



Comprehensive Lifestyle Management

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EFFECT	Trend
Accidents, overall number	↓
Accident frequency, (less new/young workers)	↓
Temporary work, contract work, part time work, self-employment, fragmentation	↑
Restructuring negative effects on health	↑
Female workers employment	↔
Migrant workers employment	↓
Psychosocial disorders	↑
Cardiovascular disorders, deaths	↑
Risk of long-term disability, if more than 6m out	↑
Working and OSH- Culture	↓

Source: EU-Agency for Safety and Health at Work

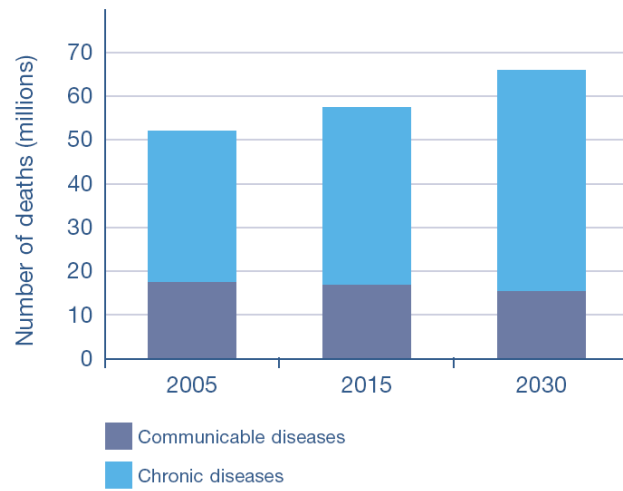


- ✓ A pessimist is someone who makes problems out of his opportunities;
- ✓ An optimist is someone who makes opportunities out of his problems.

Reginald Mansell



The health challenge

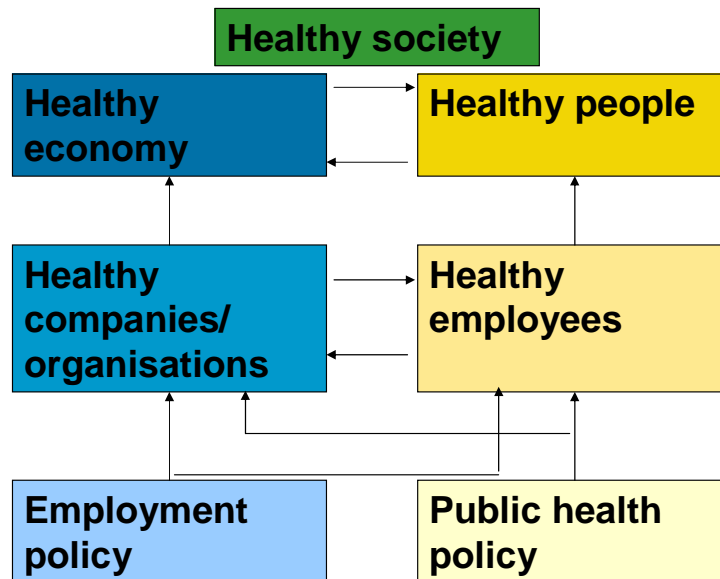


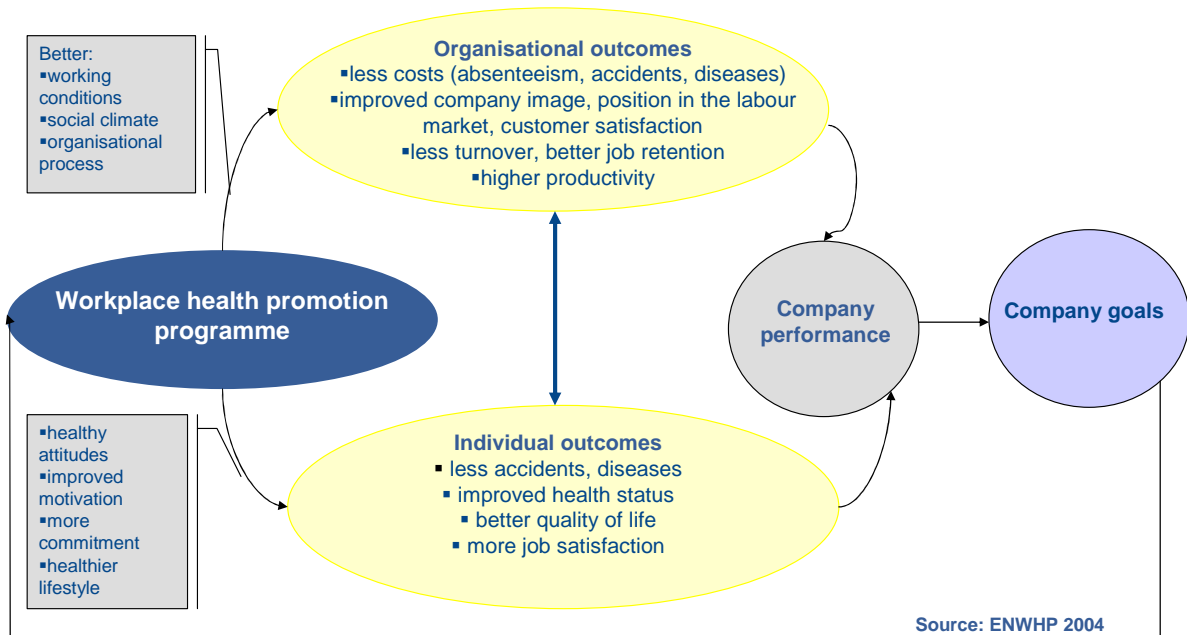
Source: WHO

The economic challenge

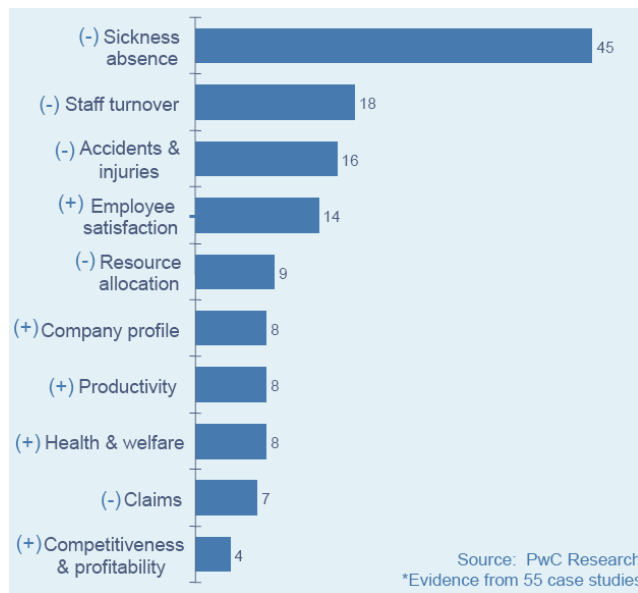
- Diseases are expensive
- E.g. If there were a 10% reduction in mortality from heart disease and cancer, it could save the US \$10,4 trillion annually

Investing in health makes sense





Investing in workplace health makes business sense



- WHP ≠ cost
- WHP = investment
- WHP = added value for stakeholders:
 - employees
 - employer
 - shareholders
- WHP
 - = healthy employees
 - = healthy companies
 - = healthy economy
 - = healthy society

WHP stimulates investments in human capital and contributes to

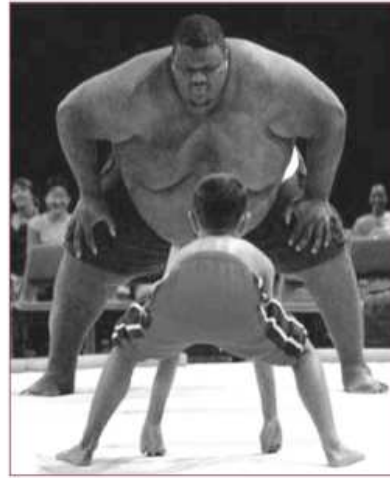
- Sustainable business excellence
- Long-term shareholder value
- Corporate social responsibility

Asset for an innovative, competitive knowledge based economy

The need for a comprehensive approach ...



The need for a comprehensive approach ...



The need for a comprehensive approach ...



The Comprehensive Approach

Promoting healthy lifestyle

Behavioural aspects
Personal Resources
Hereditary endowment

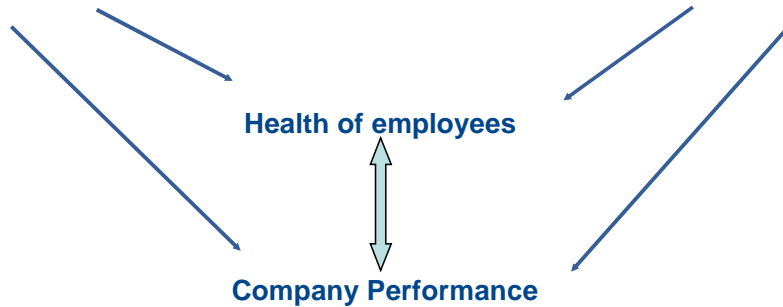
Creating a health promoting working environment

Working conditions (physical, psychosocial & mental aspects)
Work organisation

Personal Health Practices



Working environment



- comprehensive approach (individual and organizational aspects)
- supported by and involvement of management
- supported by and active involvement/participation of employees
- ongoing communication between and towards all stakeholders
- supported by an overall corporate policy
- integrated in the corporate strategy, systems and processes
- based on a structured approach
- based on a needs analysis and/or risk assessment
- supported by the necessary resources (material, financial, human)
- providing information and training on WHP
- evaluation and monitoring of the program
- based on effective measures and scientific knowledge
- characterized by continuous improvement

Breakout Sessions

