



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

HEALTHY WORK - HEALTHY LIFESTYLE - HEALTHY BUSINESS

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. To promote the exchange of experience, Models of Good Practice that have been identified during the course of the project will be presented by company representatives who will describe their activities in this field. [more...](#)

Nutrition of workers – an important component of the national programme of nutrition policy in Slovenia

Life-style is one of the most important components that influence the population's health. Unhealthy life-style components like unhealthy eating, insufficient physical activity, smoking and excessive alcohol consumption have a major influence on the increasing incidence of chronic non-communicable diseases which represent one of the biggest burdens of contemporary society. [more...](#)

Workplace health promotion: how to encourage employees to be physically active

People of working age are not active enough to benefit their health; this contributes to sickness absence and decreased productivity. Physical inactivity in England costs an estimated £8.2 billion each year - this includes the direct costs of treating diseases linked to lack of activity and the indirect costs caused through sickness absence. The National Institute for Health and Clinical Excellence (NICE) has issued guidance for employers on how to encourage employees to increase their levels of physical activity. [more...](#)

The reformed Finnish Tobacco Act saves the lives of many restaurant workers every year

The reformed Tobacco Act entered into force one year ago. Thanks to the tightening of the legislation, 10,000 bars and restaurants have become smoke-free, and 40,000 restaurant workers are no longer exposed to cigarette smoke. The reform has been calculated to save the lives of several restaurant workers every year. In addition, the restaurant business has saved the cost of thousands of sickness absence days in the past year. [more...](#)

Leadership, organization and health at work: a case study of a Swedish industrial company

The application of knowledge on organization and leadership is important for the promotion of health at workplace. The purpose of this article is to analyse the leadership and organization, including the organizational culture, of a Swedish industrial company in relation to the health of the employees. The leadership in this company has been oriented towards developing and actively promoting a culture and a structure of organization where the employees have a high degree of control over their work situation. According to the employees, this means extensive possibilities for personal development and responsibility, as well as good companionship, which makes them feel well at work. This is also supported by the low sickness rate of the company. [more...](#)

Working Life Expectancy - Estimating Future Employment Time & Health State Transitions

The Finnish population is ageing faster than the people in the other European Union (EU) countries. According to the newest population projection released by Statistics Finland (2007), the population will continue to age and will do so at an accelerating pace from the year 2010 onwards. Health problems related to capacity for work increase naturally as people age. [more...](#)

Top News

30-31 October 2008: Achieving business excellence with health - Management Conference

Online registration for this top-class conference in London is still up and running on the 'Enterprise for Health' website. [more...](#)

Events & Dates

2-3 October 2008: Lyons, France - -- Quality of work in Europe: 2010 and beyond

[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...](#)

5 November 2008: Rome, Italy --- International Conference Psychosocial Risk Management at Work: the European Framework

[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...](#)

15-16 November 2008: Birmingham, England --- Workplace Bullying, including Cyber-Bullying - The Case for Dignity at Work

[more...](#)

23-24 January 2009: Helsinki, Finland --- Workshop on 'The impact of OSH and OSH interventions on company performance'

[more...](#)

27-28 April 2009: Perugia, Italia --- HEALTHY WORK - HEALTHY LIFESTYLE - HEALTHY BUSINESS

[more...](#)

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