

ENWHP NEWSLETTER - FEBRUARY 2023



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Digital Health Design and Health Equity



ENWHP Director Steve Bell has recently presented at events in Iceland and Scotland on the subject of Digital Health Design and Health Equity. Digital health solutions are often seen as a way of democratising health and accessing otherwise harder to reach communities such as younger people and those living in more rural areas. However, whilst they offer the promise of helping to overcome the Inverse Care Law, we must be careful not to inadvertently exacerbate the situation through the unintended consequences of our best intentions.

Digital exclusion, whether linked to a lack of digital skills, access or affordability, is perhaps the most obvious mechanism through which a digital inverse care law may manifest, though a range of other, often more subtle risks also exist. Careful intervention design can help mitigate these risks.

There are five key messages:

- Design technologies to address the **specific needs of disadvantaged groups**.
- Ensure **robust evaluation of interventions** and their impact on health and health equity.
- Address **trust and privacy** concerns.
- **Tackle barriers** of access, skills and personal agency.
- Deliver interventions within the context of **proportionate universalism**.

The important thing is to be aware that digital health interventions, like any other health intervention, may widen inequality. Done right, however, there is every reason to be confident that digital approaches, can help reduce health inequality and finally begin to redress the Inverse Care Law.

[More information](#)

How does quality of WHP vary over time



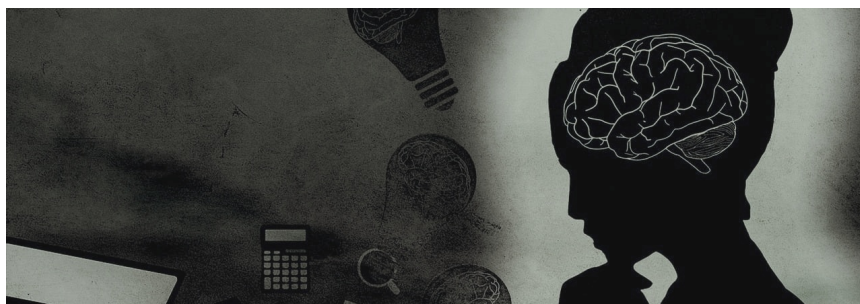
Workplace health promotion is effective when it is implemented in a high-quality and sustainable manner. Companies in the Austrian quality management system can apply for a **WHP quality certificate every three years**. More and more companies are integrating WHP into their regular operations. A recent report investigates the WHP quality system and how the companies develop their practice over time.

WHP quality is measured using **15 holistic quality criteria**, which are assessed by an external, independent institute. For the period 2014-2021, evaluations from 570 companies with two and from 278 companies with three measurement points in time are available (initial and renewal awards). The (potential) change of the WHP quality is examined using a longitudinal design by the means of confirmatory factor analyses and autoregressive models with latent variables.

Results showed that both the quality of WHP and its stability over time differ significantly according to company size and the experience of the company with WHP structures and processes. Larger companies tend to have more stable processes than smaller ones. WHP quality is a relatively stable characteristic of the company, but **company size influences quality changes over time** to a lesser extent. This might be expected, but it also indicates that small companies should be clearly motivated and supported in their WHP measures.

[Full study](#)

New joint initiative on mental health at work



A new joint policy brief on mental health and work has just been produced by the **WHO and ILO**. It targets practical strategies for all stakeholders – governments, employers and workers representatives that focus on:

- Preventing psychosocial risks at work.
- The protection and promotion of mental health.
- The support of workers with mental health conditions.

This important document adds weight to the efforts of the EU and national Governments to improve the practice of dealing with mental health at work.

[Policy brief](#)



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

[See all reports](#)

Don't miss them



Upcoming OSH and WHP [events](#)

Chong Chen, Shin Nakagawa. [Physical activity for cognitive health promotion: An overview of the underlying neurobiological mechanisms](#). Ageing Research Reviews, Volume 86, 2023, <https://doi.org/10.1016/j.arr.2023.101868>

NHS (2022) [Supporting our NHS people through menopause: guidance for line managers and colleagues](#). Publication PR1329

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