

# THE VITALITY SCAN: ASSESSING WORKERS' HEALTH, LIFESTYLE BEHAVIOUR AND INTERESTS TO BUILD SUSTAINABLE POLICIES IN ORGANIZATIONS

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## INTRODUCTION

- In Belgium, overall average absenteeism rate = 7%
- Attendance behaviour is associated with lifestyle factors (e.g. smoking, high BMI, low physical activity).
- Insight into workers' current lifestyle factors, interests and expectations is crucial to inform the development of a health promotion program and policy.

## METHODS

- **Development tool (2017):**
  - Multidisciplinary working group: occupational health physician, occupational health nurse (OHN)/lifestyle coach, researcher/psychologist.
  - Set of items based on literature and group discussion.
  - Individual lifestyle feedback and advice based on guidelines by the Flemish Institute for Healthy Living.
- **Validation:**
  - Two-stage Delphi process by a panel of nine lifestyle experts
  - Pilot test in a company

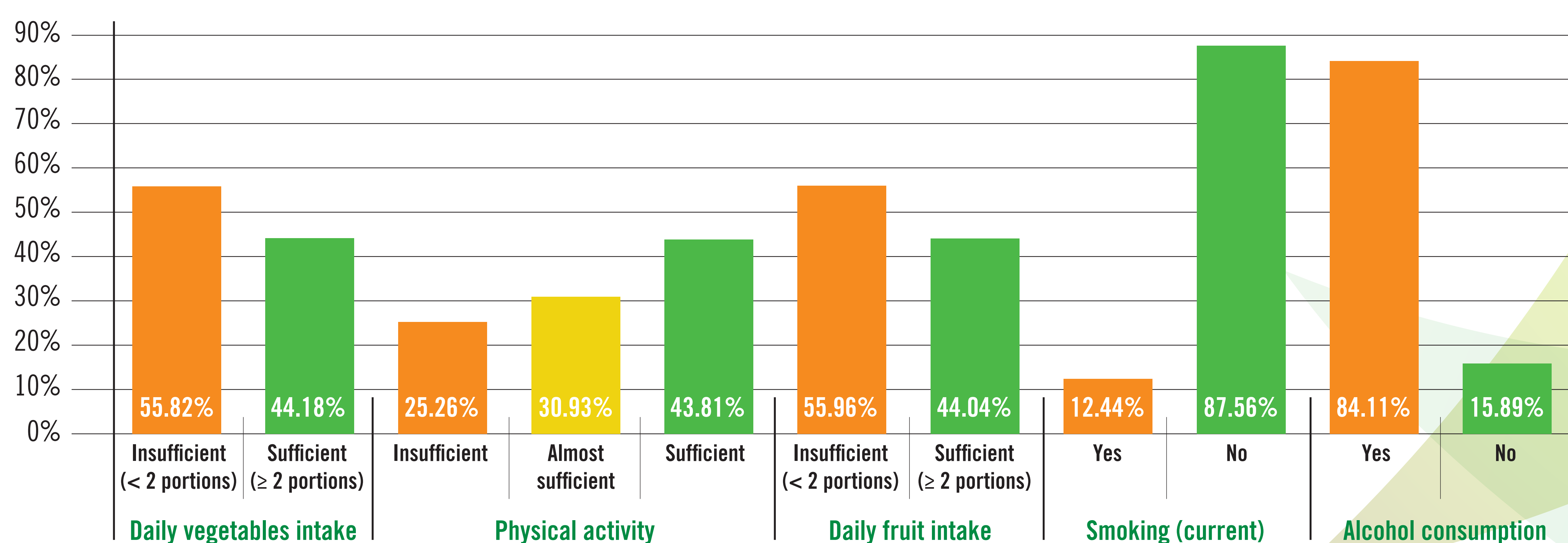
## AIM OF THE STUDY

To develop a tool to assess workers' health, lifestyle behaviour, and interests.



## RESULTS

- Vitality Scan: online questionnaire (66 items), adjustable to the companies' needs and possibilities
- Topics: Physical activity, smoking, alcohol, food, mental health, and demographics
- 2231 respondents (December 2018 – March 2019)



## CONCLUSION

- > Vitality Scan = basic tool to promote health among workers.
- > Assessing workers' interests and wishes increases the chance of successful implementation of health promotion programs.
- > Key role for OHNs since they have multidisciplinary knowledge and experience of health promotion.

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