Conferenza europea sulla promozione della salute e della sicurezza nei luoghi di lavoro

**Healthy Work - Healthy Lifestyle – Healthy Business**

**Perugia, 27-28 Aprile 2009**

**SOTTO L’ALTO PATRONATO DEL PRESIDENTE DELLA REPUBBLICA ITALIANA**

organizzato dal

Centro Sperimentale per l’Educazione Sanitaria
Dipartimento di Specialità Medico Chirurgiche e Sanità Pubblica
Università degli Studi di Perugia

Commissione Europea

Network Europeo per la Promozione della Salute nei luoghi di lavoro

Una Nuova Qualità al Lavoro

Assegnati 5 crediti ECM
HEALTHY WORK - HEALTHY LIFESTYLE – HEALTHY BUSINESS

In times of increasing global competition the health of the workforce becomes one of the key resources of competitiveness and capacity to innovate. Ageing European populations and ageing workforces in particular require a stronger investment in healthy living and working conditions.

The workplace is an important setting for successful health promotion strategies because employees today spend a growing amount of time at work and a better state of health can be created here through a healthy working environment, organisation of work and the promotion of healthier lifestyles. Large numbers of premature death and chronic diseases could principally be avoided through the promotion of healthier lifestyles. And the investments pay dividends: a conservative estimate of the benefits from workplace health promotion indicates a likely annual return of three to one or more.

However, improved individual awareness of one’s own health will not be sufficient to ensure a healthier working life in the future. A comprehensive approach is needed which stimulates the development of healthy and participatory enterprise cultures and which involves both the physical and mental well-being of employees.

Encouraging more enterprises throughout Europe to invest in more and better health at work - this is the aim of the European Network for Workplace Health Promotion (ENWHP).

ABOUT THE CONFERENCE

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. Three specific issues will be addressed at the conference:

- Comprehensive lifestyle management
- Working life on the move: nutrition, fitness and well-being
- Enjoyment of a healthy workplace: supporting physical and mental health

A plenary presentation will take place for each of the three topics and will be followed by more in-depth discussions and presentations of Models of Good Practice to be held by company representatives identified in the course of the “Move Europe” campaign to foster exchange of experiences in the field.

ABOUT ENWHP

Founded in 1996 and is comprised of national occupational health and safety institutes, public health institutions and ministries of health and labour from all the Member States of the European Community, the countries in the European Economic Area, and Switzerland. As a contribution to sustainable economic and social development in Europe, the ENWHP members and partners are committed to develop and promote good workplace health practice.

“The MOVE EUROPE Project has been made possible by means of a financial contribution from the Programme of Community action in the field of public health 2003-2008”
09:30 Registration and welcome addresses
Chair: Lamberto Brizziarelli
Representative of Labour/Health Ministry, Italy (invited)
Maria Rita Lorenzetti, President of the Umbrian Region
Renato Locchi, Mayor of the City of Perugia
Francesco Bistoni, Chancellor of the University of Perugia
Adolfo Puxeddu, Dean of the Faculty of Medicine, University of Perugia
Massimo Porena, Direttore Dipartimento di Specialità Medico Chirurgiche e Sanità Pubblica
Zinta Podniece, European Agency for Safety and Health at Work, Bilbao
Jürgen Scheftlein, Directorate-General for Health and Consumer Protection, European Commission
Francesco Blangiardi, President Italian Society of Public Health, Preventive Medicine and Hygiene

10:45 Move Europe - background and achievements
Giuseppe Masanotti, University of Perugia

11:00 Towards a Healthier Lifestyle in Working Life
Chair: Maria Dolores Solè
Healthy employees in healthy organisations
Andreas Horst, Ministry of Labour and Social Affairs, Germany
Promoting comprehensive workplace health: a successful business strategy
Alessandro Lesma, ENI, Italy

12:30 Lunch break

14:00 Comprehensive lifestyle management
Marc De Greef, Prevent, Brussels, Belgium

14:30 Breakout sessions
Chair: Francesco La Rosa
Promoting healthy lifestyles policies in all workplaces
Gianmo Mariadonata, Region of Umbria, Italy
Healthy construction, zero accidents
Strambi Fabio, Polo for WHP in the Province of Siena, Italy
“Impresa Sana®”: a modern approach to health management in companies
Luca Panini, Vital, Italy
Aim zero accidents in a healthy company
Giancarlo Magarotto / Pietro Dottor, Dottor Group, Italy

Chair: Rob Gründermann
Integrated health management: experiences from BASF
Christoph Oberlinner, BASF SE, Germany
Worksite health promotion ‘Gezonder’
Henri Hendricksx, SABIC Innovative Plastics, The Netherlands
“Fit to Fight”: the integration of workplace health promotion into Actavis Iceland culture
Leo Sigurdsson, Actavis, Iceland
Experience of WHP in a Spanish Hospital of 1.200 workers
Xavier Orpella / Jordi Schlagbecke, BSA, Spain
Chair: **David Gold**

**Well-being at work: from project to policy**  
Koen Van Gestel, Procter&Gamble, Belgium

**Vitality as the mission of Unilever**  
Beáta Vince, Unilever, Hungary

**How to win with wellness - Mars UK**  
Arthi Santa, Mars Chocolate, United Kingdom

A successful tradition to achieve physical, mental and organisational health through quality management system, experienced line managers and workers participation  
Slavin Yanakiev / St. Giokova / Zaprian Zapryanov, “Progress” JSC, Bulgaria

Chair: **Sarah Sebinger**

**Inspiration: a program promoting a healthy lifestyle in StatoilHydro**  
Trond Eirik Fosse / Geir Olav Hjertaker, StatoilHydro ASA, Norway

Our proven equation: work + exercise = better health (Ceska rafinerska, a.s.)  
Ivo Hamacek, Ceska rafinerska a.s., Czech Republic

**STEP: take step for your health**  
Béla Cseh, MOL Nyrt., Hungary

**Diageo: a mentally healthy workplace**  
Sylvia Shepherd, Diageo Scotland Ltd., United Kingdom

16:00 **Coffee**

16:30 **Working life on the move: nutrition, fitness and well-being**  
Reinhold Sochert, BKK, Essen, Germany

17:00 **Breakout sessions**

Chair: **Matti Ylikoski**

**Promoting health in AUSL Forlì**  
Magda Zignani, AUSL Forlì, Italy

**Worksite health promotion “Safety and vitality at work”**  
Joost de Bie, Waterland Ziekenhuis, The Netherlands

**WHP at the convent hospital St. Elizabeth: “Take a bite out of the mango”**  
Berta Reiter, Convent Hospital St. Elizabeth, Austria

**Overweight hospital staff and promoting workplace health**  
Eugene Rwamucyo, Centre Hospitalier de Sambre-Avesnois”, France

Chair: **Christa Sedlatschek**

**Lifestyle intervention as an important part of HR development at Deutsche Bahn**  
Christian Gravert, Deutsche Bahn AG, Germany

**The integrated approach towards WHP in the WSK “PZL-Rzeszów” S.A.**  
Katarzyna Skret, WSK, PZL-Rzeszów” S.A., Poland

**Transportes Metropolitanos de Barcelona (TMB): a social responsible company**  
Laura López, TMB, Spain

**H & S management moves a sustainable economy**  
Stefan Bayer / Andrea Freundl, RHI AG, Austria
Chair: **Theodor Haratau**

**Healthy nutrition and well-being at work**  
*Tim Lammens, NV Delhaize Group, Belgium*

**Moving towards the right weight**  
*Felicia Steliana Popescu, Unilever Romania S.A., Romania*

**Food: fighting obesity through offer and demand**  
*Nathalie Renaudin, ACCOR Services, France*

**Role of the innovative style in the development of comprehensive WHP practice**  
*Svetlana Dimitrova Parashkevova, OPTIX Co, Bulgaria*

Chair: **Fabrizio Stracci**

**Smoke free workplace at Hispano Suiza Polska**  
*Halina Wróblewska, Hispano Suiza Polska, Poland*

**Encouraging quitting smoking through a workplace based initiative**  
*Mihai Stoia, Rosu SRL, Romania*

**Well-being at RTL Group**  
*Romain Mannelli, RTL Group Corporate Centre, Luxembourg*

**Occupational health services act against tobacco-related cancer**  
*Yves Helbecque/Marie-Christine Pham/Séverine Line, ASMIS-Service de Santé au Travail, France*

18:30  Closing

20:30  Conference Dinner

---

**Tuesday, April 28th**

10:00  **Enjoyment of a healthy workplace: supporting physical and mental health**  
*Steve Bell, Scottish Centre for Healthy Working Lives, Hamilton, Scotland, United Kingdom*

10:30  Breakout sessions  
Chair: **Fabio Strambi**

**The recipes for health**  
*Piero Di Blasio, Studio Odontoiatrico Di Blasio, Italy*

**Lifestyle in the workplace**  
*Maria Rosaria De Monte, zona fiorentina sud-est ASL 10, Italy*

**The passion for health and safety in the workplace starts from the employer!**  
*Matteo Cielo, San Matteo SPA, Italy*

**Promotion healthy lifestyles at work: breaks on the move**  
*Erminia Battista / Massimo Gigli, ASL2 Umbria, Italy*
Chair: **Matti LAMBERG**

Health and well-being: University of Glamorgan’s Experience  
*John Curtis, University of Glamorgan, United Kingdom*

Lifestyle management at the City of Dortmund  
*Egmont Baumann, City of Dortmund, Germany*

Staff well-being in Kerry local authorities  
*Tom Curran, Kerry County Council, Ireland*

Health! Programme for promoting wellbeing at work in the municipality of the City of Pori  
*Tuula-Maria Asikainen, City of Pori, Finland*

Chair: **Ása Guðbjörg ÁSGEIRSDÓTTIR**

Eurotransline: fit in job  
*Anika Harb, Eurotransline, Int. Forwarding & Transport Company w.l., Austria*

Healthy teachers at secondary school of nursing  
*Maja Klancic, Srednja zdravstvena sola, Slovenia*

To Beijing on foot  
*Erik Van der Cruysse / Bie Van Woensel, ADMB, Belgium*

Health promotion in the Tapiola group  
*Leena Järvinen, from Tapiola Group, Finland*

Chair: **Tanja Urdih LAZAR**

CIGNA Plusvita: a new way of life  
*Belén H. Sánchez, CIGNA, Spain*

Worksite Health Promotion “A healthy proposition”  
*Bertus Jonker, AGIS Zorgverzekeringen, The Netherlands*

Health promotion measures in the Petroleum Safety Authority Norway  
*Gro M. Galta, Petroleum Safety Authority, Norway*

With physical activity to fitness and health  
*Ljubomir Moboric / Boza Bolina, Osnovna Sola Antona Martina Slomska Vrbnika, Slovenia*

12:00  
**Final Ceremony**

Chair: **John GRIFFITHS**

Promoting mental health at work: outlook of ENWHP next initiative  
*Richard Wýnne, WRC, Ireland*

Certification ceremony for Move Europe Partner Excellence organisations

13:30  
**Lunch**
PARTICIPANTS
Participants representing enterprises, governmental bodies, social partners, public health and social security organisations from all EU Member States, countries of the European Economic Area as well as Switzerland will be attending the conference.

CONFERENCE LANGUAGE: English
All plenary sessions: translation-service English/Italian and Italian/English
Three breakout sessions: translation-service English/Italian and Italian/English

CONFERENCE OFFICE
Experimental Centre for Health Education, Department of Medical Surgery and Public Health, University of Perugia
via del Giochetto, 6 / 06122 Perugia (Italy)
phone +39 (0)755857365
fax +39 (0)755857317
e-mail: enwhp@unipg.it

PERUGIA
In the spring wildflowers transform the rolling Umbrian countryside into a rainbow of colour, but still one’s eye is drawn upward, to the tops of the surrounding hills, to the walled towns perched above. Perugia, the capital of Umbria, is one of Italy’s best preserved towns, with a strong artistic and cultural tradition. The fresco painters Perugino and Pinturicchio lived here, and their works are part of a comprehensive collection of Umbrian art displayed in the 15th century Palazzo dei Priori, or town hall, considered one of the finest secular buildings in Italy. The frescoes of Pietro Vannucci, Perugia’s most important Renaissance painter, can be seen on the walls of the Collegio del Cambio, built in 1450. Perugia was founded by the Etruscans, who built the city walls and the imposing arched main gate of the city. It is also the site of the annual Umbria Jazz Festival, and home to the famous Bacio Perugina.

VENUE
The conference will be held at the CONFERENCE CENTER PERUGIA, a modern event location of breathtaking architecture. The CONFERENCE CENTER PERUGIA lies in a central position, providing a link with Western European jazz elements and the rapidly opening music countries of Eastern Europe. Only five minutes from the main square. http://www.perugiacentrocongressi.it/
INTERNATIONAL SCIENTIFIC COMMITTEE

Lamberto Briziarelli (president)

PATRONAGE OF THE

Presidency of the Council of Ministers
Ministry of Labor, Health and Social Policies
Italian Ministry of Education, University and Research
Region of Umbria
Province of Perugia
Municipality of Perugia
University of Perugia
Angelo Celli Foundation
C.I.P.E.S. / A.I.E.S.
S.It.I

ORGANIZED BY

Experimental Centre for Health Education, Department of Medical Surgery and Public Health, University of Perugia
European Network for Workplace Health Promotion

KINDLY SUPPORTED BY THE

European Commission
Initiative for New Quality of Work
University of Perugia