

## Workplace Health Initiatives

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**Objective:** To support employees maintain a healthy lifestyle.

**Design:** A Prospective Cohort Study.

**Setting:** A'ali Health Center, Bahrain.

**Method:** Ninety-seven medical staff were encouraged to participate in different health work initiatives aimed to improve physical activity; this included the recommended 150 minutes of moderate activity per week, improvement of nutritional status, increasing awareness of age and gender-appropriate preventive measures, smoking hazards and absences from work.

**Result:** Ninety-seven employees were included in the study. Vaccination increased to 80 (83%). Periodic women examination increased to 52 (54%). Obesity was reduced to 58 (60%). The average BMI reduced from 28.57 to 26.72. Fruits and vegetables consumption increased to 59 (60.8%). Fast food consumption reduced to 29 (29.8%). Regular exercise was increased to 46 patients. None of the smokers quit smoking. Eighty-seven (89.7%) employees had dental screening and scaling.

**Conclusion:** Work health initiatives (WHI) were effective tools in reducing multiple risk factors and disease burdens. The most effective WHI are those that combine health education and physical activities directed towards multiple risk factors.