

Workplace Health Promotion

Course description:

According to „The Luxembourg Declaration on Workplace Health Promotion (WHP) in the European Union“ (1997) WHP is defined as the combined efforts of employers, employees and society to improve the health and well-being of people at work. WHP can be described as a modern corporate strategy to meet the challenges for the working world in the 21st century, like globalisation, ageing, changes in employment practices by supporting well-qualified, motivated and healthy employees.

Students will get to know among others

- Concepts of health and health promotion (definitions, empowerment, participation, setting) in general
- WHO – Ottawa Charta for Health Promotion
- Concepts, requirements, aims of Workplace Health Promotion in detail
- Implications of WHP for effective corporate management (e.g. reduction in sickness related costs and increase in productivity)
- The Luxembourg Declaration on Workplace Health Promotion in the European Union (1997)
- Examples of successful Workplace Health Promotion in various companies

Hours per week: 2

Course type: lecture/seminar

Assessment: seminar paper

Literature: to be announced at the beginning of the course

Lecturer: Dr. Elke Raum