

TARGETED DETECTION OF HIGH-RISK GROUPS

HEALTHY WEIGHT

Purpose:

- The project aims to reduce the stigma around overweight in the workplace by developing innovative methods for open and supportive health conversations. It leverages workplaces as arenas for health interventions focusing on life quality and personal well-being.

Intervention:

- The project uses conversation models and special conversation cards to help health consultants and employees talk about the difficult topics related to weight and quality of life. Based on these conversations, a personal action plan can be developed for the individual employee, which focuses on improving health and well-being in the workplace.

Outcomes:

- Reduced stigma: Encouraged open discussions about weight, reducing workplace stigma.
- Personalized support: Enabled tailored health plans through deeper employee insights.
- Higher engagement: Increased participation in health conversations using dialogue tools.

Next steps:

- The next phase focuses on broader integration of these conversation techniques into workplace health programs and exploring scaling opportunities across additional organizations.
- The solution has been implemented in parts of Falck.

PARTNERS INVOLVED

- Falck Healthcare A/S
- University College Copenhagen
- Liquidminds

