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Scheduling of Virtual Connections in Fast Networks

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Kurzfassung

Background: Workplace health promotion and primary prevention interventions are highly prevalent. However, their effectiveness remains mostly unclear. Aim: This article compiles and summarizes the results of current reviews concerning the effectiveness of health promotion and primary prevention interventions in the workplace. Subjects and methods: Studies were selected from four electronic databases on the basis of the following criteria: (1) Meta-analysis or systematic reviews, (2) published in international peer-reviewed journals (3) between 1 January 2004 and 30 June 2008 (4) in English or German (5) that examined the effectiveness of workplace health promotion and primary prevention interventions. Results: Seventeen reviews met the inclusion criteria and were subsequently categorized into the following areas of intervention: stress, physical activity and nutrition, organizational development, smoking, and ergonomics and back pain. Singular interventions showed limited effectiveness. Workplace interventions aimed at helping individuals reported substantially greater effects than workplace interventions aimed at the workforce as a whole; here, methodological influences play an important role. Conclusions: The greatest results are achievable through comprehensive multimodal (or systemic) programs including relational and behavioral elements. Future research is needed in the conception of methodologically sound and setting-appropriate study designs.