

Technology offer:

WORKPLACE HEALTH PROMOTION

Faculty of Health Sciences has been working in the field of employee health care for many years. Our breadth of expertise and research, as well as use of latest evaluation systems form the basis for effective measures when tailoring the interventions supported by literature and practice to the individual companies. The aim of our measures is to empower employees for maintaining their health in a proactive manner. Based on the analysis of physical activity, psychosocial stress, physiological functions and eating habits, we design individual reports (recommendations) and educational workshops for similar work groups.

Background

Employees spend a large part of their lives at work. For this reason, workplace can be an important source of quality information and measures that positively contribute to tackling modern society and work-related issues (sedentarity, obesity, repetitive harmful movements). Companies can positively affect their economy (reducing absenteeism), productivity and satisfaction of employees. It is essential to know the exact characteristics, preferences and workplace of employees in order to effectively design health promotion programmes. We perform the initial analysis with the use of high-tech systems, that are considered as the gold standard for the selected assessment. Using the obtained results and employees' preferences, we design individual and group measures aimed at theoretical and practical empowerment of employees for taking of their own health.

Technology & Equipment

Faculty of Health Sciences offers objective and subjective, scientifically based measurement systems for physical activity, psychosocial stress and nutritional status assessment. It is done with the help of:

- Bioelectrical impedance analysis;
- High-tech systems for assessment of physiological parameters (cardio-pulmonary exercise testing, breathing and neural regulation assessment);
- ActiPAL and ActiGraph accelerometers to objectively assess sedentary behaviour and physical activity.

Advantages

- Use of high-tech systems for analysing employee status;
- Use of effective and up to date findings in the design of individually tailored measures;
- Increasing economy and productivity of the company;
- Multidisciplinary team of experts.

Field of use:
Work organizations

Current state of technology:
Developed, in use

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