

## ENWHP NEWSLETTER - MARCH 2022



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2022**

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### **Germany depression barometer: every fifth employee suffers from depression**

One in five employees in Germany has been diagnosed with depression. A better level of knowledge about illness in companies could avoid a lot of suffering for affected employees and immense costs for employers. This is suggested by the results of the 5th Germany Depression Barometer published recently by the German Depression Aid Foundation.

This representative survey examines attitudes and experiences of depression in the population every year. 5,283 people between the ages of 18 and 69 from a representative online panel were surveyed in September 2021. Depression is a widespread illness that affects most companies, 20% of those in employment stated that they had previously been diagnosed with depression. Another 19% of the employees surveyed suspect that they have had depression at some point in their life - but so far without a medical diagnosis. 15% of employees have already experienced a suicide or attempted suicide by a colleague.

'Depression is a common and serious illness. Statistically, there are employees who are depressed in almost every company. Employers can do a lot to ensure that affected employees receive professional treatment more quickly. As a result, not only great suffering but also costs can be avoided. 'Companies should therefore urgently develop basic knowledge and competence to act on depression and suicide prevention', says [Prof. Ulrich](#)

[Hegerl](#), Chairman of the Board of the German Depression Aid Foundation and holder of the Senckenberg Professorship at the Goethe University in Frankfurt.

More (In German)...



### **Mental health: framework concept and indicators set.**

In the course of the recognition of mental health as an essential component of population health, the Robert Koch Institute has begun developing a Mental Health Surveillance (MHS) system for Germany. MHS aims to continuously report data for relevant mental health indicators, thus creating a basis for evidence-based planning and evaluation of public health measures.

In order to develop a set of indicators for the adult population, potential indicators were identified through a systematic literature review and selected in a consensus process by international and national experts and stakeholders. The final set comprises 60 indicators that, together, represent a multidimensional public health framework for mental health across four fields of action. Indicators still need to be developed for the fifth field of action 'Mental health promotion and prevention.

The pilot methodology proved to be practicable. Strengths and limitations will be discussed regarding the search and definition of indicators, the scope of the indicator set as well as the participatory decision-making process.



### **IUHPE strategic plan 2021-2026**

The International Union for Health Promotion and Education (IUHPE) sets the priorities of its work for the period 2021 to 2026 in its strategic plan. The global professional association makes a significant contribution to the development of scientifically based health promotion and to the professionalization of this field in Europe.

The Strategic Plan of the International Union for Health Promotion and Education (IUHPE) for 2021-2026 builds on existing developments and outlines the organization's strategic priorities for the next five years.

The central theme and overarching framework on which this strategic plan is based is a systemic approach to health promotion. The IUHPE is also currently working on the development of an instrument for the evaluation of health promotion systems (HPS), which should go into the test phase at the end of 2021.

The IUHPE's strategic priorities set for 2021-2026 include:

- Measures on the determinants of health and the Sustainable Development Goals (SDGs)
- Addressing global health and health equity challenges, including non-communicable diseases (NCDs) and

Next steps in setting up the MHS will be the operationalisation of the single indicators and their extension to also cover children and adolescents. Given assured data availability, the MHS will contribute to broadening our knowledge on population mental health, supporting a targeted promotion of mental health, and reducing the disease burden in persons with mental disorders.

[Find out more](#)

- communicable diseases
- Promote mental health and wellbeing
- Development of the area of health promotion

These strategic priorities are supported by operational measures that are based on the departments of the IUHPE Vice Presidents.

[You can read it here](#)

## NEWS FROM THE H-WORK PROJECT

ENWHP is a partner in the H-Work project - Multilevel Interventions to Promote Mental Health in SMEs and public workplaces\*. The project is now at an exciting phase of development as it is moving from a period of developing tools for mental health promotion to implementation and testing them in workplaces in 5 EU countries (Italy, Spain, Netherlands, Germany, and Czechia).

A range of interventions have been developed within the project - these include awareness-raising tools, interventions to promote mindfulness, and interventions to improve the quality of the work environment and leadership in the workplace.

Within the project, ENWHP's role is largely concerned with dissemination. We will; keep our members and followers informed of progress through our Newsletter, Social media accounts, and website throughout the next 18 months.

*\* This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 847386. The material presented and views expressed here are the responsibility of the author(s) only. The EU Commission takes no responsibility for any use made of the information set out.*

**Follow the project progress on the [H-Work website](#)**



### Research reports

You can suggest research summaries (robust and recent findings and no more than 300 words) to the ENWHP team. Send it to [info@enwhp.net](mailto:info@enwhp.net)

[See all reports](#)

# Don't miss them



Upcoming OSH and WHP [events](#)

Fischer, J.E., Genser, B., Nauroth, P. et al. [Estimating the potential reduction in future sickness absence from optimizing group-level psychosocial work characteristics: a prospective, multicenter cohort study in German industrial settings.](#) J Occup Med Toxicol 15, 33 (2020) ([ENWHP commentary](#))

Schmidtke, Julia; Hetschko, Clemens; Schöb, Ronnie; Stephan, Gesine; Eid, Michael; Lawes, Mario (2021): [The Effects of the Covid-19 Pandemic on the Mental Health and Subjective Wellbeing of Workers: An Event Study Based on High-Frequency Panel Data.](#) (IAB-Discussion Paper, 13/2021), Nürnberg, 81 p. ([ENWHP commentary](#))

Maurice B. MittelmarkGeorg F. BauerLenneke VaandragerJürgen M. PelikanShifra SagyMonica ErikssonBengt LindströmClaudia Meier Magistretti (2022) ["The Handbook of Salutogenesis"](#) 2nd ed.

ENWHP  
Piazza Lucio Severi 1  
Edificio D Piano 0  
06129 Perugia  
Italy  
[info@enwhp.net](mailto:info@enwhp.net)



<http://www.enwhp.org>

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