

# Implementation in Andalusia of a JA-CHRODIS Workplace Health Promotion Good Practice

ANDALUSIAN REGIONAL MINISTRY OF HEALTH AND FAMILIES, SPAIN  
–CHRODIS+ CONFERENCE: TACKLING THE CHALLENGES OF CHRONIC DISEASES IN EUROPE 14-15 May 2019 Budapest–

## Challenge

- Workplaces are strategic spaces to carry out health promotion interventions so as to avoid/delay the onset of chronic diseases. There is a need to recruit and involve a larger number of companies in Workplace Health Promotion (WHP) strategies and to keep them being carrying out for a prolonged period of time.
- The Andalusian WHP Programme, with new elements adopted from the Lombardy WHP JA CHRODIS Good Practice, will aim to gain evidence from transferring and implementing this strategy at workplaces.

Pre-implementation

Implementation

Post-implementation

ANDALUSIA (SPAIN)

The Andalusian Programme of Health Promotion at the Workplace (PSLT) by its acronym in Spanish) is a Health Promotion and Disease Prevention intervention in workplace settings being carried by the Andalusian Regional Ministry of Health and Families.

<http://www.centrosdetrabajosaludables.es/central/>



## IMPLEMENTATION PHASES

1. Study VISIT (Milan)
2. SCOPE definition meetings (Sevilla)
3. Local Implementation Working Group (LIWG)
4. SWOT Sessions (Granada)
5. PILOT ACTION PLAN and 2018 - 2019 IMPLEMENTATION in 2 organizations:

 **emasagra** (Number of workers: 200)

Joint public-private venture that manages all processes related to the water cycle . It provides service to the city of Granada as well as to 14 municipalities in the metropolitan area.

### Physical activity area:

Good practice 2.3: Promoting opportunities to do physical exercise: Setting up a gym, walking groups and enhance use of stairs...

### Work-life balance, welfare and social responsibility area:

Good practice 5.4: Work organization measures, Time saving facilities....



(Number of workers: 40)

Granada city branch of the Public Official's Independent Trade Union -third trade union at state level.

### Healthy eating area:

Good practice 1.3: Fruit and/or seasonal vegetables available at least 3 days a week

### Physical activity area:

Good practice 2.3: Promoting opportunities to do physical exercise: For a Million Steps (JA CHRODIS Good practice)...



## EXPECTED OUTCOMES

**ENSURED REGULATORY COMPLIANCE** on health & safety

**ENHANCED PARTICIPATION OF EMPLOYEES AND EMPLOYERS**

**SYSTEMATIC UPTAKE OF EVIDENCE & DATA ANALYSIS** (pre & post health indicators)

**LOMBARDY'S WHP GOOD PRACTICE ELEMENTS IMPLEMENTED IN ANDALUSIA**

Learn more in:

<http://chrodis.eu/wp-content/uploads/2018/09/andalusian-local-implementation.pdf>

and visit Chrodis.eu for updates!

LOMBARDIA (ITALY)



The Lombardy Workplace Health Promotion Network is a public-private network building on partnerships and collaboration with all workplace main stakeholders: associations of enterprises, trade unions and the regional health system. It targets adult population at their workplaces to promote and enhance their healthy lifestyle (by means of different actions focusing on healthy eating, smoking cessation, physical activity...).

[https://ec.europa.eu/eip/ageing/repository/lombardy-workplace-health-promotion-network\\_en](https://ec.europa.eu/eip/ageing/repository/lombardy-workplace-health-promotion-network_en)



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