

Health promotion

Health promotion is: *"the process of enabling people to increase control over their health and its determinants, and thereby improve their physical and mental/psychological health"* (World Health Organization (WHO), 2005)

It means any activity that seeks to improve a person's or population's health by providing information about, and increasing awareness of, good behaviors to be healthy as well as at-risk behaviors associated with various diseases (with the intent of reducing them). Health-promoting behaviors include adoption of a healthy lifestyle with regular physical exercise and sleep/recovery, healthy nutrition, smoking cessation, avoidance of alcohol or substance abuse, cancer prevention, cardiovascular risk prevention, and also other positive behaviors at work contributing to improving general health, wellbeing and preventing some occupational risks.

Recommendations regarding health promotion for employees and Sites

Adopt positive behaviors as suggested in the presentations below:

Health promotion at the Sites

As Well-being at Work (WB@W) is a priority for Syensqo, Sites will contribute to by organizing health awareness campaigns or promotion actions, with (when it is possible) the support of the medical team, with the target to keep all employees to work as healthy and safe as possible, and to avoid accidents and occupational diseases.

Sites implement health promotion programs/actions:

- **dealing with** (see next sections below):

- ✓ general health topics
- ✓ occupational risks for health

- **how?**

- ✓ through **communication campaigns** and/or information sessions, and/or
- ✓ by inviting employees to participate in **concrete actions** organized by the medical team, and/or
- ✓ by offering medical check-ups beyond those related with occupational risks (e.g. cancer or cardiovascular prevention, etc.), and/or
- ✓ by facilitating vaccination (e.g. seasonal flu vaccination, etc.)

In 2022, about 90% of the Sites reported active promotion and support for health and wellbeing activities.



General health promotion

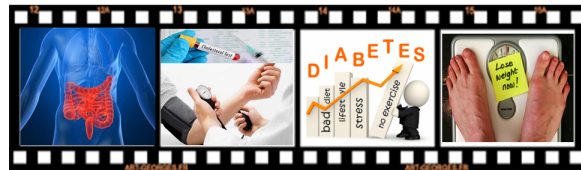
On top, the site may organize **evidence-based health promotion** (i.e. based on the best available scientific data) which includes:

▶ Actions for **healthy life style** are promoting:

- ➔ fitness and sport,
- ➔ antismoking campaigns,
- ➔ information about alcohol and drugs,
- ➔ information about balanced nutrition

▶ **Health screenings**, e.g. for:

- ➔ cancer (e.g. intestine cancer screening)
- ➔ metabolic syndrome
- ➔ cardiovascular risks, like:
 - high blood pressure
 - high cholesterol
 - tobacco
 - predisposition
- ➔ risks of diabetes
- ➔ overweight



 **Vaccination campaigns** (e.g. for seasonal flu)

Go to:  **Diabetes:** [Fact sheets](#) and [video](#)

Promotion regarding occupational risks for health

 Based on the identified risks on site, specific awareness programs should be implemented to prevent / mitigate / manage the risks linked with e.g. noise, pregnancy at work, shift and night work, heat stress, risks when travelling or expatriation, ergonomic stressors, etc.



 To support the OH teams on Site, the HSE global coordinating OH team has developed specific guidelines:

and also :

-  Medical recommendations for workers exposed to heat or severe climate conditions ([IND-HSE-OH-10.10-GUI](#))
-  Medical surveillance for fire rescuers and Hazmat response teams ([IND-HSE-OH-10.09-GUI](#))

Go to :  **EURO-OSHA's online Campaign Toolkit:** a dedicated website to provide a step-by-step guide to planning and running effective promotional OSH campaigns

-  Your regional Medical coordinator
-  OH homepage