

JANE KORCZAK

Vice President of

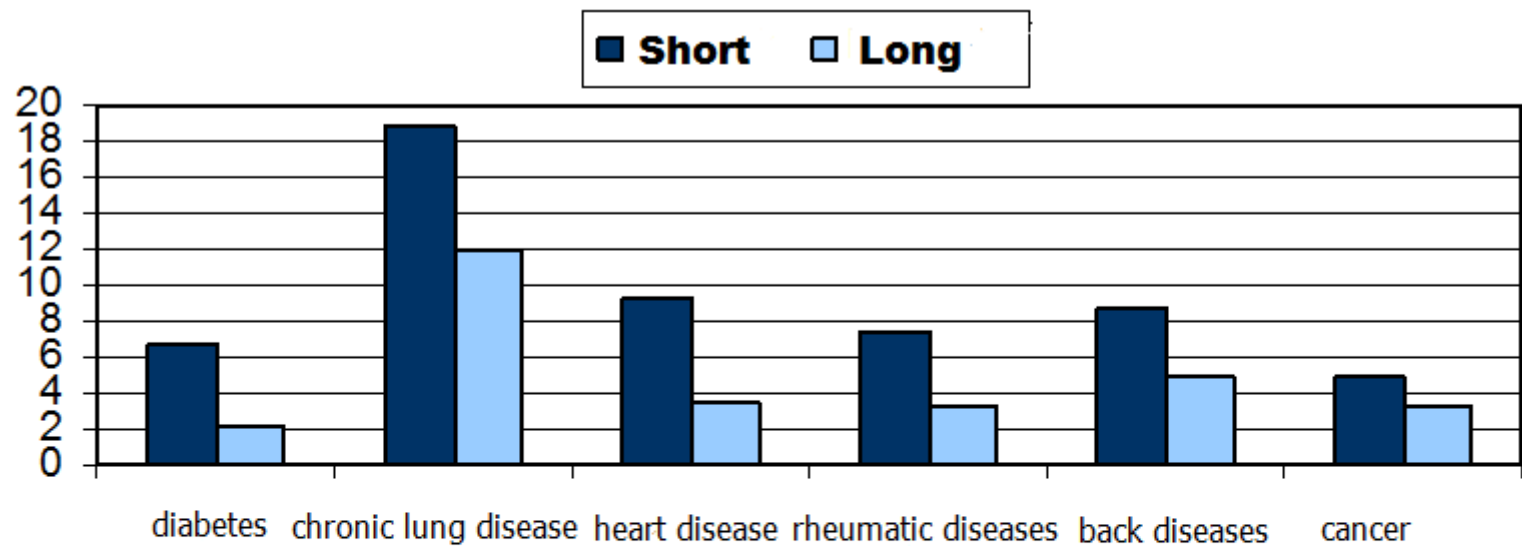
*'United Federation of Danish Workers,
3F'*



HEALTH IS NOT EQUAL



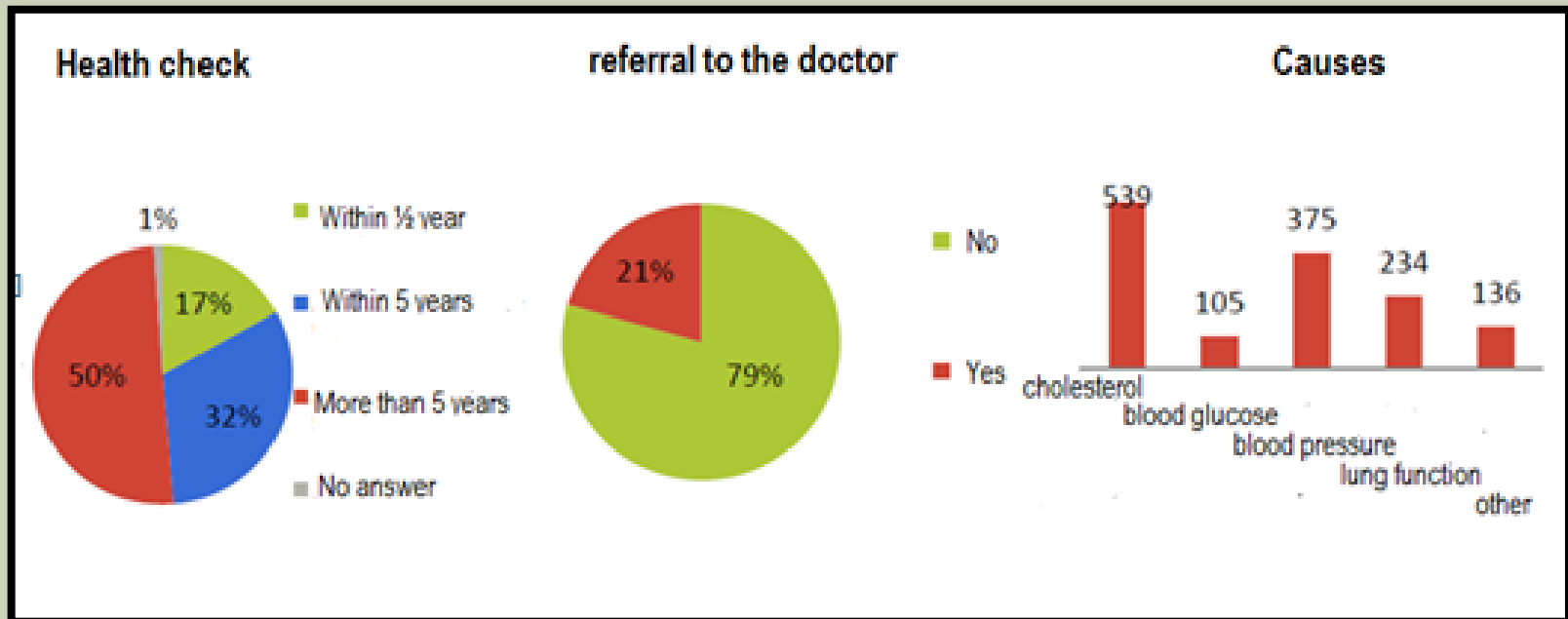
SHORT VS. LONG TERM EDUCATION



3F'S HEALTH PROJECT

- 3F (in co-operation with Falck og NFA)
- 53 workplaces
- 5.979 had the 'health check 1'
- Sectors: Industrial, cleaning and transportation
- Focus on the physical *and* mental health.
- Individual plans of action for the workplaces

RESULTS FROM HEALTH CHECK 1

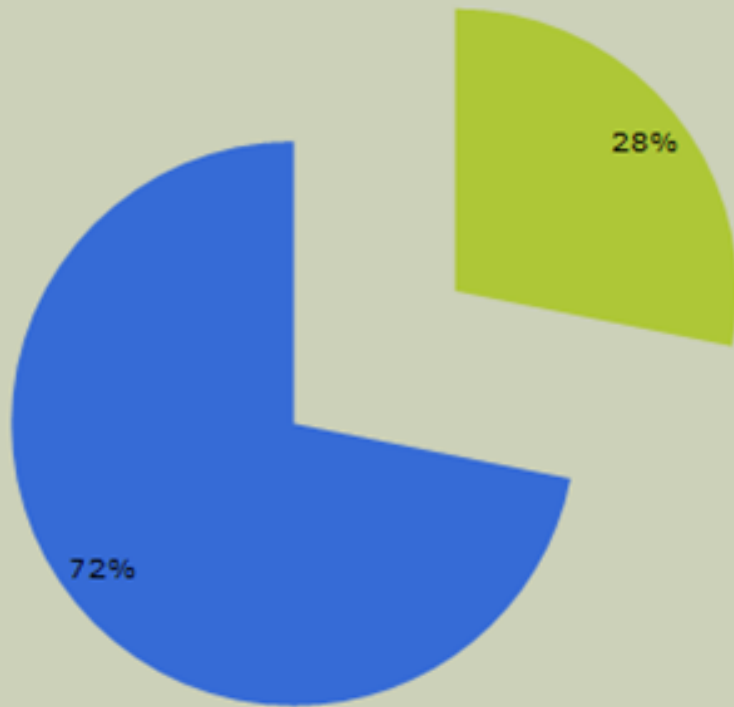


DON'T COME KNOCKING TOO LATE...





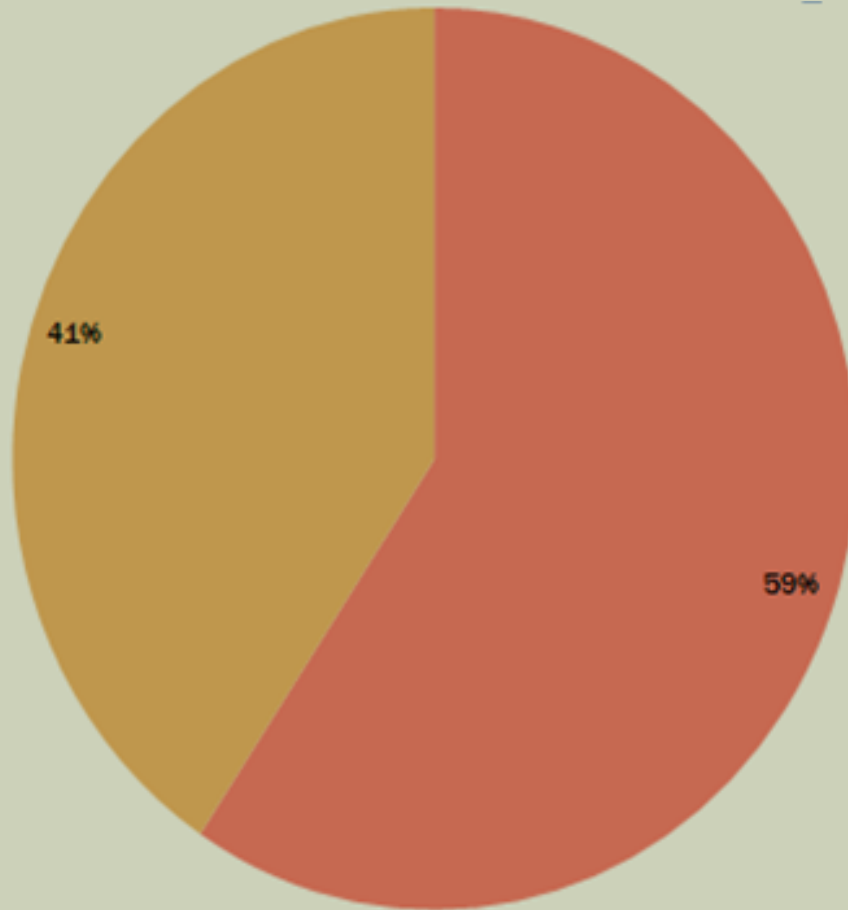
TRANSPORT COMPANY - GENDER



Blue: Men

Green: Women

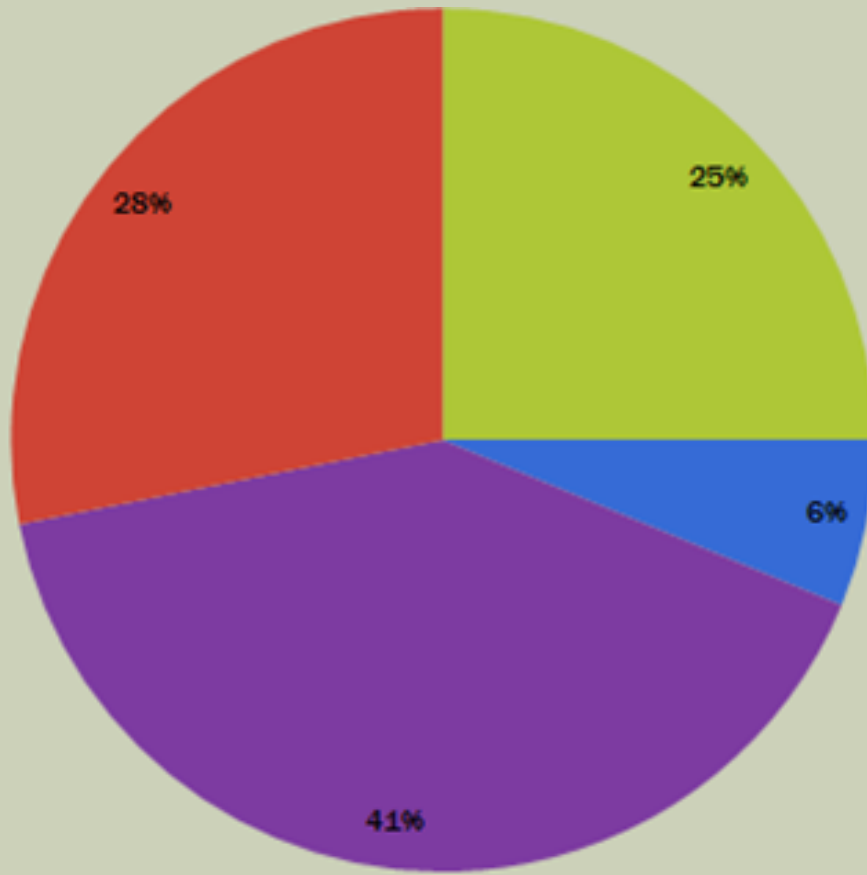
REFERRAL TO VISIT A DOCTOR



Brown: No

Red: Yes

BMI



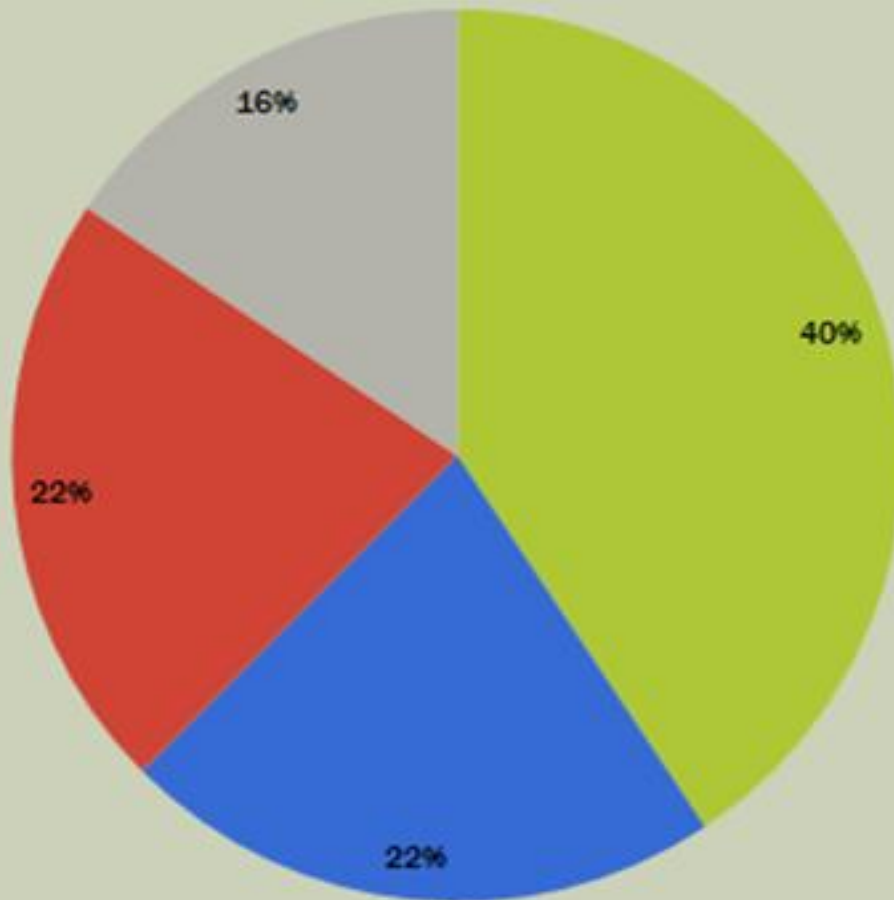
Blue: Underweight

Green: Normal

Purple: Overweight

Red: Obese

INTENTIONS TO IMPROVE



Red: Low 1-2

Blue: Middle 3-4

Green: High 5-7

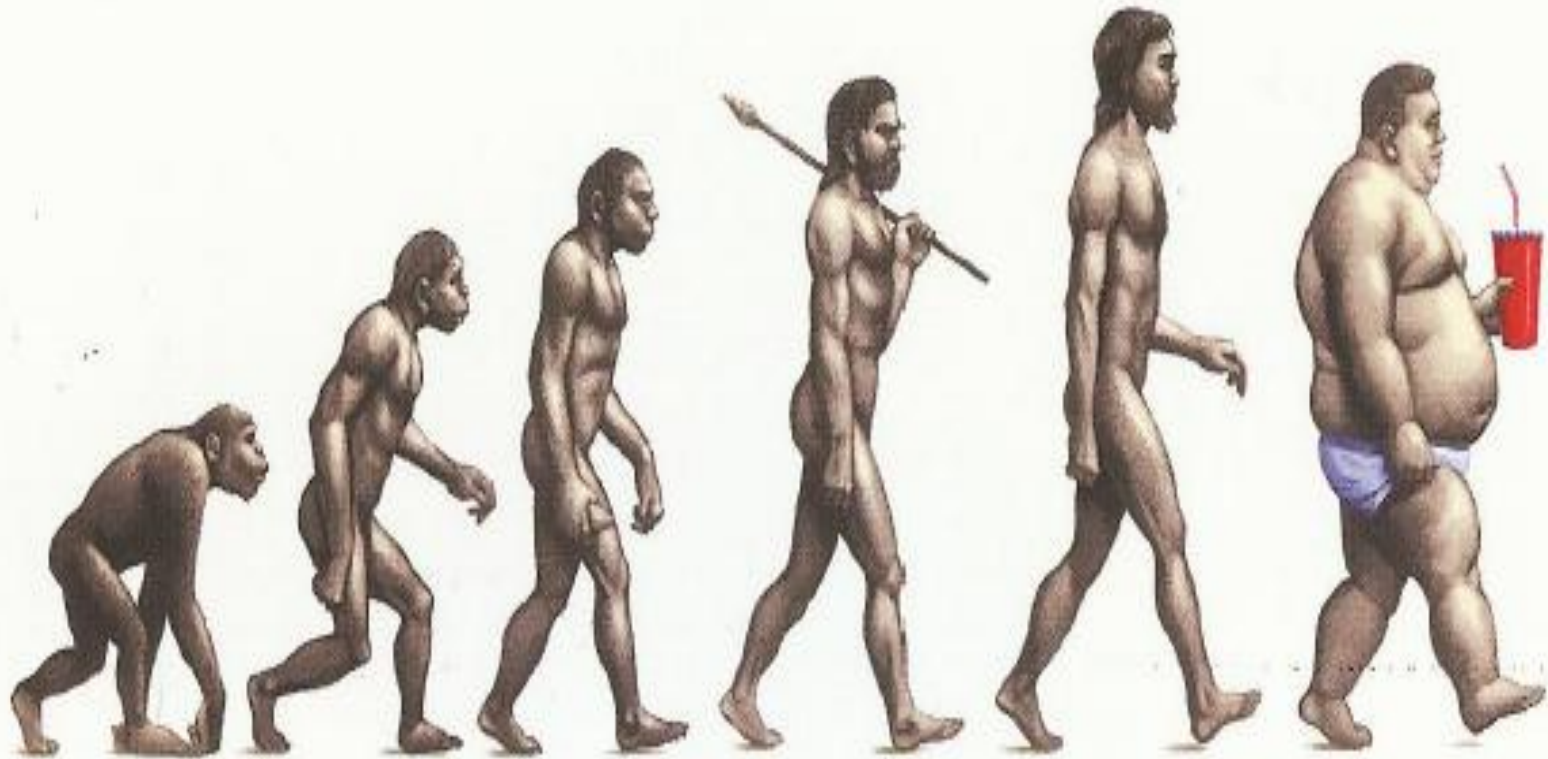
Grey: No answer

CASE OF A DRIVER

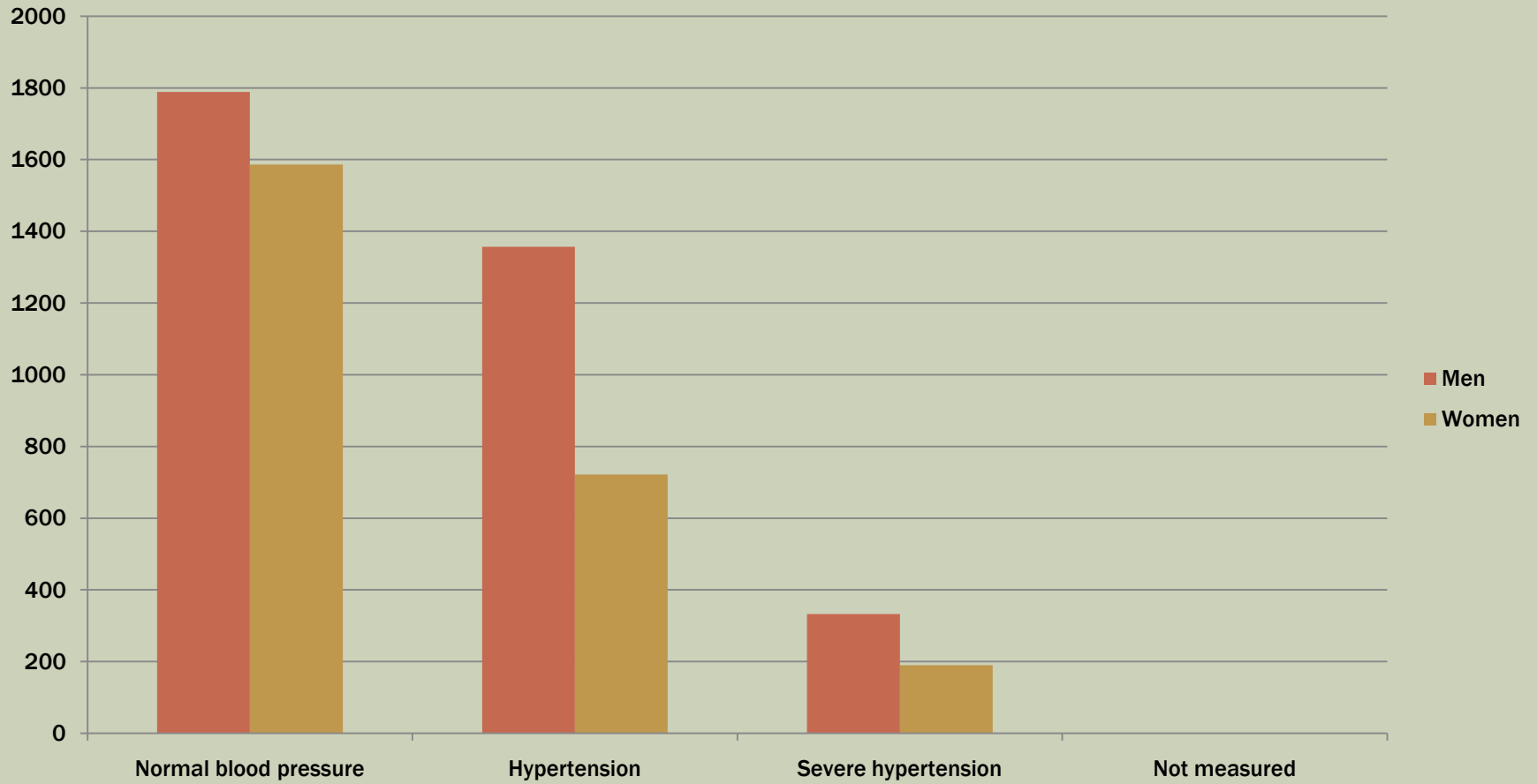
- Driver of 140kg/308Lbs has lost 40kg/88Lbs
 - A health check *does* motivate and make a difference



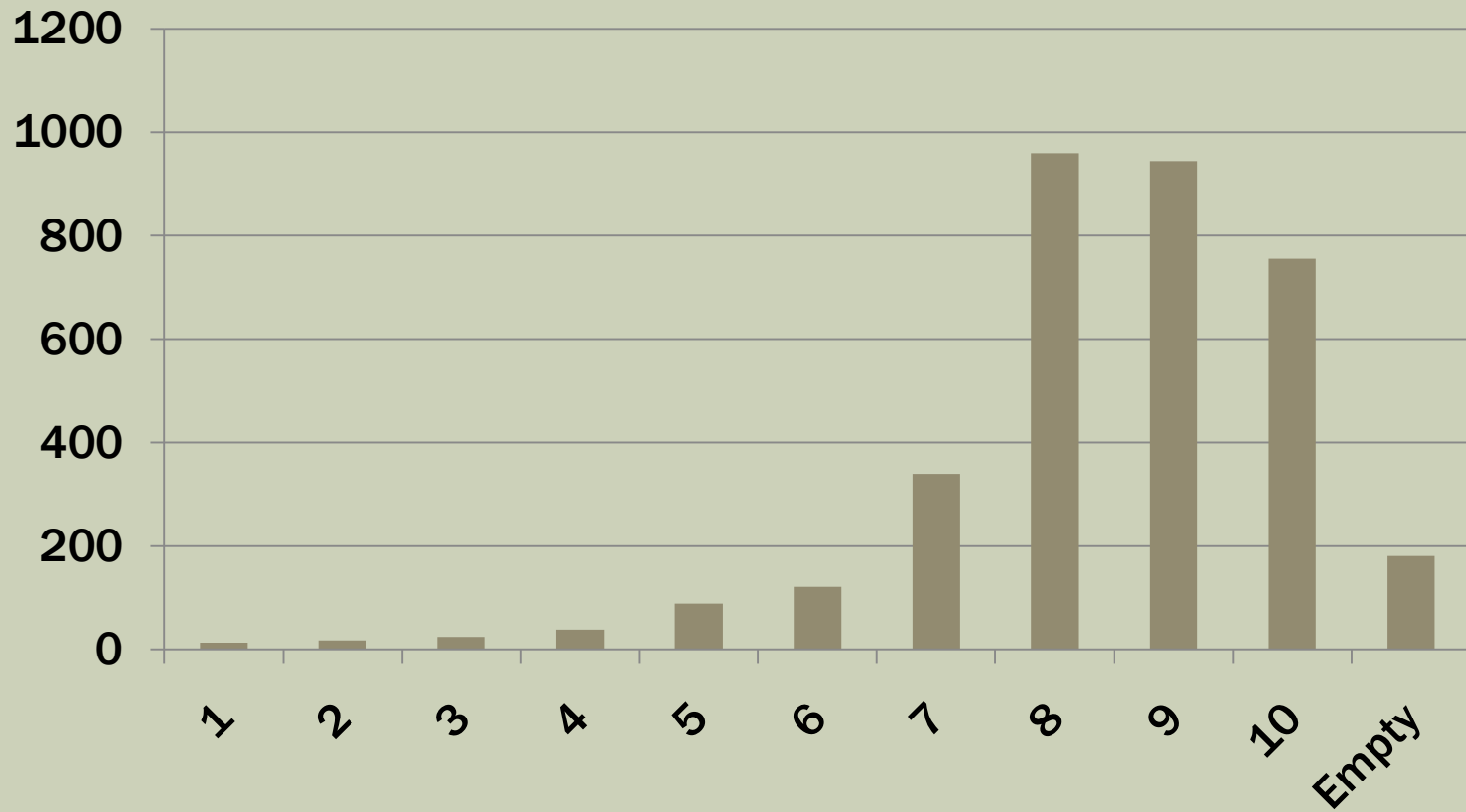
HUMAN DEVELOPMENT...



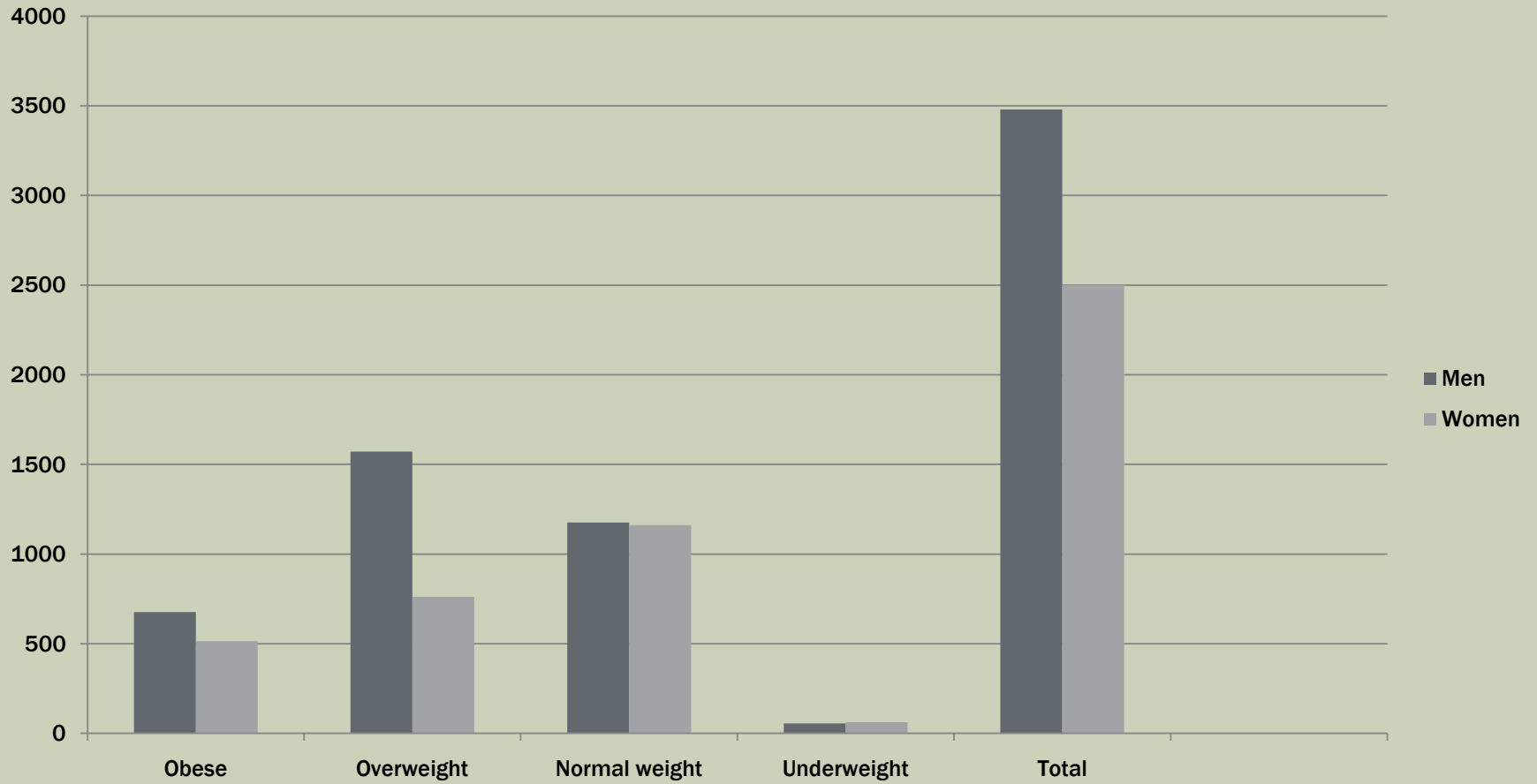
BLOOD PRESSURE



SELF-ESTIMATED WORKING CAPACITY

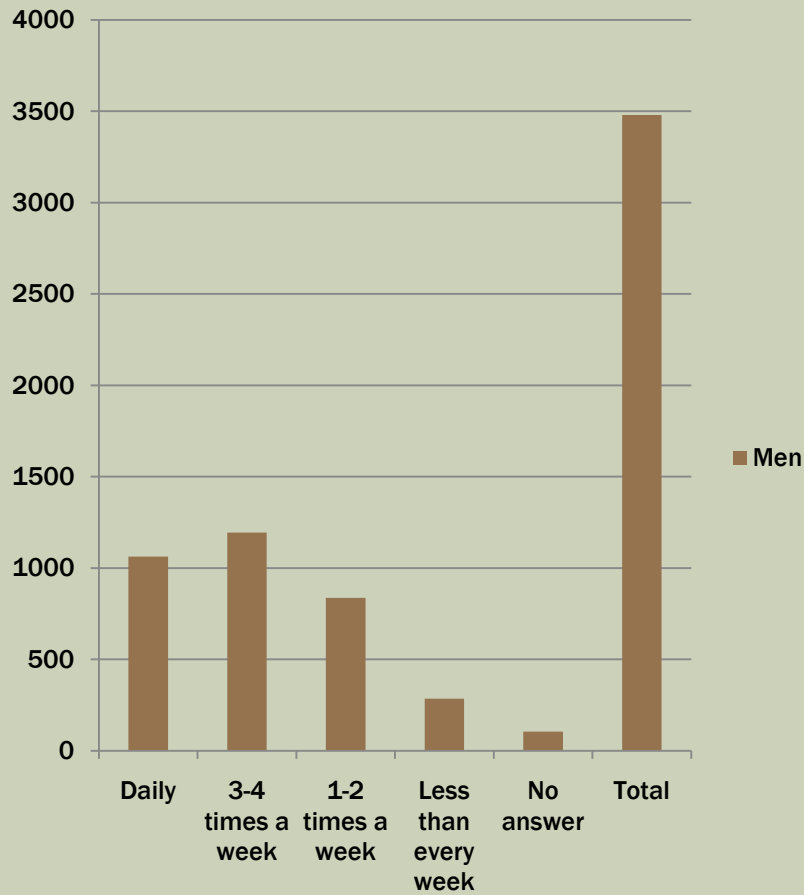


BMI

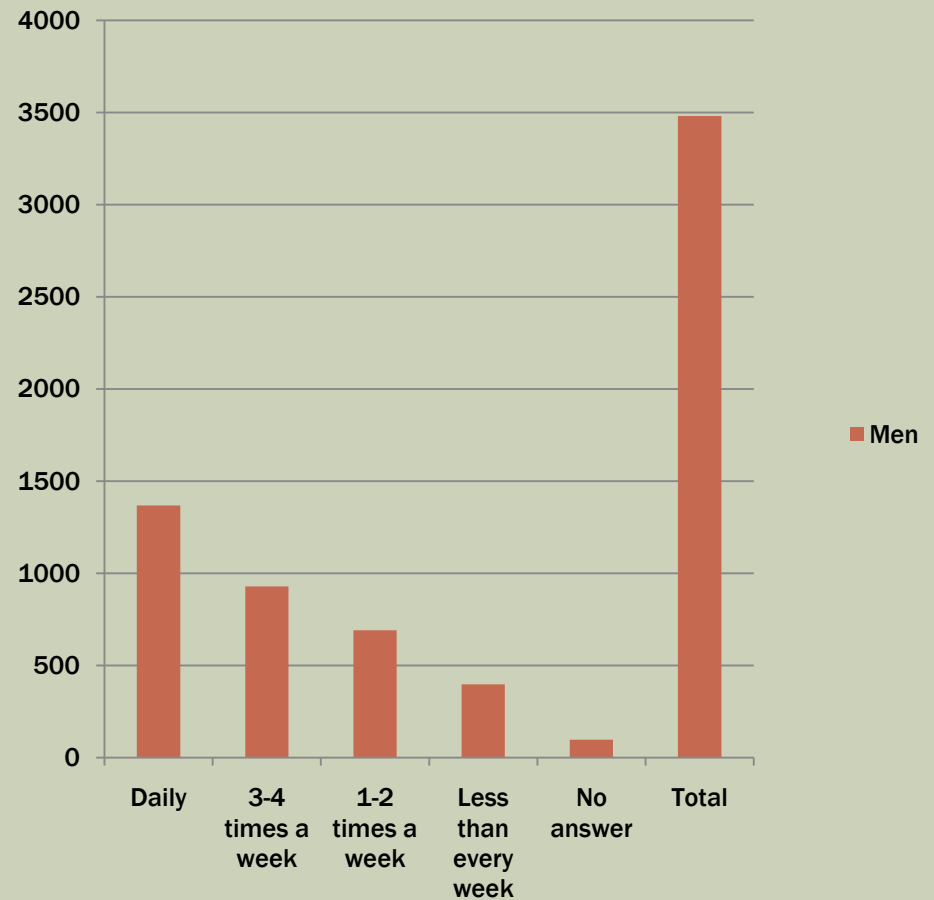


FRUIT AND VEGETABLES

Men (vegetables)



Men (fruit)



3F'S GOALS FOR THE FUTURE

- Health check for all at the age of 50
- The municipalities should be obligated to assist workplaces
- Focus on exercising during workhours
- Targeted information about health towards men, unskilled and short term educated