

Wellbeing in the Workplace

20% of organisations have increased their efforts to promote employee health and wellbeing since the onset of the recession ¹

Sickness absence and worklessness with ill health costs the UK economy **£100bn** a year ²

FTSE 100 companies that report on employee health and wellbeing out perform those that do not by **10%** ³

If current trends continue around **90% of men** and **80% of women** will be overweight or obese by 2050 ⁴

Nuffield Health survey reveals:

Overall, nearly **three quarters** (72 %) of those surveyed went into work last year whilst sick

Around half of those choosing to turn up for duty while sick said the most important factor in their decision was job security

A third of workers are more likely to go into work ill because of the economic downturn

More than half (53%) of those questioned went into work with a contagious illness such as the flu or a cold in the past year

16million work days per year are lost due to obesity and obesity-related illness ⁵

87% of finance and HR directors in UK companies with **more than 1,000** employees indicate that health and wellbeing is being discussed at board level and **41%** viewed it as a **strategic priority** ⁶

Presenteeism costs **£15bn** a year - twice that of absenteeism ⁷

Absenteeism due to mental health problems costs UK businesses **£8.4bn** a year ⁸

Only **18%** of UK population is experiencing a high level of wellbeing or what has been termed flourishing ⁹

Occupational Health Promotion Health Behavior In The Workplace

Carl I. Fertman



Occupational Health Promotion Health Behavior In The Workplace:

Occupational Health Promotion George S. Everly (Jr.),1985 **Workplace Health Promotion, 2nd edition**

Danijela Gasevic, Leah Okenwa-Emegwa, 2023-01-09 Work related factors have implications for health and wellbeing Due to the amount of time spent at the workplace and the impact of work on health over an individual's life course the workplace has evolved as an important arena for population health promotion Risk factors within the physical and psychosocial working environment as well as inadequate organizational support are associated with increasing work related health problems which result in psychosocial and economic implications for the individual the family the organization and the society Recent estimates revealed an increasing level of sickness absence due to work related factors among others In recognition of the importance of worker health and a healthy working life but also in line with numerous occupational health goals many organisations set aside significant amounts of financial resources annually to promote work well being However studies have shown that despite this positive disposition among employers both employee participation and the impact of such programs remain minimal According to the Ottawa declaration for health promotion and the Luxembourg declaration for Workplace Health Promotion WHP WHP should be strategic It is recommended that WHP be conducted in a systematic and continuous process of needs analysis priority setting planning implementation and evaluation Unfortunately available studies show that many companies have policies currently in place but lack knowledge regarding proper implementation and evaluation The foregoing phenomenon raises questions regarding the level of knowledge of and attitudes towards WHP among people in management positions This Research Topic aims to address factors affecting workplace health promotion What does WHP mean for employers What forms of WHP packages exist Is there evaluation and follow up of such interventions What are the barriers and facilitators relating to the uptake of WHP interventions among employees Do people in relevant managerial positions possess adequate knowledge regarding WHP Manuscripts that explore factors crucial for WHP including individual and organizational level factors crucial for WHP are welcomed Manuscripts on barriers evidence based interventions best practices analysis of existing policy documents and those with a life course perspective etc are also welcomed Manuscripts can be of national international and global perspectives *Handbook of Health Behavior Research I* David S.

Gochman, 1997-08-31 The primary objective of this Handbook is to provide statements about health behaviour research as a basic body of knowledge moving into the 21st century It is expected that the Handbook will remain in use and current through 2005 at least The Handbook presents a broad and representative selection of mid 1990s health behaviour findings and concepts in a single work While texts and books of readings are available in related areas such as health psychology medical anthropology medical sociology behavioural health behavioural risk factors and changing health behaviours none of these works was intended to address basic research generated knowledge of health behaviour and none was intended to transcend individual disciplines Accordingly none of these works presents a broad and representative spectrum of basic

health behaviour research reflecting multidisciplinary activities One work with a title identical to this one but for one word the Handbook of Health Behaviour Change Shumaker et al 1990 deals almost exclusively with applications This Handbook thus presents the reader with the state of the art in health behaviour research something not found elsewhere *Handbook of Health Behavior Research IV* David S. Gochman,1997-10-31 This landmark treatise provides the first comprehensive review of basic health behavior research In four volumes multidisciplinary contributors critically assess every aspect of health behavior giving special attention to the interrelationship between personal social systems and risk behavior Volume 1 presents useful conceptions of health and health behavior and describes the influence of personal family social and institutional factors Each volume features extensive supplementary and integrative material prepared by the editor the detailed index to the entire four volume set and a glossary of health behavior terminology **Handbook of Health Behavior Research II** David S. Gochman,2013-11-11 Volume 2 discusses the relationship between patient and caregiver in terms of structural and interactional determinants The impact of provider characteristics on compliance and adherence is given especially noteworthy treatment Each volume features extensive supplementary and integrative material prepared by the editor the detailed index to the entire four volume set and a glossary of health behavior terminology Handbook of Health Behavior Research III David S. Gochman,2013-11-11 Volume 3 relates the demography of health behavior to developmental and diversity issues Unique discussions of the health behaviors of gay males lesbians persons with HIV and caregivers themselves are included Each volume features extensive supplementary and integrative material prepared by the editor the detailed index to the entire four volume set and a glossary of health behavior terminology **Essentials of Health Behavior** Mark Cameron Edberg,2007 Health Behavior Education Promotion **The Handbook of Health Behavior Change, Fifth Edition** Marisa E. Hilliard,Kristin A. Riekert,Judith K. Ockene,Lori Pbert,2018-04-28 This revised and updated fifth edition of the highly acclaimed gold standard textbook continues to provide a foundational review of health behavior change theories research methodologies and intervention strategies across a range of populations age groups and health conditions It examines numerous complex and often co occurring factors that can both positively and negatively influence people s ability to change behaviors to enhance their health including intrapersonal interpersonal sociocultural environmental systems and policy factors in the context of leading theoretical frameworks Beyond understanding predictors and barriers to achieving meaningful health behavior change the Handbook provides an updated review of the evidence base for novel and well supported behavioral interventions and offers recommendations for future research New content includes chapters on Sun Protection Interventions With the Family System and the Role of Technology in Behavior Change Throughout the textbook updated reviews emphasize mobile health technologies and electronic health data capture and transmission and a focus on implementation science And the fifth edition like the previous edition provides learning objectives to facilitate use by course instructors in health psychology behavioral medicine and public health The Handbook of

Health Behavior Change Fifth Edition is a valuable resource for students at the graduate and advanced undergraduate level in the fields of public or population health medicine behavioral science health communications medical sociology and anthropology preventive medicine and health psychology It also is a great reference for clinical investigators behavioral and social scientists and healthcare practitioners who grapple with the challenges of supporting individuals families and systems when trying to make impactful health behavior change NEW TO THE FIFTH EDITION Revised and updated to encompass the most current research and empirical evidence in health behavior change Includes new chapters on Sun Protection Interventions With the Family System and the Role of Technology in Behavior Change Increased focus on innovations in technology in relation to health behavior change research and interventions KEY FEATURES The most comprehensive review of behavior change interventions Provides practical empirically based information and tools for behavior change Focuses on robust behavior theories multiple contexts of health behaviors and the role of technology in health behavior change Applicable to a wide variety of courses including public health behavior change preventive medicine and health psychology Organized to facilitate curriculum development and includes tools to assist course instructors including learning objectives for each chapter

Workplace Health Promotion Programs Carl I. Fertman, 2015-10-05 Shine a spotlight on the benefits of promoting health in the workplace Workplace Health Promotion Programs focuses on the incredible value that employee health programs can offer by exploring six key topics behavioral health physical health healthy environments health education nutritional health and physical activity This in depth resource explicitly establishes what successful workplace health promotion programs services and collaborations are and then builds upon this foundational understanding by introducing methods and tools for promoting employee health and safety while emphasizing the skills students need to do so Through this resource students will come to understand how to recognize employee health and safety opportunities and how to think on a larger scale when it comes to workplace health initiatives in small midsize and larger employers that are comprehensive and fiscally sound Workplace health promotion programs have the potential to both improve the health of the population as a whole and control healthcare spending in the process Health problems are estimated to cost employers in the United States over 200 billion per year through medical costs absenteeism disability and overall reduced productivity Improving well being through effective workplace health promotion programs can reduce this cost and create healthier happier workforces Discover the design implementation and evaluation of workplace health promotion programs that address the range of employee health needs and concerns Understand how evidence based programs can positively impact business and reduce health care cost Explore the larger scale implications of successful workplace health programs including health policies health insurance design worker safety employee behavior etc Learn how together employers and employees work to create a culture of health and well being to support and promote employee health and safety Review the ways in which successful workplace health promotion programs can prove financially beneficial Workplace Health Promotion Programs is a

resource that guides students and professionals alike in the discovery development and execution of successful employee health initiatives

Occupational Health Psychology Stavroula Leka,Jonathan Houdmont,2010-03-02 This ground breaking textbook is the first to cover the new and rapidly developing field of occupational health psychology Provides a thorough introduction to occupational health psychology and an accessible overview of the key themes in research and practice Each chapter relates to an aspect of the core education curriculum delineated by the European Academy of Occupational Health Psychology Written by internationally recognized experts in the field Examines a host of contemporary workplace health issues including work related stress the psychosocial work environment positive psychology and employee well being psychosocial risk management workspace design organizational research methods and corporate culture and health

The Handbook of Health Behavior Change, 4th Edition Kristin A. Riekert, PhD,Judith K. Ockene, PhD,Lori Pbert, Ph.D.,2014 Print CourseSmart

The Handbook of Health Behavior Change Angie L. Cradock,Kristina Henderson Lewis,Justin B. Moore,2024-08-23 Now in its 6th edition The Handbook of Health Behavior Change continues to serve as the premier practical textbook for students researchers and health professionals in public health health promotion preventive and behavioral medicine nursing health communication population health and the behavioral sciences It presents a foundational review of key theories methods and intervention strategies they will need to be both thoughtful and effective in promoting positive health behavior change The book examines the complex challenges of improving health behavior in society including the upstream systems economic environmental social cultural and policy factors at play as well as the interpersonal and intrapersonal behaviors that lead to disparate health outcomes among individuals and populations Integrated throughout are applied case studies and real world examples focusing on the importance of health equity considerations for health behavior change and how to apply an equity lens to conducting research designing and implementing programs The 6th edition has been fully updated reorganized and revised to address the behaviors and health topics related to the leading causes of death and morbidity among adults and children in the United States Using a multidisciplinary approach The Handbook of Health Behavior Change prepares the next generation of health professionals to face future challenges in the health behavior sphere through its discussions on equity theoretical advances primary and secondary prevention and application of effective strategies for implementing interventions across levels of society Provides the gold standard review of behavior change interventions New additions highlight the most recent evidence on timely topics such as vaccine uptake reproductive and sexual health workplace safety injury prevention and mental and behavioral health Features authors with deep expertise in behavior change research clinical applications and population health interventions Focuses on practical learning objectives that relate to core public health competencies Summarizes important concepts and information with new and updated illustrations key points and discussion questions Includes engaging case studies in every chapter Qualified instructors have access to this edition s expanded Instructor Resources including learning activities

comprehensive PowerPoint slides and additional resources to supplement students dynamic learning and interaction with the text

Health Behavior Karen Glanz, Barbara K. Rimer, K. Viswanath, 2024-08-13 The essential health behavior text updated with the latest theories research and issues Health Behavior Theory Research and Practice provides a thorough introduction to understanding and changing health behavior important facets of the public health role Since the publication of the first edition this comprehensive book has become the gold standard of health behavior texts This new sixth edition has been updated to reflect the most recent changes in the public health field including findings from real world interventions based on the theories described in the book Offering perspective applicable at the individual interpersonal group and community levels this essential guide gives public health students and practitioners an authoritative reference for both the theoretical and practical aspects of health behavior Explore the link between culture health and the importance of community Get up to date on emerging theories of health behavior and their applications Examine the push toward evidence based interventions and focus on diverse populations Learn how e health and social media factor into health communication Written and edited by leading theorists and researchers in the field Health Behavior builds a solid understanding of how to analyze and improve health behaviors and health

The Handbook of Occupational and Environmental Medicine Tee L. Guidotti, 2020-10-27 Provides health professionals with a single accessible and interesting source to prepare for the field of occupational and environmental medicine The new edition is extensively updated and includes questions for review in preparation for taking exams This set is designed to be a thorough introduction for physicians entering the occupational and environmental medicine field whether preparing for specialty examinations or moving into the field from other medical specialties or from primary care It also serves as a convenient guide and reference for nurses health professionals and those outside of health care who need a quick orientation The set is written with a strong and coherent point of view about the value of occupational and environmental medicine and commitment to ethical worker centered practice It is unusual in the depth of its coverage its inclusion of important topics that are usually overlooked in textbooks of the field such as risk science its emphasis on good management of occupational health services and its thorough integration of material that fits topics together rather than presenting them as if they were separate and unrelated

The Handbook of Salutogenesis Maurice B. Mittelmark, Shifra Sagy, Monica Eriksson, Georg F. Bauer, Jürgen M. Pelikan, Bengt Lindström, Geir Arild Espnes, 2016-09-02 This in depth survey of salutogenesis shows the breadth and strengths of this innovative perspective on health promotion health care and wellness Background and historical chapters trace the development of the salutogenic model of health and flesh out the central concepts most notably generalized resistance resources and the sense of coherence that differentiate it from pathogenesis From there experts describe a range of real world applications within and outside health contexts from positive psychology to geriatrics from small towns to corrections facilities and from school and workplace to professional training Perspectives from scholars publishing in languages other than English show the global relevance of the field Among

the topics in the Handbook Emerging ideas relevant to the salutogenic model of health Specific resistance resources in the salutogenic model of health The sense of coherence and its measurement The application of salutogenesis in communities and neighborhoods The application of salutogenesis to health development in youth with chronic conditions The application of salutogenesis in mental health care settings The Handbook of Salutogenesis summarizes an increasingly salient field for graduate and professional students of public health nursing psychology and medicine and for their instructors It will also appeal to health related academicians and professionals who wish to have a thorough grounding in the topic Handbook of Occupational Health and Wellness Robert J. Gatchel, Izabela Z. Schultz, 2012-12-21 This book integrates the growing clinical research evidence related to the emerging transdisciplinary field of occupational health and wellness It includes a wide range of important topics ranging from current conceptual approaches to health and wellness in the workplace to common problems in the workplace such as presenteeism absenteeism common illnesses job related burnout to prevention and intervention methods It consists of five major parts Part I Introduction and Overviews provides an overview and critical evaluation of the emerging conceptual models that are currently driving the clinical research and practices in the field This serves as the initial platform to help better understand the subsequent topics to be discussed Part II Major Occupational Symptoms and Disorders exposes the reader to the types of critical occupational health risks that have been well documented as well as the financial and productivity losses associated with them In Part III Evaluation of Occupational Causes and Risks to Workers Health a comprehensive evaluation of these risks and causes of such occupational health threats is provided This leads to Part IV Prevention and Intervention Methods which delineates methods to prevent or intervene with these potential occupational health issues Part V Research Evaluation Diversity and Practice concludes the book with the review of epidemiological measurement diversity policy and practice issues with guidelines on changes that are needed to decrease the economic and health care impact of illnesses in the workplace and recommendations for future All chapters provide a balance among theoretical models current best practice guidelines and evidence based documentation of such models and guidelines The contributors were carefully selected for their unique knowledge as well as their ability to meaningfully present this information in a comprehensive manner As such this Handbook is of great interest and use to health care and rehabilitation professionals management and human resource personnel researchers and academicians alike

Occupational Injury Anne Marie Feyer, A Williamson, 1998-01-20 Occupational injury is a major and often preventable health problem in the work environment Each year throughout the world millions are affected by traumatic occupational injuries and many thousands are actually killed in work related incidents This book provides a diverse and multi faceted look at some of the themes directing late 1990s research **Managing Health Promotion in the Workplace** Rebecca S. Parkinson, 1982 Abstract Methods used in the workplace to promote health and healthy lifestyle choices are discussed in this text Techniques for implementing and evaluating such efforts are also discussed *Occupational Health and Industrial*

Medicine ,1994

Health Promotion at Work in California ,1988

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