



Welcome to the

Project Health

Supporting Healthy Workplaces


Launch

April 12, 2007

Building Healthy and Supportive Communities


Why is Workplace Health Important?

- People spend over half their waking hours on the job
- Workplace can have a significant impact on employee health



Benefits of a Healthy Workplace

- Increased productivity
- Increased employee morale
- Reduced absenteeism
- Reduced injuries and/or illness
- Reduced health benefit costs
- Reduce employee turnover
- Improved job satisfaction
- Improved corporate image



What is a Healthy Workplace?

Main factors influencing the health of a workplace

- Occupational Health and Safety
- Voluntary Health Practices
- Organizational Culture





Highlights of "Project Health" Services

- Handbook for Healthy Workplaces in Waterloo Region
- Consultation and support
- Referral to community organizations
- Displays and resources
- Quarterly e-bulletins
- Networking Sessions
- Project Health Website



Handbook for Healthy Workplaces






Section 1 – Understanding Workplace Health

Section 2 – Organizational Culture


Section 3 – Workplace Policy Development

Section 4: Topics Offered



- Healthy Living
- Cancer Prevention/Screening
- Injury Prevention
- Family Health
- Health Protection


Section 4: Topics Offered



Health Promotion Strategies

- Awareness Raising
- Skill Building
- Creating a Supportive Environment
- Healthy Workplace Policy


Healthy Living Topics



- Healthy Eating
- Physical Activity
- Osteoporosis Prevention
- Tobacco-free Living


Healthy Eating

- Research shows adults in Ontario have poor eating habits
- Eating well reduces health risks
- Employees typically eat 1 or more meals and/or snacks during the workday



Physical Activity

- The changing nature of work
- Many health benefits to being active
- A sound investment



Osteoporosis Prevention

- Aging workforce impact
- Costs associated with poor bone health
- Prevention is key



Tobacco-Free Living

- Health risks of smoking
- Costs of Smoking in the Workplace
- Health risks of ETS
- Benefits of providing smoke-free workplaces



Family Health Topics



Healthy Pregnancy

Breastfeeding Friendly Workplaces

Healthy Pregnancy

- Women make up approximately 50% of workforce
- A healthy workplace environment supports pregnant women to remain productive
- Male reproductive health considerations



Breastfeeding Friendly Workplaces



- Breastfeeding provides many benefits to both the mother and baby
- Providing support to employees can result in benefits to workplace

Breastfeeding after returning to work = CULTURAL NORM

Stretch Break



Injury Prevention Topics



Motorized Vehicle Safety

Substance Use/Abuse Prevention

Motorized Vehicle Safety

Motor vehicle collisions

- Significant impact on employer and employees



Car Seat Safety

- Promoting family safety through proper car seat education

Substance Use/Abuse Prevention

A serious workplace issue

- Statistics are alarming
- Costs of substance abuse problems are high
- Safety and performance can be compromised
- Linked to many health and social issues



Cancer Prevention & Screening Topics



Breast Cancer Screening

Cervical Cancer Screening

Sun Protection

Breast Screening



- Breast cancer is the most common cancer in women
- Aging workforce – increased risk
- Breast screening recommendations
- Prevention messages apply

Cervical Cancer Screening

- Cervical cancer is the 2nd most common cancer in women aged 35-49
- Cervical cancer is 90% preventable with regular pap tests
- Cervical screening recommendations
- New developments: HPV vaccine





Sun Protection

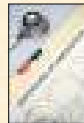
- Skin cancer is the most common form of all cancers in Canada
- Outdoor workers are at increased risk
- Safety policies and exposure guidelines
- Consideration for work-related outdoor employee events

Health Protection



Immunization

Immunization



Importance of Immunizations:

- a key strategy in promoting health, protecting individuals and their community, including workplaces from vaccine preventable diseases
- up to date immunizations provides active protection from vaccine preventable diseases and their related complications
- Annual influenza immunizations provide optimal protection
- yearly influenza immunization for healthy working adults decreases absenteeism due to respiratory and other illnesses

Immunization



Don't forget: ADULTS need immunizations too!



- Teaching kits, posters, books, videos/DVDs
- Free Pamphlets
 - Order online
 - Order by phone
- Catalogue on internet



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Quarterly e-bulletins

- Project Health Updates
- Quick Fact: Making Wise Choices When Eating Out
- Resources – links
- Mark your calendars – Upcoming Events



Networking Sessions

- Provide educational component
- Opportunity to share experiences
- Sharing of resources



Upcoming Networking Sessions

A poster for a networking session titled "Alcohol in the Workplace". The text on the poster includes: "Alcohol in the Workplace", "June 7, 2007", "Networking Session", "12:00 noon - 2:00 p.m.", "Presented by: Project Health", and "Supported by: Together4Health". The background features a close-up of a glass and a red object.

Project Health Website

www.projecthealth.ca

- Background information
- Resources
- Networking Sessions
- E-bulletin
- Helpful links

Information is only a click away!



Project Health Website



Project Health

Supporting Healthy Workplaces

Project Health phone line
518-883-2287

Project Health website
www.projecthealth.ca



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