



Spain (1)

Country:	Spain
Name of the project:	Proimges - Salusline Comprehensive Program on Health Education
Name of the company/organisation:	Proimges SI
kind of company	profit organisation company in the service sector
Company size	small enterprise (10 to 50 staff members)
Number of employees	75
Location	Company is situated at one location
Main aims and objectives	<ul style="list-style-type: none"> - Comprehensive Program on Health Education through Internet to educate employees in general health principles. Using computer software specially designed, Internet, mobile telephone, written and video material, conferences and courses to evaluate, raise awareness, transmit, implement and maintain interactive and personalized health educational programs on the main pillars of health (nutrition, exercise, stress management, mind, Preventive medical exams). - Conferences and Seminar on Chi Kung/Qigong – Chinese Gymnastics – and its essence: Breathing, relaxation, concentration, and philosophical values to raise awareness and provide tools to manage stress and bring about personal and behavioural changes.
main prevention strategy	Behavioural <u>and</u> structural prevention
main target groups of the project	All staff members
initiative started and implemented by	management
How does the PPP work: Is it valid in the whole company or only in some locations or specific work areas?	All over the company/ organisation in each country
How was it developed?	It was implemented over the whole company from the beginning
Start of the PPP in the company	Between 2000 and 2009
Duration of the PPP applied	Permanent measure/offer

Good practice of projects, programmes and policies (PPP)

project is funded by	company
financing for a successful implementation is guaranteed	Long-term (over 2 years or permanent)
Focus of the alcohol policy:	
<u>a) Universal prevention</u>	Employees receive internet evaluations, Information and programs to raise awareness and Seminars and conferences on Chi Kung/Qigong, breathing, relaxation, Concentration and oriental philosophy
<u>b) Selective prevention</u>	-
cooperation with other companies, organisations, counsellors in the context of the PPP	No
General tools being used	Seminars and conferences and Internet (mailings, evaluations, general and specific information), as well as videos to implement positive habits (nutrition, exercise, stress management and personal skills: breathing, relaxation, etc
a) Management tools	-
b) Dissemination of the Alcohol policy developed:	Information disseminated in the workplace by brochures and internet/intranet
c) Participation of the employees:	<ul style="list-style-type: none"> - Discussions involving representatives of several departments (e.g. personnel, medical services) - use of internet communication "the doctor answers section"
trigger for the decision to develop and to implement a workplace alcohol policy	Safety aspects
main aims of a workplace alcohol policy	Improvement of the company safety
the PPP has been documented (not generally applicable to laws) by	?
course of action	-
evaluation	<ul style="list-style-type: none"> - External evaluation has been done. - Self evaluation has been done by the company.
responsible for the evaluation	Consulting company

<p>Kind of evaluation</p>	<ul style="list-style-type: none"> - Company has evaluated (elements of) the process of policy implementation - Company is gathering on the dissemination and using of information packages - Company undertakes an annual review (by questionnaire) to establish staff familiarity with alcohol policy - Anonymous questionnaires containing questions on problem awareness among the staff, alcohol consumption at seminars, parties, and the image of alcohol within the company will be distributed - Anonymous Internet questionnaires on drinking habit filled the employee himself
<p>main results of the PPP evaluated</p>	<p>Positive in raising awareness and adoption of general health habits that improve the overall health of the employees, better team relation and communication</p>
<p>evidence effect by the PPP for a <i>positive cost-benefit calculation for the company</i></p>	<p>?</p>
<p>pre-conditions for success for the PPP/ main lessons to be learnt from it</p>	<ul style="list-style-type: none"> - The commitment of management and employees were the main precondition. - The openness of employees to learn and benefit of Oriental thoughts and techniques to help change negative mental patterns like drinking - the importance of providing regular and continuous Internet educational material to raise awareness, educate and implement healthy habits that contribute to move away from negative behaviours including drinking habit, into a healthier more productive life
<p>sense to transfer the PPP to other companies <i>and/or</i> in other countries</p>	<p>Yes, it is profound, efficient, inexpensive, perseverant on time and brings about an overall change in life habit behaviour.</p>
<p>documents, reports, websites e.g. publicly available of this policy (in national language or in English) or a legal law, official guidelines by government etc.</p>	<p>Yes. → Environmental and Occupational Health & Safety Report 2008</p>
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