



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

ENWHP Business Meeting in Ljubljana, Slovenia

For two days, the members of the European Network for Workplace Health Promotion (ENWHP) came together for Business Meeting in Ljubljana, Slovenia. The main topic at this meeting was the current European project "MoveEurope". Further points discussed were the new project on the Promotion of Mental Health at the Workplace and other general network matters such as the 6th European Conference of the ENWHP. [more...](#)

Increase of psychological burdens at the workplace - MoveEurope campaign makes employees strong in the fight against stress

Fundamental changes have been observed in the working environment over recent years that have led to a shift from physical to psychological and mental demands at work. Psychosocial stress now predominates, caused by a bad working climate, bullying at work, fear of job loss and the psychological and mental stress caused by excessive workload, pressure to perform and pressure of time. In facing these and other similar situations employees feel stressed and threatened. [more...](#)

ProMenPol – Promoting and Protecting Mental Health

ProMenPol is a European project that is funded by the European Commission under the 6th Framework Programme and led by the Federal Institute for Occupational Safety and Health (BAuA). It aims to support the practices and policies of mental health promotion over the 2007-2009 period in three settings: schools, workplaces and older people's residences. [more...](#)

Management competencies for preventing and reducing stress at work

Workplace stress is a significant problem for organisations. Recent estimates suggest that over half a million people are affected by work-related stress, costing UK industry an estimated £9.6bn per year. In 2004/2005, a total of 12.8 million working days were lost to stress, depression, and anxiety. In a recent CIPD survey, 40% of responding organisations reported an increase in stress-related absence. In response to this escalating problem, the UK Health and Safety Executive (HSE) has developed national Management Standards for work-related stress. [more...](#)

WHO in 60 years: a chronology of public health milestones

For many years the World Health Organization (WHO) has worked for health to people in the world. WHO is the directing and coordinating authority for health within the United Nations system. It is responsible for providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy options, providing technical support to countries and monitoring and assessing health trends. This year, WHO is celebrating its 60th anniversary. The chronology below tells the story of WHO and public health achievements over the last 60 years. [more...](#)

Office ergonomics

Office workers are exposed to a number of health risks, amongst others, to sedentary work, repetition, work with computers and unsuitable microclimate. This web summary provides specific guidance on use of office equipment, providing a safe working environment, and workstation practices, including a detailed Video Display Unit (VDU) Workstation Checklist. [more...](#)

Events & Dates

7-9 August 2008: Aalborg, Denmark --- Mental Health Europe Conference "Diversity in Mental Health and Well-being – An Opportunity for Intercultural Dialogue"
[more...](#)

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

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

9-10 October 2008: Tallinn, Estonia --- International Workshop on postponing ageing "Contemporary Problems of Prolonging Work Ability"
[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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