

6th European Conference on Promoting Workplace Health

HEALTHY WORK - HEALTHY LIFESTYLE – HEALTHY BUSINESS
PERUGIA, ITALY 27TH AND 28TH APRIL 2009



organised jointly by



Experimental Centre for Health Education
Department of Medical and Surgery Speciality and Public Health
University of Perugia



The European Network for
Workplace Health Promotion

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European Commission



Initiative for New Quality of Work

Initiative für Neue Qualität der Arbeit
inoq.de

BACKGROUND

HEALTHY WORK - HEALTHY LIFESTYLE – HEALTHY BUSINESS

In times of increasing global competition the health of the workforce becomes one of the key resources of competitiveness and capacity to innovate. Ageing European populations and ageing workforces in particular require a stronger investment in healthy living and working conditions.

The workplace is an important setting for successful health promotion strategies because employees today spend a growing amount of time at work and a better state of health can be created here through a healthy working environment, organisation of work and the promotion of healthier lifestyles. Large numbers of premature death and chronic diseases could principally be avoided through the promotion of healthier lifestyles. And the investments pay dividends: a conservative estimate of the benefits from workplace health promotion indicates a likely annual return of three to one or more.

However, improved individual awareness of one's own health will not be sufficient to ensure a healthier working life in the future. A comprehensive approach is needed which stimulates the development of healthy and participatory enterprise cultures and which involves both the physical and mental well-being of employees.

Encouraging more enterprises throughout Europe to invest in more and better health at work - this is the aim of the European Network for Workplace Health Promotion (ENWHP).

ABOUT THE CONFERENCE

The conference in Perugia will conclude the 7th ENWHP initiative "Move Europe", focussing on comprehensive workplace health strategies integrating lifestyle management into a wider approach for improving the quality of working life. Three specific issues will be addressed at the conference:

- Comprehensive lifestyle management
- Working life on the move: nutrition, fitness and well-being
- Enjoyment of a healthy workplace: supporting physical and mental health

A plenary presentation will take place for each of the three topics and will be followed by more in-depth discussions and presentations of Models of Good Practice to be held by company representatives identified in the course of the "Move Europe" campaign to foster exchange of experiences in the field.

ABOUT ENWHP

Founded in 1996 and is comprised of national occupational health and safety institutes, public health institutions and ministries of health and labour from all the Member States of the European Community, the countries in the European Economic Area, and Switzerland. As a contribution to sustainable economic and social development in Europe, the ENWHP members and partners are committed to develop and promote good workplace health practice.

PROGRAMME

MONDAY, APRIL 27TH

09:30 **Registration and welcome addresses**

Chair: *Lamberto BRIZIARELLI*

Representative of Labour/Health Ministry, Italy (invited)

Maria Rita Lorenzetti, President of the Umbrian Region

Renato Locchi, Mayor of the City of Perugia

Francesco Bistoni, Chancellor of the University of Perugia

Adolfo Puxeddu, Dean of the Faculty of Medicine, University of Perugia

Massimo Porena, Director Department of Medical and Surgery Speciality and Public Health, University of Perugia

Zinta Podniece, European Agency for Safety and Health at Work, Bilbao

Jürgen Schefflein, Directorate-General for Health and Consumer Protection, European Commission

Francesco Blangiardi, President Italian Society of Public Health, Preventive Medicine and Hygiene

10:45 **Move Europe - background and achievements**

Giuseppe Masanotti, University of Perugia

11:00 **Towards a Healthier Lifestyle in Working Life**

Chair: *Maria Dolores SOLÈ*

Healthy employees in healthy organisations

Andreas Horst, Ministry of Labour and Social Affairs, Germany

Promoting comprehensive workplace health: a successful business strategy

Alessandro Lesma, ENI, Italy

12:30 *Lunch break*

14:00 **Comprehensive lifestyle management**

Marc De Greef, Prevent, Brussels, Belgium

14:30 Breakout sessions

Chair: *Francesco LA ROSA*

Promoting healthy lifestyles policies in all workplaces

Giaimo Mariadonata, Region of Umbria, Italy

Healthy construction, zero accidents

Strambi Fabio, Polo for WHP in the Province of Siena, Italy

“Impresa Sana®”: a modern approach to health management in companies

Luca Panini, Vital, Italy

Aim zero accidents in a healthy company

Giancarlo Magarotto / Pietro Dottor, Dottor Group, Italy

Chair: *Rob GRÜNDEMANN*

Integrated health management: experiences from BASF

Christoph Oberlinner, BASF SE, Germany

Worksite health promotion ‘Gezonder’

Henri Hendrickx, SABIC Innovative Plastics, The Netherlands

“Fit to Fight”: the integration of workplace health promotion into Actavis Iceland culture

Leo Sigurdsson, Actavis, Iceland

Experience of WHP in a Spanish Hospital of 1.200 workers

Xavier Orpella / Jordi Schlaghecke, BSA, Spain

Chair: David GOLD

Well-being at work: from project to policy

Koen Van Gestel, Procter&Gamble, Belgium

Vitality as the mission of Unilever

Beáta Vince, Unilever, Hungary

How to win with wellness - Mars UK

Arthi Santa, Mars Chocolate, United Kingdom

A successful tradition to achieve physical, mental and organisational health through quality management system, experienced line managers and workers participation

Slavin Yanakiev / Sv. Giokova / Zaprian Zapryanov, "Progress" JSC, Bulgaria

Chair: Sarah SEBINGER

Inspiration: a program promoting a healthy lifestyle in StatoilHydro

Trond Eirik Fosse / Geir Olav Hjertaker, StatoilHydro ASA, Norway

Our proven equation: work + exercise = better health (Ceska rafinerska, a.s.)

Ivo Hamacek, Ceska rafinerska a.s., Czech Republic

STEP: take step for your health

Béla Cseh, MOL Nyrt., Hungary

Diageo: a mentally healthy workplace

Sylvia Shepherd, Diageo Scotland Ltd., United Kingdom

16:00 *Coffee*

16:30 **Working life on the move: nutrition, fitness and well-being**

Reinhold Soebert, BKK, Essen, Germany

17:00 **Breakout sessions**

Chair: Matti YLIKOSKI

Promoting health in AUSL Forlì

Magda Zignani, AUSL Forlì, Italy

Worksite health promotion "Safety and vitality at work"

Joost de Bie, Waterland Ziekenhuis, The Netherlands

WHP at the convent hospital St. Elizabeth: "Take a bite out of the mango"

Berta Reiter, Convent Hospital St. Elizabeth, Austria

Overweight hospital staff and promoting workplace health

Eugene Rwamucyo, Centre Hospitalier de Sambre-Avesnois", France

Chair: Christa SEDLATSCHKE

Lifestyle intervention as an important part of HR development at Deutsche Bahn

Christian Gravert, Deutsche Bahn AG, Germany

The integrated approach towards WHP in the WSK "PZL-Rzeszów" S.A.

Katarzyna Skret, WSK, PZL-Rzeszów" S.A., Poland

Transportes Metropolitanos de Barcelona (TMB): a social responsible company

Laura López, TMB, Spain

H & S management moves a sustainable economy

Stefan Bayer / Andrea Freundl, RHI AG, Austria

Chair: Theodor HARATAU

Healthy nutrition and well-being at work

Tim Lammens, NV Delbaize Group, Belgium

Moving towards the right weight

Felicia Steliana Popescu, Unilever Romania S.A., Romania

Food: fighting obesity through offer and demand

Nathalie Renaudin, ACCOR Services, France

Role of the innovative style in the development of comprehensive WHP practice

Svetlana Dimitrova Parashkevova, OPTIX Co, Bulgaria

Chair: Fabrizio STRACCI

Smoke free workplace at Hispano Suiza Polska

Halina Wróblewska, Hispano Suiza Polska, Poland

Encouraging quitting smoking through a workplace based initiative

Mihaela Stoia, Rosu SRL, Romania

Well-being at RTL Group

Romain Mannelli, RTL Group Corporate Centre, Luxembourg

Occupational health services act against tobacco-related cancer

Yves Helbecque/Marie-Christine Pham/Séverine Line, ASMIS-Service de Santé au Travail, France

20:30 Conference Dinner

TUESDAY, APRIL 28TH

10:00 **Enjoyment of a healthy workplace: supporting physical and mental health**

Steve Bell, Scottish Centre for Healthy Working Lives, Hamilton, Scotland, United Kingdom

10:30 Breakout sessions

Chair: Fabio STRAMBI

The recipes for health

Piero Di Blasio, Studio Odontoiatrico Di Blasio, Italy

Lifestyle in the workplace

Maria Rosaria De Monte, zona fiorentina sud-est ASL 10, Italy

The passion for health and safety in the workplace starts from the employer!

Matteo Cielo, San Matteo SPA, Italy

Promotion healthy lifestyles at work: breaks on the move

Erminia Battista / Massimo Gigli, ASL2 Umbria, Italy

Chair: Matti LAMBERG

Health and well-being: University of Glamorgan's Experience

John Curtis, University of Glamorgan, United Kingdom

Lifestyle management at the City of Dortmund

Egmont Baumann, City of Dortmund, Germany

Staff well-being in Kerry local authorities

Tom Curran, Kerry County Council, Ireland

Health! Programme for promoting wellbeing at work in the municipality of the City of Pori

Tuula-Maria Asikainen, City of Pori, Finland

Chair: Ása Guðbjörg ÁSGEIRSDÓTTIR

Eurotransline: fit in job

Anika Harb, Eurotransline, Int. Forwarding & Transport Company w.l., Austria

Healthy teachers at secondary school of nursing

Maja Klancic, Srednja zdravstvena sola, Slovenia

To Beijing on foot

Erik Van der Cruyssen / Bie Van Woensel, ADMB, Belgium

Health promotion in the Tapiola group

Leena Järvinen, from Tapiola Group, Finland

Chair: Tanja Urdib LAZAR

CIGNA Plusvita: a new way of life

Belén H. Sánchez, CIGNA, Spain

Worksite Health Promotion “A healthy proposition”

Bertus Jonker, AGIS Zorgverzekeringen, The Netherlands

Health promotion measures in the Petroleum Safety Authority Norway

Gro M. Galta, Petroleum Safety Authority, Norway

With physical activity to fitness and health

Ljubomir Moboric / Boza Bolina, Osnovna Sola Antona Martina Slomska Vrhnika, Slovenia

12:00 **Final Ceremony**

Chair: John GRIFFITHS

Promoting mental health at work: outlook of ENWHP next initiative

Richard Wynne, WRC, Ireland

Certification ceremony for Move Europe Partner Excellence organisations

13:30 Lunch

PRACTICAL INFORMATION

PARTICIPANTS

Participants representing enterprises, governmental bodies, social partners, public health and social security organisations from all EU Member States, countries of the European Economic Area as well as Switzerland will be attending the conference.

CONFERENCE LANGUAGE: English

All plenary sessions: translation-service English/Italian and Italian/English

Three breakout sessions: translation-service English/Italian and Italian/English

CONFERENCE OFFICE

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PERUGIA

In the spring wildflowers transform the rolling Umbrian countryside into a rainbow of colour, but still one's eye is drawn upward, to the tops of the surrounding hills, to the walled towns perched above. Perugia, the capital of Umbria, is one of Italy's best preserved towns, with a strong artistic and cultural tradition. The fresco painters Perugino and Pinturicchio lived here, and their works are part of a comprehensive collection of Umbrian art displayed in the 13th century Palazzo dei Priori, or town hall, considered one of the finest secular buildings in Italy. The frescoes of Pietro Vannucci, Perugia's most important Renaissance painter, can be seen on the walls of the Collegio del Cambio, built in 1450. Perugia was founded by the Etruscans, who built the city walls and the imposing arched main gate of the city. It is also the site of the annual Umbria Jazz Festival, and home to the famous Bacio Perugina.

VENUE

The conference will be held at the CONFERENCE CENTER PERUGIA, a modern event location of breathtaking architecture. The CONFERENCE CENTER PERUGIA lies in a central position, providing a link with Western European jazz elements and the rapidly opening music countries of Eastern Europe. Only five minutes from the main square. <http://www.perugiacentrocongressi.it/>

Assigned 5 credits ECM (for Italians only)
Medical Doctors and Prevention Technicians



INTERNATIONAL SCIENTIFIC COMMITTEE

Lamberto Briziarelli (*president*)

Athanasios Athanasiou / Ása Guðbjörg Ásgeirsdóttir / Steve Bell / Odd Bjornstad / Robbie Breen / Gregor Breucker / Karla Van Den Broek / Edina Gábor / Marc De Greef / Rob Gründemann / Theodor Haratau / Fedor Jagla / Elfriede Kiesewetter / Sille C. Kloppenburg / Elzbieta Korzeniowska / Ludmila Kozena / Karl Kuhn / Giuseppe Masanotti / Marianne Massa / Chantale Merz / Julien Pelletier / Dimitra Petanidou / Constantinos Petinis / Benjamin Sahler / Reinhold Sochert / Maria Dolores Solé / Eva Stergar / Yannis Tountas / Karsten Vester / Paul Weber / Patrycja Wojtaszyk / Richard Wynne / Matti Ylikoski / Zaprian Zapryanov

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