

# SUPPORTING YOUR HEALTH BY IMPROVING YOUR LIFESTYLE

Lenka Gutova<sup>1</sup>, Monika Vanhova<sup>1</sup>, Hana Marie Smrckova<sup>2</sup>

<sup>1</sup>Military University Hospital, Prague, Czech Republic

<sup>2</sup>University of Economics, Prague, Czech Republic



## INTRODUCTION:

Military University Hospital in Prague became a member of HPH network in 2012. Since that time many different activities and projects focused on the hospital staff have been organized. The aim of health education is to offer to the staff sufficient information as to how to prevent disease, change lifestyles, increase knowledge, and motivate them and influence their attitudes for the purpose of creating an active interest in their own health.

## PROJECT AIM:

Investment into the health support and care of every employee is beneficial for every organization. Employees are more efficient, retention is improved, their morbidity decreases, they take care of their health and in this way they influence their environment, patients and clients in a positive manner.

## METHODS

Military University Hospital in Prague offered a new program to all hospital staff „**Improve your health by changing your lifestyle**“. Half of the Czech adult population has higher than normal weight, and has been rising since the 1990s. Obesity-related diseases are the second leading cause of preventable death, after smoking-related diseases. Also, the proportion of children with a higher weight than normal is increasing.

An expert group for health-promoting activities has been established in the hospital. This group is responsible for planning, organizing and evaluating all HPH activities within the hospital.

### This program offers:

- Initial consultation
- Preparation of an individual nutrition plan with the nutritional therapist
- Creation of an individual exercise plan by the physiotherapist and ongoing regular consultations
- Everyone who enters the program is weighed, measured, has BMI calculated, and the following percentages taken: total muscle, total fat and visceral fat. Finally, waistline is measured.

## RESULTS:

### Time period of the project from October 1. 2015 to December 31. 2016

- 72 employees expressed interest in the program
- 52 employees entered the program – 42 women and 10 men
- The total weight loss was 125,7 kg
- The individual maximum weight loss was 23 kg
- The average age in total 41 years
  - The average age of women 40 years
  - The average age of men 45 years
- The average number of visits – 4 visits (minimum was 1, maximum was 13 visits), 17 employees came just for the initial consultation
- The average time involved in the intervention – 118 days (minimum was 1 day, maximum 401 days)
- The average weight loss of the employees who had more than 1 intervention was 3,6 kg
- The entry portion of muscles was significantly increased while the proportion of fat was decreased
- According to the regression analysis, each additional month an individual spent in the intervention brought about a weight decrease of 0,6 kg.

## SUMMARY:

- In October 2015 a new program „**Improve your health by changing your lifestyle**“ was offered to all hospital staff with the aim of protecting and enhancing their health, and developing a healthy lifestyle. Support of hospital employees' health is one of the conditions of providing safe healthcare.
- This project was successful and the management of the hospital decided to continue in this project with some changes.  
**The program will be divided into two categories:**
  - Weight reduction – women, men
  - Lifestyle change (diet, physical activity, smoking) – women, men
- with the aim of tracking individual participants in their change with subsequent evaluation of their efforts.

