



## ***Comprehensive Lifestyle Management***

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<b>EFFECT</b>	<b>Trend</b>
<b>Accidents, overall number</b>	↓
<b>Accident frequency, (less new/young workers)</b>	↓
<b>Temporary work, contract work, part time work, self-employment, fragmentation</b>	↑
<b>Restructuring negative effects on health</b>	↑
<b>Female workers employment</b>	↔
<b>Migrant workers employment</b>	↓
<b>Psychosocial disorders</b>	↑
<b>Cardiovascular disorders, deaths</b>	↑
<b>Risk of long-term disability, if more than 6m out</b>	↑
<b>Working and OSH- Culture</b>	↓

Source: EU-Agency for Safety and Health at Work

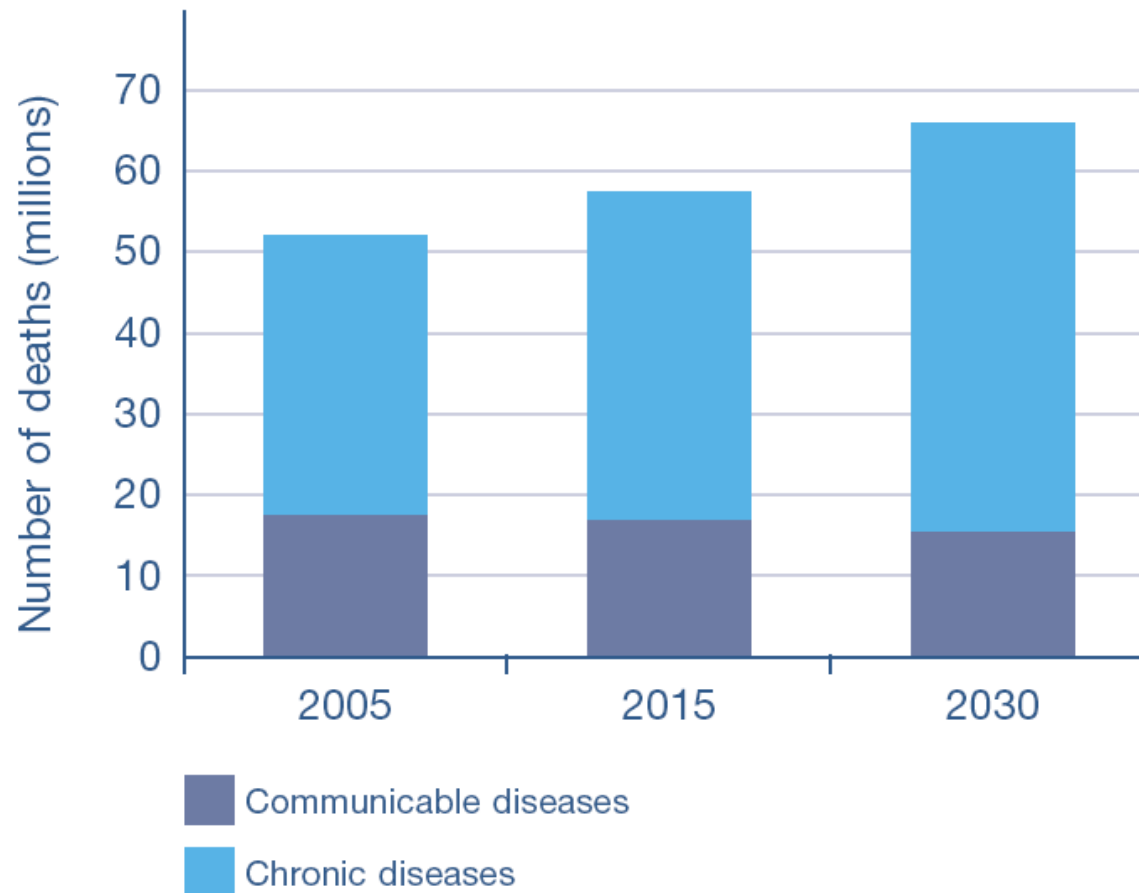


- ✓ A pessimist is someone who makes problems out of his opportunities;
- ✓ An optimist is someone who makes opportunities out of his problems.

***Reginald Mansell***



## The health challenge

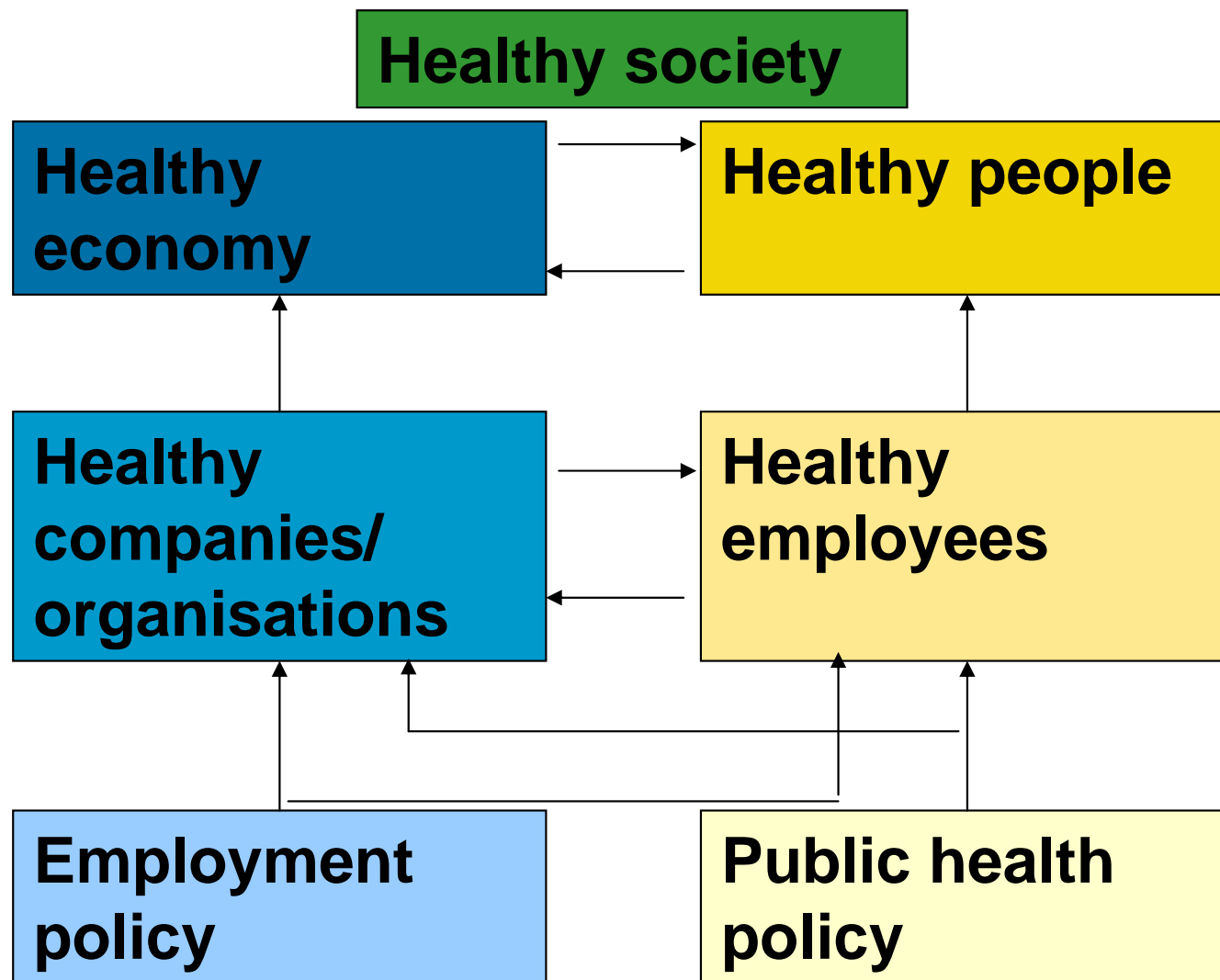


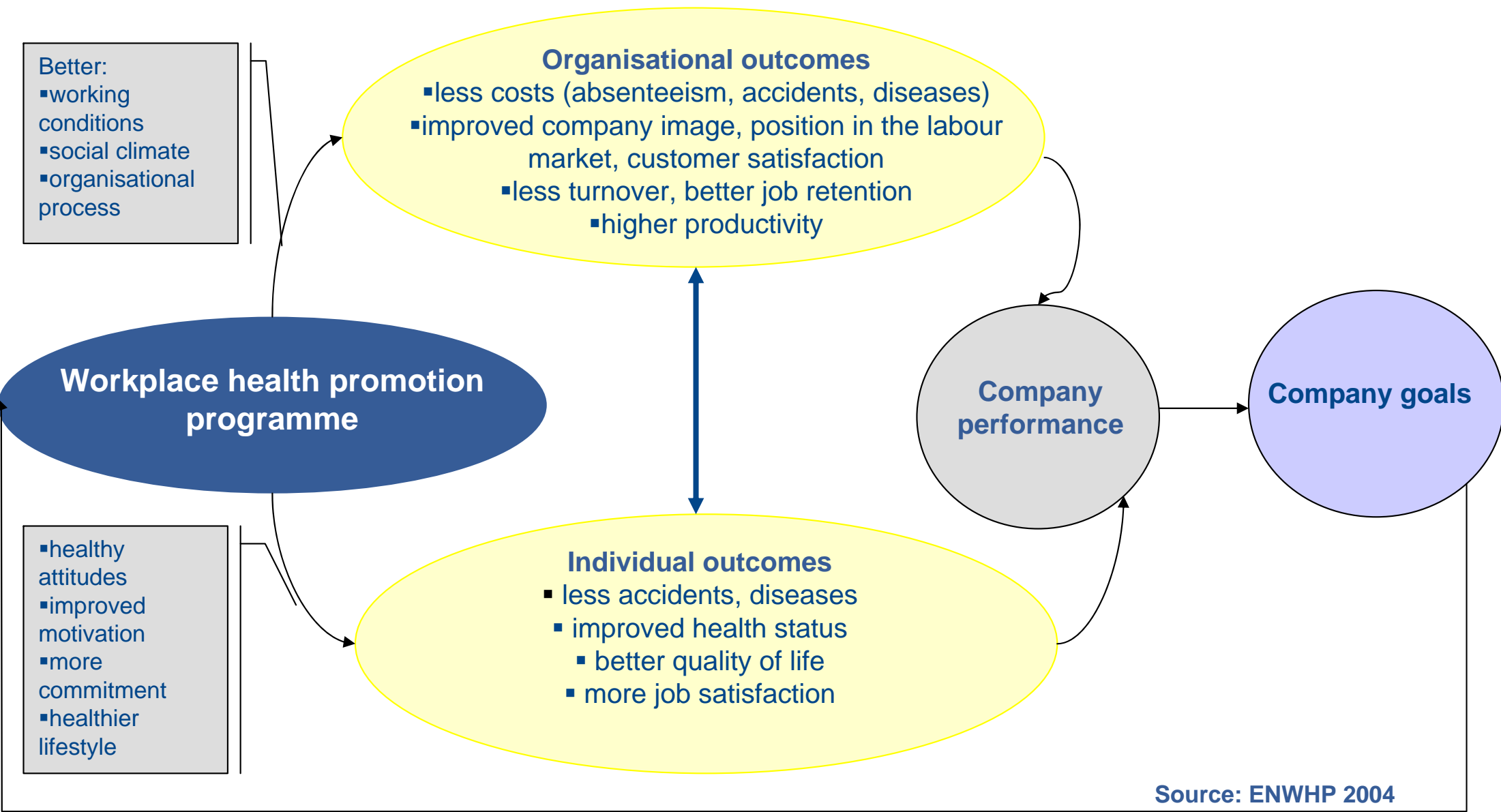
Source: WHO

## **The economic challenge**

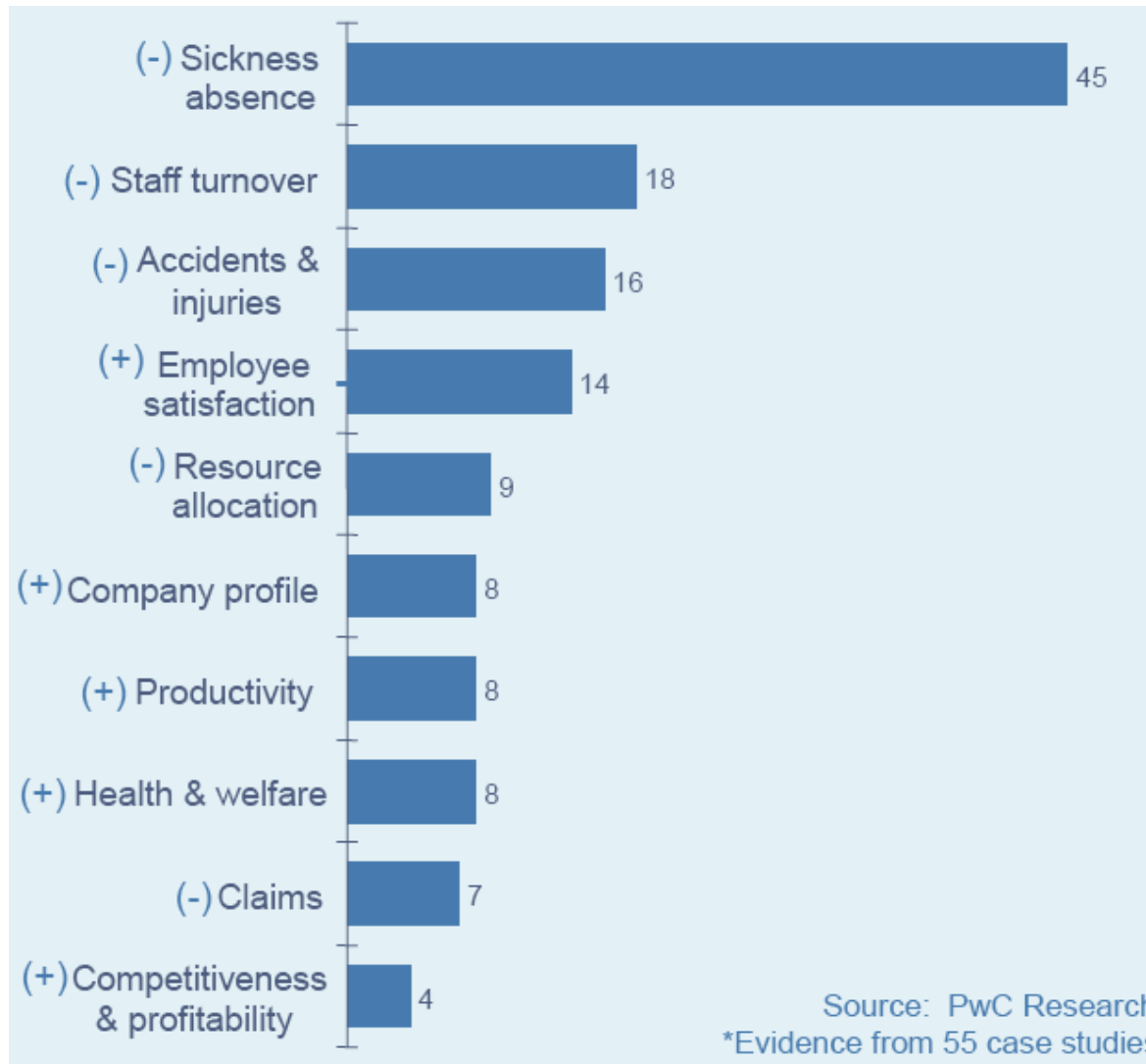
- Diseases are expensive
- E.g. If there were a 10% reduction in mortality from heart disease and cancer, it could save the US \$10,4 trillion annually

## Investing in health makes sense





## Investing in workplace health makes business sense



- WHP ≠ cost
- WHP = investment
- WHP = added value for stakeholders:
  - employees
  - employer
  - shareholders
- WHP
  - = healthy employees
  - = healthy companies
  - = healthy economy
  - = healthy society

***WHP stimulates investments in human capital and contributes to***

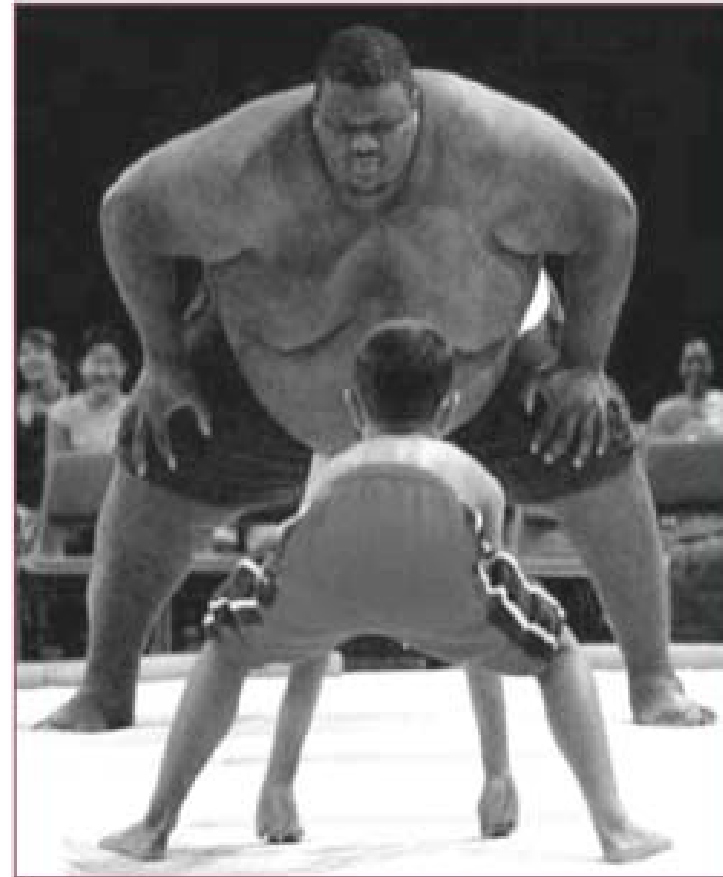
- Sustainable business excellence
- Long-term shareholder value
- Corporate social responsibility

***Asset for an innovative, competitive knowledge based economy***

## The need for a comprehensive approach ...



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## The Comprehensive Approach

### Promoting healthy lifestyle

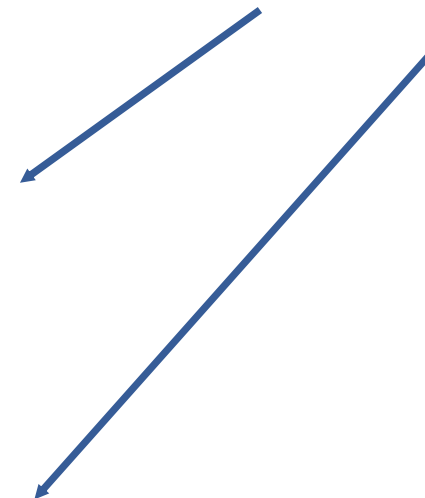
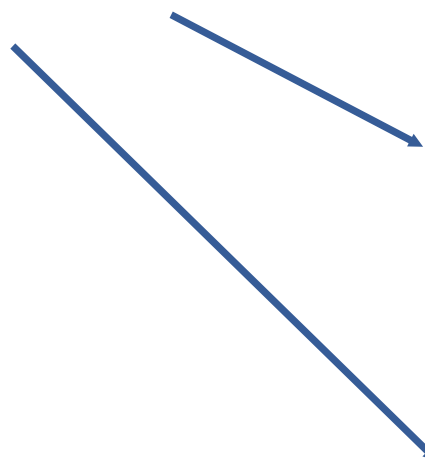
Behavioural aspects  
Personal Resources  
Hereditary endowment

### Creating a health promoting working environment

**Working conditions** (physical, psychosocial & mental aspects)  
**Work organisation**

### Personal Health Practices

### Working environment



Health of employees



Company Performance

- comprehensive approach (individual and organizational aspects)
- supported by and involvement of management
- supported by and active involvement/participation of employees
- ongoing communication between and towards all stakeholders
- supported by an overall corporate policy
- integrated in the corporate strategy, systems and processes
- based on a structured approach
- based on a needs analysis and/or risk assessment
- supported by the necessary resources (material, financial, human)
- providing information and training on WHP
- evaluation and monitoring of the program
- based on effective measures and scientific knowledge
- characterized by continuous improvement

## Breakout Sessions

