

Dear reader

ENWHP was formally established in 1996. With the support of the European Commission, DG Health and Consumer Protection, the ENWHP has carried out a number of important European initiatives over the past decade which have established workplace health promotion (WHP) as a field of action for public health at European and national level. The current 7th initiative focuses on life-style related Workplace Health Promotion (WHP), and especially on the combination of physical activity, healthy diet, mental health and smoking prevention.

Kind regards
ENWHP-Newsletter-Team

The current topics**Move Europe at half-time – European biggest companies join the campaign**

Since the beginning in 2007 more than 2.000 companies have reviewed their workplace health promotion by completing the Company Health Check. The members of the European Network for Workplace Health Promotion (ENWHP) were at the recent business meeting in Leuven (Belgium) in November 2007 and gave updates on the Move Europe Campaign. [more...](#)

Move Europe – And how good is your workplace health promotion?

With the Company Health Check you can find out in which way health promotion is part of your workplace. The checklist is structured to address four health topics: physical activity, healthy nutrition, mental health and smoking prevention. When you have completed it, you will receive an e-mail with your score and recommendations on how to set up Workplace Health Promotion in your Company. The Company Health Check is available in several languages so that any interested company is able to take part. [more...](#)

Better psychosocial work environment: a study of workplace interventions

Many people and companies find it difficult to maintain the focus on the psychosocial work environment, and much too often the effort comes to nothing. But how come that some companies are able to implement improvements successfully whereas other companies have come to a halt? And how can these companies overcome constraints and difficulties on the road to a better psychosocial work environment. [more...](#)

Stress at work is linked to heart disease

New research has produced strong evidence of how work stress is linked to the biological mechanisms involved in the onset of heart disease. The research is the first large-scale study to look at the cardiovascular mechanisms of work stress in the population and provides the strongest evidence yet of the way it can lead to coronary heart disease (CHD), either directly, by activating stress pathways controlled by the interaction between the nervous system, the endocrine glands and their hormones (neuroendocrine mechanisms), or indirectly via its association with unhealthy lifestyles. [more...](#)

Promotion of occupational and public health: the European experience and challenge

A wide variety of living and working conditions are powerful determinants of health. And health, in turn, affects the living and working conditions and productivity of all individuals and populations. The awareness of this crucially important interrelationship has been spelt out clearly by our two governments, as well as by the World Health Organization and the Commission of the European Communities. [more...](#)

Towards a Europe of – perspectives for future health policies

Living and working conditions are powerful determinants of health, physical, mental and social well-being, and productivity. Could and should they be targeted in programs of disease prevention and health promotion, at all levels? Although health professionals are usually inclined to answer in the affirmative, many political and business decision makers have so far demonstrated little interest in such issues. [more...](#)

New European Cardiovascular Disease Statistics 2008

Cardiovascular disease (CVD) is the main cause of death in the EU with over 2 million people dying from CVD every year. Moreover, the statistics published indicate that there are significant inequalities between Member States. [more...](#)

Responding to the challenge of cancer in Europe

At present, with more than 3 million new cases and 1.7 million deaths each year, cancer represents the second most important cause of death and morbidity in Europe. Without effective interventions, the cancer burden will increase dramatically. However, comprehensive cancer prevention and control policies can bring significant benefits. [more...](#)

Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective

This report explores the extent to which food, nutrition, physical activity, and body composition modify the risk of cancer, and specifies as far as possible the importance of specific factors. To the extent that environmental factors such as food, nutrition, and physical activity influence risk of cancer, it is a preventable disease. The report specifies recommendations based on solid evidence which, when followed, will be expected to reduce the incidence of cancer. [more...](#)

Conference „Diet, Physical Activity and Health @ the workplace“ – summary report

Main conclusions of the Conference are (1) that more research is needed on the effectiveness and cost-effectiveness of nutritional and physical activity interventions at the workplace; (2) that the EU Platform Members and their organisations should continue with their valuable initiatives at the workplace; and (3) that much attention should be given to disseminating and sharing good

Events & Dates

21-23 April 2008: Washington, USA --- The 5th Annual World Health Care Congress
[more...](#)

14-16 May 2008: Berlin, Germany --- 16th International Conference on Health Promoting Hospitals
[more...](#)

12-13 June 2008: Bratislava, Slovakia --- Lifestyle-related diseases: cellular signaling and pathophysiology
[more...](#)

13rd June 2008: Brussels, Belgium --- EU high-level conference "Together for Mental Health and Well-being"
[more...](#)

18-20 June 2008: Sheffield, United Kingdom --- Work, Well-being and Performance: New Perspectives for the Modern Workplace
[more...](#)

11-13 August 2008: Reykjavík, Iceland --- The 40th Nordic Ergonomic Society conference
[more...](#)

27-31 August 2008: Geneva, Switzerland --- World Cancer Congress 2008
[more...](#)

3-6 September 2008: Bratislava, Slovakia --- 5th International Posture Symposium
[more...](#)

9-13 September 2008: Turin, Italy --- 8th IUHPE European Conference on Health Promotion and Health Education
[more...](#)

24-27 September 2008: Timisoara, Romania --- National Congress in Occupational Health
[more...](#)

30-31 October 2008: London, United Kingdom --- EfH Management Conference
[more...](#)

5-6 November 2008: Basel, Switzerland --- 2nd Trade Fair for Work and Health "Healthy employees also boost the balance sheets"
[more...](#)

6-8 November 2008: Lisbon, Portugal --- 16th European Conference on Public Health
[more...](#)

practices. [more...](#)

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