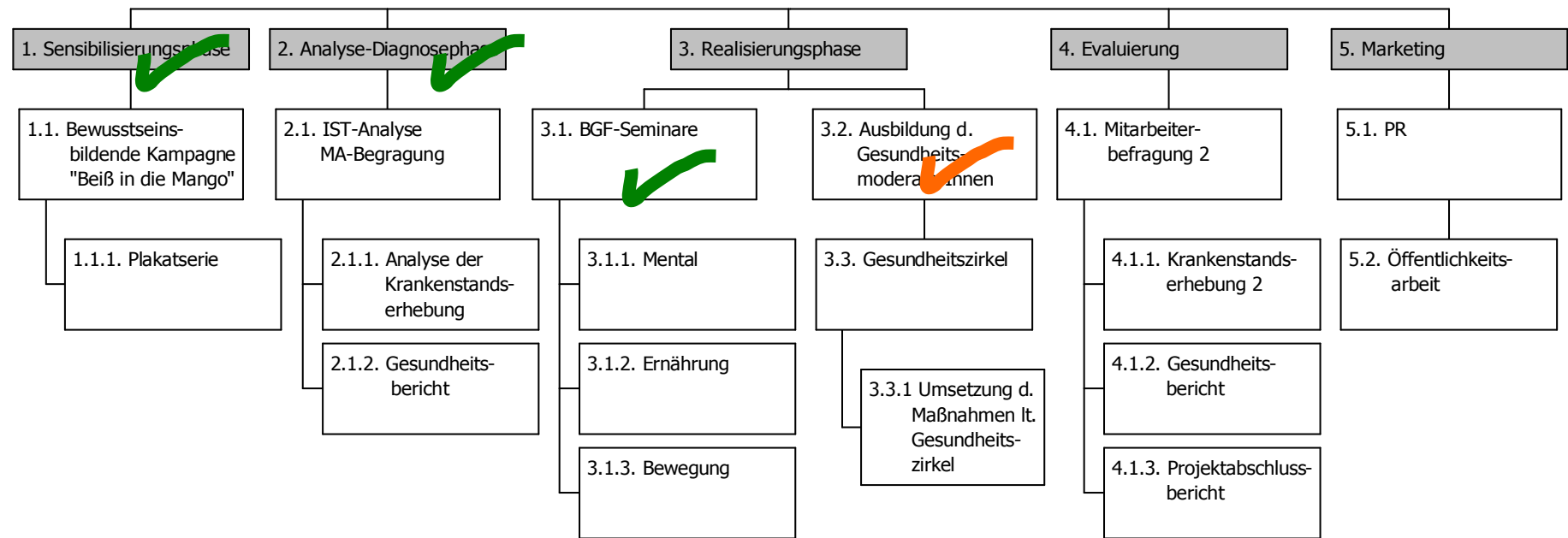
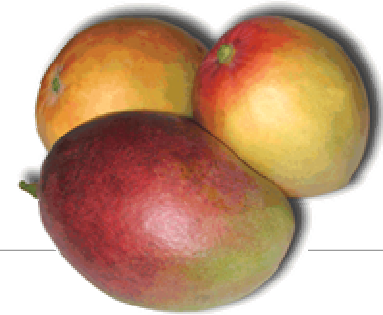








# structure



# 9 professions health circles



- Specialists
- Student doctors
- Registered nurses
- Health care assistants
- Members of the medical technical services
- Employees of administration
- Kitchen and housekeeping staff
- Members of the cleaning staff

# 9 Health Counsellors

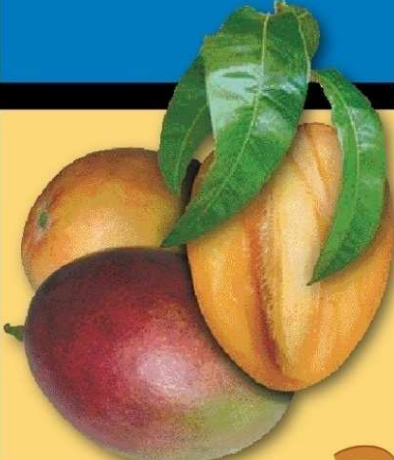


# health measures



**Beiß in die Mango**

Ein BGF - Projekt



**365**  
Gesundheitsmaßnahmen für  
unsere MitarbeiterInnen

**Betriebliche Gesundheitsförderung  
im Krankenhaus der Elisabethinen Linz**



In Fröhlichkeit den Menschen dienen



In Fröhlichkeit den Menschen dienen



Allgemein öffentliches Krankenhaus  
Elisabethinen Linz

# health measures mental health



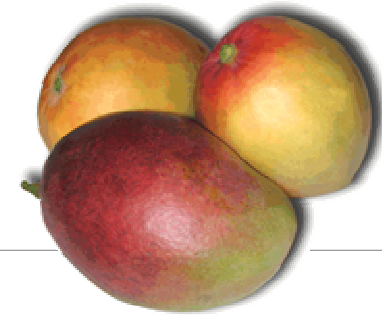
**A successful strategy  
against stress for  
doctors**

# health measures mental health



**Helping colleagues  
whose work areas have  
been separated**

# health measures mental health



**Strategies for colleagues  
in danger of “running out  
of energy”**

# health measures mental health



**Intercultural  
communication among  
the kitchen staff  
members**

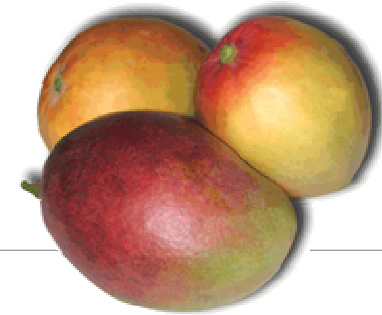


# health measures exercise



**Taking care of our  
backs**

# health measures exercise



**The “Healthy Back School” for kitchen staff members who often carry heavy weights**

# health measures

## diet measures



**Healthy snacks  
during the night  
shifts**

# health measures



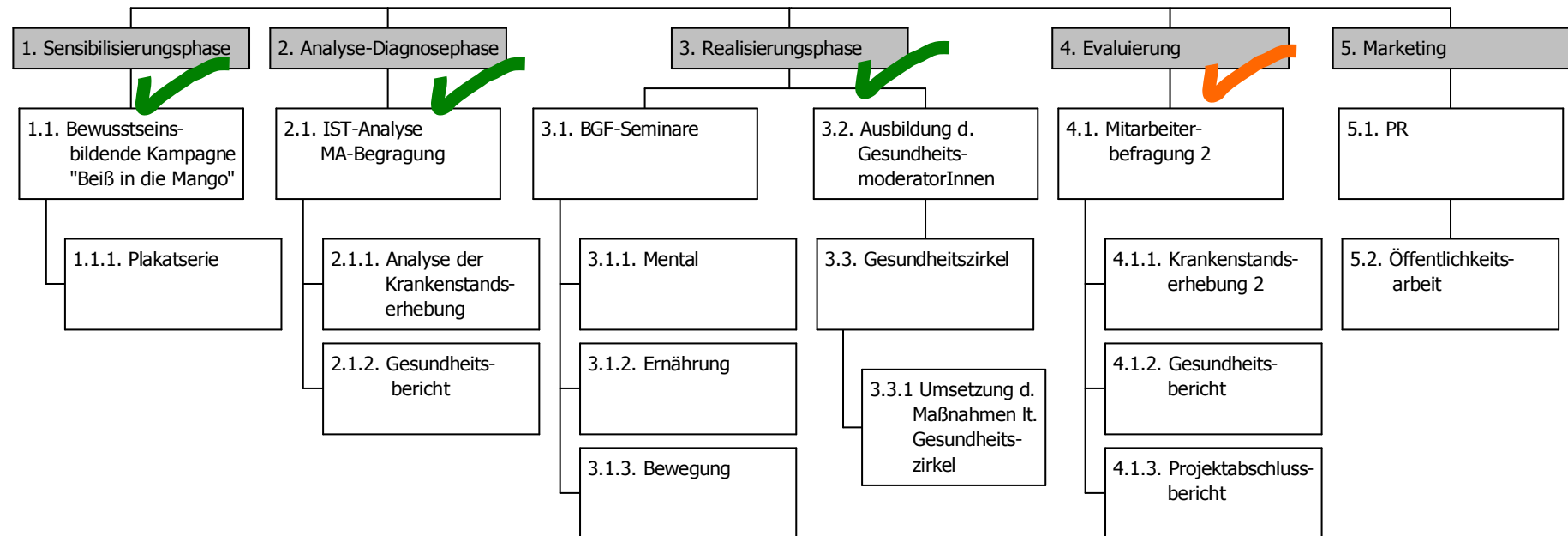
**light weight x- ray aprons**

# health measures



**Check up of jobs  
according to  
ergonomic views**

# structure



# evaluation health report 2

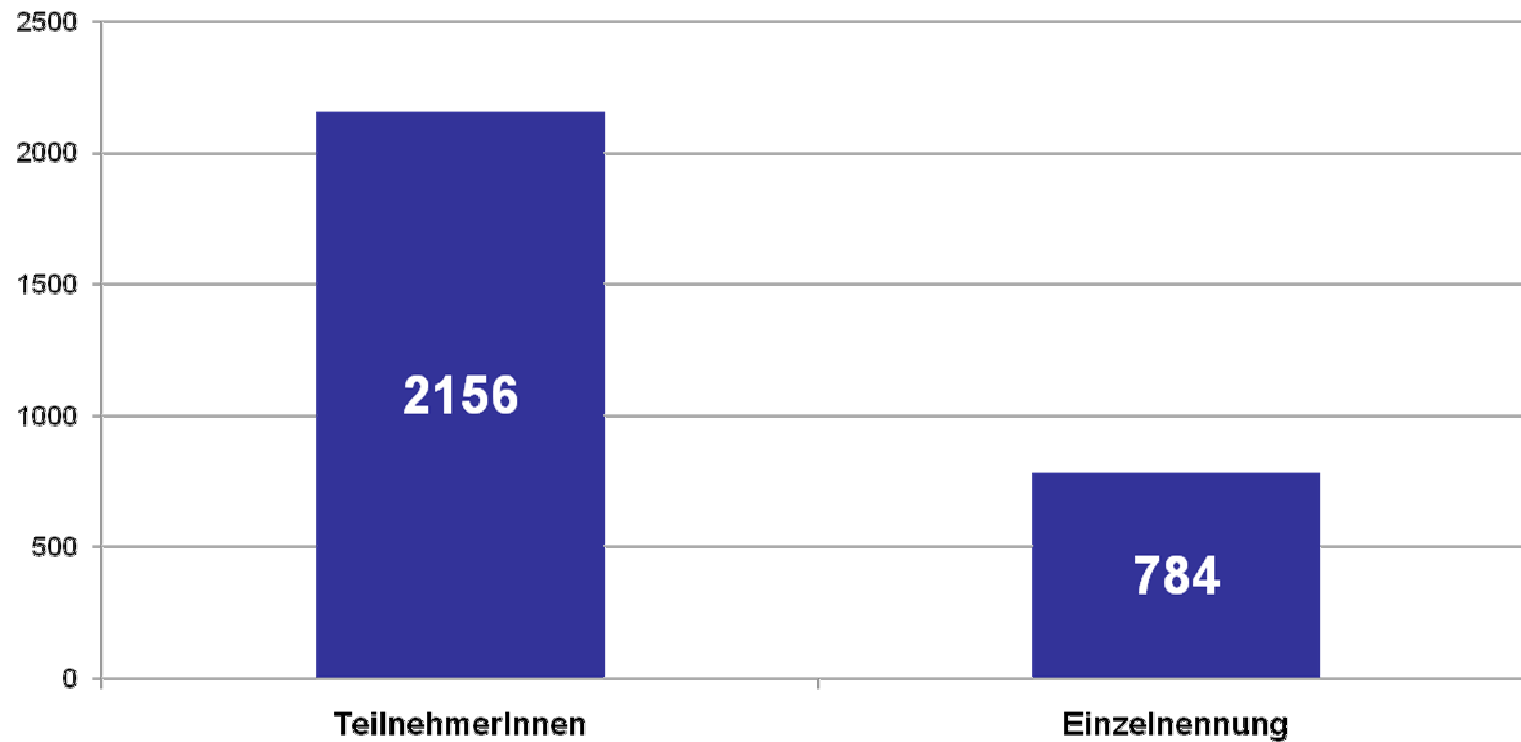


**93** seminars, workshops and courses

**328** health circle measures

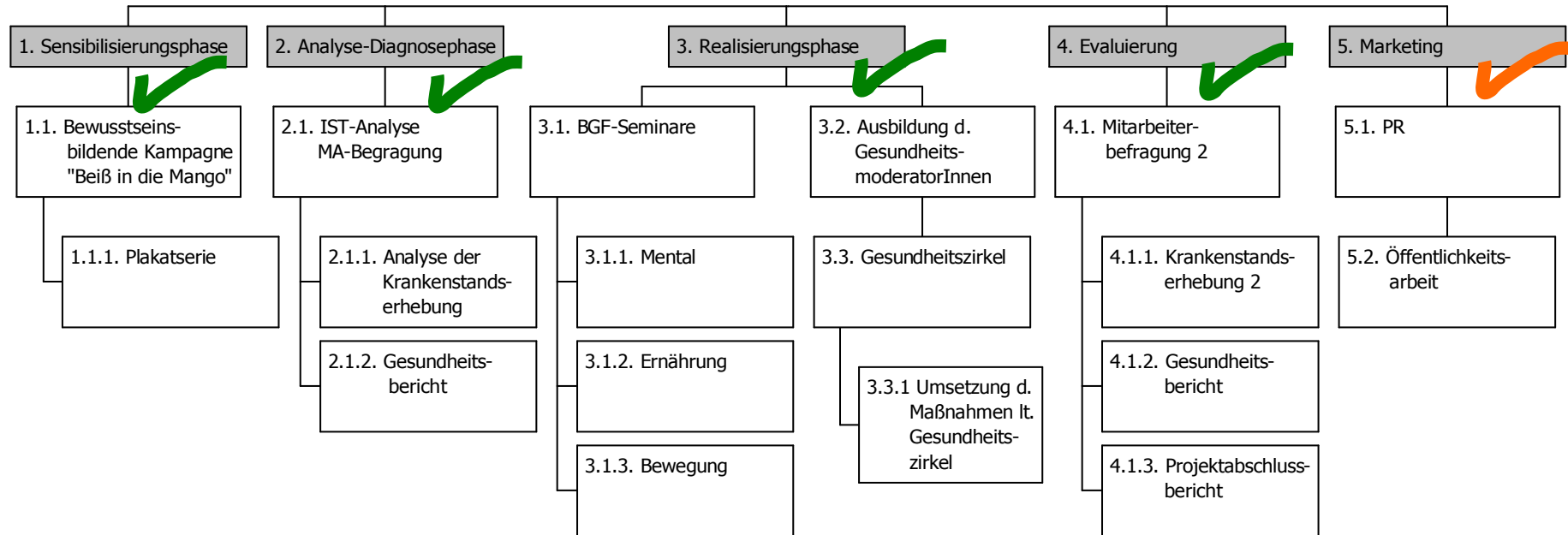
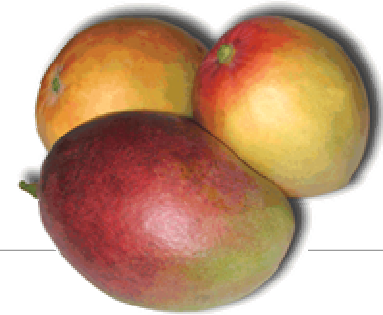
Our **social capital** has grown considerably

# participants May 2006 - Jan. 2009





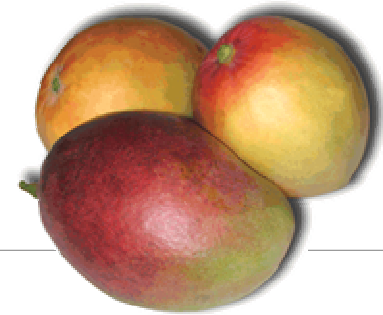
# structure



# Public Relation



# Public Relation



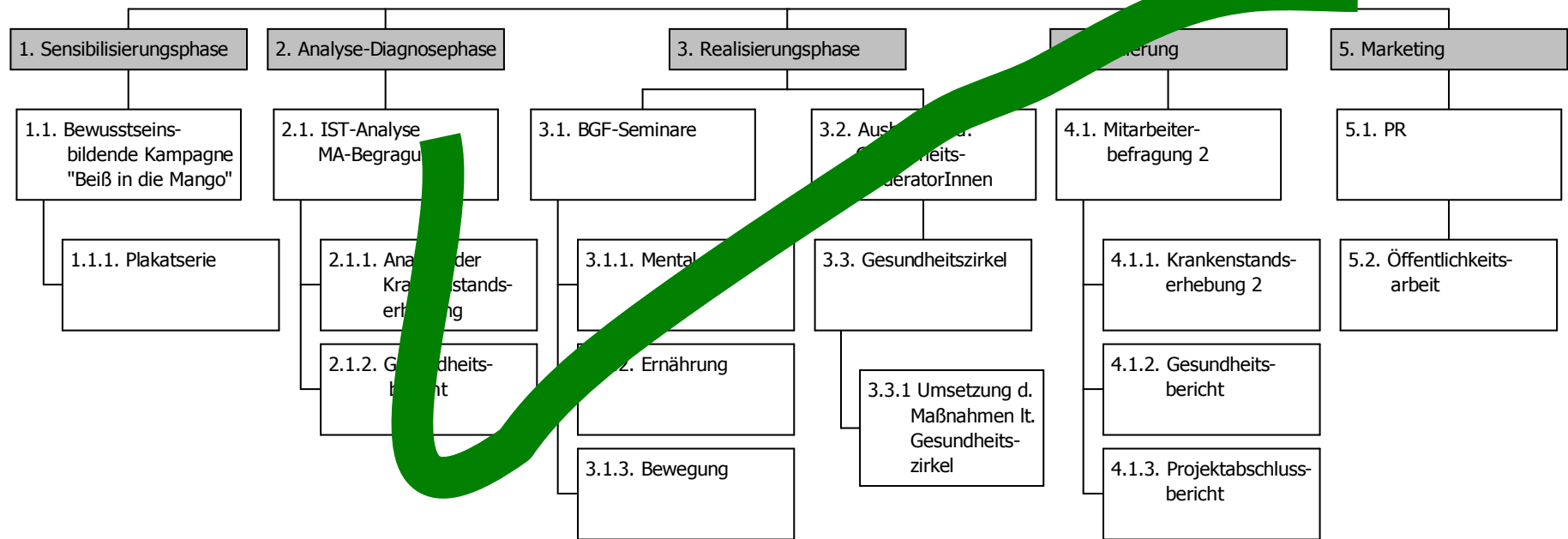
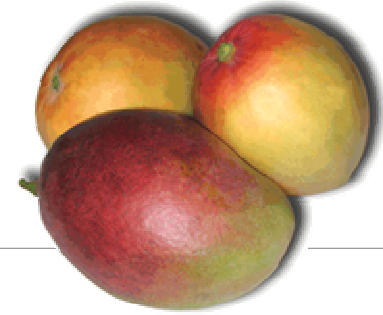
**Mark of quality** for workplace health promotion

**Move Europe Award** “Model of best practise”

**14<sup>th</sup> Austrian Conference of Health Promoting Hospitals**

**„Perugia“!**

# structure



# Beiß in die Mango



**thank you for your attention**  
**and take a bite out of the mango**