

Changing organisational culture through health promoting activities

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INTRODUCTION:

Military University Hospital in Prague is a member of HPH network since 2012. Since that time many different activities and projects focused on hospital staff have been organised. The wide range of activities is offered to reach the largest number of employees. Most activities are organized in teams in order to promote relations and cooperation within the hospital.



The number of employees involved in HPH activities is growing every year.

Examples of health promoting activities focused on hospital staff

BIKE TO WORK

Bike to Work is a state-wide competition for companies and institutions. The main goal is to motivate as many people as possible to learn to use a bike as a regular urban transportation means. Hospital employees are encouraged to create teams and enter the competition. They will not only improve their physical condition, mood and work relationships but they will also contribute to cleaner air and more pleasant and healthier city where they live and work.



May 2015 outcomes: number of teams - 13, number of employees - 47, number of kilometers – 12 047

May 2016 outcomes: number of teams - 23, number of employees - 90, number of kilometers – 20 016



CHANGE YOUR LIFESTYLE

The program is focused on employees who are overweight. It consists of nutritional counseling, regular health checks and consultation with a physiotherapist. Everybody receives an individual plan of weight reduction. 52 employees signed up for the program and during the first 6 month reduced their weight in total by 79 kg.



OTHER ACTIVITIES

Volleyball



Badminton



Swimming



Petangue



Basketball



Run



Floorball



Soccer



Yoga



The goal of these activities is not only to improve the health of hospital employees, but also to change the organizational culture; to achieve better communication and cooperation between clinics and professionals. The positive impact on the overall atmosphere in the hospital is obvious.

