

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**Next to alcohol, tobacco is the most widely used stimulant**

Tobacco kills almost five million people every year. If current trends continue, it is projected to kill 10 million people a year by 2020, with 70% of those deaths occurring in developing countries. Tobacco also takes an enormous toll in health care costs, lost productivity, and of course the intangible costs of the pain and suffering inflicted upon smokers, passive smokers and their families. [more...](#)

"People are not made for modern life"

Regular exercise is the best prevention – moderate but regular exercise can significantly reduce the main risk factors for health. Even if everyone heeded this advice, Workplace Health Promotion (WHP) would still be necessary to combat the unhealthy stresses and strains in the working world – but the task would be probably be a lot easier: According to Dr. Thomas Wessinghage many health problems today are due to the fact that "people are not made for modern life". [more...](#)

The top 10 emerging psychosocial risks are identified

Significant changes which are taking place in the world of work lead to emerging psychosocial risks. Such risks, which are linked to the way work is designed, organised and managed, as well as to the economic and social context of work, result in an increased level of stress and can lead to serious deterioration of mental and physical health. [more...](#)

ProMenPol Conference 2008: Promotion of Mental Health - Improving Practice and Policy

ProMenPol held its second annual conference in Berlin on June 2008. The presentations are now available. [more...](#)

Cost of chronic diseases hurts business and threatens economic sustainability

The rising cost of chronic diseases, including direct medical costs and indirect costs associated with lost productivity is a growing burden for businesses, according to research prepared by PricewaterhouseCoopers in conjunction with the World Economic Forum. The report warns that over the next 25 years chronic disease will reduce the available labour supply, savings, investments and ultimately affect the capital markets, and outlines the business rationale for workplace wellness programmes. It states that in an interdependent global economy, chronic conditions such as cardiovascular disease, diabetes and respiratory illness, are creating a significant societal risk that threatens health systems and economic sustainability. [more...](#)

Achieving business excellence with health: The 'Enterprise for Health' Management Conference, 30/31 October 2008, London

Evidence is there, that corporate investment in employee health and participation not only boosts productivity and performance, but benefits individuals, their families, and society in general. As an international line-up of speakers at the European conference will confirm, yes, there is a way to find the time, resources and knowledge to adopt more worker-friendly measures and thereby contribute to a longer-term economic well-being as well as a strengthening of the social support infrastructures which most Europeans rely on. [more...](#)

Events & Dates

9-13 September 2008: Turin, Italy
--- 8th IUHPE European
Conference on Health Promotion
and Health Education
[more...](#)

**22-24 September 2008: Berlin,
Germany** --- 4th International
Forum on Disability Management
[more...](#)

24-27 September 2008:
Timisoara, Romania --- National
Congress in Occupational Health
[more...](#)

3 October 2008: Rome, Italia ---
Promuovere la salute dei
lavoratori: occasione di crescita
socialmente responsabile per
aziende e addetti
[more...](#)

**9-10 October 2008: Tallinn,
Estonia** --- International
Workshop on postponing ageing
"Contemporary Problems of
Prolonging Work Ability"
[more...](#)

9-10 October 2008: Paris, France
--- 2nd European Conference on
Injury prevention and Safety
Promotion
[more...](#)

**30-31 October 2008: London,
United Kingdom** --- EfH
Management Conference
[more...](#)

**5-6 November 2008: Basel,
Switzerland** --- 2nd Trade Fair for
Work and Health "Healthy
employees also boost the
balance sheets"
[more...](#)

**6-8 November 2008: Lisbon,
Portugal** ---16th European
Conference on Public Health
[more...](#)

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