

Lombardy Workplace Health Promotion Network

WP5: Study Visit to Italy



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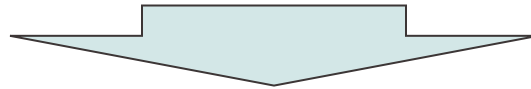
Background & Context

- **Italian health system:**

- National Health Plan
- Regional healthcare system
- Lombardy: 8 ATS (health promotion agencies) & 27 local social & health authorities

- **Lombardy Regional Prevention Plan**

**6 PROGRAMMES TO IMPROVE HEALTHY LIFESTYLE, PROMOTE THE ENVIRONMENT
& PREVENT NCD RISK FACTORS**



LOMBARDY WORKPLACE HEALTH PROMOTION (WHP) NETWORK

The Lombardy WHP Network

Aims

- To keep a healthy, qualified and motivated workforce
- To achieve an internal process of continuous improvement
- To compete on the market place

The Lombardy WHP Network Implementation

- A public-private network
- Partnership and collaboration with all workplace stakeholders (industrial unions, trade unions, regional health system)
- Member companies implement **HP activities over 3 years in 6 thematic areas:**



**NUTRITION, TOBACCO, PHYSICAL ACTIVITY, ROAD SAFETY,
ALCOHOL AND SUBSTANCE ABUSE, AND WELL-BEING**

The Lombardy WHP Network Implementation

Member companies implement HP activities over 3 years

- Type of activities:

1. Informational (smoking cessation, healthy eating, etc.),
2. Organizational (canteens, snack vending machines, agreements with gyms, stairs health programmes, walking / biking from home to work, smoke-free environment, baby pit-stop, etc.)
3. Collaboration with others in local community (associations, etc.)

- System of accreditation:

Companies start 2,4 or 6 new activities / year in these areas

"Workplace Health Promotion Site"- logo.

The Lombardy WHP Network

Key results&Impact

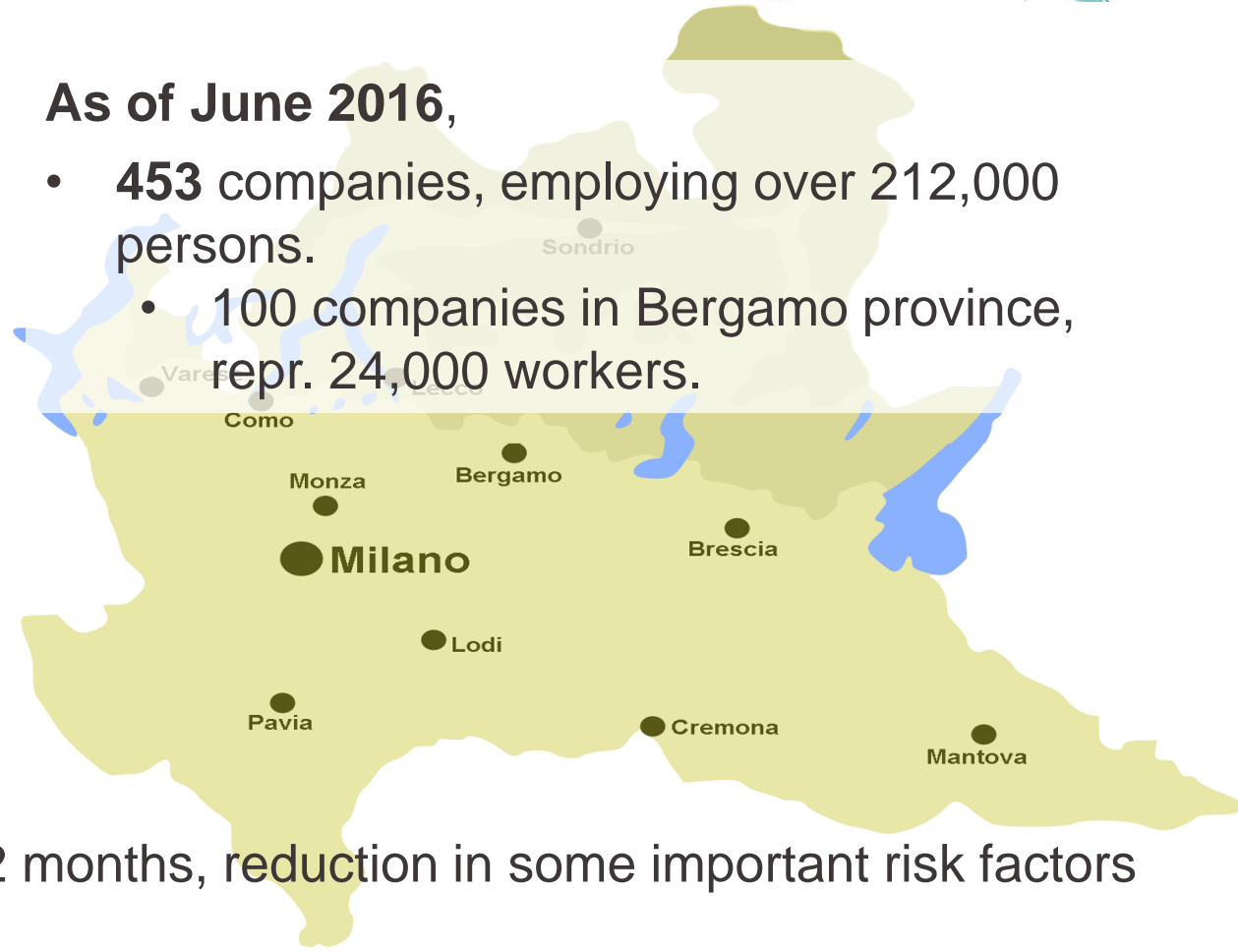
Bergamo 2011

- Pilot with ATS & 2 mid-sized companies



As of June 2016,

- **453** companies, employing over 212,000 persons.
 - 100 companies in Bergamo province, repr. 24,000 workers.



The Lombardy WHP Network

Success factors

- **Progressive implementation (“START SMALL”)**
- **Recognition** as health promoting workplace by the health system
- **Monitoring-** impact of interventions and risk factors
- **Flexibility** and **FREEDOM OF CHOICES** (2-4-6 thematic areas)
- **Workers’ participation/involvement + VOLUNTARY ADHESION**
- **Feedback + Follow-up and guidance by ATS** (evidence-based communication/WHP Manual + Web and e-health tools available)
- **SUSTAINABILITY+POLITICAL SUPPORT:** medium/long term; integrated by the health system;
- **Use of a BOTTOM-UP APPROACH WITHIN A NATIONAL FRAMEWORK**

Success factors: 2 main ideas

- ***“Communicate, communicate, communicate !”***
- ***“It’s like running a marathon, not a 100 meter dash”***



The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)

This presentation arises from the Joint Action addressing chronic diseases and healthy ageing across the life cycle (JA-CHRODIS), which has received funding from the European Union, under the framework of the Health Programme (2008-2013).