

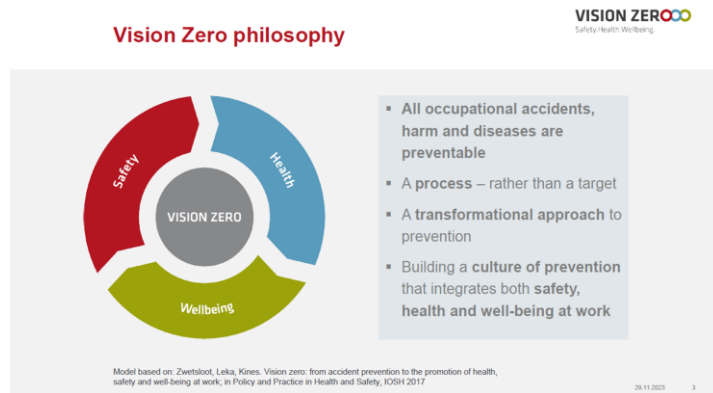
Integrating decent work and good lifestyle in the workplaces towards workers well-being

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Background

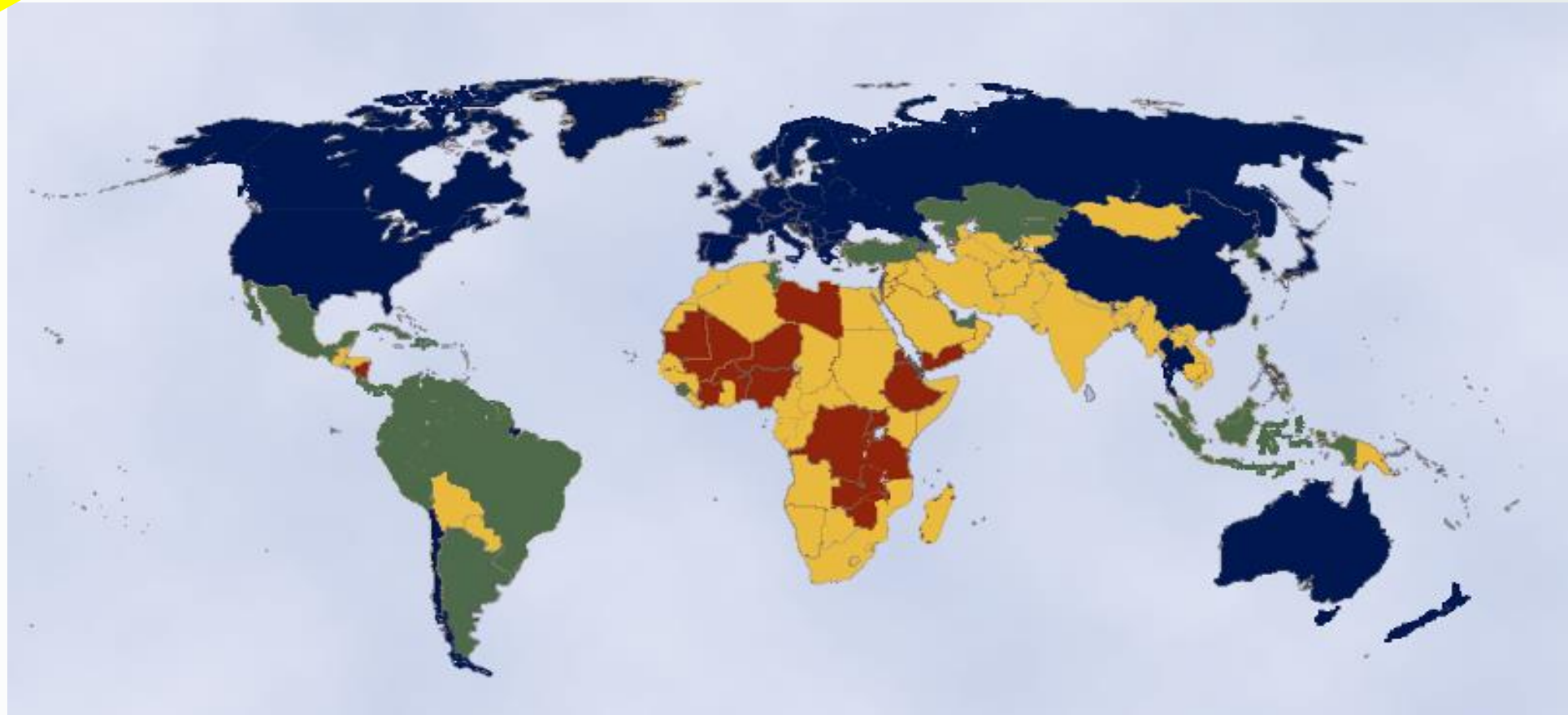
OH & safety program among international organization

- Vision Zero of the International Social Security Association
- The Total Worker Health (NIOSH, US CDC)
- The Workers' Health Plan of Action of the Pan-American Health Organization
- The Healthy Workplaces Campaign of the European Agency for Safety and Health at Work



Background

Percent of population age 60+ in 2025



Under 5%



5% to 12.4%



12.5% to 20%



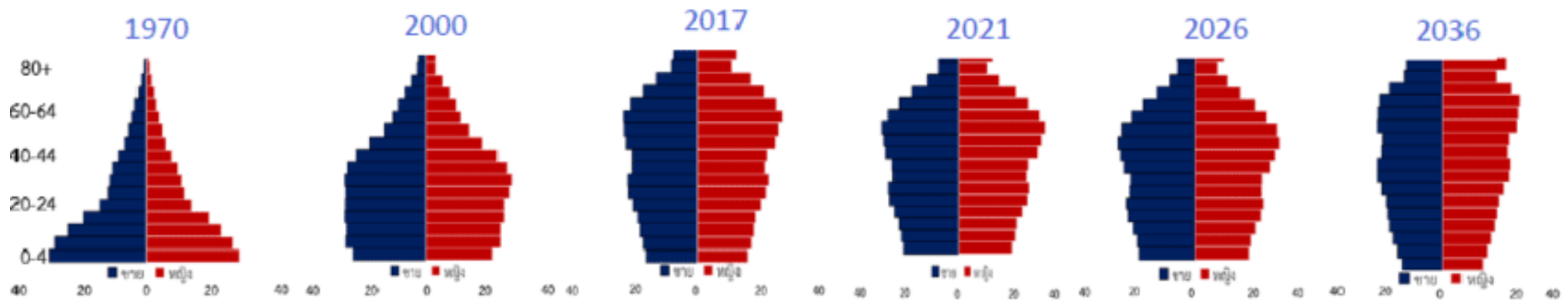
Above 20%

Most of countries are a super aged society in which more than 20% of the total population would be age over 60 years.



Background

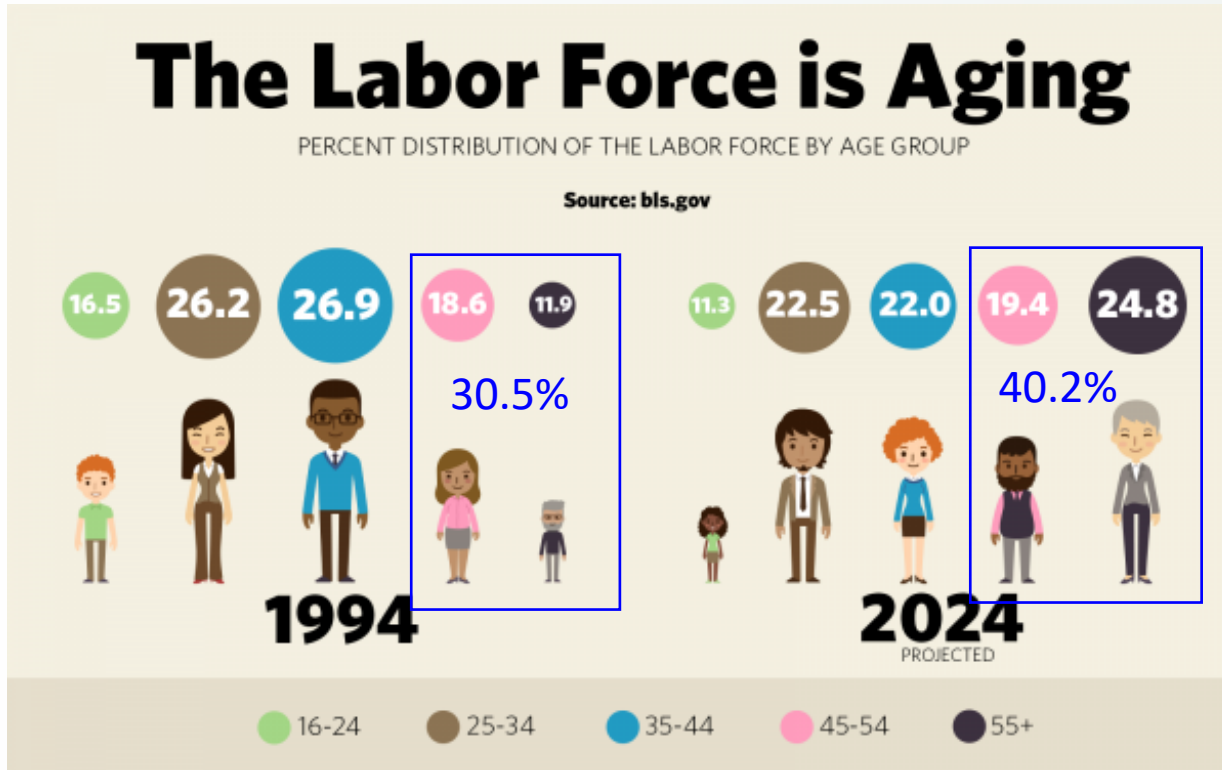
Situation of Aging Society in Thailand



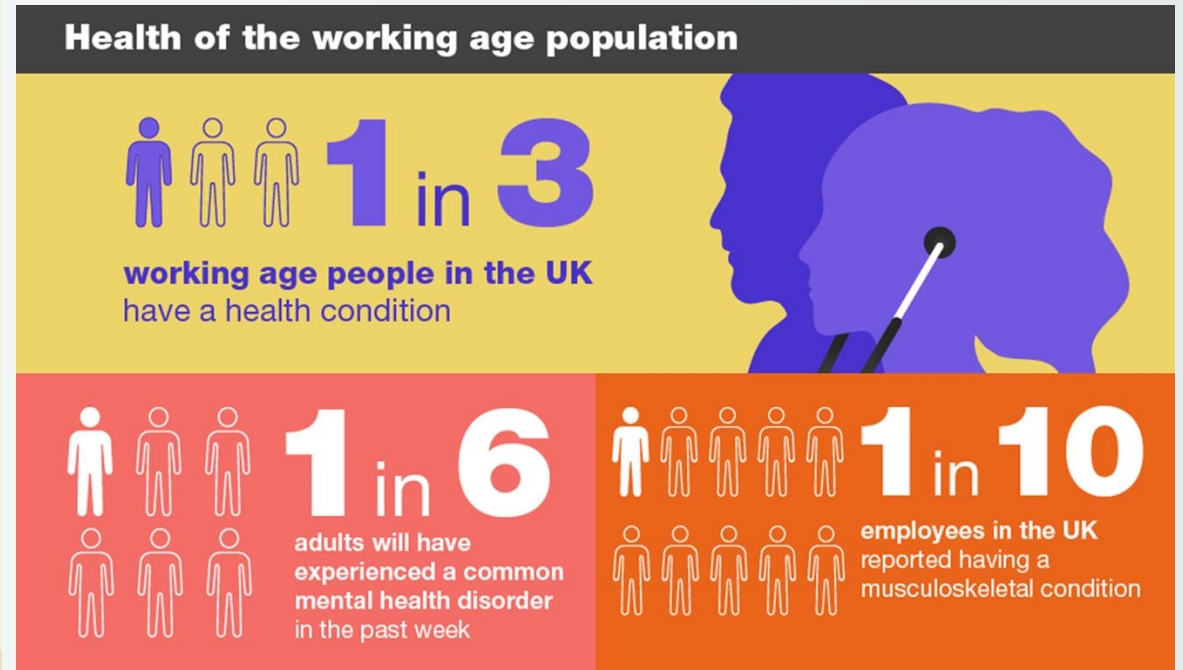
Pop.	1970	2000	2017	2026	2036
Total	34.4 mil.	60.9 mil.	65.5 mil.	66.4 mil.	65.1 mil.
60 yrs +	1.7 mil. (4.9%)	5.8 mil. (9.5%)	11.2 mil. (17.1%)	15.6 mil. (23.4%)	19.7 mil. (30.2%)
15-59 yrs	17.2 mil. (50.0%)	40.3 mil. (66.1%)	42.8 mil. (65.3%)	40.4 mil. (60.8%)	36.6 mil. (56.2%)
0-14 yrs	15.5 mil. (45.1%)	14.8 mil. (24.4%)	11.5 mil. (17.6%)	10.4 mil. (15.6%)	8.8 mil. (13.6%)

Thailand become a complete aged society and nowadays, Thailand would be a super aged society in which more than 20% of the total population would be age 65 years and over.

Labor force situation



Source: US Department of Labor



Source: UK Health Security Agency

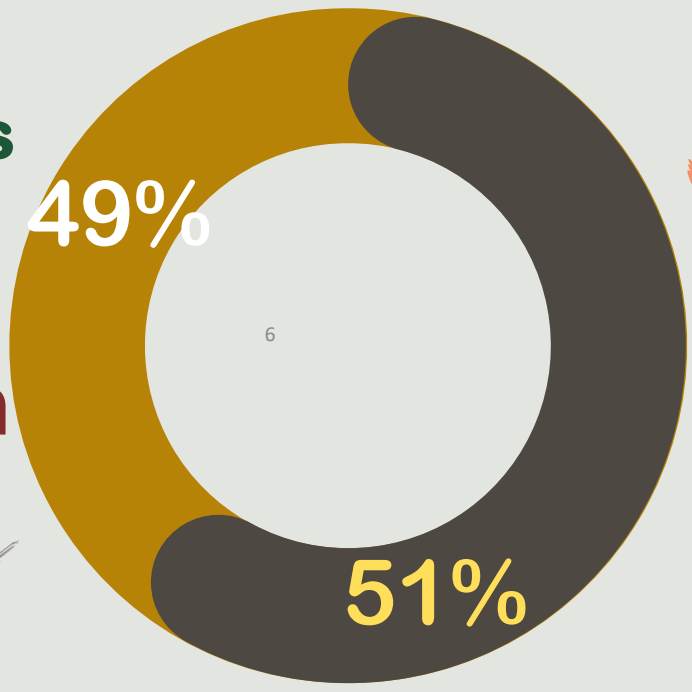
Background

Labor situation in Thailand in 2023



Working population = **39.6 million**

Formal workers
19.4 million



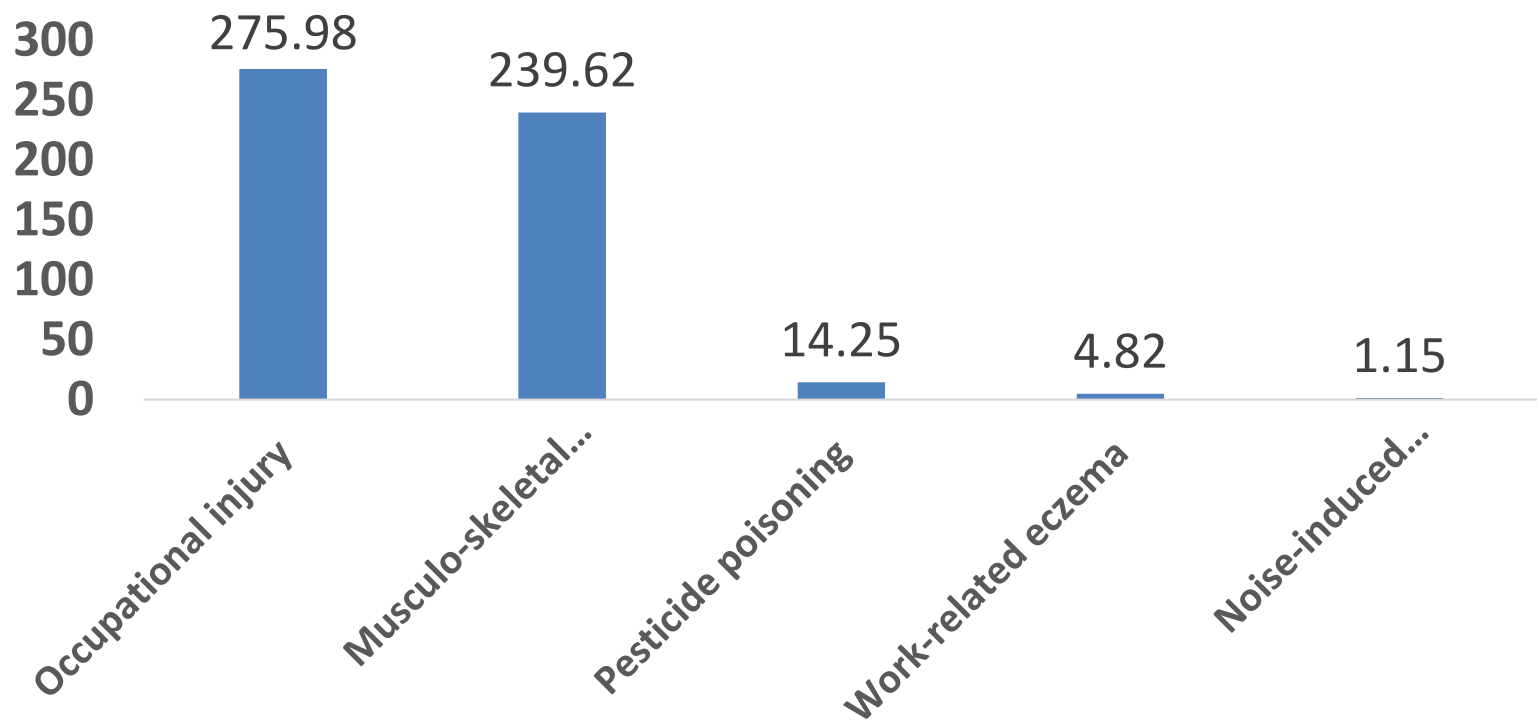
Informal workers
20.2 million



Background

Top 5 of OD/health issues in Thailand, 2022

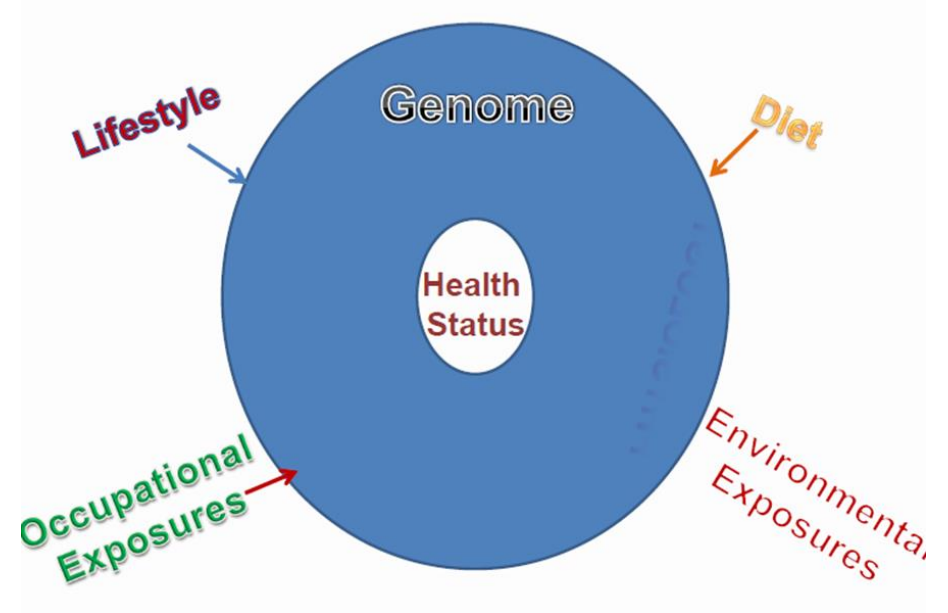
Rate per 100,000 populations



Background

Current and future health crises/challenge facing the world of work

Health hazards in the workplace	Life style risk factors
Physical	Tobacco
Chemical	Obesity
Biological	Sleeping disorders
Ergonomic	Alcohol and substance use
Psychosocial risks	Unhealthy food
Risks of injury	Sedentary work
General hygiene/water, sanitation and hygiene (WASH)	Mental problems



Source: NIOSH

objective

Integrated lifestyle and OH hazards



- A great way to improve worker health is to establish the program following total worker health concept;
- Health Protection – Programs that focus on reducing hazards and exposures at workplaces to prevent occupational injury and illness
 - Health Promotion - interventions aimed at reducing lifestyle risk factors by promoting healthy behaviors and actions

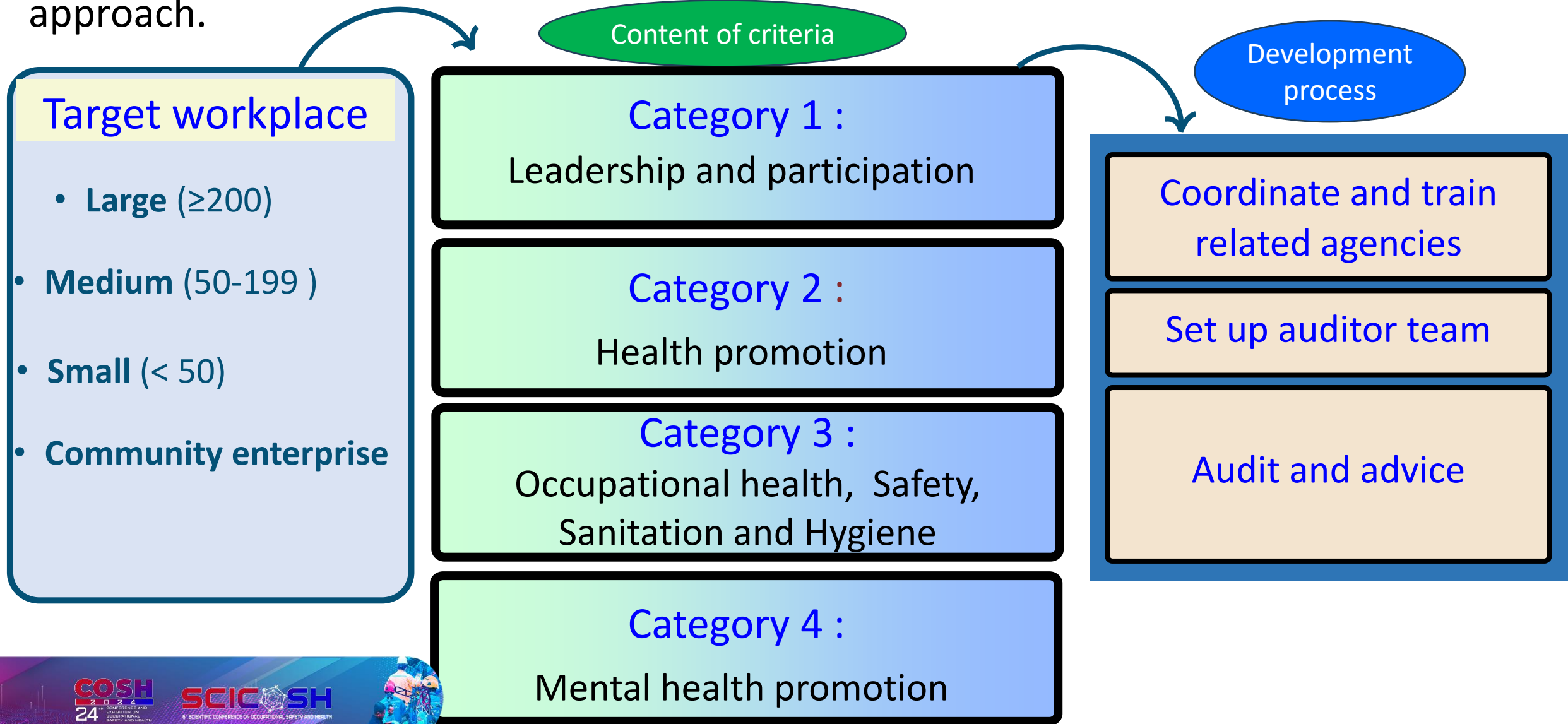
Source: Punnett L., et al, *Annals of Work Exposures and Health*, 2020, 1–13

The healthy, safety & good mental health program has been established in the workplace to prevent occupational diseases and injuries, NCD and mental health problems among employees.



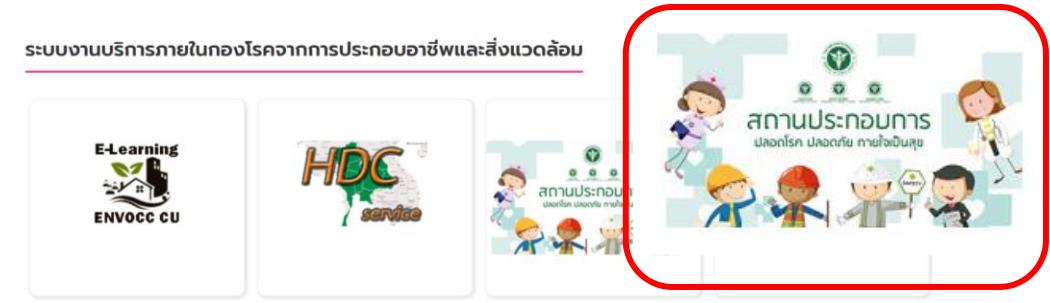
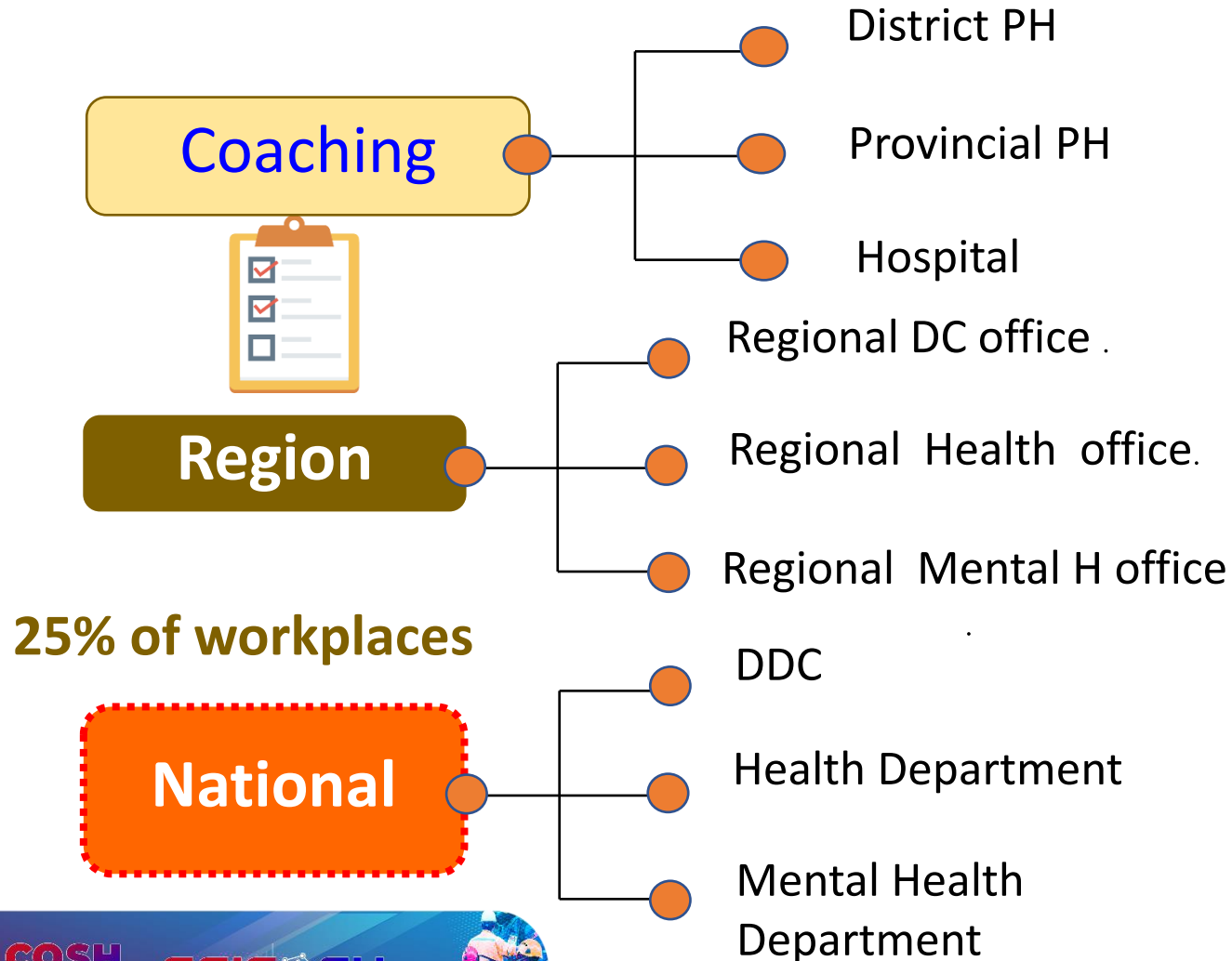
Methods

The program has been established for > 10 years (since 2012) following the audit system approach.

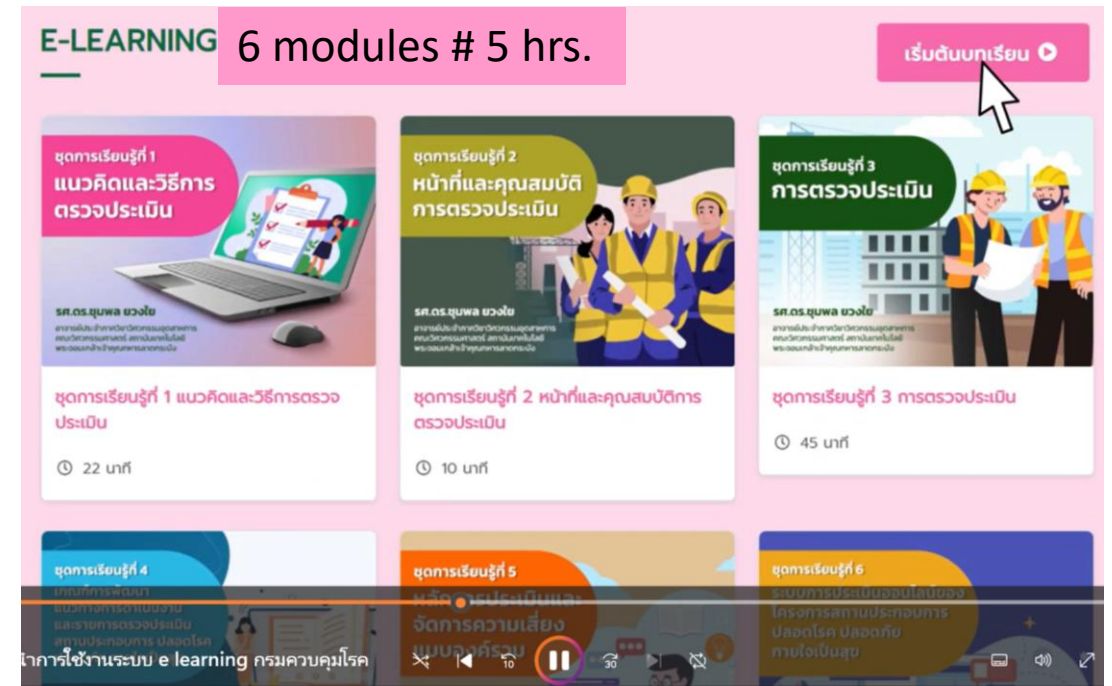


Methods (continued)

The guideline and criteria have been developed and the workplaces could apply to the program through the website.



Methods (continued)



Target gr.

The public health staff from related agencies have been trained to be auditors.

- Regional DDC, Health office, Mental health office, Provincial PH, Hospital and etc.

No. of participants = 364 (Updated Jan 2024)



Methods (continued)



Reward

Score 80 – 89 %



Silver



Score $\geq 90\%$



Gold



Score $\geq 90\%$

Consecutive 3 yrs/6 yrs



Consecutive gold



The achievements among workplaces are divided into 3 levels including silver, gold and consecutive gold.



Results part 1: Component of criteria

Category 1: Leadership of the organization and employee participation



- Organization plan
- Action plan and implementation
- Monitoring, evaluation and report system
- Executive board review



Component of criteria (continued)

Category 2: Health promotion



- Health education, basic treatment and referring
- Cigarette, alcohol and other drugs promote to reduce and quit.
- Healthy food promotion
- Physical activity promotion
- Oral hygiene promotion



Component of criteria (continued)

Category 3: Occupational health, safety, sanitation and hygiene



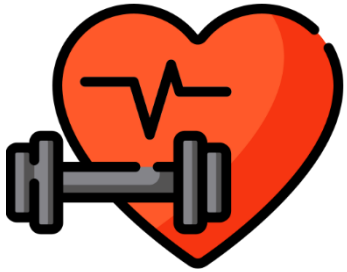
Management of these issues;

- Injuries prevention
- Ergonomics
- Canteen (food quality, place)
- WC and bathroom
- Machine, tool and equipment
- Electric system improvement
- Preparedness for emergency incident
- Light system improvement
- Ventilation improvement
- Noise and vibration improvement
- Chemical used
- Waste management
- Animal vectors control
- Waste water and sewage disposal



Component of criteria (continued)

Category 4: Mental health

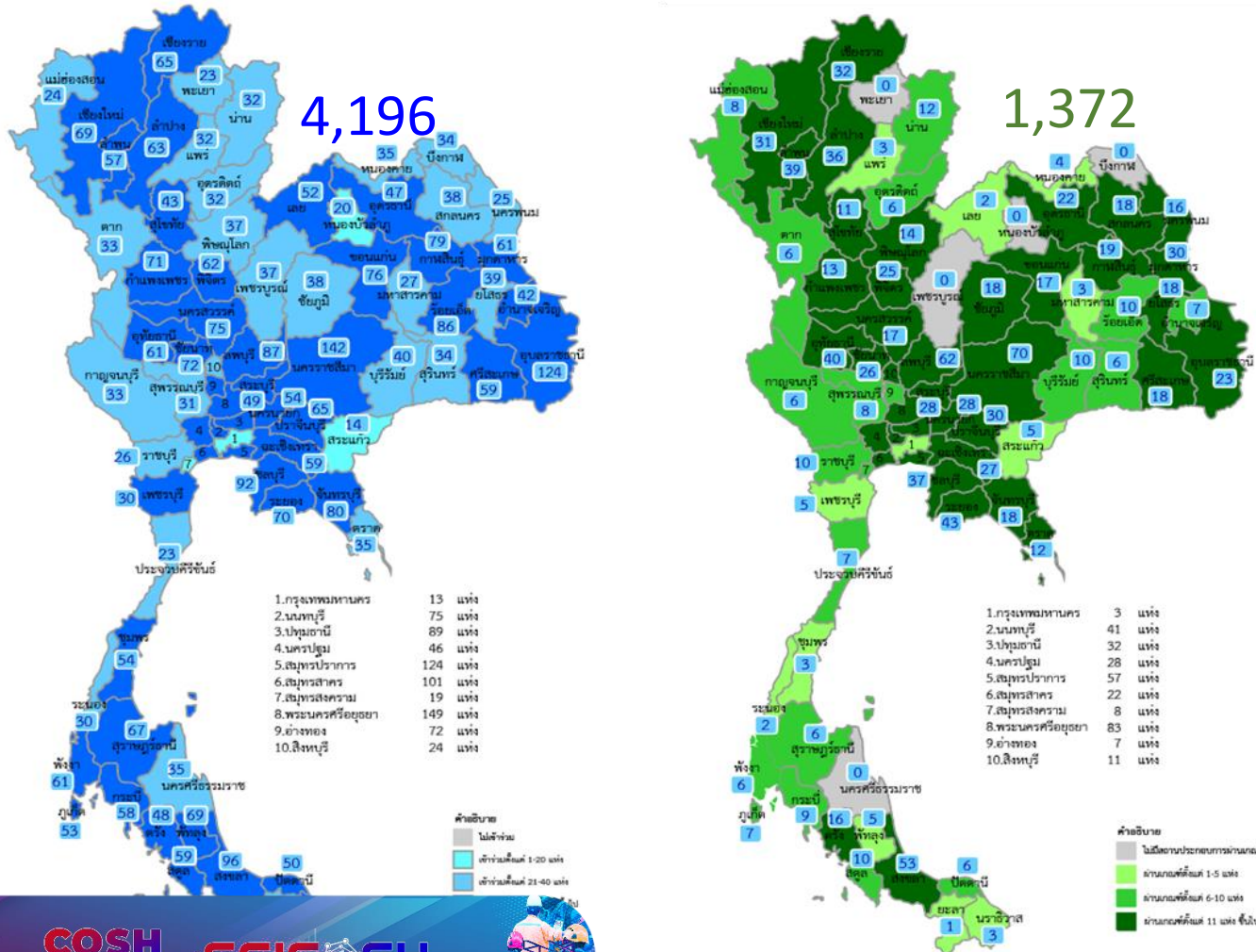


- Mental health screening
- Observation check-list for emotion and behavior
- Risk communication for mental health support
- Activities for relaxation in the workplace
- Referral for treatment
- Employee and family esteem



Results part 2

During 2013 to 2023, 4,196 workplaces have participated in the program. Of them, 366, 228 and 927 have achieved gold level, silver level and certificate, respectively.



Gold level for 6 years

2 workplaces

Gold level for 3 years

46 workplaces

Gold level

169 workplaces

Silver level

228 workplaces

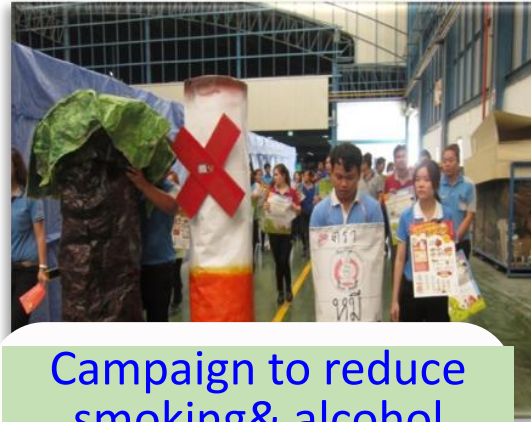
Certificate

927 workplaces

Ex. of activities to prevent NCD



Display sugar levels in soft drink



Campaign to reduce smoking & alcohol



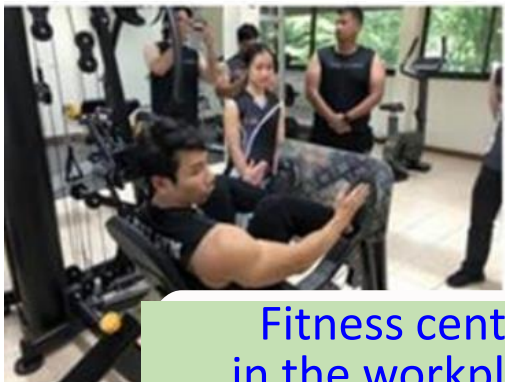
ข้าวสวย 20 กิโลแคลอรี
 หมูบ-ผัก 155 กิโลแคลอรี
 แกลงกล้วย 98 กิโลแคลอรี
 รวมพลังงาน 373 กิโลแคลอรี



Food box calories calculation

Daily healthy food menu

- | | |
|---------------------------|---------------------------|
| ต้มมะระขี้เที๊ยง | ต้มเจี๊ยงเตี๊ยงเตี๊ยง |
| น้ำพริกปลาชุกเจี๊ยงเตี๊ยง | ยำปลาชุก |
| แกงเจี๊ยงปลาชุก | ลาบปลาชุก เจี๊ยงเตี๊ยง |
| ต้มเจี๊ยงเตี๊ยงเตี๊ยง | แกงเจี๊ยงหน่อไม้ |
| แกงเจี๊ยงมะขาม | ผัดเจี๊ยงเตี๊ยงเตี๊ยง |
| ยำสาหร่ายเจี๊ยงเตี๊ยง | แกงป่าเจี๊ยง |
| เตี๊ยงเตี๊ยงเจี๊ยง | น้ำพริกตาแดงเจี๊ยงเตี๊ยง |
| ปลาชุกเจี๊ยงเตี๊ยง | ผัดเตี๊ยงเตี๊ยง |
| ต้มเจี๊ยงเตี๊ยงปลาชุก | แกงเจี๊ยงเตี๊ยงปลาชุก |
| ผัดเตี๊ยงเตี๊ยงเตี๊ยง | แกงเจี๊ยงผักทอง |
| ผัดคอกหอมเตี๊ยง | ต้มยำเจี๊ยงเตี๊ยง |
| ต้มยำปลาชุกเจี๊ยง | ยำเตี๊ยงปลาชุก |
| แกงเจี๊ยงมะขาม | น้ำพริกกระปิเจี๊ยงเตี๊ยง |
| ยำมะขาม | ยำเตี๊ยงเตี๊ยง |
| ผัดเจี๊ยงรวมเจี๊ยง | น้ำพริกปลาชุกเจี๊ยงเตี๊ยง |
| ผัดมะขามเตี๊ยง | ผัดผักทอง |
| ต้มเจี๊ยงเตี๊ยงเตี๊ยง | ผัดบวบเตี๊ยง |



Fitness center in the workplace

Heart failure, Renal failure, CVD



Display salty food & health effect



Ex. of activities to prevent NCD & mental health

Cigarette, Alcohol-free in workplace



healthy canteen :

- Reduce sweet , oily , salty
- Calorie in food

“Taste before cooking.”

(Thai Arrow Product Thailand)

- Creating an enabling environment in the work setting
- Services for screening and treating NCDs
- Training on health promotion
- Activities in World Diabetes Day, 14 Sep
- NCD screening/treatment

Weight Loss Competition (Reduce BMI)



- **mental health services**

- advice to reduce or quit alcohol and cigarettes
- stress assessment, more investigation and counseling by a nurse, refer to psychological clinic and follow up
- Ex. program : listen to the sermon/make merit, training etc.



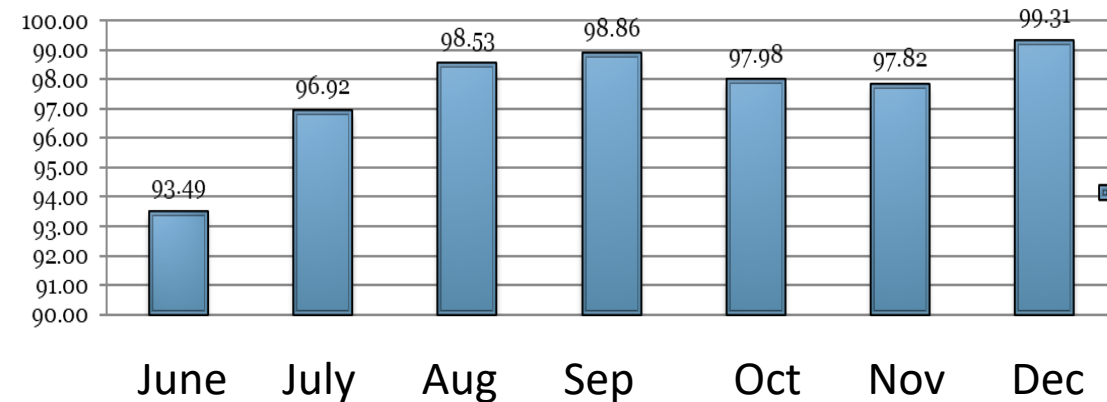
Ex. of activities to prevent occupational injuries



Safety check



Employee Use Helmet %



Training and check for helmet used 100%



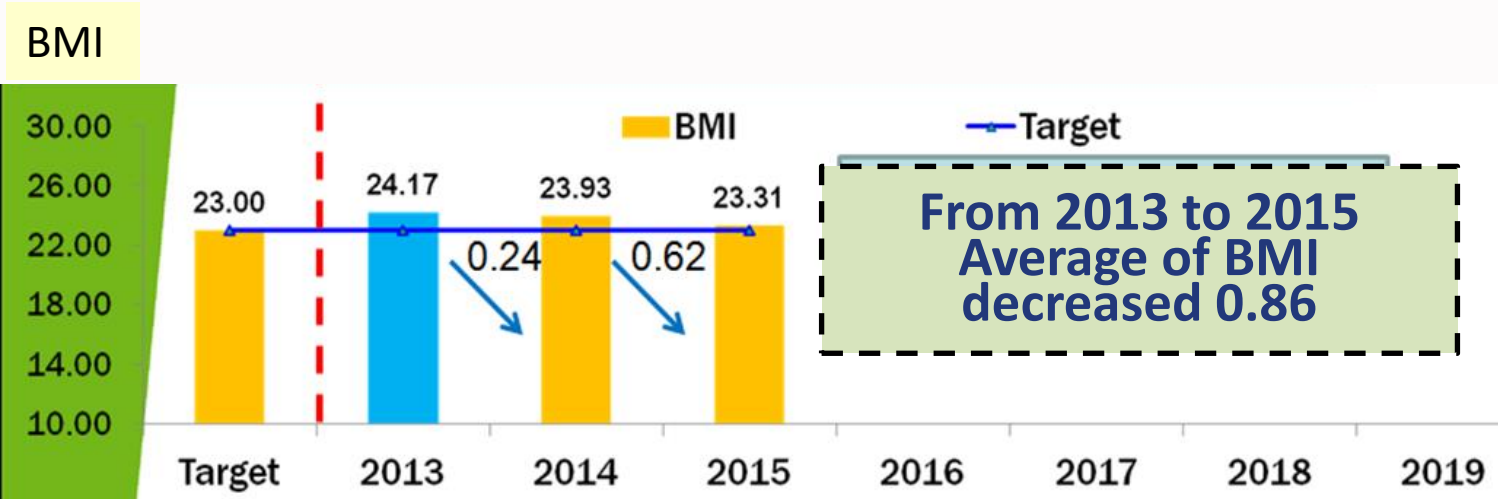
Ex. of activities to prevent MSD.



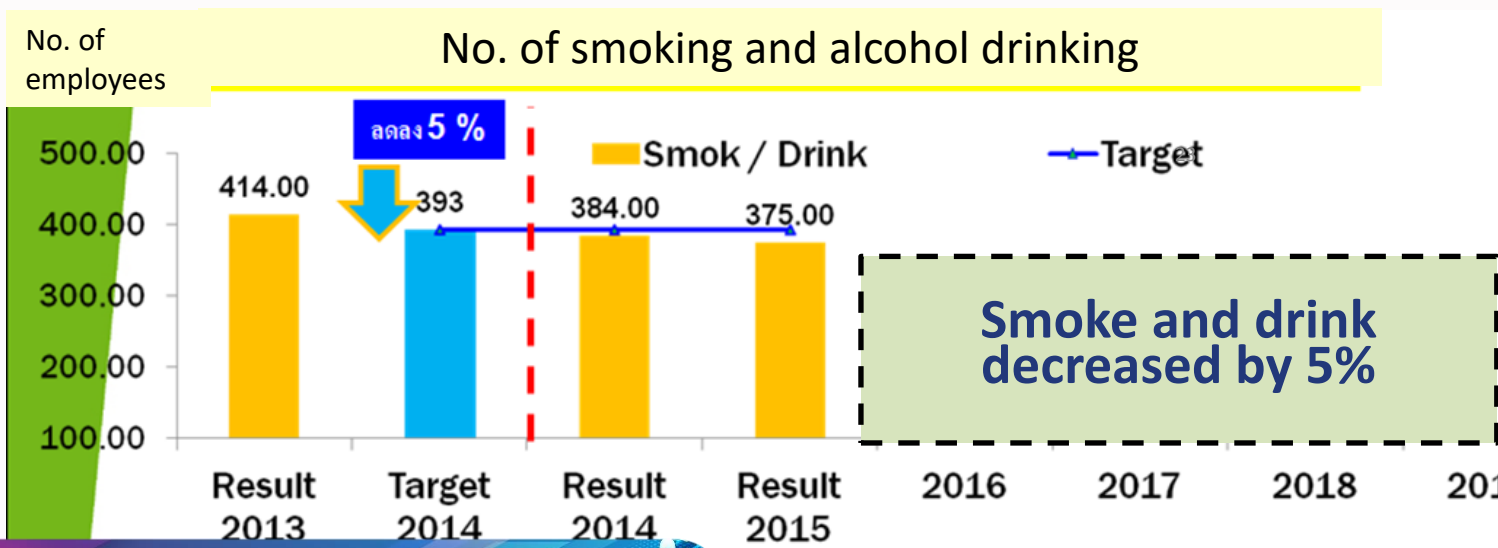
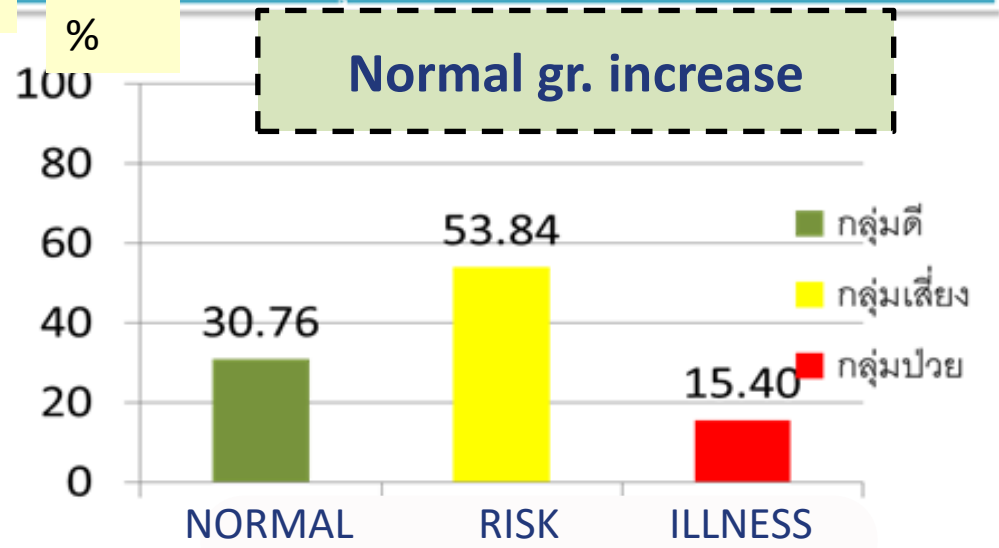
Thai massage



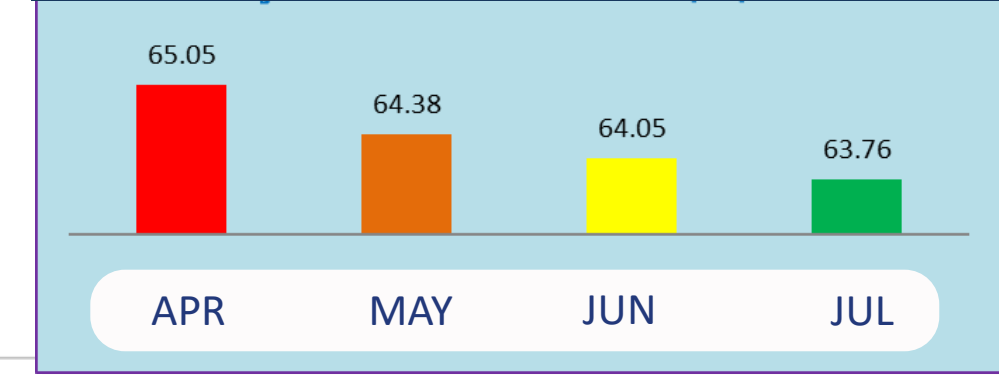
Ex. Health outcome measure



Annual health examination report (Classified by risk)



Weight loss project



Average weight decreased by 1.29 kgs within 4 months.

Conclusion

This project is one in which workers and employers collaborate to use a continual improvement process to protect and promote the health, safety, sanitation, and psychological concerns in the work environment and lifestyle.



Way forward

- ❖ Shorten the evaluation tool of healthy, safety & good mental health in the workplaces program.
- ❖ Set up the indicator to measure the outcome of the program.
- ❖ Collaborate with the related agencies to gain the benefit for participated workplaces such as reduce tax, reduce interest and etc.
- ❖ Suggest to integrate health promotion concept into existing safety training course for safety officer which is managed by Ministry of Labor.



Q&A

THANK YOU

FOR YOUR KIND ATTENTION

