

# Promoting healthy lifestyles in the working environment: Healthy Company

The background of the slide features a composite image. At the bottom, a large, realistic hand is shown from the wrist up, holding three businesswomen in professional attire. The women are standing on the palm of the hand. Below the hand is a lush green field. The upper portion of the image is a blue sky with white clouds. Overlaid on the sky and field are various semi-transparent icons and graphics, including a padlock, a gear, a person silhouette, and abstract circuit-like lines, suggesting themes of health, technology, and industry.

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# Workplace and health

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- Workplace health promotion activities bring multiple benefits, from those to the individual (employees), to those to the employers and ultimately to the wider community, and thereby these activities should be one of the central public health interests.

# Living Healthy

- Croatian Ministry of Health and Croatian Institute of Public Health have initiated National Program of health promotion „Living Healthy“.
- Croatian government has adopted this Program as a model of comprehensive intervention with the aim of decreasing behavioral, biomedical and sociomedical risks for NCDs.
- Program consists of 5 components: health education, physical activity, health and nutrition, health and working place and health and environment, with the goal of comprehensive prevention and inclusion of all age groups in all settings.
- Program is implemented through 21 county public health institutes in collaboration with local authority and civil society.
- The project is funded through the European Structural Funds, from 2017.-2023.

# Healthy Company Logo

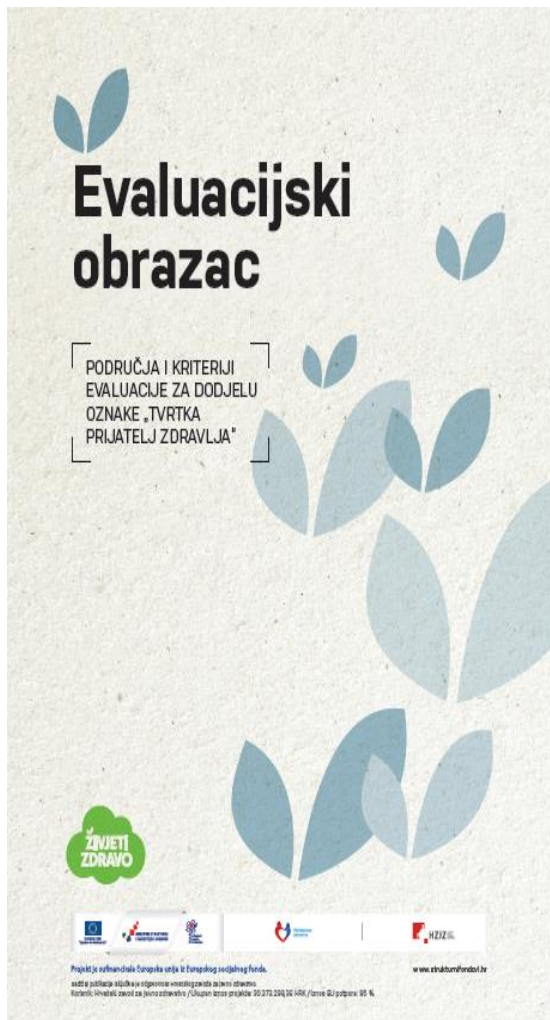
TVRTKA  
PRIJATELJ  
ZDRAVLJA



# Healthy Company

- The aim of Project is to promote health and healthy lifestyles in the working environment.
- The project is implemented through different workshops such as: smoking and alcohol and health, psychosocial risks of working environment, nutrition at workplaces, physical activity at workplaces.
- During the implementation of the project awareness of health risks among employees is raised.
- Employees who are exposed to increased risks are offered health counseling services in the in 21 Institute of Public Health in all Croatian counties.
- In each project year, three companies apply for a project, and run through education
- At the end of the project companies are awarded a “Healthy Company” certificate. So far, nine companies have been certified.
- The purpose of the project is to improve health literacy, to rise awareness about mental and physical health and to empower the management, employers and employees to promote health and improve health behavior.

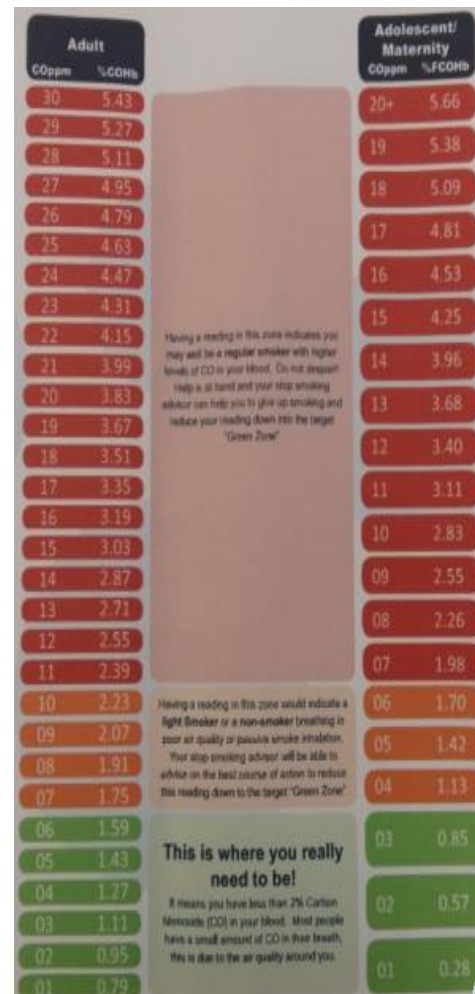
# evaluation



PODRUČJE	KRITERIJI	BOGOVI
<b>1. PREHRANA</b>		
<b>A. Osigurani topli obrok za djeelatnike unutar tvrtke</b>		
* Tvrtka treba osigurati topli obrok za svoje djeelatnike.	1. Topli obrok je osiguran.	3
	2. Topli obrok nije osiguran, ali se to planira.	1
	3. Topli obrok nije osiguran.	0
<b>B. Pokrivanje troškova toplog obroka</b>		
	1. Tvrtka osigurava besplatan topli obrok na poslu svim djeelatnicima.	3
	2. Tvrtke djelomično subvencionira topli obrok djeelatnika.	2
	3. Djeelatnici sami plaćaju topli obrok na poslu.	1
<b>C. Oblik organizirane prehrane u tvrtki</b>		
Oblici organizirane prehrane mogu biti različiti.	1. Topli obrok se priprema u vlastitoj kuhinji koja zadovoljava higijenske uvjete za pripremu obroka.	3
	2. Tvrtka ima ugovor s vanjskim restoranom (vanjske usluge).	3
	3. Tvrtka ima čajnu kuhinju za pripremu jednostavnijih jela i napitaka.	1
<b>D. Osigurano odgovarajuće mjesto za konzumiranje toplog obroka</b>		
Ako tvrtka nudi topli obrok svojim djeelatnicima odgovarajuće mjesto za konzumiranje obroka treba biti osigurano.	1. Osigurana je odgovarajuća blagovaonica.	3
	2. Osiguran je zajednički prostor za blagovanje.	2
	3. Nema osiguranog posebnog prostora za konzumiranje obroka.	0
<b>E. Obroci koji se poslužuju zadovoljavaju principe pravilne prehrane</b>		
Obroci i pića koji se poslužuju u tvrtki su sukladni principima pravilne prehrane.	1. U toplim se obrocima koriste integralne žitarice i proizvodi (integralni kruh, integralna tjestenina i sl).	3 Najčešće 1 Ponekad 0 Nikad
	2. Izvor masnoća u obroku su ulja bogata nezasićenim masnim kiselinama (maslinovo ulje i sl).	3 Najčešće 1 Ponekad 0 Nikad
	3. U pripremi toplog obroka se koriste rafinirana ulja i margarin.	0 Najčešće 1 Ponekad 3 Nikad
	4. U pripremi juha koristi se instant juhe.	0 Najčešće 1 Ponekad 3 Nikad
	5. U obrocima je zastupljena riba.	3 1 put tjedno 1 2 put mjesačno 0 < 2 put mjesačno
	6. U obrocima je zastupljeno svježe povrće (ne uključujući krumpir).	3 Svakodnevno 2 3-4 puta tjedno 0 < 3 puta tjedno
	7. U obrocima je zastupljeno svježe voće.	3 Svakodnevno 2 3-4 puta tjedno 0 < 1-2 puta tjedno
	8. Obroci se pripremaju pohanjem ili prženjem u dubokom ulju.	0 ≥ 1 put tjedno 1 1-2 puta mjesačno 3 Nikad
Kontrola energetske-nutritivnog sastava obroka.	Laboratorijska analiza energetske-nutritivnog sastava obroka se provodi najmanje jednom godišnje.	2 Da 0 Ne

# how to reduce smoking

exhaling CO



# alcohol and risks

## simulation glasses











**aKD ZAŠTITA**

**ERICSSON** 

**Ericsson Nikola Tesla d.d.**

**STRABAG**





Healthy Employees



Healthy Organizations



Healthy Workplaces

Izvor: <https://www.ccohs.ca/healthyworkplaces/>



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