

Dear readers

we are pleased to provide you with our latest news from the field of corporate health policy and culture.

Kind regards
EfH-Newsletter-Team

The current topics

Enterprise for Health (EfH) presents its first Newsletter!

The newsletter of the European company network EfH will provide you with information about current topics and events from the field of health policy and corporate culture several times a year. [more...](#)

Corporate culture based on partnership – The new brochure of Enterprise for Health

The significance of corporate health policies is growing from year to year. A fundamental objective of the Enterprise for Health Network (EfH) is to provide a forum for the encouragement and dissemination of research, learning and practical experiences between organisations in Europe and to publicise the success of enterprises which operate a workplace culture based on partnership. In its new brochure EfH presents itself and its activities (download pdf "EfH brochure European Network Enterprise for Health"). [more...](#)

Healthy Lifestyle and Corporate Culture - A topic of Enterprise for Health

Lifestyle-related behaviours such as diet, physical activity, tobacco use and stress exert a strong influence on health and well-being in all populations. Studies show that numerous diseases are caused by an "unhealthy" lifestyle. But lifestyle is not merely a private issue: Health-promoting workplaces as well as a supporting corporate culture have a significant effect on lower absenteeism rates, enlarged job satisfaction and improved organisational performance. [more...](#)

Become a "Move Europe Company" – Join us now! Move Europe with us!

Health management has found its way into corporate strategies and principles in line with the growing significance of health. The "Move Europe" initiative of the European Network for Workplace Health Promotion (ENWHP) sees itself as the missing boost to publicise the available examples of good practice and help to disseminate them. Your company, too, still has the possibility of becoming a "Move Europe Company". [more...](#)

Hearts and Minds at Work in Europe

A European work-related public health report on cardiovascular diseases and mental ill Health: The report emphasises that interventions to improve workplace health, although embedded in different concepts, have common goals, characteristics and benefits. These interventions can effectively reduce risk factors and diseases and show a positive return-on-investment. [more...](#)

European conference 'Health and social security in a life cycle'

The conference was organised by the Initiative Health and Work (IGA) and sponsored by the BKK Federal Association of Company Health Insurance Funds, the German Federation of Institutions for Statutory Accident Insurance and Prevention (HVBG) and the AOK Federal Association of Local Health Insurance Funds. A review of the current political and social security engagement can be found in a book which shows examples of good practice from Germany and our neighbouring countries. The book 'Health and social security in a life cycle - the contribution of prevention and health promotion in Europe' can be ordered free of charge by e-mail: projektteam@iga-info.de or by phone: +49 351 457-1010. In the following you will find useful information about this event. [more...](#)

Members only

Enterprise for Health (EfH) welcomes its 21st member!

Since its formation in 2000 the EfH network has continued to steadily grow its number of member enterprises. The members work together to continually develop company practice which arises from a corporate culture based on partnership and an exemplary company health policy, both over and beyond the usual national boundaries and lines of business. [more...](#)

Making the case for investing in corporate culture and corporate health policy

Following the recent, fruitful EfH business meeting held in Rouen, France both the PDFs of the experts' contributions as well as the member companies' presentations are now ready for downloading in our password-protected "members only" area. [more...](#)

Events & Dates

4th - 6th December 2007, Cologne, Germany

15th Conference Workplace Health Promotion "Good health as a competitive advantage" [more...](#)

Some of the topics and articles reported in this newsletter are not available on other individual websites - only here. All information is protected by copyright. We would be only too pleased if you were to recommend this newsletter to other addressees.

Imprint:

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For further information, please refer to: <http://www.enterprise-for-health.org/index.php?id=178>

(27.08.2007, EFH)

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Far-reaching economic and social changes are presenting Europe with major challenges. Today's world of work is dominated by globalisation and increasing flexibilisation as well as by the consequences of demographic change. Companies must gear themselves to ageing workforces and therefore develop working conditions which promote the knowledge, creative potential and health of their employees. In order to safeguard their innovative energy and competitiveness in the long term, companies are increasingly banking on the development of a culture based on partnership in which all their employees participate, and on policies which offer them healthier working and living environments and which promote higher personal qualifications and lifelong learning.

For further information, please refer to: <http://www.enterprise-for-health.org/index.php?id=126>

(27.06.2007, EFH)

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Lifestyle-related behaviours such as diet, physical activity, tobacco use and stress exert a strong influence on health and well-being in all populations. Studies show that numerous diseases are caused by an "unhealthy" lifestyle. But lifestyle is not merely a private issue: Health-promoting workplaces as well as a supporting corporate culture have a significant effect on lower absenteeism rates, enlarged job satisfaction and improved organisational performance.

European enterprises are faced with increasing costs due to high absenteeism, and there is a growing interest in measures and concepts of workplace health promotion. The existing traditional programmes, however, which are generally focused on individual lifestyle risk behaviours such as inactivity, poor nutrition and smoking, only have little impact. This is why recent interventions have led to a more comprehensive approach that addresses both worker and organisational health, and which tends to effect behavioral change combined with improved working conditions and environments.

- What can companies do to promote employees' healthy lifestyle?
- What are the effects of successful interventions, and are there quantifiable economic benefits?
- What can be done to maximize programme success?

The European network Enterprise for Health (EfH) discussed these and other questions, and several companies presented their experiences with different health management programmes.

For further information, please refer to: <http://www.enterprise-for-health.org/index.php?id=182>

(27.08.2007, EFH)

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For further information, please refer to: <http://www.enwhp.org/index.php?id=514>

(23.08.2007, EFH)

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A European work-related public health report on cardiovascular diseases and mental ill Health: The report emphasises that interventions to improve workplace health, although embedded in different concepts, have common goals, characteristics and benefits. These interventions can effectively reduce risk factors and diseases and show a positive return-on-investment.

In modern societies, work is the source of most individual, corporate and community wealth. The world of work therefore is particularly vulnerable to disruption caused by illness among employees. Illness can involve a temporary absence, lead to reduced productivity, to long-term disability or even to premature death. It can also end careers with a consequent loss of knowledge, skills and experience from companies and public organisations.

Working life can act as a risk factor for the health of employees and their families. However, there is also an inverse effect as an individual's state of health can have a tremendous impact on work. Private companies as well as public services are affected by diseases through employee absenteeism or reduced productivity, irrespective of the cause of the disease. Workplace health is therefore a public health issue as well.

Cardiovascular diseases (CVD) and mental ill health are diseases which put a major sickness burden on European workers, economies and social security systems. Cardiovascular disease is the main cause of death in the European Union accounting for over 1.9 million deaths each year. Mental ill health is experienced by more than 27% of the adult EU population during any given year. This means that nearly 83 million people suffer from mental disorders every year. Almost every second person in the EU has been affected by mental disorders at some point in his or her lifetime. Finally, it is well known that mental disorders can be risk factors for CVDs and that CVDs increase the risk of mental disorders.

Both diseases share common risk factors in the working environment. There is scientific consent that stressful psychosocial work environments are associated with a reduction in mental and physical health. Stress occurs in many different circumstances, but is particularly strong when a person's ability to control the demands is threatened. Insecurity about successful performance and a fear of negative consequences resulting from failure to perform may evoke powerful emotions of anxiety, anger and irritation. Stress can be caused by psychosocial hazards such as work design, organization and management; high job demands and low job control, and issues like harassment and violence at work as well as physical hazards, such as noise and temperature. In general, cardiovascular diseases and mental ill health have multiple causes. They are associated with working and living conditions, individual characteristics and socio-economic status. Health promotion and prevention activities must therefore take a multi-disciplinary approach. However, there is still a tendency in some areas to tackle CVD and mental ill health in isolation. This report points out that sustainable health promotion and prevention calls for collaboration across different professions and policy fields. It emphasises that interventions to improve workplace health, although embedded in different concepts, have common goals, characteristics and benefits. These interventions can effectively reduce risk factors and diseases and show a positive return-on-investment.

The improved health of workers should be sufficient reward in itself for any organisation to introduce workplace prevention measures; if any further incentive were needed, for every 1 € spent on health promotion and intervention programmes, potentially 5 € can be saved due to reduced absenteeism, quite apart from substantial savings in medical treatment costs. In other words, workplace health promotion is a hard-headed business decision with an attractive payback – for companies as well as for societies.

For further information, please refer to: <http://www.enwhp.org/index.php?id=510>

(27.08.2007, EFH)

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(23.08.2007, EFH)

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15th Conference Workplace Health Promotion "Good health as a competitive advantage"

(30.08.2007, BKK-BV-Gesundheit)
