

Rete WHP Workplace Health Promotion

Luoghi di lavoro
che promuovono salute

Rete WHP Lombardia



Tutti per la salute



Regione
Lombardia

Health Promoting Workplaces – Lombardy WHP Network

What is it?

It is a programme that aims to improve the health and wellbeing of workers **by promoting organisational changes** in the workplaces in order to make them environments that facilitate **positive health choices**, as well as contributing to the prevention of chronic diseases.

Who is it for?

The WHP programme is open to large, medium and small private companies, public bodies and institutions, organisations and associations on a voluntary and free basis.

How does it work?

Companies that choose to join the WHP programme commit to embarking on a path of improvement that involves implementing effective and sustainable actions (Best Practices) to support healthy choices and combat risk factors for the development of chronic diseases.

What are the recommended Best Practices?

- Healthy eating habits
- Active lifestyle
- Creating a smoke-free environment and encouraging smoking cessation
- Combating addictive behaviours (alcohol, drugs and gambling)
- Participating in preventive programmes (e.g. cancer screening) and vaccination campaigns.

Why join?

- It promotes the creation of a healthy and safe working environment
- It improves the corporate climate
- It increases satisfaction and a sense of belonging to the company
- It reduces staff turnover and absenteeism and increases productivity
- It requires limited investment
- It provides support from qualified professionals from the Regional Health System
- It allows tax benefits (e.g. reduction in INAIL premiums)
- It allows to obtain the “Health Promoting Workplaces” – Lombardy WHP Network label.

How to join?

By visiting the Lombardy Region website
[Lombardy Lifestyle Survey System](#)
and contacting the representatives of your local
Health Protection Agency (ATS).

For more information:

[Health Promoting Workplaces – Lombardy WHP
Network](#)

servizioregionalepromosalute@ats-milano.it
+39 02 85788091