



## **Fund “Nauka” Project № 23001 Resume – Competition-Based Session 2023:**

**“Promotion of healthy habits and preventive measures in the work environment  
in occupations requiring static posture”**

**Project leader:** Assoc. prof. Silviya Ivanova Filkova, PhD

The modern way of life leads to reduced physical activity and sitting, which results in risk factors for the health and working capacity of employees such as: musculoskeletal disorders (MSDs), metabolic diseases and psycho-emotional complaints.

The aim of the project is to study and analyze the health status of office workers in view of the influence of the static work posture on the musculoskeletal system, metabolism and their psycho-emotional status and to develop recommendations for the promotion of healthy habits and preventive measures.

### **Tasks:**

1. Analysis of established international practices for the prevention of MSDs, degenerative diseases of the spine, healthy nutrition and the psycho-emotional state of the workplace;
2. Research and assessment of pain symptoms related to MSD and degenerative diseases of the spine and the psycho-emotional state of the workplace;
3. Study of eating habits;
4. Establishing the risk factors and the specific potentially harmful activities in the work process concerning the health of the examined;
5. Development of a set of recommendations for the promotion of healthy habits and preventive measures in the work environment.

### **Expected results:**

1. The studied and established international practices for the prevention of MSD, degenerative diseases of the spine, healthy nutrition and the psycho-emotional state of the workplace will be modified, adapted and applied in Bulgaria;
2. The pain symptomatology related to MSD and degenerative diseases of the spine and the psycho-emotional state of the workplace will be evaluated in view of the influence of the static work posture;
3. The eating habits of office workers occupying static work position will be studied in connection with the development of recommendations for the promotion of healthy habits and preventive measures;

4. The risk factors and the specific potentially harmful activities in the work process regarding the health of the researched will be established, which is important for neutralizing or limiting the negative influence of these factors;
5. A set of recommendations will be offered for the promotion of healthy habits and preventive measures in the work environment, to improve their quality of life and reduce the costs of health resources and absences due to illness.