

Drafting and coordination of the wellbeing content of the Healthy Workplace Website

Principal Investigator: Professor Margaret Hodgins

Researcher: Ms Tosca Keppler

Funder: Department of Health



An Roinn Sláinte
Department of Health



Project Aim and Objectives:

Aim: To draft content for a website based on the National Framework for Healthy Workplaces in Ireland 2021-2025, that is approachable and manageable to interface users, employing four entry points.

Objectives:

- To write topic guides (e.g., physical activity, healthy eating, stress reduction, etc.) which briefly summarise best practices based on evidence reviews
- To devise simple 'how-to' guides, based on best evidence, for the following steps:
 - I. Gaining and demonstrating support
 - II. Assessing needs and objectives
 - III. Planning and resourcing
 - IV. Implementing
 - V. Evaluating and improving
- To compile tips and suggestions for enhancing key moderating factors including stimulating organisational leadership, gaining visible managerial support, planning for communication and sustainability, ensuring a participatory approach and checking acceptability
- To develop a 'Tools and Resources' 'hub' which will include links to practical materials and external sites

Methods: An initial meeting will be held in order to ensure the alignment of the researcher with the agency and design team and overall vision of the project. The website content drafted by our researcher will be informed by the extensive research that went into the development of the National Framework for Healthy Workplaces in Ireland 2021-2025, in particular, the evidence-based *Factors Organisations Should Consider When Developing Healthy Workplaces and Workplace Wellbeing Programmes* (Murphy et al., 2018) will be employed to target the drafting process toward relevant stakeholders, and a compilation of appropriate national and, where possible, regional resources will be consolidated.

Results: The website is now developed and available at <https://healthyworkplace.ie/>