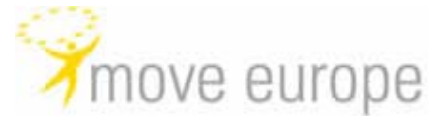




**Newsletter**  
European Network for Workplace Health  
Promotion



Issue 08/2009

Dear reader

In the following we provide you with our latest news about projects and good practice from the field of workplace health promotion.

Kind regards  
ENWHP-Newsletter-Team

### The current topics

#### Launching of the new ENWHP Campaign "Promoting Good Practice for Mental Health at the Workplace" at a joint ENWHP / ProMenPol Conference

The ProMenPol Project aims at encouraging organisations to implement mental health promotion tools. In the final year of its three year duration, the ProMenPol Project is very pleased to be cooperating with the European Network for Workplace Health Promotion (ENWHP) to launch the new ENWHP Campaign with the slogan "work. in tune with life. move europe". The main objective of this campaign is to increase awareness among enterprises, stakeholders and the general public of the need for, and the benefits of, mental health promotion at the workplace. [more...](#)

#### Effectiveness of workplace interventions to prevent mental ill-health

In recent years, a number of partially very detailed reviews on the effectiveness of different interventions for the promotion of mental health and the reduction of mental disorders have been published. [more...](#)

#### "How to promote the health of young people at the workplace" – a presentation by the ENWHP at the Youth Health Initiative Conference "Be healthy, be yourself"

Involving young people more actively in developing EU health policies is the aim of an initiative launched by the European Commissioner for Health. The initiative kicked off with a conference on Youth Health on 9th and 10th July 2009 in Brussels. Over 200 young people, from across Europe met with policymakers and health organisations to debate key health issues, such as the consumption of alcohol, tobacco and drugs, or physical activity and mental health. Cross cutting issues, including the financial crisis, inequalities in health, education and the role of the media were also addressed. [more...](#)

#### Workplace Health Promotion in a Crisis: Time to Invest, not Divest...

The economic recession which has swept across Europe has turned the spotlight on how companies treat their employees in a crisis. As enterprises look to reduce their costs by slimming down their workforces, should they instead be investing in the health of their employees to get a better return on their 'human capital?' Experiences from the European Network 'Enterprise for Health'. [more...](#)

#### A practical guide for "Healthy Ageing in the District"

Health promotion offers numerous time-tested approaches to prevent, or to delay the occurrence of, typical „civilisation diseases“ – which occur more frequently with increasing age. These approaches focus on healthy behaviour and healthy conditions. The project „Healthy Ageing in the District“ shows how these approaches can also be successfully communicated to members of the public even in times of scarce resources. [more...](#)

#### Lower costs, better productivity and high employee motivation are the key to survival of companies in difficult times.

The Employee Assistance Programme (EAP) is a service which has proven to help companies and employees meet these challenges by also fighting stress and anxiety at the workplace in a recession. "Work-related stress affects 40 million workers in 15 countries of the European Union costing 20 billion Euros per year" said Prof. Gaston P. Harnois of the World Health Organisation (WHO) at the 8th annual conference of the Employee Assistance European Forum (EAEF) in Lisbon on June 19th. The EAP is therefore of strategic importance to companies and recommended by the WHO. [more...](#)

### Events & Dates

**2-6 September 2009: Athens, Greece --- World Mental Health Congress of the World Federation for Mental Health**  
[more...](#)

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

**23-25 September 2009: Tallinn, Estonia --- Better food at work the Nordic & Baltic experience**  
[more...](#)

**28-29 September 2009: Luxembourg --- Mental Health and the Issues Facing Society**  
[more...](#)

**30th September to 3rd October 2009: Bad Hofgastein, Austria --- 12th European Health Forum Gastein "Financial Crisis and Health Policy"**  
[more...](#)

**14-16 October 2009: Amsterdam, the Netherlands --- First International E-Mental Health Summit**  
[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 --- Xlth 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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BKK Federal Association - Department of Health, Kronprinzenstrasse 6, 45128 Essen  
<http://www.enwhp.org>

Editorial staff: Dr. Reinhold Sochert, Anke Siebeneich

