

The role of health promoting hospital in propagating physical activities among employees and their families based on the experience of the Greater Poland Cancer Center



Objectives and methods

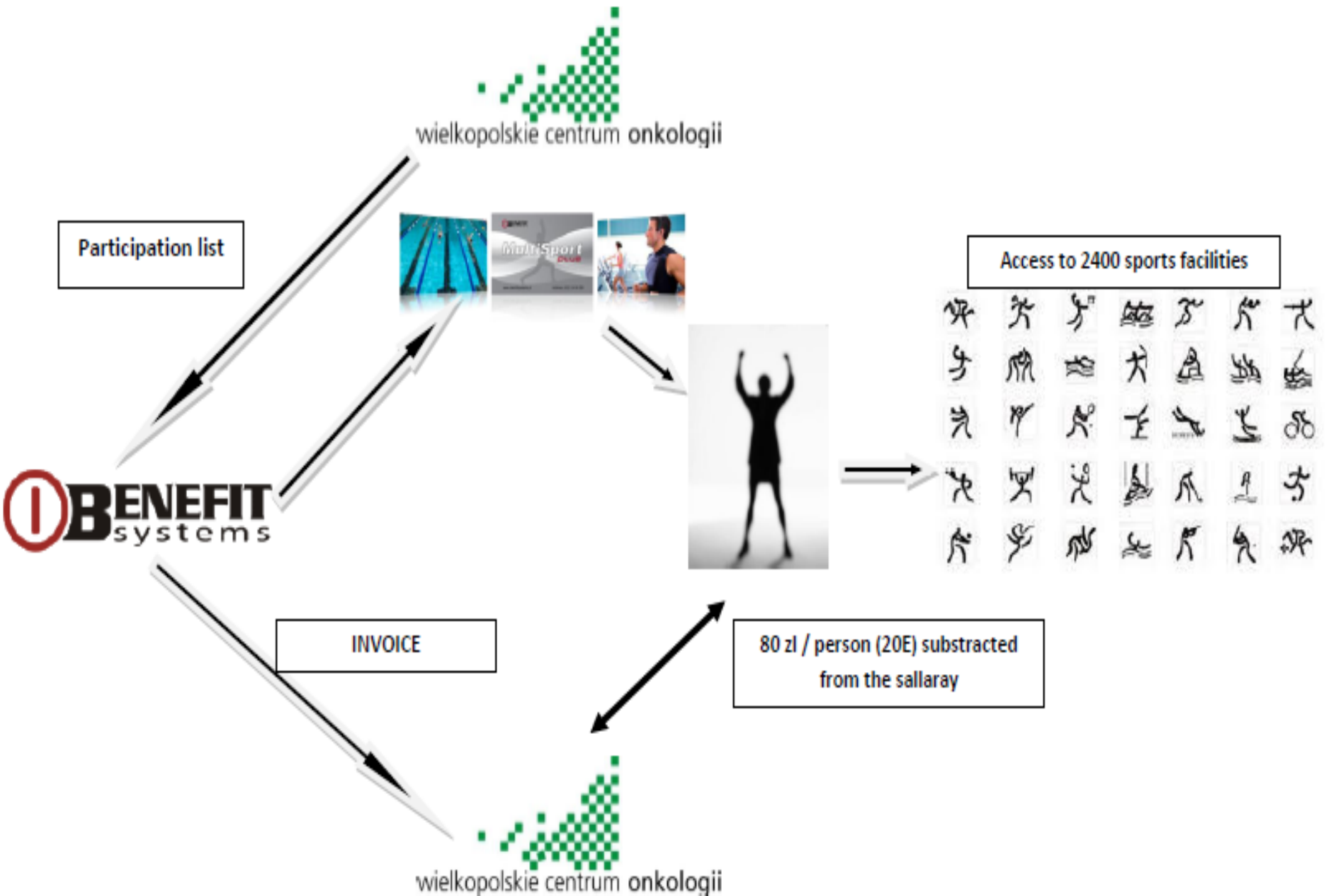
OBJECTIVES

- promoting the role of the GPCC as a member of the Network of HPH in motivating their employees together with their families to take up physical activities, through an implementation of additional benefits (sport and recreation).
- showing the process of implementation and the interest level from May 2009 to May 2011.
- presentation of the idea behind the “Multisport” program.

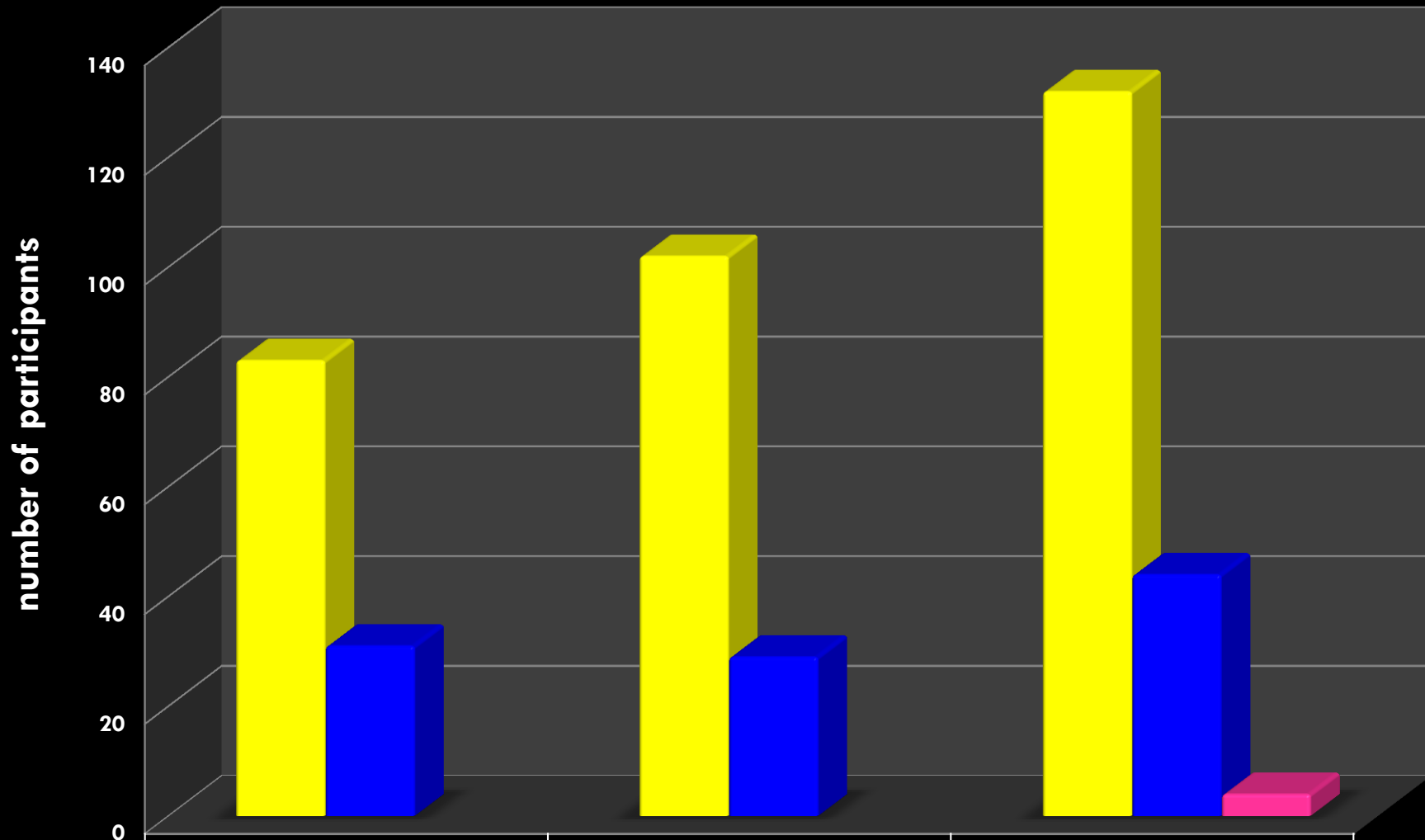
METHODS

- The analysis of documents : “Multisport” characteristics, the rules of participation in the “Multisport” program, the list of sport facilities accepting “Multisport” program, the recommendations of European Code Against Cancer.
- Statistical analysis of employees joining the program in each month

The idea of the „multisport” program



Statistical analysis of employees joining the "multisport" program



| | 2009 | 2010 | 2011 |
|---------------|------|------|------|
| ■ employees | 83 | 102 | 132 |
| ■ acc. person | 31 | 29 | 44 |
| ■ child | | | 4 |

Conclusions

- Participation in the program requires the involvement of the hospital administration in coordinating the „multisport” program.
- However, involvement in „multisport” program:
 - ▣ Increases participation in physical activities among employees of the Greater Poland Cancer Centre;
 - ▣ Consequently improves employees health condition, attitude, and awareness that their workplace contributes to improving the participants` health condition.

**THANK YOU VERY MUCH FOR
YOUR ATTENTION**

*If you have any questions
please send them to:*

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and for the end...

