



European Workplace
Health Promotion
Standard

Bronze award 2025

BSA–Badalona Serveis Assistencials

BSA delivers a comprehensive range of services, encompassing primary, hospital, and socio-health (intermediate) care, as well as mental health and addiction services. Additionally, they provide home care and address sexual and reproductive health and occupational health needs.



Name of the Company: Badalona Serveis Assistencials (BSA)

Location: BSA operates within the regions of Barcelonès Nord and Baix Maresme, Catalonia, Spain.

Economic Activity: The organization's primary economic activity is the provision of public healthcare and social services.

Main Activities: BSA delivers a comprehensive range of services, encompassing primary, hospital, and socio-health (intermediate) care, as well as mental health and addiction services. Additionally, they provide home care and address sexual and reproductive health and occupational health needs.

Ownership: Badalona Serveis Assistencials is a public organization.

Organization Size: The organization comprises a network of 16 centers, staffed by over 1,400 professionals, serving a population of over 440,000 residents.

Description of the Workplace Health Promotion programme:

BSActivament is the healthy habits program aimed at professionals of *Badalona Serveis Assistencials*, which is part of the Strategic Priority "Professional development and well-being". It is also born within the #JoSocBSA movement that gives light to the feeling of pride and belonging to the institution.

Recognizing that a healthy work environment is key, the program focuses on five main areas:

- Healthy Eating: Workshops and healthy food options at work.
- Physical Activity: Exercise classes and challenges to stay active.
- Emotional Management: Tools to manage stress and improve mental well-being.
- Adequate Rest: Tips for sleeping well and recharging energy.
- Prevention of toxic habits: Resources and support are provided for people who want to give up toxic habits.