

# VI

## 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

# BACKGROUND

## 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 7<sup>th</sup> 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.

# PROGRAMME

MONDAY, APRIL 27<sup>TH</sup>

09:30 **Registration and welcome addresses**

**Chair: Lamberto BRIZIARELLI**

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 Schefflein, 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**

*Giaimo 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 GRÜNDEMANN**

**Integrated health management: experiences from BASF**

*Christoph Oberlinner, BASF SE, Germany*

**Worksite health promotion ‘Gezonder’**

*Henri Hendrickx, 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**

*Arihi 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 / Sv. 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 SEDLATSCHER**

**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**

*Mihaela 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 28<sup>TH</sup>

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 Urdib 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 Mohoric / Boza Bolina, Osnovna Sola Antona Martina Slomska Vrhnika, Slovenia*

12:00 **Final Ceremony**

**Chair: John GRIFFITHS**

**Promoting mental health at work: outlook of ENWHP next initiative**

*Richard Wynne, WRC, Ireland*

Certification ceremony for Move Europe Partner Excellence organisations

13:30 Lunch

# PRACTICAL INFORMATION

## 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

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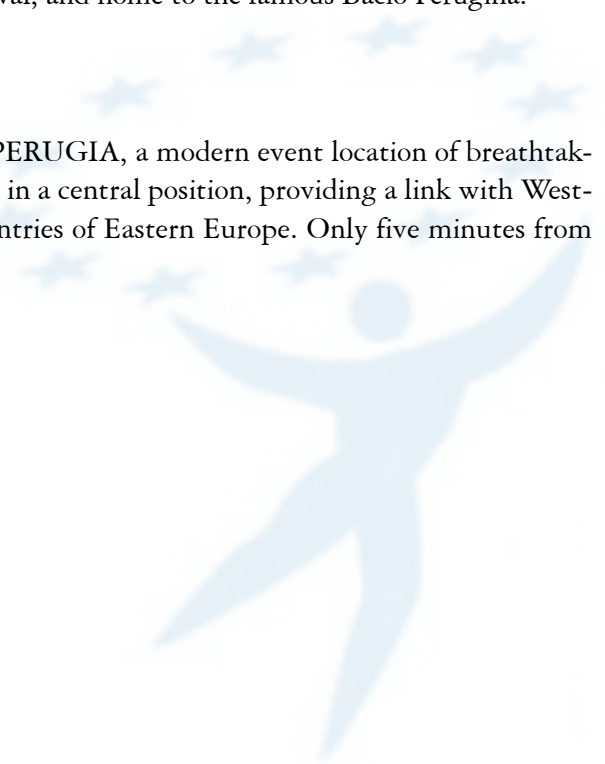
e-mail: [enwhp@unipg.it](mailto:enwhp@unipg.it)

## 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 13<sup>th</sup> 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*)

Athanasios Athanasiou / Ása Guðbjörg Ásgeirsdóttir / Steve Bell / Odd Bjornstad / Robbie Breen / Gregor Breucker / Karla Van Den Broek / Edina Gábor / Marc De Greef / Rob Gründemann / Theodor Haratau / Fedor Jagla / Elfriede Kiese Wetter / Sille C. Kloppenburg / Elzbieta Korzeniowska / Ludmila Kozena / Karl Kuhn / Giuseppe Masanotti / Marianne Massa / Chantale Merz / Julien Pelletier / Dimitra Petanidou / Constantinos Petinis / Benjamin Sahler / Reinhold Sochert / Maria Dolores Solé / Eva Stergar / Yannis Tountas / Karsten Vester / Paul Weber / Patrycja Wojtaszyk / Richard Wynne / Matti Ylikoski / Zaprian Zapryanov

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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  
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## 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

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