



Dear reader

ENWHP was formally established in 1996. With the support of the European Commission, DG Health and Consumer Protection, the ENWHP has carried out a number of important European initiatives over the past decade which have established workplace health promotion (WHP) as a field of action for public health at European and national level. The current 7th initiative focuses on life-style related Workplace Health Promotion (WHP), and especially on the combination of physical activity, healthy diet, mental health and smoking prevention.

Kind regards
ENWHP-Newsletter-Team

The current topics

6th European Conference - 48 model companies from more than 20 European countries present their activities in the field of WHP

The conference in April 2009 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. Registration is still possible up until 20th March 2009. [more...](#)

Company Health Check: Lifestyle-related Workplace Health Promotion in Europe

The workplace is a particularly appropriate "setting" for the promotion of health, as incentives can be created to encourage health-conscious behaviour of employees. The MoveEurope campaign will therefore address the need to develop more sustainable approaches to lifestyle improvement by embedding lifestyle change interventions into organisational development approaches and integrating the core messages of healthier lifestyles into their agendas. [more...](#)

Promoting healthy lifestyles at the workplace from a scientific perspective

Do exercise programmes improve employees' fitness? Can tobacco cessation programmes encourage more employees to stop smoking? Are employees' eating habits influenced if healthy food is provided in canteens? What do programmes for weight control actually achieve? The list of questions is endless, but only reflects the wide spectrum of workplace health promotion programmes addressing both behavioural and environmental factors. [more...](#)

Has the incidence of mental disorders actually increased epidemically?

In the context of rising numbers in mental disorders, controversial discussions are taking place on whether disease-related cases are really increasing. It may just be possible that the statistics only express a higher detection rate, for example due to doctors being better trained in detecting symptoms and the patient being more willing to openly discuss mental problems. Which is correct? [more...](#)

Small and medium sized enterprises (SME): Appraisal and action planning for WHP

In recent years the development of practicable tools for improving health and safety in small and medium-sized enterprise has been very slow. The large majority of enterprises have not yet carried out a risk assessment. Questioned on the reasons, they refer to the lack of helpful advice on the implementation and what they perceive to be an unreasonably high level of bureaucracy and too many impractical guidelines. [more...](#)

Health in the Workplace: A Guide to Health at Work

Healthy, well-qualified and motivated employees are an essential precondition for the successful operation and sustainability of businesses. Effective in-company health promotion helps to reduce lost working hours, cut losses in production, improve the working atmosphere and promote the quality of work. These are good reasons for taking seriously and promoting employee health and reducing work-related health risks. [more...](#)

Employment Week 2009: Europe's Labour Market - ensuring growth through human capital

Employment Week is an annual exhibition and conference forum for all the representatives of work and social affairs in Europe to discuss critical issues around strong employment within the EU member states. It will take place for the 16th time in June 2009. [more...](#)

Events & Dates

17-18 March 2009: Berlin, Germany --- MENTAL HEALTH AND WELL-BEING AT THE WORKPLACE - Protection and inclusion in challenging times
[more...](#)

27-28 April 2009: Perugia, Italia --- HEALTHY WORK - HEALTHY LIFESTYLE - HEALTHY BUSINESS
[more...](#)

13-16 May 2009: Santiago de Compostela, Spain --- 14th European Congress of Work and Organizational Psychology - Developing People in the 21st Century Organizations: Global and Local Perspectives
[more...](#)

24-25 June 2009: Brussel, Belgium --- Employment Week: Europe's Labour Market - ensuring growth through human capital
[more...](#)

9 July 2009: Zurich, Switzerland --- National Workplace Health Promotion Conference
[more...](#)

18-20 July 2009: Chiba-city, Japan --- The First Asia-Pacific Conference on Health Promotion and Education
[more...](#)

2-6 August 2009: Venezia, Italy --- 19th INTERNATIONAL SYMPOSIUM ON SHIFTWORK AND WORKING TIME
[more...](#)

20-22 August 2009: Gothenburg, Sweden --- The 6th Nordic Health Promotion Research Conference
[more...](#)

27-28 August 2009: Zurich, Switzerland --- Swiss Public Health Conference
[more...](#)

21 September 2009: Liverpool, United Kingdom --- EUROPEAN HEALTHY STADIA CONFERENCE
[more...](#)

20-23 October 2009: Elsinore, Denmark --- Understanding Small Enterprises - a healthy working life in a healthy business
[more...](#)

22-24 October 2009: Lisbon, Portugal --- Xth European Conference on Organizational Psychology and Human Service Work. New challenges and interventions in human services
[more...](#)

26-28 November 2009: Lodz, Poland --- 17th EUPHA Conference on Public Health
[more...](#)

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Imprint:
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