



# ***Promoting Healthy Lifestyles at the Workplace***

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## 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)*

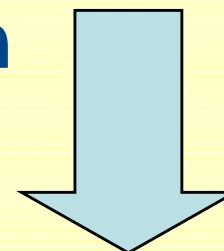
# European Approach in Promoting Workplace Health



# Vision and Mission of the ENWHP

Healthy Employees in Healthy Organizations

**To achieve this vision the Network is committed in 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

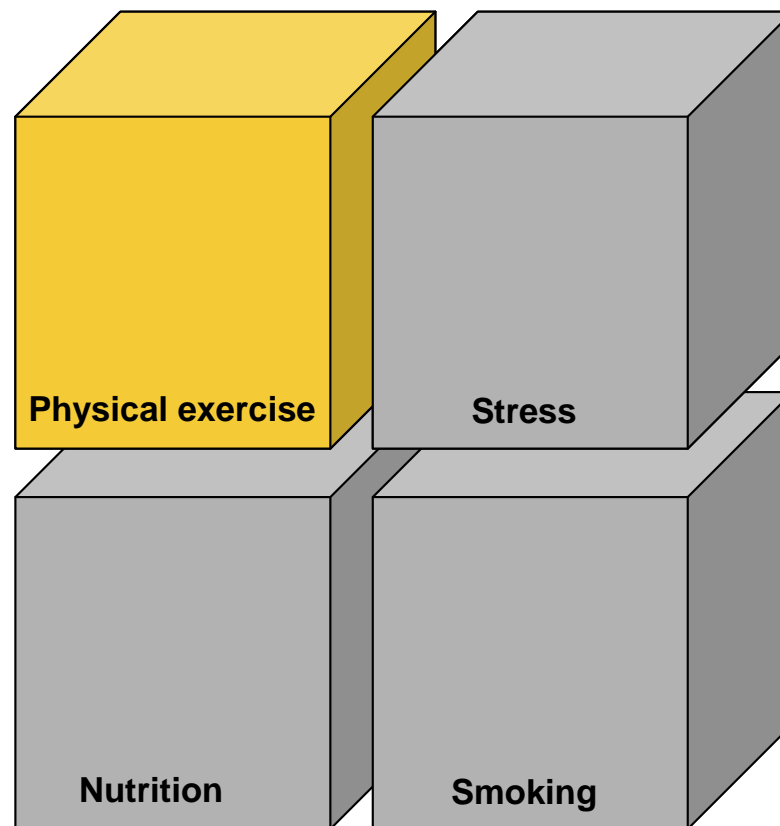
- **Coordination consortium**

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

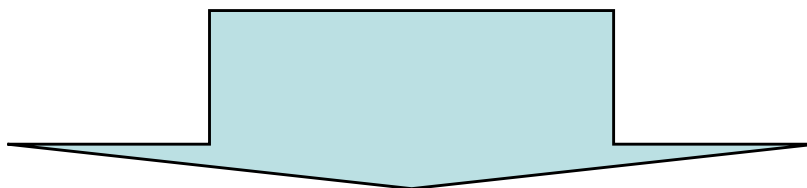


# Main Principles

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

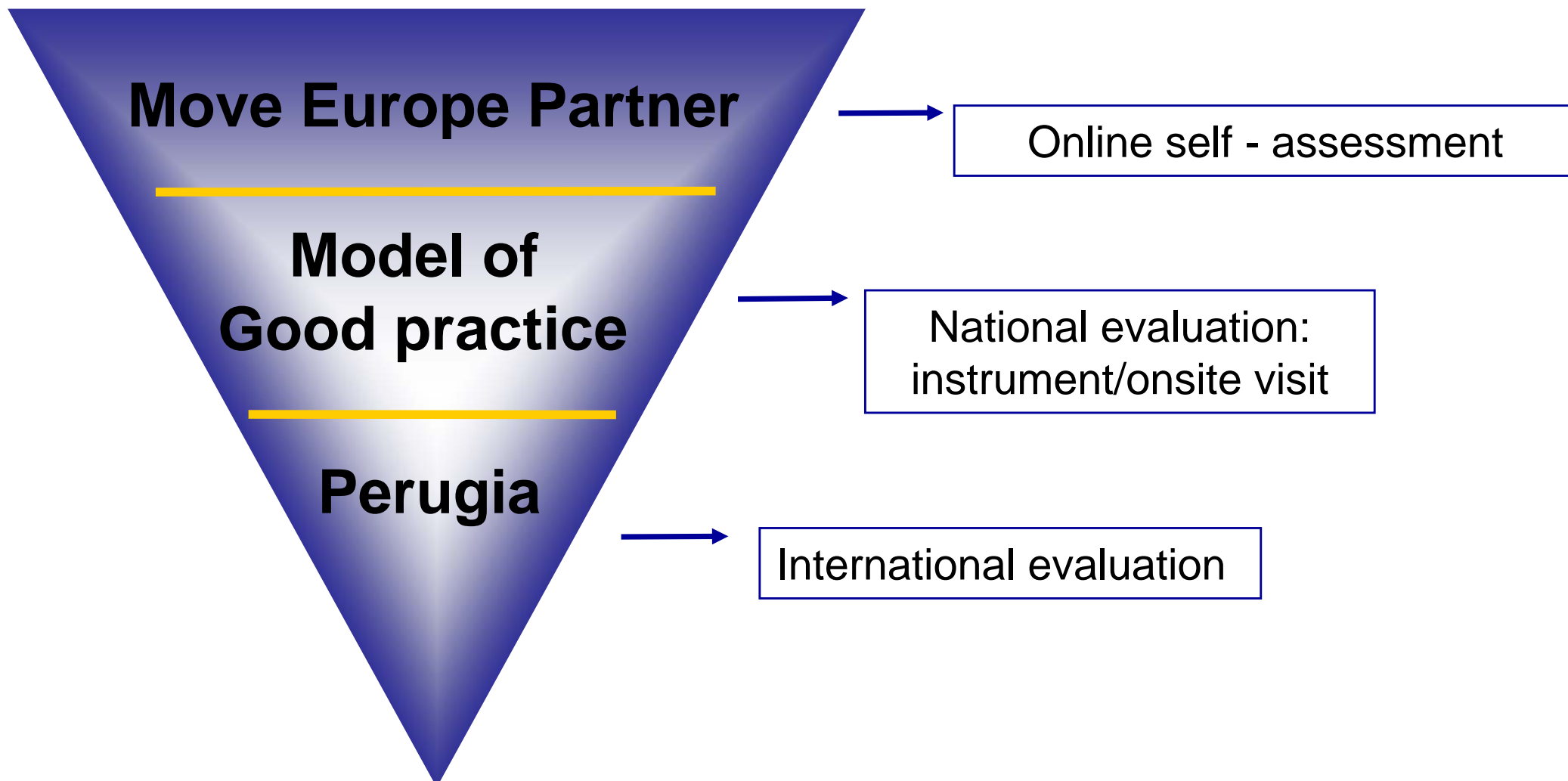
## Which partners?

- 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

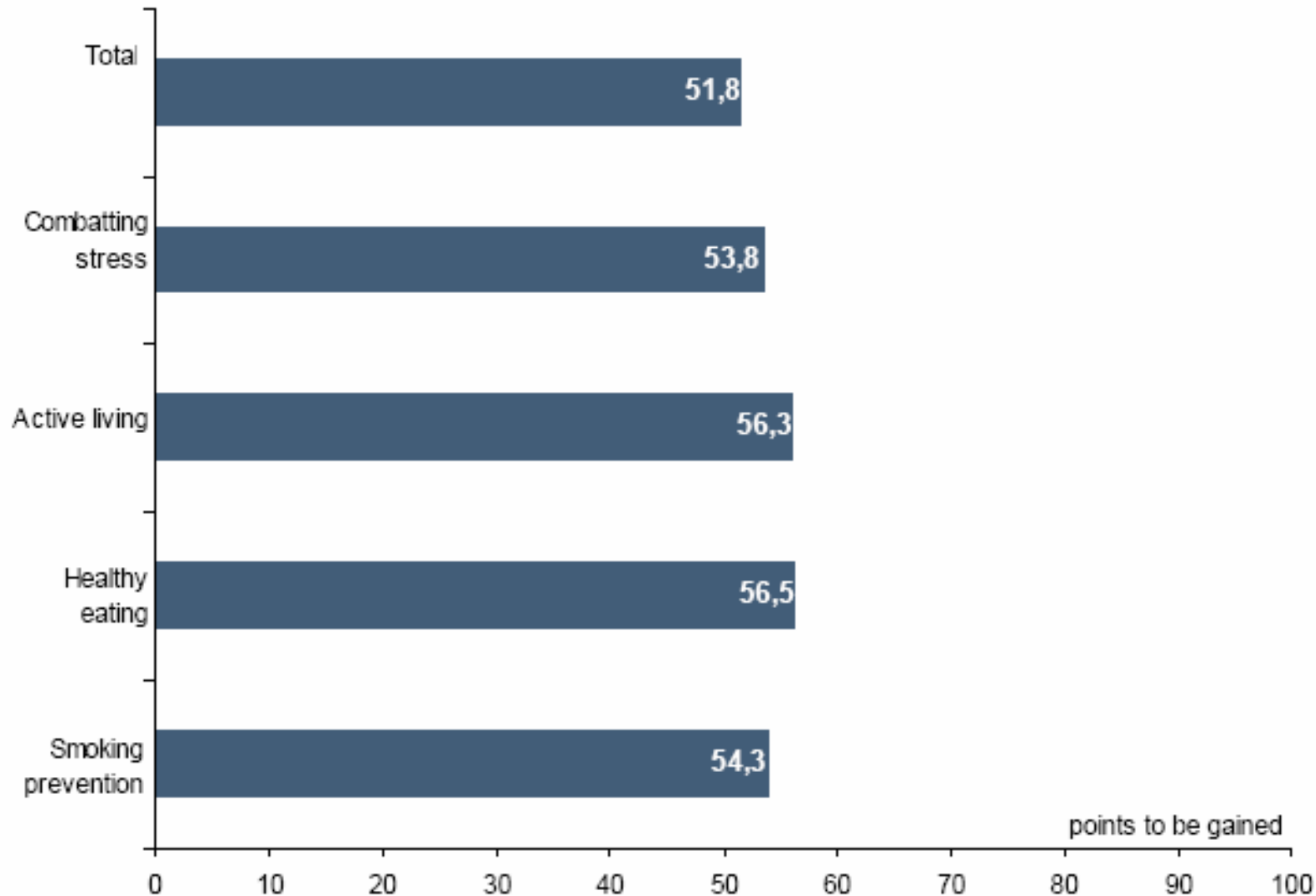
- 2.779 (total)
- 1.360 (complete)
- 667 (large)

## Italy

- 8.761 (web contacts)



# 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**