

# JANE KORCZAK

*Vice President of*

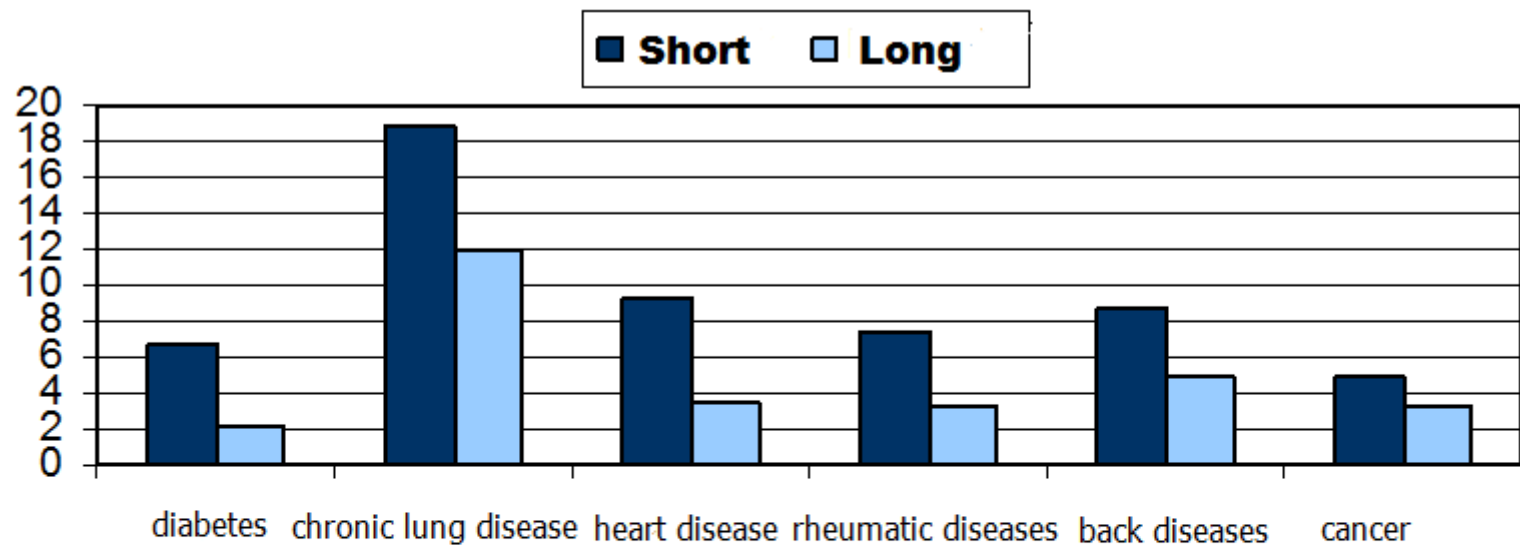
*'United Federation of Danish Workers,  
3F'*



# HEALTH IS NOT EQUAL



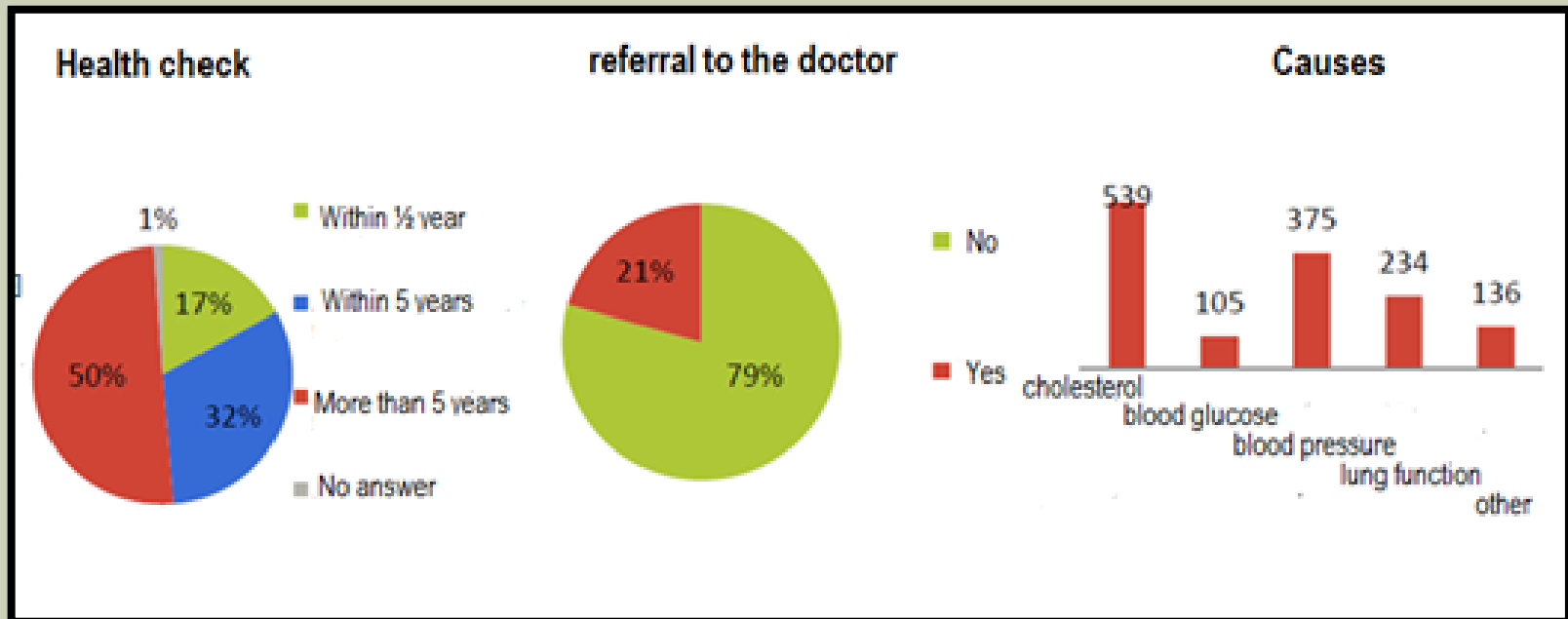
# SHORT VS. LONG TERM EDUCATION



# 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

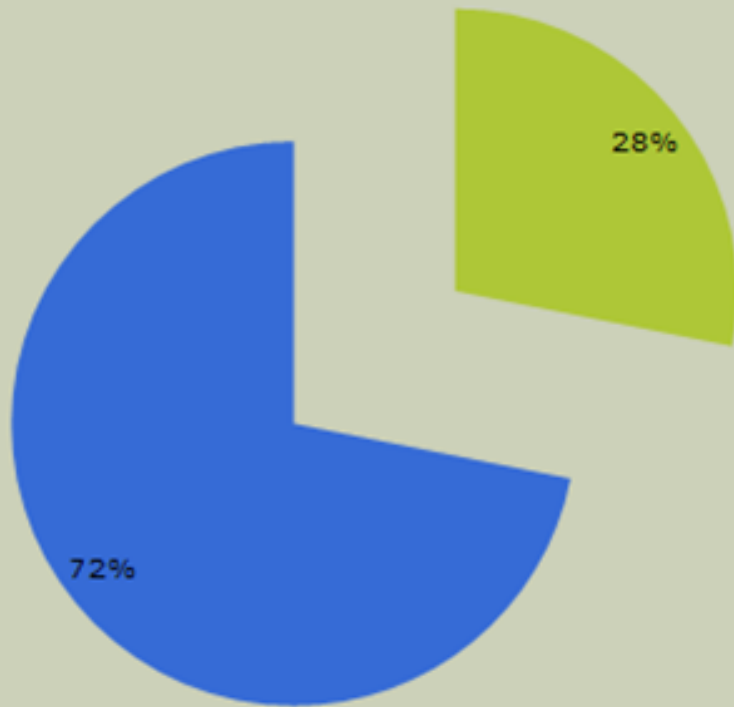


**DON'T COME KNOCKING TOO LATE...**





# TRANSPORT COMPANY - GENDER

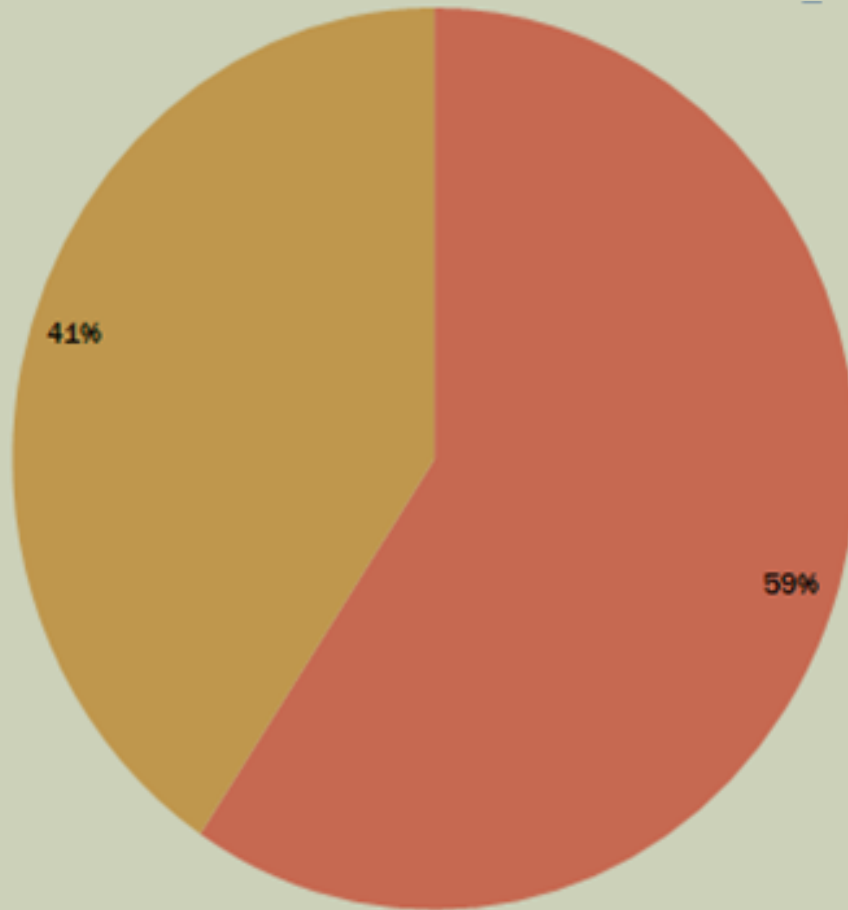


**Blue: Men**

**Green: Women**



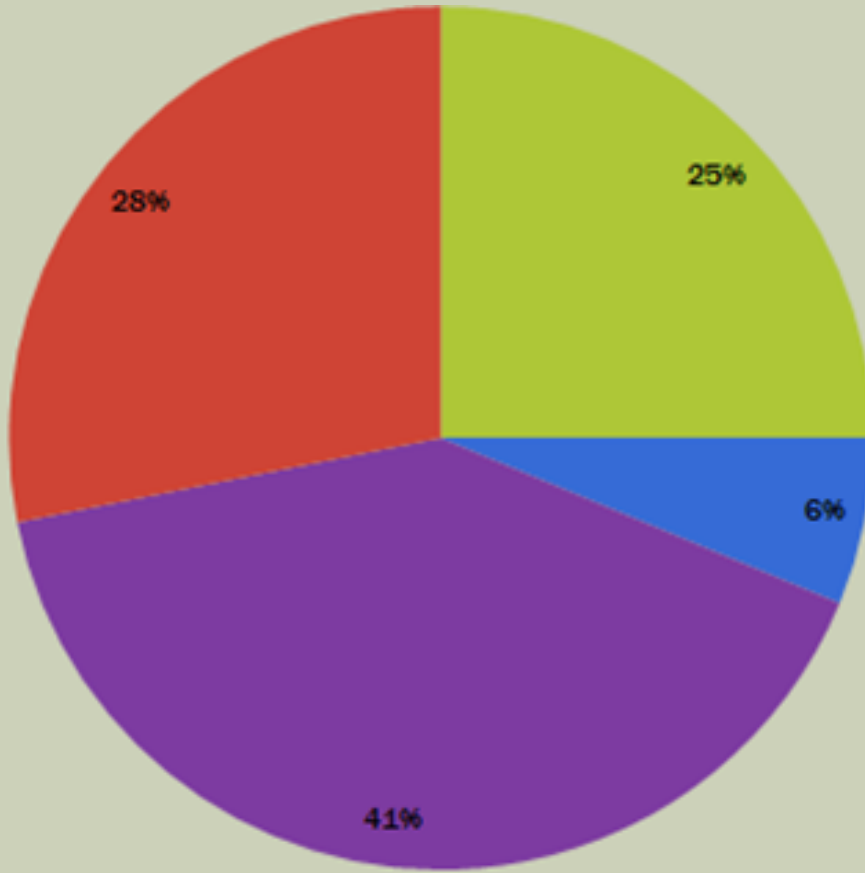
# REFERRAL TO VISIT A DOCTOR



**Brown: No**

**Red: Yes**

# BMI



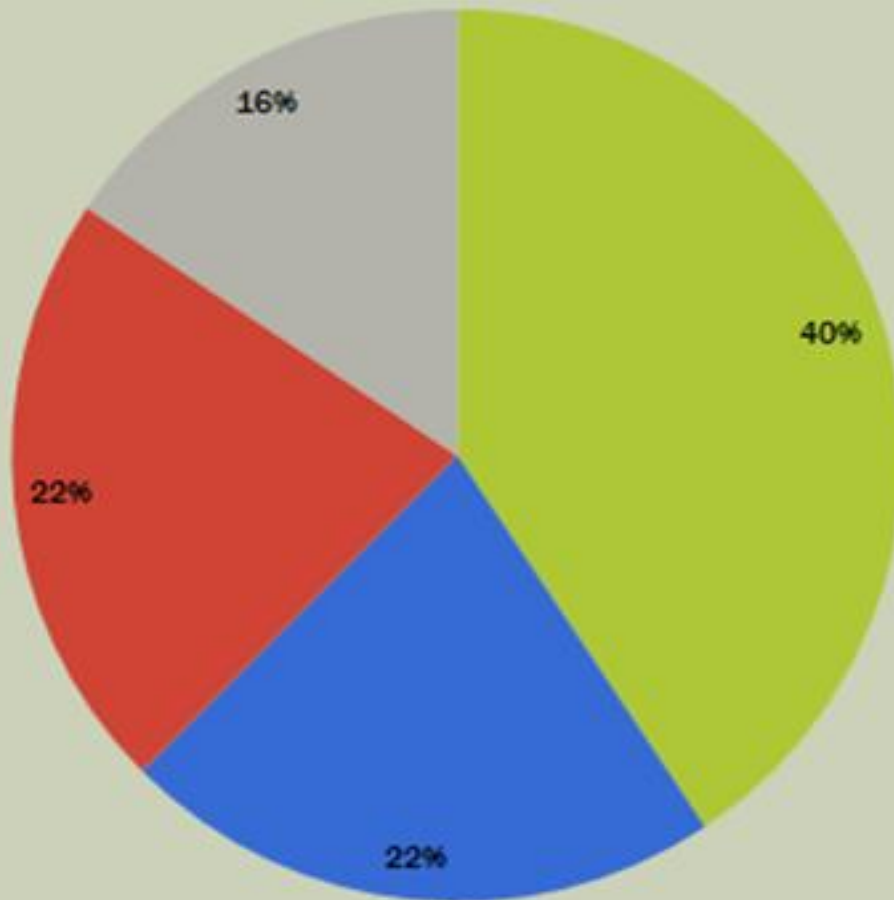
**Blue: Underweight**

**Green: Normal**

**Purple: Overweight**

**Red: Obese**

# INTENTIONS TO IMPROVE



**Red: Low 1-2**

**Blue: Middle 3-4**

**Green: High 5-7**

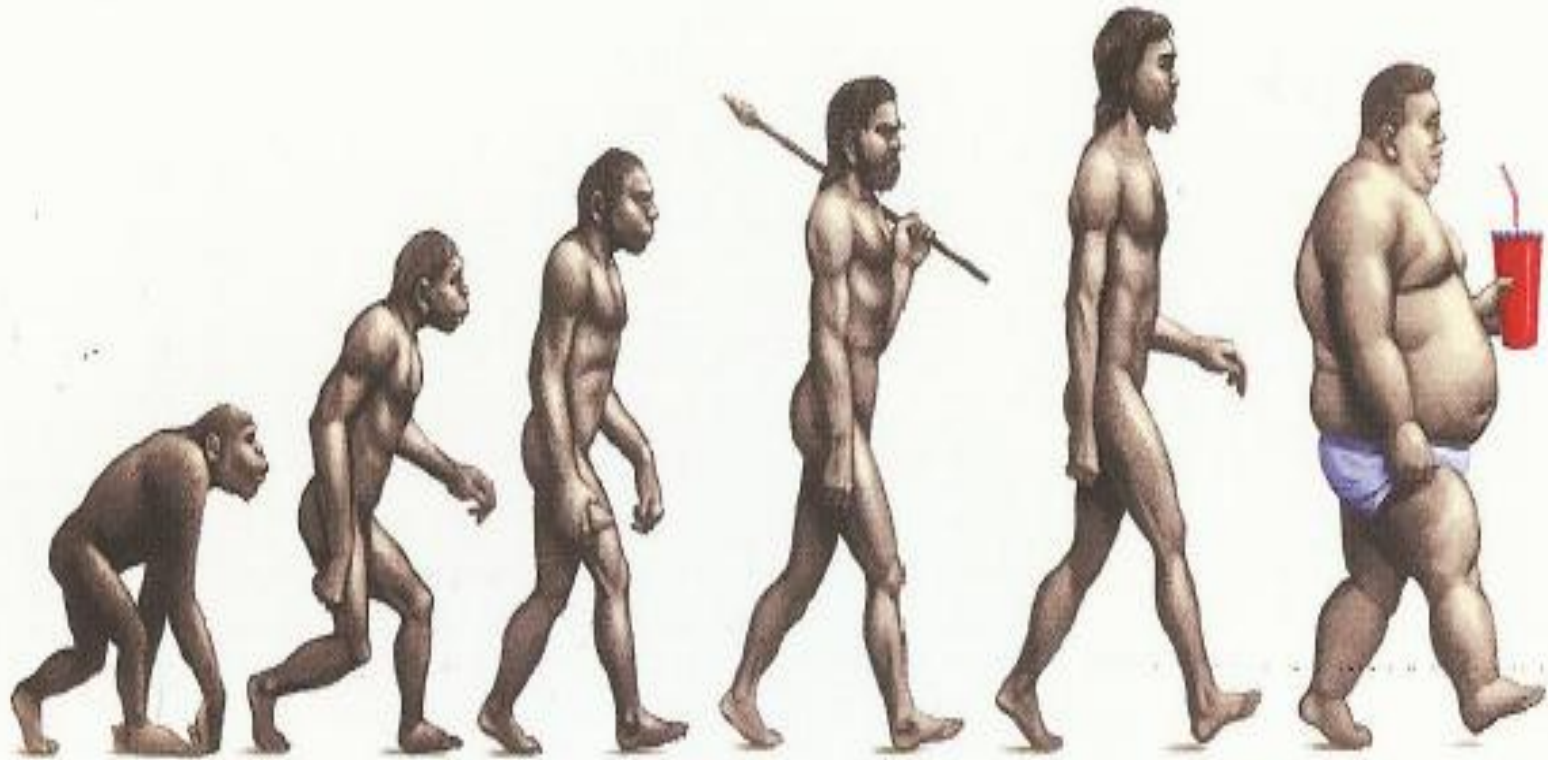
**Grey: No answer**

# CASE OF A DRIVER

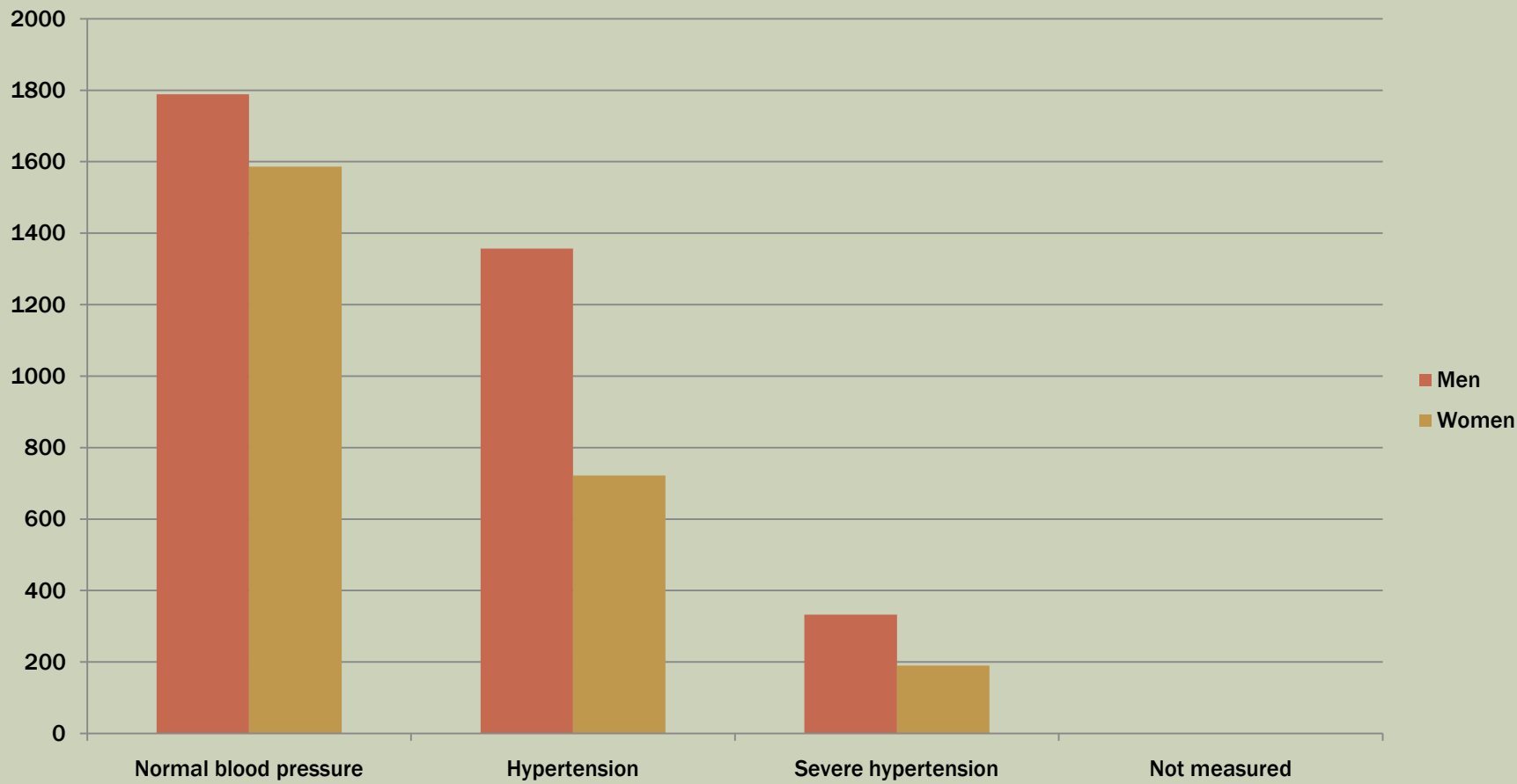
- Driver of 140kg/308Lbs has lost 40kg/88Lbs
  - A health check *does* motivate and make a difference



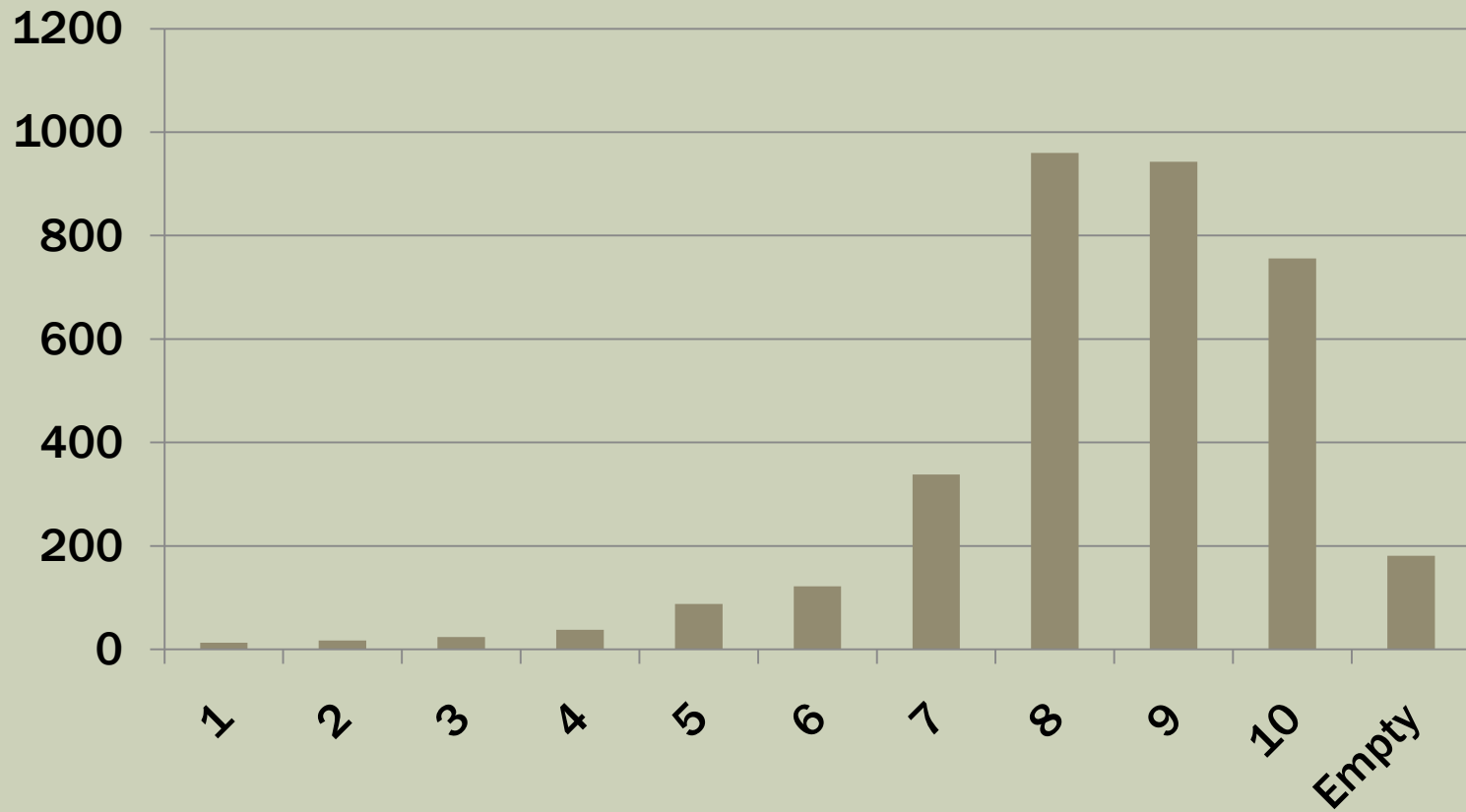
# HUMAN DEVELOPMENT...



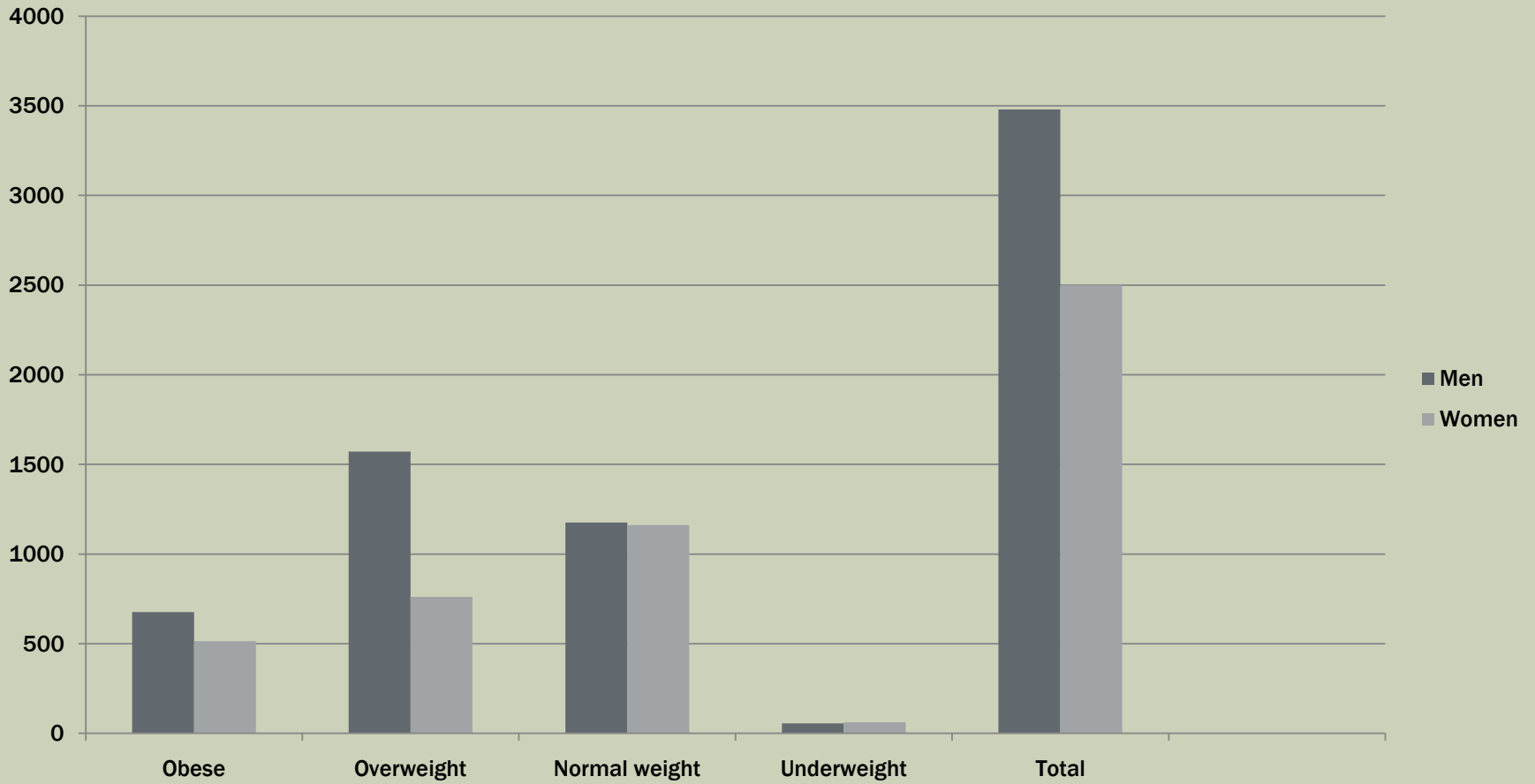
# BLOOD PRESSURE



# SELF-ESTIMATED WORKING CAPACITY



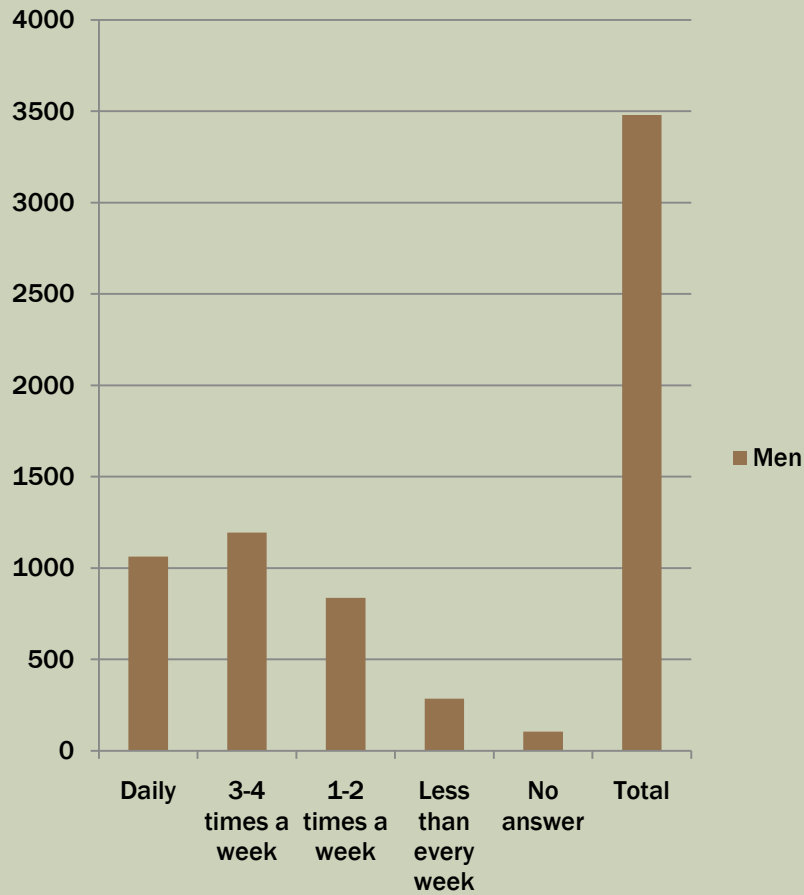
# BMI



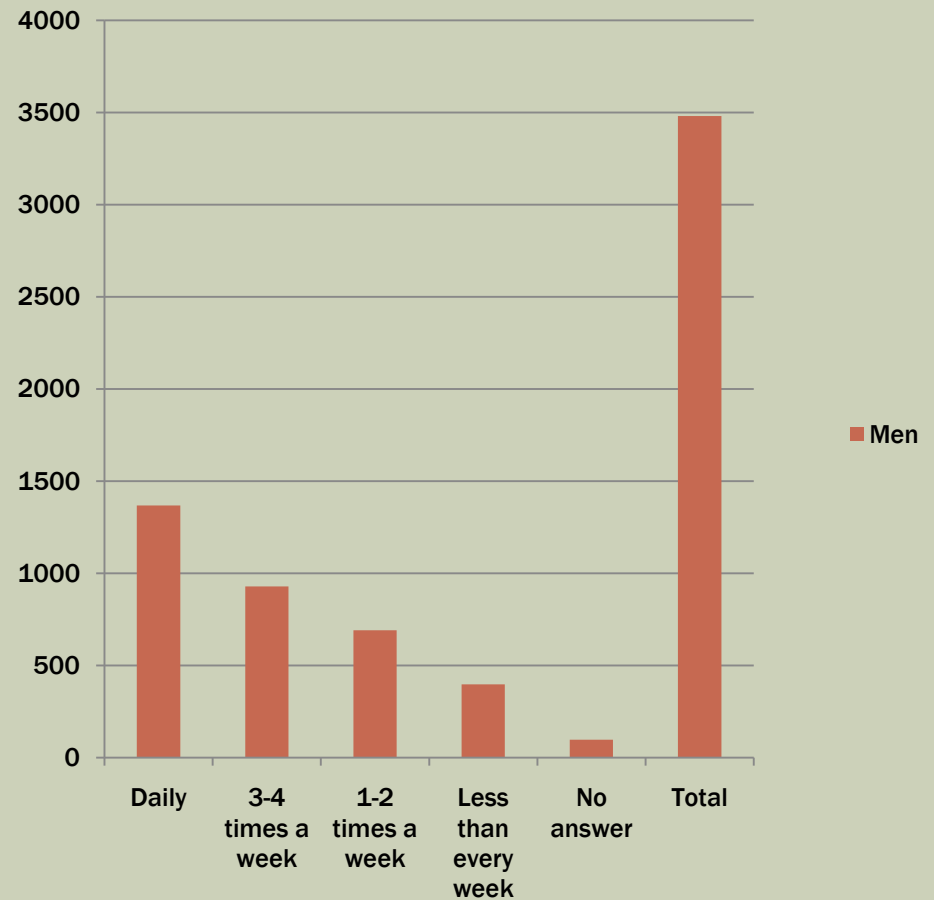


# FRUIT AND VEGETABLES

## 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