



Dear reader

In the following we provide you with our latest news about projects and good practice from the field of workplace health promotion.

Kind regards
ENWHP-Newsletter-Team

Events & Dates

**8-9 March 2011: Birmingham, UK -
-- Health and Wellbeing @ Work
[more...](#)**

The current topics

The Edinburgh Declaration on the Promotion of Workplace Mental Health and Wellbeing

This Declaration states the commitment of the members of the EUROPEAN Network for Workplace Health Promotion (ENWHP) to continue to campaign for the promotion of workplace mental health and wellbeing, and to include it as an integral and central aspect of their workplace health promotion efforts. [more...](#)

Work in tune with life. Move Europe in Denmark

During the campaign, 54 Danish workplaces took part and 2 organisations - one from the private sector and one from the public sector - were nominated as Models of Good Practice in Denmark. On the 17th of November 2010 the Models of Good Practice were presented to the public and the press and representatives of the companies held a lecture about their work and experiences. [more...](#)

Work-related stress in the 27 EU Member States and Norway

The main outcomes (individual, organisational and societal) of work-related stress include physical and mental health problems, absence from work, reduced quality of outputs, increased welfare and medical spending, and reduced productivity. Company-level examples of best practice in stress management highlight the need for good quality data on work-related stress, a robust stress policy, the involvement of all relevant actors, good communications, and the importance of buy-in from senior management. [more...](#)

Mental health and well-being at the workplace – protection and inclusion in challenging times

This WHO publication suggests ways to respond to the challenges that modern working life presents to mental health and well-being and to overcome barriers to employment for people with mental health problems. It also discusses opportunities for integration and empowerment given the global economic downturn from the viewpoint of service-user and family-caregiver associations, enterprises, trade unions, politicians and researchers. It is essential reading for employers and policy-makers in the European Region and beyond. [more...](#)

Developing competencies and professional standards for health promotion capacity building in Europe (CompHP)

In 2009, the IUHPE and its partners established a three year initiative, with funding from the European Commission, on Developing competencies and professional standards for health promotion capacity building in Europe (CompHP) that will impact on workforce capacity to deliver public health improvement in Europe. [more...](#)

Exhausted and in need for recovery: Highly-educated women at work

Highly-educated women aged 50-64 years suffer most from work-related fatigue (NFR = need for recovery). This is the result of a study among 47,000 Dutch employees conducted by scientist of Maastricht University in the Netherlands. According to the scientists the findings are alarming, demand urgent measures and should be on the shortlist of policy makers, employers, and company doctors. [more...](#)

Sickness absence can link to suicidal tendencies

People who were absent from work for at least 7 days due to psychiatric disorder have a 6-fold excess risk of suicide, a 3.2-fold excess risk of death from other causes, e.g. a 1.8-fold excess risk of cardiovascular death, and a 1.7-fold excess

risk of dying from smoking-related cancer, a 16-year French follow-up study with nearly 20.000 employees has shown. [more...](#)

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