

# 6<sup>th</sup> European Conference on Promoting Workplace Health

HEALTHY WORK - HEALTHY LIFESTYLE – HEALTHY BUSINESS  
PERUGIA, ITALY 27<sup>TH</sup> AND 28<sup>TH</sup> APRIL 2009

*First Announcement*



*organised jointly by*



Experimental Centre for Health Education  
University of Perugia



The European Network for  
Workplace Health Promotion

*kindly supported by the*

European Commission



Initiative for New Quality of Work

Initiative für Neue Qualität der Arbeit  
**inoq.de**

# 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 location 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 investing 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:

- Working life on the move: Ergonomics, fitness and well-being
- Work and stress: Spice of life or kiss of death?
- Clearing the air at work: The enjoyment of a smoke-free workplace

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

The European Network for Workplace Health Promotion ENWHP was 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 developing and promoting good workplace health practice.

# DRAFT PROGRAMME

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

### 10:00 Welcome Addresses

- Representative of Labour/Health Ministry, Italy (invited)
- Representatives of Local authorities (invited)
- Representative of EU Commission (invited)
- Representative of University of Perugia (invited)
- Move Europe - Background and achievements  
*Giuseppe Masanotti, researcher, University of Perugia*

### 11:00 Towards a Healthier Lifestyle in Working Life

- Healthy employees in healthy organisations  
*Andreas Horst, Ministry of Labour and Social Affairs, Germany (requested)*
- Promoting comprehensive workplace health – A successful business strategy  
*Alessandro Lesma, ENI, Italy (requested)*

12:30 *Lunch break*

### 14:00 Working life on the move: Ergonomics, fitness and well-being

14:30 Breakout sessions

16:00 *Coffee*

### 16:30 Clearing the air at work: The enjoyment of a smoke-free workplace

17:00 Breakout sessions

18:30 Closing

20:30 Conference Dinner

## TUESDAY, APRIL 28<sup>TH</sup>

### 10:00 Work and stress: Spice of life or kiss of death?

10:30 Breakout sessions

### 12:00 Final Ceremony

- Certification ceremony for Move Europe Partner Excellence organisations
- Promoting mental health at work – Outlook of ENWHP next initiative  
*Richard Wynne, WRC, Ireland*

13:00 End of conference - 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 and partly in Italian

**Plenary:** translation-service English/Italian and Italian/English

**Breakout Sessions:** English (Two Breakout Sessions in Italian)

The CONFERENCE IS FREE OF CHARGE. Registration is obligatory

## REGISTRATION

The registration procedure will be open from the 20<sup>th</sup> October 2008 to the 20<sup>th</sup> February 2009. It will be able to register and book your accommodation with one click or module. Early registration is recommended as the number of participants is strictly limited.

## CONFERENCE OFFICE

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## DEADLINE FOR REGISTRATION

20<sup>th</sup> February 2009

Early registration is recommended as the number of participants is strictly limited.

## 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 13th 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 Perugia.

## 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/>

## ECM

Will be requested for Medical Doctors and Prevention Technicians