

PHYSICAL ACTIVITY PROMOTION IN THE WORKPLACE

Project implementation period: 2013

Aim and tasks: 1) to introduce physical activity promotion programmes in 2 institutions according to the recommendations by the World Health Organisation and EU-OSHA (European Agency for Safety and Health at Work); 2) to prepare recommendations on how to effectively realise physical activity promotion programmes in companies and institutions.

Methods and results. Project activities were conducted in stages:

- Stage 1: the assessment of health-determining factors and health improvement demand, and a case analysis. Health improvement programme demand assessment questionnaires were prepared (separate for employees and managers), a survey was conducted.
- Stage 2: The arrangement of proposed physical activity encouragement activities with managers and employees. Physical activity encouragement in the workplace activity plans were prepared. Since the officers are active at work as well as in their leisure time, passive activity practice was planned according to their needs, which were oriented towards relaxation, concentration and reducing tension. Meanwhile physical activity practices which are the most useful for people doing sedentary and intellectual work were prepared for “Lithuanian Railroads” employees.
- Stage 3: The realisation of planned physical activity encouragement activities. Introductory events were organised in an aim to motivate the employees to participate. Practical – theoretical activities were held (PI “Sveiko Stuburo Mokykla” practical seminars, Nordic walking exercises, etc.), the employees had the opportunity to evaluate their health indices (blood pressure, body composition analysis, flexibility, coordination). Special “Health Passports” were prepared, health specialists provided consultations. A poster “Workout in the Workplace” was prepared.
- Stage 4: Project activity assessment. Questionnaires were used in an aim to learn what effect the project activities had on the participants’ health, how they evaluate the project in general, its usefulness for themselves and the institution. 42% of the project participants stated their health improved in the course of the project. 56% of the participants stated they started thinking they need to start being physically active, 33% - that they became more physically active at work and in their leisure time. 58% of employees judged that the project was useful for them personally. 67% indicated that they would like the activities presented in the course of the project to continue in the company.
- Stage 5: Recommendation preparation and publication. Recommendations were posted in the website of the Institute of Hygiene. The recommendations are addressed to public health specialists, occupational health specialists, managers, and employees.

The project was implemented by the Institute of Hygiene, public health offices of Vilnius and Kėdainiai districts, it was coordinated by PI “Pozityvios Sveikatos Komanda”. Participants: Passenger Transportation Directorate of Public Limited Company “Lithuanian Railroads”, and Kėdainiai District Police Headquarters. In realising the project, Healthcare Service under the Ministry of the Interior contributed actively. The project was funded by the Ministry of Health.

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