



## **Global Survey on Health Promotion and Workplace Wellness Strategies Deadline Extended**



**The 2012 Global Survey on Health Promotion and Workplace Wellness Strategies is now open for participation, with the deadline 30th of July extended to 31st of August.**

The European Network for Workplace Health Promotion (ENWHP) strongly encourages employers to complete the fifth edition of this survey. It is designed to gain insight into how employers around the world implement and evaluate strategic wellness and health promotion initiatives. The survey is open to employers of every size in all industries and regions of the world. The last edition of the survey included responses from more than 1,200 employers in 45 countries.

The global wellness survey is intended to measure strategies and practices related to health promotion and wellness programmes. These employer-sponsored initiatives focus on improving employee health and organisational performance by preventing sickness, chronic disease, and injuries. They do so by addressing behaviours and risk factors such as poor nutrition, lack of physical activity, excessive stress, and smoking. These factors can lead to serious and expensive health problems and impact workforce productivity.

Employer-sponsored strategies to reduce these risk factors may include raising awareness, educating, and encouraging employees and their families to adopt healthier lifestyles through various programmes and incentives. They also may include creating a workplace environment that promotes health and wellness.

Related programmes focus on managing specific diseases, such as diabetes and heart disease. Although employers often seek to integrate these disease management programmes with their wellness initiatives for a continuum of healthy lifestyle support, the focus of the survey is more specifically on wellness and prevention activities.

To take part in the survey, please visit: <http://bit.ly/Py5V8w>

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