

# Hearts and Minds at Work in Europe

## Results of the WORKHEALTH II project

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on behalf of the project consortium



# What is WORKHEALTH?

- **WORKHEALTH** - Development of indicators for work-related health monitoring from a public health perspective
- **WORKHEALTH II** - Production of work-related public health report
  - Status quo on wr-health monitoring in new Member States



# Characteristics of WORKHEALTH

- Inter-sectoral approach
- Partners from public health, occupational health, social insurance, work inspectorate
- fundet by EU Commission within the Health Monitoring and Public Health Programme resp.



# The Report

## Hearts and Minds at Work in Europe

A European work-related public health report on  
Cardiovascular Diseases and Mental Ill Health



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# Why reporting on cardiovascular diseases (CVD) and mental ill health (MIH)?

- are of high public health relevance
- have a strong impact on work
- have work-related risk factors
- share common work-related risk factors
- are interrelated
- can be prevented by common interventions
- can be prevented in the workplaces setting



# Contents of the Report



The  
Hearts and  
Minds at Work  
triangel



# Contents of the Report



- burden on work



# Contents of the Report



- burden on work
- interrelations





# Contents of the Report



- burden on work
- interrelations
- impact of work



# Contents of the Report



- burden on work
- interrelations
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- prevention



# Contents of the Report



- burden on work
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# The burden of CVD and mental ill health (MIH) on work

**Mortality:** CVD main cause of death (42%) in the EU

**Morbidity:** 27% of EU population experience mental disorder p.a.



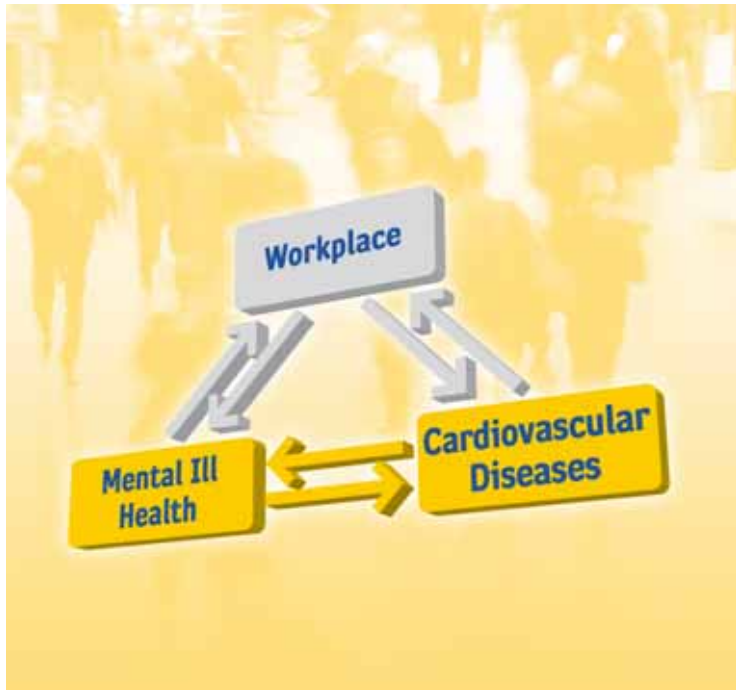
**Costs CVD:** €169 billion;  
2.18 million working  
years p.a. in EU25

**Costs MIH:** €240 billion;  
€132 billion indirect  
cost p.a. in EU25



# The relations between CVD and Mental Ill Health

- ▶ MIH is an independent risk factor for CVD  
association is of similar magnitude to that of physical inactivity or high cholesterol



- ▶ CVD can have adverse effects on the mental health  
prevalence of depression up to twice as high among patients with myocardial infarction up to 25%



# The impact of work on CVD and Mental ill Health

- ▶ Work related stress is a mayor risk factor for CVD and Mental ill health



- ▶ Work related stress is unevenly distributed in the world of work
- ▶ Work related stress is increasing in a changing world of work



# Strategies for healthy hearts and minds at work

Promoting health, preventing diseases and returning to work



- ▶ common goals
- ▶ common interventions
- ▶ common benefits



# Recommendations to Policy Making

## Note facts

- CVD and mental ill health are a burden to work
- Work is a risk factor
- Work is a setting for health promotion
- Workplace health intervention are effective

## Advocate workplace health

- Work Health issues integral to all policies
- Public health view taken in work health issues
- Monitoring the policy effects on workplace health



## Enable people

- Work Health issues considered in employment strategies
- Improving the information basis
- Research in evidence of work health interventions

## Consider challenges

- Demographic & structural changes to work
- increasing health discrepancies in Europe
- increasing discrepancies in prevention

## Mediate processes

- Health action plans to address work
- Enforce regulations in prevention and workplace safety
- Broader view of workplace health in social dialogue







Workplace health  
is public health

Thank you !

