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| **Title of Research Presentation** (Sentence case):  **Health ambassadors in the work place: change led by middle management** |
| **Background/Objectives**  The workplace provides an ideal location for health promotion, as workers are spending long hours behind their desks, consuming unhealthy food, exercising less, and experiencing high levels of stress. Middle managers are potential strategic agents of organizational change, as they have legitimacy to lead processes both top down and bottom up. The objective of this study is to evaluate a health promotion (HP) training intervention for middle managers.  **Methods**  The "Health Ambassadors in the Work Place” training program (HAWP) was developedto train women in mid-level management positions to plan, implement and evaluate health promotion programs in the workplace. The training program consisted of 16 sessions: 12 consecutive sessions of 5 hours and 4 maintenance sessions of 4 hours dispersed throughout the following year. Questionnaires were distributed pre and post program, assessing self-efficacy (SE) as health promoters and personal health behaviors. Semi-structured interviews were carried out every two months following the workshop for one year, in order to track planning, implementation and assessment of workplace interventions.    **Results**  Thirteen government offices sent 22 mid-managers to take part in the program, all of whom were managers of human resources or employee wellness/benefits. Post intervention, participants reported improved personal health behaviors and SE: they reduced their consumption of sweets (from 79% who ate sweets over twice a week to 31%, p<0.05) and fried food (from 57% who ate fried food more than once a week to 29%, p<0.05) and increased their confidence to initiate a HP intervention, design a program, and implement it (p<0.05), as well as their total SE (p<0.01). Post intervention, 70% of workplaces made multiple health-promoting changes in their policies and work environments, including serving only healthy refreshments, initiating exercise activities, sponsoring smoking cessation courses, encouraging the use of stairs over elevators, offering stress reduction activities and more.  **Discussion**  The HAWP provided participants with health information, skills training and continued guidance to implement HP programs in their workplace. Our study shows that training mid-managers in workplace HP, with a focus on personal health behavior change, skill development and HP self-efficacy empowerment can catalyse HP processes in the work place culture and environment.  **Keywords**  Workplace Health Promotion, Mid-Management |