

TARGETED DETECTION OF HIGH-RISK GROUPS

HEALTH AND WELL-BEING AT WORK (STAR)

Purpose:

- The pilot project focuses on co-creating health-promoting interventions to improve well-being, health, and work-life balance for employees at large companies. Used tracking of employees to distribute the degree of activity more wisely, so that all employees had hard physical work and breaks, so there was no question of wear and tear, but rather activity and breaks.

Intervention:

- The project involved a multi-phase process: initial data collection, development of tailored health initiatives (such as healthy break culture), and testing interventions through workshops with employees and management.

Outcomes:

- Improved well-being: Initiatives like walking meetings and active breaks increased engagement in healthy behaviours and well-being.
- Boosted physical activity: Programs such as “to-go lunches” and structured breaks promoted more movement during work hours.
- Positive feedback: Employees and leadership supported further implementation and scaling of the health initiatives.

Next steps:

- The pilot highlights the importance of leadership involvement and suggests further scaling the project and deepening implementation efforts for sustained impact on employee health.

PARTNERS INVOLVED

- Centre for Clinical Research and Prevention
 - ISS and Velliv
- The National Research Centre for the Working Environment
 - Rygestopkonsulenterne
 - Regitze Siggard
 - FysioDanmark Ishøj

