

Health promotion program

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Health Promotion Program Health Promotion Program The article “ Are workplace health promotion programs effective at improving presenteeism in workers? A systematic review and best evidence synthesis of the literature” by Cancelliere et al focuses on the highly prevalent problems in workplace environment which lead to poor economic growth and loss in workplace productivity. Presenteeism is the decline in the workplace productivity because of the employees’ health problems and the health issues did not lead to absence from work. On the other hand, absenteeism is the employee’s leave or time away from the workplace due to any health related problem (Cancelliere, Cassidy, Ammendolia, & Cote, 2011).

Health promotion programs in the workplace are focused on reducing, preventing and also eliminating any health hazard that can lead to poor health of the employees and also enhances the work capabilities of the employees. Not only physical but also mental, social health also has to be maintained to produce maximum results at the work place. According to the article, the studies showed that health promotion programs at workplaces were offered by most of the organizations and emphasized on health risk screening, healthy diet programs, and exercise counselling and improving relations with co-workers. According to evidence, wellness health programs can positively affect presenteeism and also highlight the risk factors for the workers (Cancelliere, Cassidy, Ammendolia, & Cote, 2011).

The increased numbers of health related problems in our society are a warning sign to improve our health associated habits and ask for a more health conscious state of mind. Health promotion programs are a very effective way of improving the public health habits by spreading awareness of risk factors, teaching how to prevent them and at the same time making <https://assignbuster.com/health-promotion-program/>

plans for the members so that they can improve their daily life habits. Workplace diseases are also soaring which not only affect the employees but also lower the economy, productivity of the company and its financial growth. According to studies, an approximate of \$3. 27 decline in medical costs is observed with the induction of wellness programs and the fall in the health related leaves by the employees leads to increased savings (Baicker, Cutler, & Song, 2010). This supports the evidence in the main article that wellness programs are an effective way of increasing financial growth, increased savings and enhanced productivity.

References

Baicker, K., Cutler, D., & Song, Z. (2010). Workplace Wellness programs can generate savings. *Health Affairs*, 110-22. Retrieved from Cancelliere, C., Cassidy, J. D., Ammendolia, C., & Cote, P. (2011). Are workplace health promotion programs effective at improving presenteeism in workers? A systematic review and best evidence synthesis of the literature. *BMC Public Health*, 1471-2485. Retrieved from: