

A Decade Experiences and Achievements of the Central Regional Center for Workplace Health Promotion

Meng-Chen Hsieh¹, Wei-Chen Chang¹, Pei-Yi Ho¹, Miao-Ju Chueh², Te-Chi Huang²,
Chen-Su Lin³, Feng-Cheng Tang^{4,5}

¹Occupational Health Center, Changhua Christian Hospital, Changhua, Taiwan
²Industrial Safety and Health Association of Taiwan

³Health Promotion Administration Ministry of Health and Welfare, Community Health Division, Taiwan

⁴Department of Occupational Medicine, Changhua Christian Hospital, Taiwan

⁵Department of Leisure Services Management, Chaoyang University of Technology, Taiwan

INTRODUCTION

The Central Regional Center for Workplace Health Promotion (Center) establishes the standard procedures for workplace health promotion (WHP) and provides employees with health related services and tobacco control plans. This article presents our experiences and results of the past 10 years in the WHP.

STRATEGY

The Center recruits workplaces and implements health promotion programs according to their needs, based on the WHO model of WHP. The health promotion issues include tobacco and betel nut hazards prevention, staff cafeteria calorie labeling, regular exercise, healthy weight management, strengthening women's workplace health promotion, mental health, prevention of chronic diseases, cancer screening, etc. We also provides occupational health advices, various health education sheets, and invites professionals to worksites as consultants. The Center set up The Healthy Workplace Website to advocate the concept of health promotion to the public and provides users with medical knowledge.

RESULT

In the past 10 years, the Center has counseled over 450 factories. Most of them are manufacturing, but there are other industries such as agriculture, forestry, fishing and animal husbandry, transportation and storage industries. There are over 220 large scale workplaces with over 300 workers, 140 small scale workplaces (less than 50 workers) and 100 middle scale workplaces (50-299 workers).

The most common topic of health program is regular exercise, followed by nutrition, stress management, tobacco and betel nut hazards prevention, healthy weight management, prevention of chronic diseases and strengthening women's workplace health promotion.

There have been around 860 thousand visits to Healthy Workplace Website from 2006 to 2015, with around seven thousands of visits every month. This website offers free download services of health-related materials and information, which include certificates for healthy workplaces, workplace health promotion programs, healthy diet, tobacco control, physical activity, weight management, mental health and stress management, occupational diseases, ergonomic hazard prevention and healthy workplace awards. In total, there were over 20 thousand downloads on the website between April 2014 to June 2015.

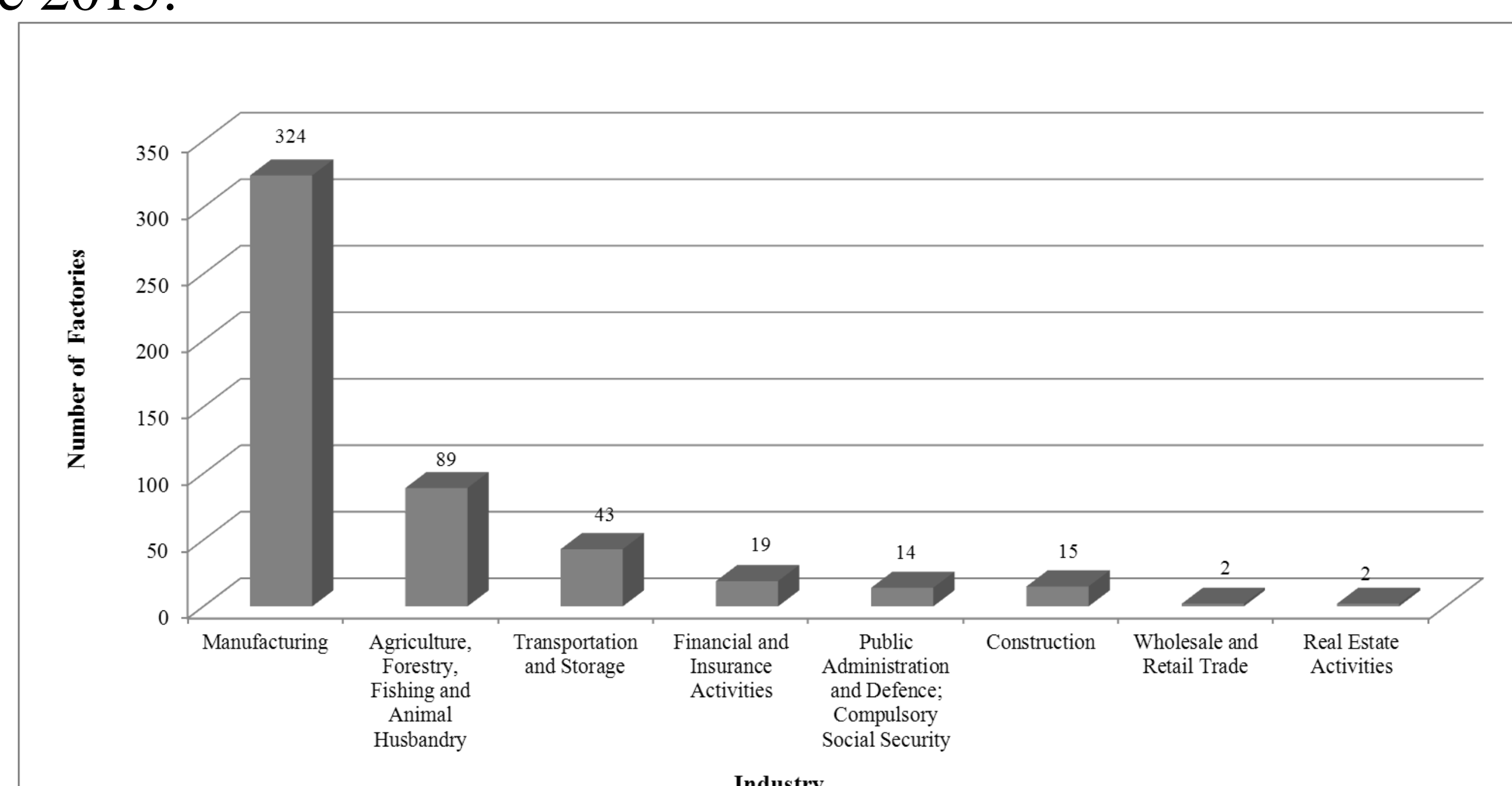


Fig 1. The industry distribution of factories counseled.

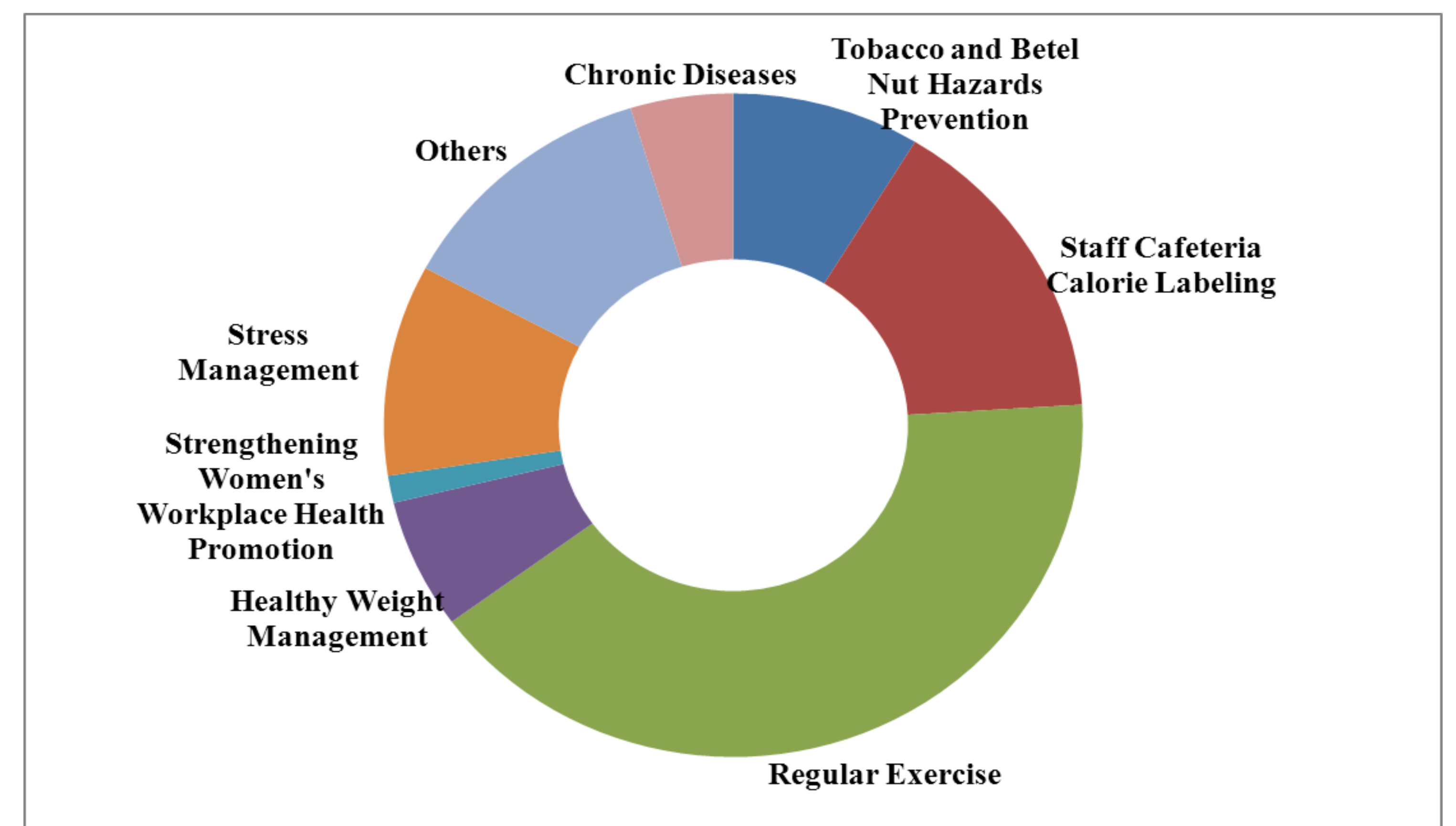


Fig 2. The health programs at worksites

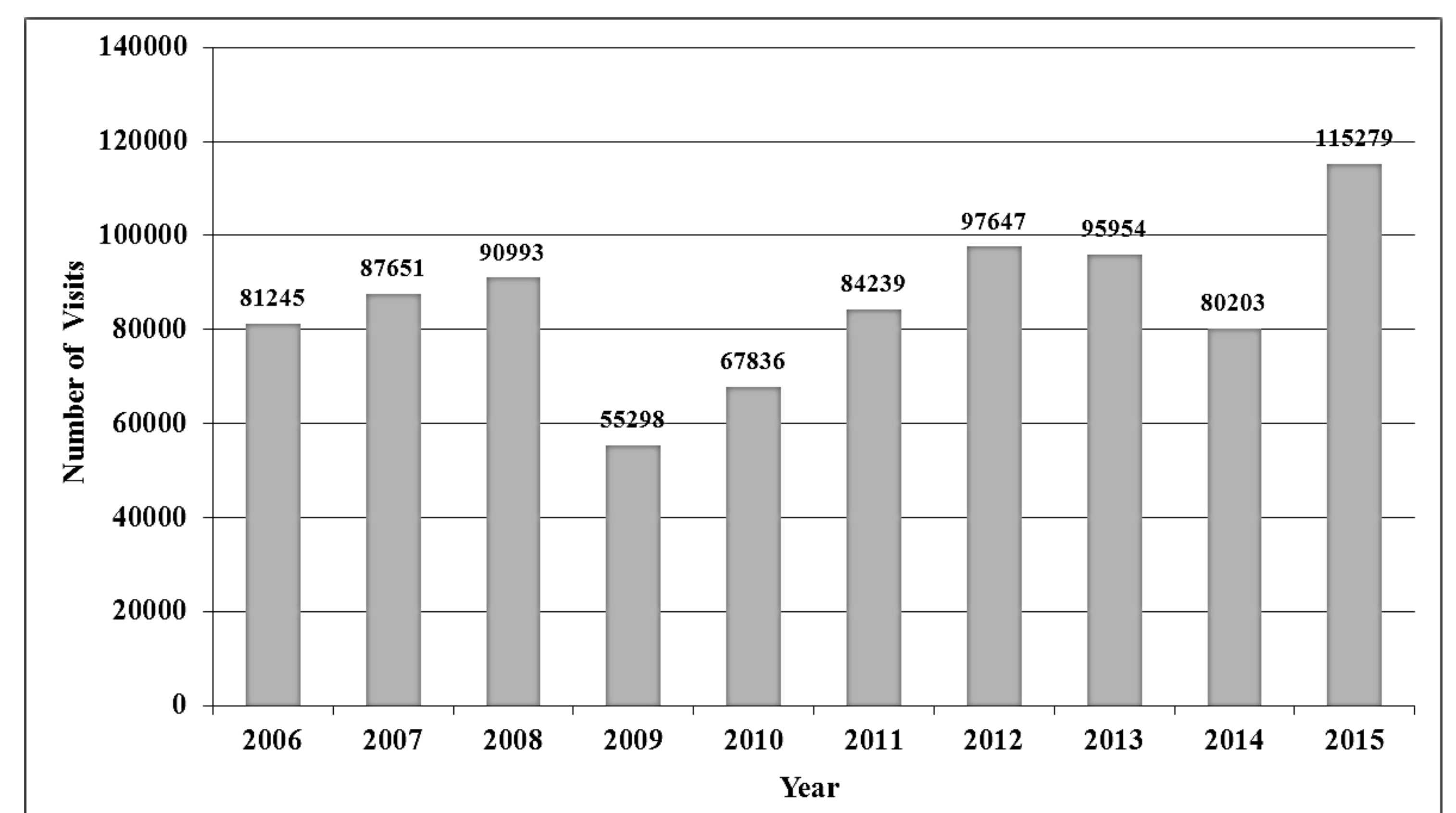


Fig 3. The yearly visits to Healthy Workplace Websites

DISCUSSION

The workplaces in the health promotion program are mostly large scale. Large scale workplaces are usually more organized and have more resources. They are also more capable and more willing to adopt health promotion programs. With lesser human resources and budgets, the health promotion programs for middle scale organizations are similar to those of large scales but not comprehensive, and the programs in the small scale organizations are usually focused on safety and health.

The main topics of health promotion lectures are exercise and nutrition, as more and more cases of metabolic syndrome occur. In exercise lectures, assistive devices, such as yoga straps are often used. Stretching exercise with yoga straps have since become widely accepted and practiced by employees. In nutrition, practice courses are available to workers to help them keep a healthier diet.

The Center, with its many years of experiences, helps workplaces adopt efficient methods to promote workers' health. The future expectation of the Center is to reach the goal of establishing healthy and safe environment for all workers.