

## Dear reader

ENWHP was formally established in 1996. With the support of the European Commission, DG Health and Consumer Protection, the ENWHP has carried out a number of important European initiatives over the past decade which have established workplace health promotion (WHP) as a field of action for public health at European and national level. The current 7th initiative focuses on life-style related Workplace Health Promotion (WHP), and especially on the combination of physical activity, healthy diet, mental health and smoking prevention.

Kind regards  
ENWHP-Newsletter-Team

**The current topics****European companies have realised the meaning of active living in the workplace**

Active living is beneficial to health – mentally, physically and socially. This applies to all ages and especially to adults who often sit or stand and sometimes perform monotonous or repetitive movements at work everyday. Fitness programmes enable them to take more exercise, improve their weight, posture and muscle weaknesses and help to combat stress, chronic diseases such as type 2 diabetes and their associated health problems and they can also encourage employees to adopt an overall healthier lifestyle. [more...](#)

**Health is the Greatest Wealth - Management Conference 30/31. October 2008, London**

Achieving Business Excellence – Health, Wellbeing and Performance: The 'Enterprise for Health' network conference is a European platform for enterprises which combine health, employee participation and corporate culture with business excellence as integral elements of their company policies. A healthy population with a healthy workforce is a prerequisite for economic productivity and prosperity. Thus, more and better jobs – the core goal of current EU policy – requires a shift in thinking and approach: health is not just a cost, it is an investment. The conference aims at decision-makers and practitioners - personnel management and production managers alike - and will also attract experts from occupational health and safety and training. [more...](#)

**Tobacco is the single most preventable cause of death in the world today**

Currently 5.4 million worldwide – more than from tuberculosis, HIV/AIDS and malaria combined – die from tobacco use (smoking) every year and it is estimated that number of deaths will rise up to 100 million in the 20th century. By 2030, there will be more than 8 million deaths every year and more than 80% of tobacco deaths will be in developing countries, unless urgent countermeasures are taken. [more...](#)

**Healthy workplaces – a top priority in Europe**

Every three-and-a-half minutes somebody in the EU dies from work-related causes. This means that almost 167,000 deaths a year result from either work-related accidents or occupational diseases. Most of these accidents and diseases are preventable, and the first step in preventing them is risk assessment. That is the message of "Healthy Workplaces: Good for you. Good for business. A European campaign on Risk Assessment", the new Europe-wide information campaign launched by the European Agency for Safety and Health at Work (EU-OSHA). [more...](#)

**A Field Test of a Web-Based Workplace Health Promotion Program to Improve Dietary Practices, Reduce Stress, and Increase Physical Activity: Randomized Controlled Trial**

Workplace health promotion activities and modes of delivery vary widely, from ad hoc events, such as health fairs and provision of print materials, to comprehensive programs involving health risk appraisals, preventive interventions addressing fitness and dietary practices, and intensive disease management programs. A recent comprehensive review of the clinical efficacy and cost-effectiveness of work site comprehensive health promotion and disease management programs concluded that "studies to date indicate positive clinical and cost outcomes". Although this assessment specifically refers to comprehensive programs that focus on risk reduction (particularly for high-risk employees), the generally positive conclusion is congruent with other studies demonstrating effectiveness and cost savings from health promotion and disease management programs at work sites. [more...](#)

## Events &amp; Dates

**13 June 2008: Brussels, Belgium**  
--- EU high-level conference  
"Together for Mental Health and Well-being"  
[more...](#)

**19-20 June 2008: Berlin, Germany**  
--- 2nd Annual ProMenPol  
Practitioners Conference  
[more...](#)

**11-13 August 2008: Reykjavík, Iceland**  
--- The 40th Nordic  
Ergonomic Society conference  
[more...](#)

**27-31 August 2008: Geneva, Switzerland**  
--- World Cancer  
Congress 2008  
[more...](#)

**3-6 September 2008: Bratislava, Slovakia**  
--- 5th International  
Posture Symposium  
[more...](#)

**4-5 September 2008: Zürich, Switzerland**  
--- 5th Annual  
European Health & Productivity  
Congress  
[more...](#)

**9-13 September 2008: Turin, Italy**  
--- 8th IUHPE European  
Conference on Health Promotion  
and Health Education  
[more...](#)

**24-27 September 2008:**  
Timisoara, Romania --- National  
Congress in Occupational Health  
[more...](#)

**30-31 October 2008: London, United Kingdom**  
--- EfH  
Management Conference  
[more...](#)

**5-6 November 2008: Basel, Switzerland**  
--- 2nd Trade Fair for  
Work and Health "Healthy  
employees also boost the  
balance sheets"  
[more...](#)

**6-8 November 2008: Lisbon, Portugal**  
--- 16th European  
Conference on Public Health  
[more...](#)

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