



PUBLIC HEALTH
Environmental Health & Lifestyle
Resources

99 Regina Street South, 3rd Floor
Waterloo, ON N2J 4V3
Telephone: 519 883-2008
sgretch@region.waterloo.on.ca

NEWS RELEASE

For Immediate Release

April 10, 2007



Waterloo - Region of Waterloo Public Health will unveil its "Project Health – Supporting Healthy Workplaces" initiative on April 12, 2007.

This new initiative will support local workplaces that are interested in creating, improving and/or sustaining a healthy workplace. During this pilot project phase, Public Health's services will include informational resources, networking sessions, a quarterly electronic bulletin and a website for workplaces in Waterloo Region. Over 50 representatives from businesses in Waterloo Region will be attending the launch to hear about the services that Project Health has to offer.

Background

Given the fact that most Canadians spend more than one-half of their waking hours at work, many companies are beginning to examine the health of their workplace. It is wise business practice to have programs in place that help create and maintain a healthy workplace.

Increasing Evidence shows that:

- The work people do and their work environments affect health
- Employers can play a significant role in improving the health of their employees

What are the benefits to creating and supporting a healthy workplace?

- Increased productivity
- Increased employee morale
- Reduced absenteeism
- Reduced injuries and/or illness
- Reduced employee turnover
- Improved job satisfaction
- Improved company image

Today's employees face the challenge of balancing the competing demands of work and personal life. The workplace has great potential to improve overall employee health and well-being and can support and complement employees' efforts to bring about a balanced life. Creating or sustaining a healthy workplace creates a win-win situation for both employers and employees.

If you are interested in learning more about workplace health, please refer to the web page, <http://www.projecthealth.ca> (available April 12th).

- 30 -

Contact information: Linda Dimock, Public Health Planner, at dlinda@region.waterloo.on.ca or 519-883-2008 ext. 5339