

# Role of Center for Workplace Health Promotion in Taiwan- a Ten-year Experiences and Achievements

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## INTRODUCTION

- To encourage enterprises to promote workers' health, the Health Promotion Administration established three regional Centers for Workplace Health Promotion (WHP) since 2006.
- This article presents the Center's experiences and results of past 10 years in WHP.

## METHODS

- The Center recruits different companies and implements health promotion programs according to their needs. Occupational health advices and health education sheets are also provided.
- The Center set up the Healthy Workplace Website to advocate the concept of health promotion.
- The scheme of Healthy Workplace Certification (HWC) labels, including Tobacco Hazards Prevention, Health Initiation and Health Promotion, was also conducted.

## RESULTS

- Over 1,700 factories have been counseled. Most of them are manufacturing and large scale workplaces.
- Most common topic of program is physical activity, followed by tobacco and betel nut hazards prevention.
- There have been about 860,000 visits to the Website, with 7,000 of visits monthly.
- Totally 16,456 workplaces have passed HWC since 2007.

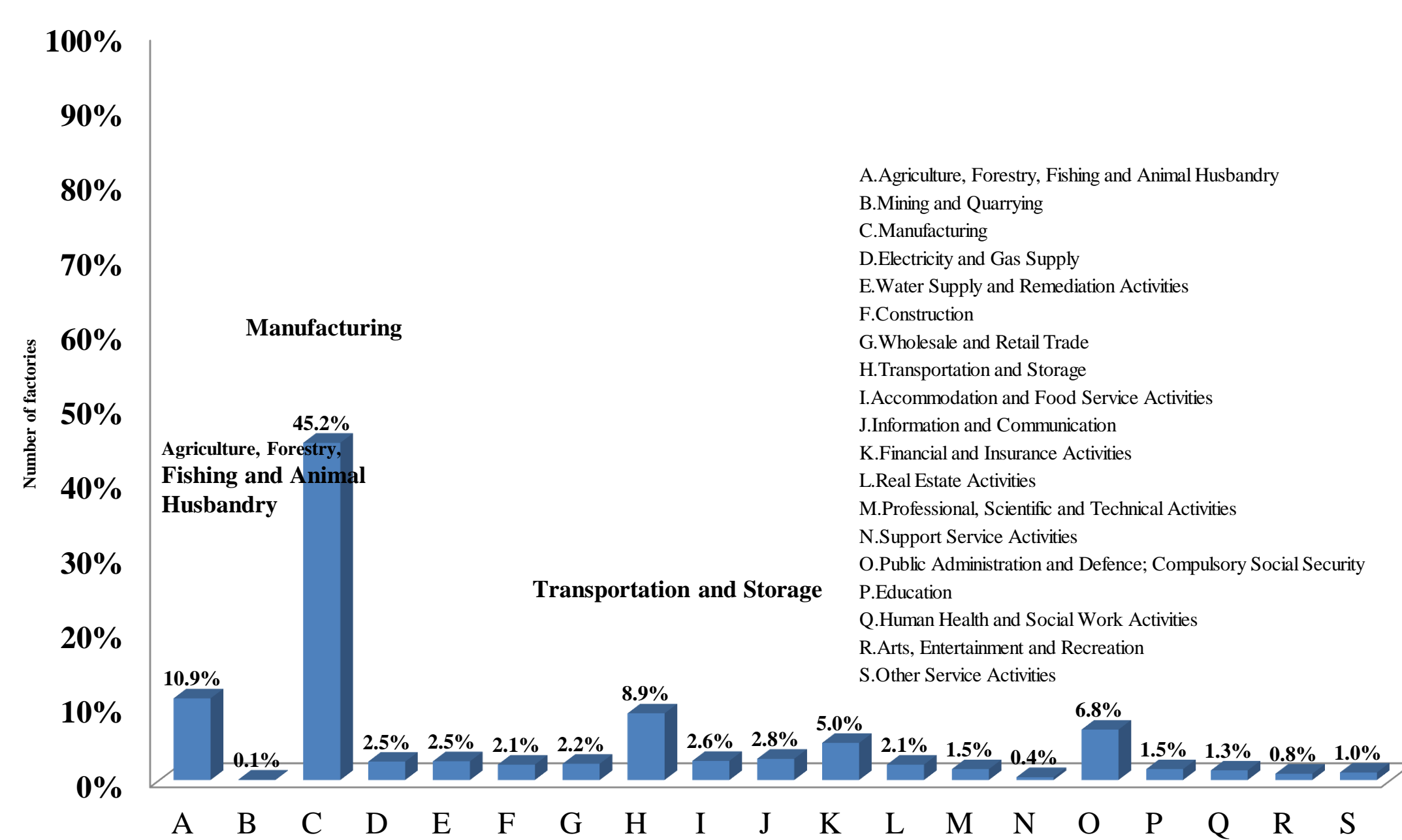


Fig 1. The industry distribution of factories counseled.

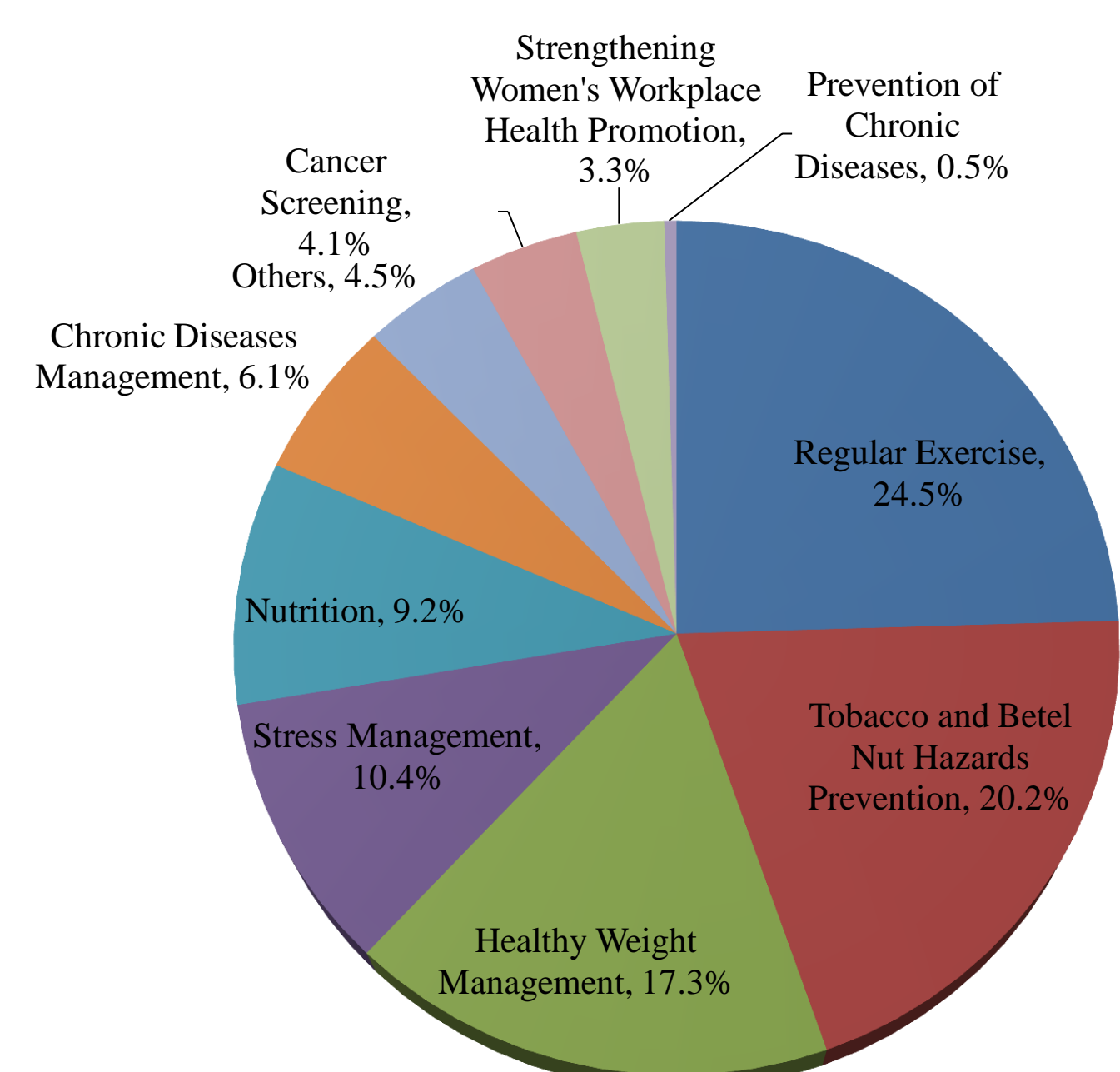


Fig 2. The health programs at worksites

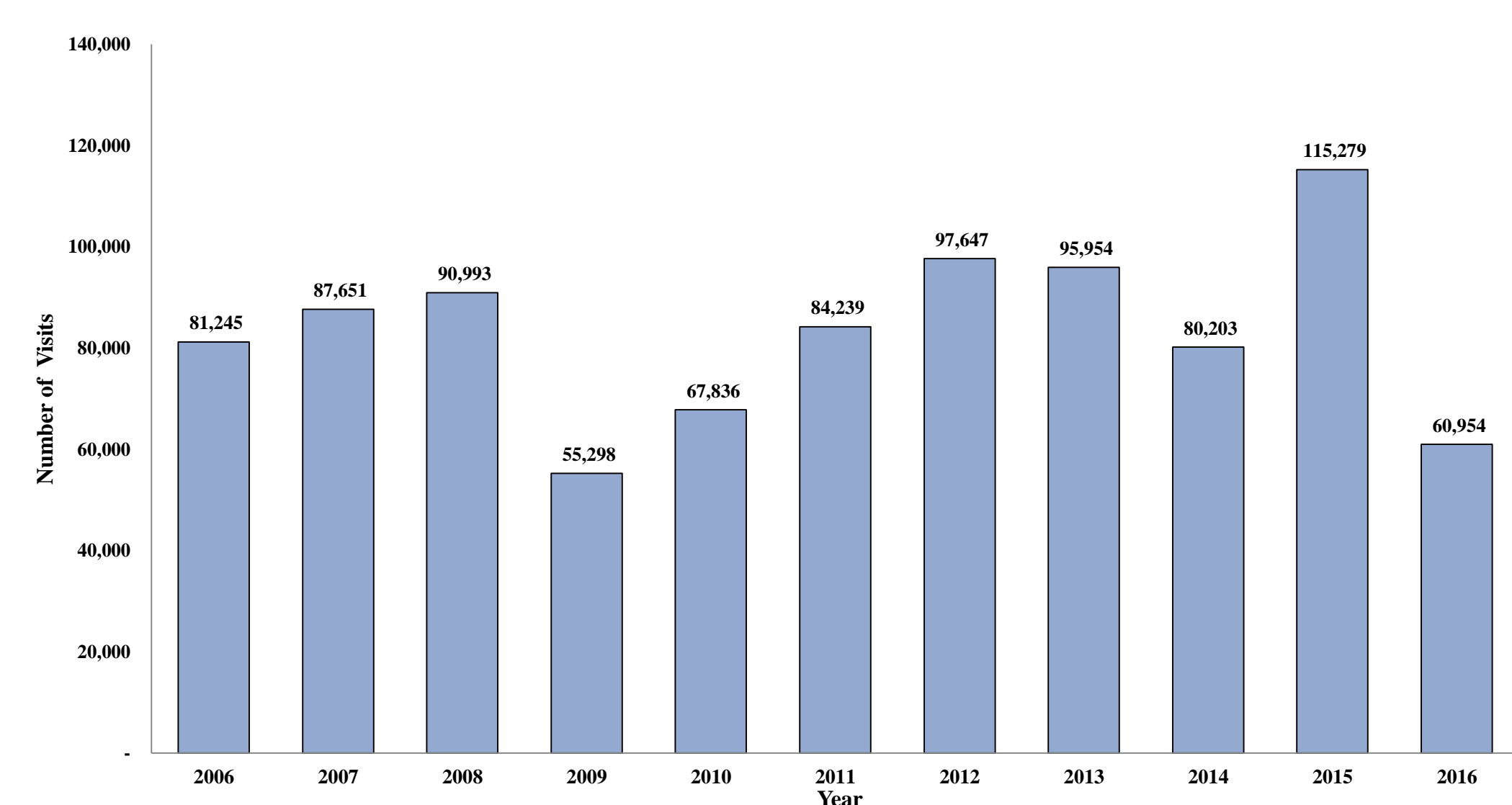


Fig 3. The yearly visits to Healthy Workplace Websites

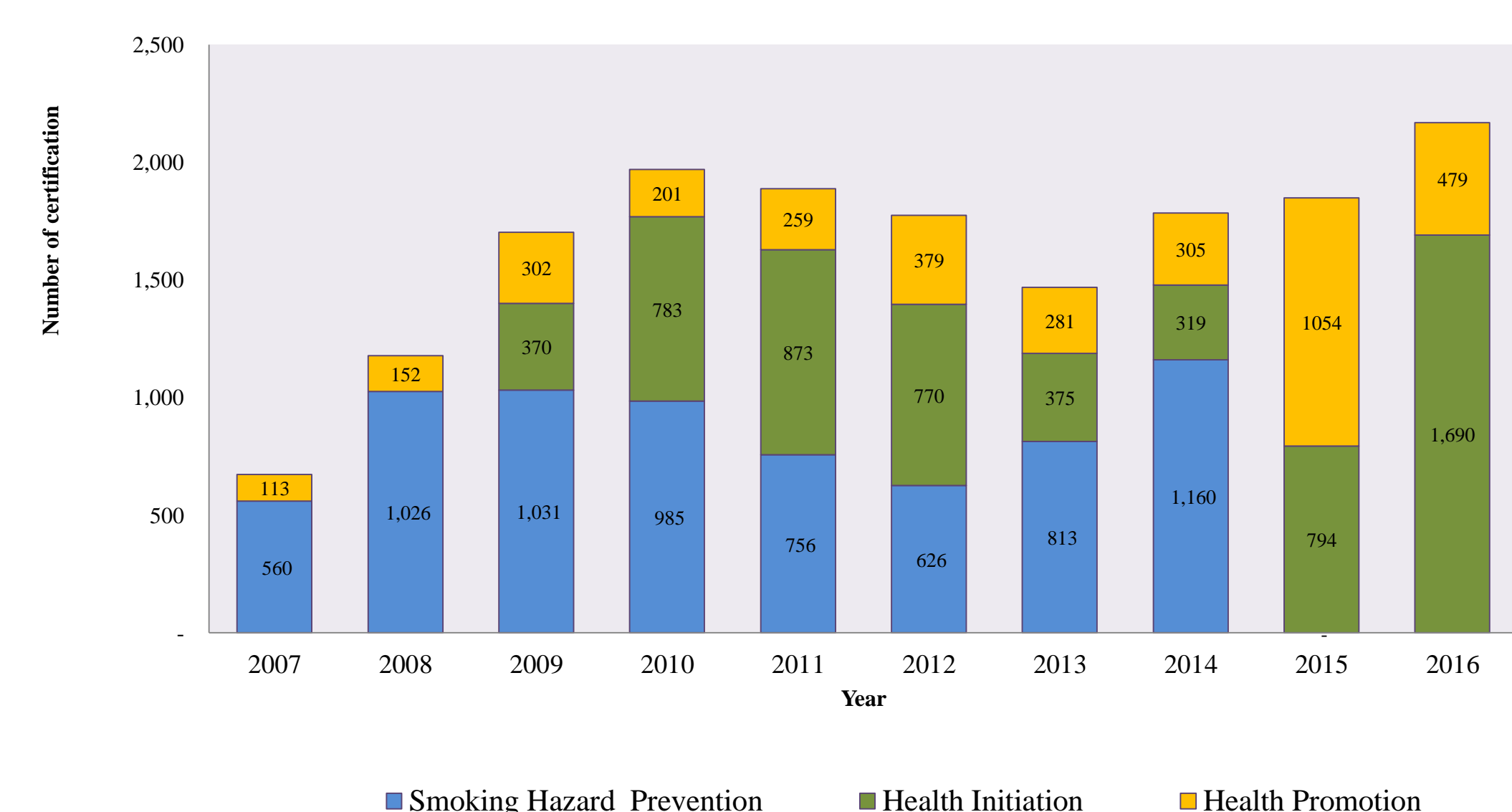


Fig 4. The number of Workplaces with Health Workplace Certification, 2007-2016

## DISCUSSION

- Workplaces in the health promotion program are mostly large scale. Large scale workplaces are usually organized and have resources. They are more capable and more willing to adopt health programs.
- Main topics of health lectures are exercise and nutrition. In exercise, assistive devices, such as yoga straps are often used. In nutrition, practice courses are available to help workers keep a healthier diet. Before HWC was issued, difficulties in advocating employee's health promotion were apparent.
- HWC adopting clear steps to be followed easily was initiated in 2007. After years' effort, more and more enterprises joined this scheme. Following the dedicated steps of this Certification system, new promoters can design effective WHP programs.
- The Center, with its many years of experiences, helps workplaces adopt efficient methods to promote workers' health. The future Center's expectation is to reach the goal of establishing healthy environment for all workers.