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ENWHP NEWSLETTER - COVID-19

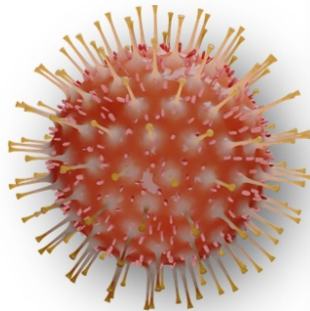


Working at home

The collision of two pandemics

Readings&Events

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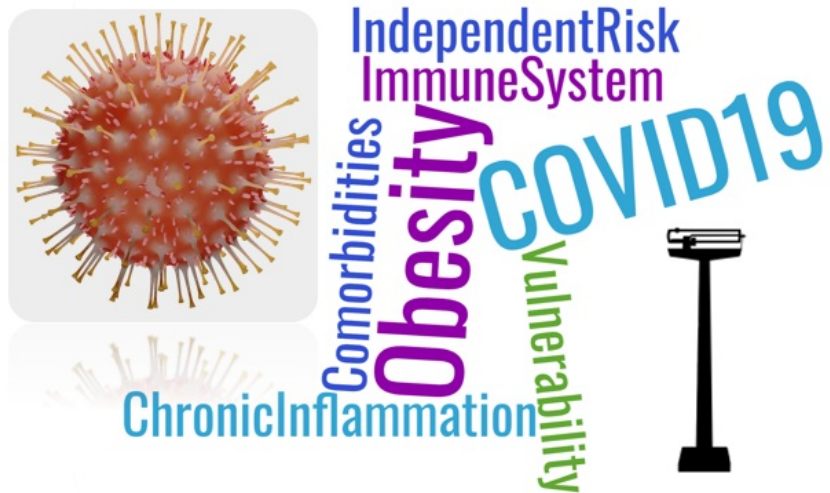


Working at home during the pandemic

As the Coronavirus pandemic worsens around the globe, many people will find themselves isolated, working from home and could face some mental health challenges. In normal times, perhaps 10-20% of employees work from home at least some of the time, but in these changed times many more are teleworking, many for the first time. Homeworking and teleworking can bring both opportunities and stress and a few ground rules can help minimise problems and maximise the positive for all concerned.

The last time there was such a blurring between workplace and home and between working and non-working time was in medieval times. Is there a danger that those times might be revisited for many new teleworkers? Or will the opportunity to create a new working relationship be realised? Making the best of teleworking arrangements involves the creation of new and flexible structures and ways of working.

[Read the full article](#)



The Collision of Two Pandemics: Obesity and COVID-1

The pandemic of COVID-19 is bringing public health to the forefront of the society. Lacking herd immunity and in the absence of effective vaccines or antiviral therapies, countries around the world are witnessing an unprecedented strain on their health systems and disruption of economies.

While most people with COVID-19 develop no symptoms or have only mild illness, a significant number of patients develop severe disease that requires hospitalization, oxygen support, or even mechanical ventilation.

Older age and comorbid diseases have been reported as risk factors for severe illness and death. However, a growing body of research suggests that obesity is also a key risk factor for severe illness and death with COVID-19, particularly for younger patients. Severe obesity has been recognized by the Centers for Disease Control and Prevention as a risk factor for severe complications.

This pandemic brings into focus the vulnerability of the millions of people living with obesity and other lifestyle-related chronic diseases. As we're understanding more and more that the obesity pandemic can have a great impact on the current COVID-19 pandemic, and likely on future viral pandemics, we need to understand that taking obesity seriously should be part of future control of global viral pandemics.

"Health promotion across all settings" remains an approach which should be assumed by all medical staff, at all levels, and across all healthcare services. Therefore, Workplace Health Promotion could become a powerful tool in the hands of managers of companies that are striving to improve the health of their employees and their resilience in tackling pandemics. This will improve the productivity of the workforce and will contribute to the overall effort of the society.

[Click here to know more](#)

Don't miss them



[Upcoming OSH and WHP events](#)

[Special Cochrane Overview: Working at Home](#)

Cochrane Work group has pulled together the Cochrane Reviews that are identified as most directly relevant for employers and those working at home due to the 2019 Coronavirus outbreak. Reviews evaluate the effects of interventions on staying active, optimization of the work environment,

prevention of eye problems due to computer use and actions for pain of the lower back, neck, shoulders, arms.

[Setting up a temporary home office](#)

Ergonomics of setting up a home office from the Canadian Institute for Work and Health. What can office workers do to make their kitchen table workspaces as comfortable as possible?

[High prevalence of obesity in severe acute respiratory syndrome coronavirus-2 \(SARS-CoV-2\) requiring invasive mechanical ventilation.](#) A. Simonnet et al. Obesity. Published online April 9, 2020. doi: 10.1002/oby.22831.

[COVID-19 and endocrine diseases. A statement from the European Society of Endocrinology.](#) M. Puig-Domingo, M. Marazuela & A. Giustina, Endocrine volume 68, pages2-5(2020)



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ENWHP
Piazza Lucio Severi 1
Edificio D Piano 0
06129 Perugia
Italy
info@enwhp.net



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