

TASK FORCE 6: HEALTH PROMOTION ACTIVITY

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Workers' lifestyles may have specific or general impacts on their occupational health and safety, and work ability. Health education may assist workers to avoid negative combined effects of lifestyle factors and occupational exposures. Health promotion that introduces healthy lifestyles and supports the maintenance of such lifestyles with appropriate information, counselling and educational measures need to be undertaken and they are preferably an integral part of any OHS programme. This health promotion activity is implemented in the form of inventory of resources, inventory of good practices, development of toolkits for healthy workplaces and provision of educational and training materials.

Operationalizing the regional strategy with three country models. Regional strategy of healthy workplaces in the countries of the Andean region of Latin America

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Keywords : Occupational Health promotion tool kit, Andean countries

Target group: Decision makers, planners and managers, and occupational health staff in Departments of Health, Departments of Labor, enterprises and Trade Unions

The purpose of the project is to raise awareness among decision makers in Departments of Health, Departments of Labor, Trade Unions of the importance of ensuring the health of workers and the necessity of recognition of OH promotion as a country priority.

The country public policies in health promotion should include the strategy of occupational health promotion at the workplace. To achieve this, a Health Promotion tool kit that has been designed and is being validated in Central America. It will be adapted and used in the Andean countries, prioritizing activities at the national level, providing early signals for problems emerging in the work life, and giving evidence of achievements of health promotion.

The OH Promotion Tool Kit is being prepared and soon validated to be disseminated to other Latin American countries, available in Spanish.

Fundación Iberoamericana de Seguridad y Salud Ocupacional FISO, Pan American Health Organization PAHO HQ, US, is involved in the project. The project will be completed in December 2003. Funding is to be placed in 2003.

Development of healthy workplace initiatives in selected countries

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A WHO regional initiative on healthy workplaces commenced in 1997 in Shanghai China, and now is underway in a number of other countries including Republic of Korea, Viet Nam, Malaysia, Singapore, Lao People's Democratic Republic, Mongolia Fiji, Tonga and Papua New Guinea. A regional guideline for the development of healthy workplaces was prepared in 1999. A meeting of the above countries was held in Kuala Lumpur in September 2002 to review the progress in implementation of the initiative. Considerable progress has been made in all countries in implementing this initiative in all countries, and a number of priority areas for action have been identified. Two training courses on health promotion at the workplaces were organized by the Beijing Centres in 2002.

The project is funded by WHO/WPRO. It is scheduled to be completed by 2005.

Health promotion programmes for selected groups in Central America

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National Institute for Working Life (Sweden); National Institute of Public Health (Sweden); Central American Universities and Institutes for Social Security; Central American Integration System; PAHO

Keywords: Central America, health promotion, safety promotion, prevention, social context

Target groups: workers, their families and communities; target industries; community, district and national health and labour authorities; trade unions; health care providers.

The objective of this project is the promotion of worker and community health in priority populations in Central America.

Health promotion programmes are being designed to be undertaken in three phases: (i) assessment of feasibility; (ii) implementation of interventions; and (iii) evaluation. Phase (i) will be implemented in selected Central American target working/residential communities. Priority populations are construction workers (safety promotion only); sugarcane workers; hospital workers; workers in hotels and restaurants; migrant coffee workers; and urban informal-sector communities. Rapid feasibility assessment will be followed by intervention programmes and short- and long-term outcome and process evaluation. Feasibility assessment identifies priority hazards and prospects of successful launching of interventions, based on motivation and needs of workers and community members, and on the social context and resources. Interventions take the form of workplace and community health promotion and will be defined with the workers, community members and the social context, within the constraints of available resources. Outcome and process are evaluated at predefined intervals.

A first feasibility assessment has been completed for the workers in a Costa Rican hospital. Two scientific articles have been published. A protocol has been completed. Financial support is being sought for the continuation. Two scientific articles and a project protocol have also been produced. The programmes will begin in 2003.

Promoción de la salud en grupos selectos en América Central

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Palabras claves: América Central, promoción de la salud, promoción de la seguridad; prevención; contexto social

Grupos meta: Trabajadores, sus familias y comunidades, industrias, autoridades locales y nacionales de salud y de trabajo, sindicatos, y trabajadores de la salud.

Objetivo del proyecto: Promoción de la salud de los trabajadores y de las comunidades en poblaciones prioritarias en América Central.

Se están diseñando programas de promoción de la salud en 3 fases: (I) evaluación de la factibilidad; (ii) implementación de las intervenciones; y (iii) evaluación del proceso y del impacto. La fase (i) será implementada en grupos selectos de trabajadores centroamericanos y sus comunidades. Poblaciones prioritarias son trabajadores de la construcción (promoción de la seguridad); trabajadores en el cultivo de la caña; trabajadores de hospitales; trabajadores en hoteles y restaurantes; trabajadores migrantes en el sector cafetalero; y comunidades urbanas del sector informal. Métodos rápidos de evaluación de factibilidad serán seguidos por programas de intervención y por evaluaciones del proceso y del impacto. La evaluación de factibilidad identifica los factores importantes de riesgo y las intervenciones factibles, con base en la motivación y las necesidades de los trabajadores y de los miembros de las comunidades así como en el contexto y los recursos sociales. Las intervenciones tomarán formas apropiadas, definidas por los trabajadores, miembros de las comunidades y el contexto social y constreñidas por recursos. Se evaluará el proceso y el impacto con intervalos predefinidos.

La primera fase de factibilidad se ha completado para los trabajadores en un hospital costarricense. Se ha elaborado un protocolo. Se busca apoyo financiero para la continuación.

Productos: 2 artículos científicos; un protocolo. Año del comienzo: 2003

Development of healthy workplace initiatives in selected countries: Methodology of workplace health promotion programmes for elderly employees

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The first part of the project has been finished. A research concerning health determinants and health behaviours in the population of employees over 45 has been conducted this year. The outcomes of the research will form a basis for developing methodology of workplace health promotion programmes for elderly employees.

Funding is in place. The project will be completed in 2003.

Healthy workplace programme in Vietnam

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Keywords: health promotion, SMEs, agriculture, village enterprises, joint-venture, foreign investment enterprises

Target group: decision-makers at ministries, academic institutions, medical university, trade union, Co-operative Union, Farmer Union

The project objective is to improve workers' health, help workers to keep control over their health, and reduce annual incidences with the help of WHO, the Ministry of Health, and in close collaboration with National Institute of Occupational and Environmental Health, Hanoi Medical University, who developed the project "Health promotion at workplaces" in small and medium sized enterprises following the regional guidelines for the development of healthy workplaces of WHO combining with the WISE method of ILO and enforcement of occupational health and safety laws.

Steps in developing the project and its detailed results were published by WHO as a case study document "evaluation of a 1- year implementation of the regional guidelines for healthy workplaces in small and medium-scale enterprises in Ngo Quyen district, haiphong city and in Hue city - Healthy settings - Case study Documents Series, No1".

In 2000-2001, the project was expanded to 30 new enterprises. It established a health promotion model for workers in village enterprises and for agricultural workers.

Since 2002, the project has been expanded to SMEs over the country and health promotion activities have been initiated for workers in the agricultural sector, informal sector (village enterprises), large firms, joint-ventures and foreign capital enterprises.

Products: Training materials on HPW for trainers, health workers, employers, employees; leaflets, handbooks and posters on HPW, Video tape recording achievements of the programme; CD-Rom on training materials on HPW.

Funds have been secured by WHO, Vietnam Government, Enterprises.

Development of healthy workplace initiatives in selected countries: Analysis of trends of workplace health promotion in Polish enterprises and supporting network strategies

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As a part of analysis of supporting network strategies a research in the occupational physicians in Poland has been conducted. The questionnaire concerned their knowledge, resources and opportunities for promoting workplace health in Polish enterprises. The outcomes will be analysed and used for developing training strategies for OSH professional and occupational physicians. Funding is in place. The project will be completed by 2005.

Development of a toolkit to implement the Healthy Workplace Initiative

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Keywords: occupational health in the agriculture sector

Target group: small and medium- sized enterprises of agriculture sector

The purpose of the project is to design and implement a model of occupational health programme for small sized industries in the agriculture sector and to generate healthy work conditions policies through an occupational health programme for the agriculture sector. A model programme is being designed for the small agricultural companies. The basic model and pre-project are ready.

Guidance on Workplace Health Promotion: Principles and Practices

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Keywords: brochure, guidelines, workplace health promotion

Target group: decision-makers, educators, health authorities, occupational health and safety professionals, health professionals.

Keywords: brochure, guidelines, workplace health promotion

The aim of the project is to put an emphasis on health promotion at the workplace through the production of guidelines emphasizing its main principles and how they can be implemented efficiently at the workplace through a number of different practices. A brochure will be produced that will cover an introduction to main workplace health promotion principles, their importance, and practices through which they can be

implemented at the workplace. A first draft of the brochure has been prepared and is now under review. The project will be completed by December 2003.

Health Promotion Programme for Prevention of Work-related Cardiovascular Disease

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Keywords: Health promotion programme, cardiovascular disease

Target group: Director, manager, team leader and occupational health staff of companies

The purpose of the project is to develop and implement a health promotion programme. The project will include smoking cessation, regular exercise, alcohol restriction and stress management. It has already been started among Subway workers in Seoul.

The Korean Occupational Safety and Health Agency (KOSHA) is collaborating on the project.

Health promotion program for prevention of work-related cardiovascular disease

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Keywords: Health promotion program, cardiovascular disease

Target group: Director, manager, team leader and occupational health staff of companies

The purpose of the project is to develop and implement an educative programme for health promotion. The project will include smoking cessation, regular exercise, alcohol restriction and stress management.

Development of an effective model for a public campaign on health promotion focused on teenagers and young adults

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Keywords: public campaign, teenagers, effective model, health promotion

Target group: Teenagers and young adults

The objective of this project is to develop an effective model for public campaign on health promotion focused on teenagers and young adults. It aims to identify some of the common denominators of successful projects and

the common denominators of failures to design the project and to run a pilot project. Literature search, interviews with experts, visits on some projects and selection of target groups have already been done.

The University of Mediterraneo Consortium is collaborating on the project. Funds are still required. It is scheduled to be completed by June 2005.

Electronic bulletin board

Alberto Zucconi, Istituto dell'Approccio Centrato sulla Persona (IACP), Italy (azucconi@iacp.it)

Greg Goldstein, WHO (goldstein@who.int) and Gianni Sulprizio (gsulprizio@iacp.it)

Keywords: health promotion activity, electronic bulletin board, task force 6

Target group: All task force 6 stakeholders

The purpose of this project is to enable all the Task Force 6 stakeholders to communicate and to be informed of their tasks progress. It aims to provide a user-friendly electronic Bulletin board. The Bulletin Board is operational.

Funds are in place. The WHO is collaborating on the project.

Health Promotion Tool box electronic bulletin board

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Keywords: health promotion tools, health promotion resources, health promotion, electronic bulletin

Target group: members of Task Forces 6 and 12 and group 3 C.C. WHO EURO (Integrated workplace health management and ageing) and other authorized stakeholders

The objective of this project is to make various resources available worldwide for the effectiveness of health promotion programmes. It aims to share information about some useful tools that will facilitate the creation of effective and efficient health promotion activities: articles, research, assessment tools, researchers network, cost/benefit studies, best practices, books, videos, training packages, links with organizations, data banks etc.

WHO International and WHO EURO are collaborating on the project. The technical structure is complete. The Bulletin Board is now operational.

Translation to Spanish language and dissemination of WHO documents: "Workplace health in the public health perspective. Good Practice in health, environment and social capital management in enterprises (GP HESME)".

Manuel Peña, European Institute of Health and Social Welfare, Madrid, Spain (admon@ie-es.com)

Keywords: occupational health, environmental health, safety management, health promotion, workplace.

Target group: Director, human resources managers, interdisciplinary professionals, team leader and occupational health staff of enterprises.

The purpose of the project is the translation to Spanish language and dissemination of the WHO document GP HESME in enterprises, to make a decision on the possibility of the model use as an integrated approach to health promotion of the working population with the active participation of employees, employers, as well as different state, public and scientific structures associated with this problem.

Organization of an European Conference on "Integrated Policies on Occupational and Environmental Safety and Health. SALUS LABORIS fair."

Manuel Peña, European Institute of Health and Social Welfare, Madrid, Spain (admon@ie-es.com)

Keywords: Congress, discussion forums, exhibitors, occupational and environmental protection, safety equipment.

Target group: Human resources managers, interdisciplinary professionals, occupational and environmental health staff of enterprises.

The international meeting taking place in Madrid in October 2003 is proposed to create discussion forums, with the participation and cooperation of employers, employees and interdisciplinary professionals, pretending to become a multidisciplinary approach for policy makers, branch organizations and enterprises to promote health at the workplace and to minimize its harmful impacts on the environment.

The European Agency for Safety and Health at Work collaborates with this project.

Quality Assurance for Occupational Health Services

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Keywords: quality assurance, interlaboratory comparison programme, occupational health services.

Target group: workers expose to noise, radiation and chemical risk.

The objective of this project is to promote and improve quality of services related to occupational health.

As the National Reference Laboratory, the Department of Occupational Health of Instituto de Salud Pública de Chile has been developing a quality assurance project for labour toxicology laboratories, audiometry centres and personal dose metric laboratories. The aim of these programmes is to collaborate on quality improvement of the results reported by such organisations in order to improve the health and safety of workers. Those laboratories include public and private organisations that provide services to a target population of one million workers from mining, industries, transportation, building and health care institutions.

The project is currently focusing on:

1. External evaluation programme for toxicology laboratories on metals as As, Hg, and Pb
2. External evaluation of laboratories that examine exposure to ionising radiation.
3. External evaluation of audiometric centre.

The project scope covers 20 labour toxicology laboratories, 136 audiometric laboratories and 5 personal dosimetric covering total facilities in fields all over the country.

The following progress has been realized so far:

1. The Department has been running an External Evaluation Programme since 1998 for labour toxicology laboratories dealing with metals as As, Hg, and Pb. This programme needs to be enlarged to cover other chemical risks as solvents, silica, and pesticides.
2. The Department also began the implementation of a programme to evaluate the quality of silent cabin, audiometer calibration, and operator competence of the audiometric centres in 1998. Until now, only a third of the centres has been evaluated. The programme needs to be enhanced to cover the entire country. In order to do so, a regional network of evaluation bodies needs to be trained and registered as local evaluators.

3. During the year 2001 a first round robin of control films, as a pilot project, was sent to the five laboratories authorized to conduct personal dose metric for exposed workers in X-rays labs, oncology centres, and other related facilities. The control films were prepared by the reference laboratory at the Chilean Commission for Atomic Energy (CCHEN) which is working in a collaborative project with the Department.

The National System of Health Services and Chilean Commission for Atomic Energy (CCHEN) are collaborating on the project. An overview of the "state of the art" methods of analysis and the performance of the organizations that gives these services on occupational health care in the country is available.

Training and public communication in the application of ergonomics in industry

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Keywords: Training, health promotion, ergonomics, workplace improvement, management systems

Target group: managers, worker representatives, occupational safety and health practitioners in industrial organizations and instructors in educational institutions

The purpose of the project is to provide information useful for training in applying ergonomics within various health promotion programs. The outcome of the project will include sample information materials useful for direct application of ergonomics in industry by the target groups. A particular emphasis will be placed on the importance of applying basic ergonomics principles, cost-effectiveness of ergonomics measures, and reports on positive examples.

The results of applying the proposed training materials have shown the importance of referring to basic ergonomics principles. Concrete examples of applying these principles are being analyzed.

Hypertension in seamen: diagnosis, treatment, and prevention

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Keywords: hypertension, seamen, disease, global programme

Target Group: Planners, managers, occupational health staff in general and in the Institute of Maritime Medicine.

The objective is to raise awareness among decision-makers in Departments of Health, Departments of Labour, Department of Sea transport, Trade Unions and companies and enterprises associated with a labour risk of hypertension in seamen of (a) the magnitude of the hypertension problem and (b) that the prevention of hypertension is a worthwhile and feasible objective, now being pursued by a global coalition, that they should support.

According to statistical data population morbidity and mortality from blood circulation diseases occupies the first place among all diseases. The most difficult complications are cardiac and cerebral stroke, which can lead to invalidity. An increase in the level of diseases was noted among the young working population. Maritime workers, whose work activity takes place in a high-stress environment, suffered more than others. The marine transport and fishing industries developed dramatically. The numbers of maritime workers who work at sea is growing continuously. Health and well-being on the ship are priorities to be achieved to ensure the development of safe, productive and competitive working activities. Accidents, injuries and professional diseases, not to mention their consequences in terms of social costs and quality of life, constitute a serious public health problem, so this research work is an effort toward improving the welfare of those who work at sea.

Participants of the activity are seafarers, port workers, city population. The first stage of the project comprises a detailed analysis of the literature and a close on-the-spot investigation with the aim of identifying needs and priorities concerning occupational safety and health of seamen. The second stage includes studying of the ship's environment and individual behaviour patterns to determine hypertension at an early stage through medical examination, psychological, functional and laboratory tests. The third stage includes dissemination of the results of research activities through publications in medical journals, monographs and guidelines.

We expect results to help decrease morbidity and mortality among seamen in particular as well as the whole population; safer navigation; longer working capacity; prevent complications of hypertension; decrease treatment costs for medical complications. Results will serve for diagnostics, treatment and prevention of hypertension and improve medical examinations.

Healthy workplace and health promotion activities - Symposium on occupational health promotion in 2003

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Target Group: Occupational health staff in local Centers for Disease Control and in industries

The purpose is to exchange experience and information in health promotion. The organizing activities for 80-100 participants have been planned.

Funds are provided by WPRO/WHO for 2003.

Environmental health assessment for selected areas

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Keywords: exposure, environmental health assessment, indicator, profile, surveillance, selected zone

Target group: regional, national and local authorities, employees, employers, NGOs, communities, Ministry of Environment and resources, MOH, MOLISA

The objective of this project is to put the guideline of WHO'STC into practice to build capacity for an occupational health network in Vietnam through a pilot research on environmental health assessment; to raise awareness among employers, managers, policy-makers, MIOH, MOLISA of the necessity of health assessment while considering one action plan; and to contribute to the set-up of the occupational health profile. Funds have been secured by WHO.

Healthy workplace programme

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Funding is needed. The project will be completed by 2004.

Psychosocial factors of health behaviours as a basis for educational strategy

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Funds are in place. The project will be completed in 2003.

Health Promotion Programme design and evaluation

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Asociación Chilena de Seguridad (ACHS), Chile

Funds will be provided by the host country. The project will be completed in December 2003.

Biregional Programme on Work and Health; Southern Africa – Sweden

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Funding is still to be obtained. The first four-year phase has started.

Biregional Programme on Work and Health; Central America – Sweden

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Funding is still to be obtained. The first four-year phase has started.

Healthy workplace programme in Thailand

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Funds are in place (Thai Government budget). The project will be completed in the period 2002-2005.

For cross references see also:

TF 4 : Pilot introduction of the Programme "Good Practice in health, environment and social capital management in enterprises" (GP HESME) in the Republic of Bashkortostan; Development of OCH website for employers and employees of European SMEs

TF 5 : Gaining support of the decision-makers for improving working conditions in the health care sector; Preparation of a guideline for prevention of latex allergy in health care workers; Preparation of a guideline for prevention of latex allergy in health care workers

TF 7 : Mental health and stress at work: Programme design, evaluation, Chilean experience; Occupational stress in healthcare workers in Vietnam

TF 8 : Development of a health book and guideline on health promotion to small enterprises (agriculture, ceramic workers, mental workers and mechanists)

TF 10 : Training of occupational health and safety personnel

TF 11 : Train the trainers' curricula on health promotion at work; Training of Occupational Health and Safety Personnel; China - Workshops and study tours on occupational health promotion at medium and small-scale workplaces; Philippines - Fellowship training of staff on environmental/occupational health risk management and on ergonomics; Viet Nam - Training courses on health promotion at workplaces; workshop on assessment of health and economic losses; Fellowship training on epidemiology in occupational health and on occupational health in technology transfer