

Summary of Recommendations
Workshop on Implementing the GSO Strategy on Diabetes and Wellness
To Russian Workplaces
15 September 2009
RAMS Research Institute on Occupational Health, Moscow, Russia

Main Recommendation: Dissemination of the Moscow Declaration on Diabetes and Wellness by the Institute:

- Send the Declaration to the Ministry of Health and Social Development,
- Publish it in the peer reviewed journal "Occupational Health and Industrial Ecology"
- Present it at the VIII All-Russian Congress "OCCUPATION and HEALTH" in November (with a copy of the Declaration in the Congress delegates' package).

Question 1: What would you like to see happening to enable you to feel fully engaged and energized about implementing the Workplace Strategy on Diabetes and Wellness in your organization?

1. Use preventive measures to maintain workers' health.
2. Through workplace programmes, link prevention and health to productivity.
3. Adopt adequate legislation to protect workers health.
4. Increase social support for workers with diabetes.

Question 2: How can we support each other in taking the next steps? What unique contribution can we all make?

1. Strengthen the scientific base to identify risk factors associated with diabetes including the results of periodic medical examination including testing for diabetes and metabolic disorder testing.
2. Provide for an information exchange among health professionals regarding diabetes.
3. Use different media to inform workers and other about diabetes.

Question 3: Regarding implementation of the Workplace Strategy, what is missing from the picture so far? What do we need more clarity about?

1. Create or reinforce workplace structures to implement medical / health /preventative recommendations
2. Strengthen both worker and employer motivation to support workers' health
3. Create or reinforce nutrition and fitness programme guidance with a view to improving workers' health and preventing diabetes and other diseases.