

# 2<sup>nd</sup> Global Public Health Congress

March 25-26, 2019 | Amsterdam, Netherlands

## The activities of the group for the promotion of health in the universal hospital in Maribor

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**Introduction:** Health is the basis for good and successful life and work – both for individuals and for the organization. Health promotions in the workplace are systematically targeted actions and measures, by the employer implemented with the aim of preserving and enhancing the physical and mental health of workers. The purpose of this paper was to present health promotion and on the basis of needs expressed by employees to plan further activities.

**Methods:** Quantitative research, which took place in April 2016, will be presented. The obtained data was analyzed and graphically processed using the computer program Microsoft Windows Excel.

**Results:** The questionnaire was filled by 43.91% of employees. Thirty two percent (32%) of respondents were engaged in sports 1-3 times per week and in almost 70% employees would like to have organized exercise, relaxation and meditation. Sixty three percent (63%) of respondents raise loads and in 82% they know the correct ways to lift them. Fifty percent (50%) of employees are satisfied with their employer. 85.48% of respondents were informed about preventive measures in the field of occupational safety and health.

**Discussion:** Respondents expressed a great desire for activities in the field of health promotion in the workplace. The paper will present the results of the survey, which in depth describe the level of satisfaction, needs and wishes of employees.

**Conclusion:** Concern for preserving and improving the health of employees is reasonable, because healthy and satisfied employees, who work in a safe and supportive environment are more productive and creative, rarely get sick and are less absent from work, also they remain loyal to the work and employers. These findings pose a challenge for further research.

## Notes: