



Health Promoters @ Work

“Supporting employees’ health pays good dividends”

South Africa has a very high incidence of illness absenteeism in the workplace. In fact, statistics show that the rate has increased more than four-fold over the past few years. The cost of this absenteeism is exorbitant (estimates vary between R20 billion and R40 billion per year). Analyses of illness absenteeism data indicate that various viruses (flu, bronchitis), gastroenteritis, back problems and depressive illnesses cause most absenteeism. Experts suggest that most of these illnesses could be prevented or at least managed better if companies would teach their workers’ health practices that promote good health and boost the immune system (such as good nutrition, hygiene and exercise).

Health Promotion South Africa Trust (HPSA) is already engaged in providing such health education to some companies in South Africa. For example, an initial project was conducted at two national hotels in Cape Town and more projects are starting shortly. The process in each company involves facilitating the information through a series of interactive workshops to specific staff members who will, in turn, train the rest of their staff on a continuous and sustainable basis.

The aims of the **Health Promoters @ Work** programme are devised to enable participants to:

- Learn basic nutrition, health and hygiene knowledge to use both at work and at home
- Understand the link between a healthy immune system and good health
- Develop positive attitudes towards healthy habits
- Develop hygienic work habits (for service companies)
- Help companies to develop health management systems for optimal worker health

During a recent HPSA project conducted at a Protea Hotel in Sea Point, Cape Town, the General Manager Janneman Britz, commented:

“...the HPSA programme is of high quality and I can see the benefit to my team and their families. I can recommend this program to any hotel or company that wants to invest in the health of their staff and their families. The play-it-forward principle of the training ensures that the participants have practical skills to teach others in their community. I truly look forward to this program evolving and so enabling more empowered staff via Health Promoters.”

Your donations would help us to expand our **HPSA @Work** programmes so we can reach more companies, and so improve the health, and therefore the lives, of many more people.

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HEALTH EDUCATION IS **ALSO** A HUMAN RIGHT!

