



Finnish Institute of
Occupational Health

Occupational Health and the Usage of Occupational Health Services by Women Entrepreneurs in Finland

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Understanding Small Enterprises – a healthy working life in a healthy business; 20-23 October 2009

Well-being at Work among Women Entrepreneurs

- A research and development project focusing on the well-being at work among women entrepreneurs
- In collaboration with
 - women entrepreneurs
 - the Central Association of Women Entrepreneurs in Finland
 - the Ministry of Employment and the Economy
- Aims to
 - produce general, reliable knowledge of the health, work-ability and well-being of women entrepreneurs
 - to be utilized in developing services to meet their needs

Orientation and methods

- utilizes work-ability and best practice approaches
- includes
 - research
 - Well-being at work –survey
 - Business practices –survey
 - Women entrepreneurs' interviews
 - service development
 - OHS
 - rehabilitation
 - competence development
 - etc.

Well-being at work -survey

- a stratified random sample of **3254** firms run by women
 - representative of the different industries and geographical areas in Finland
 - provided by Statistics Finland
- postal survey in summer-autumn 2008
- response rate **44,7 %**

Well-being at work -questionnaire

Structured questions

- psycho-social work stressors (36 multiple-choice questions)
- motivation (16)
- health and work-ability (10)
- work/family life (7)
- working conditions (20)
- gender equality, (thread of) violence, sexual harassment at work (4)
- usage of OHS and other health supporting services (5)

Open questions

- motivation, retirement, support needed, vacations, networks, etc.

Self-employed/owner-employers

Total

	(n=1239)
	%
Self-employed	72,2
Owner-employers	27,8

Enthusiasm

Enthusiastic	Total (n=1239) %
Never - once a month	4,6
A few times a week – a few times a month	41,4
Daily	54,0

Work stress

Stress	Total (n=1239) %
Not at all - a little	46,5
Some	35,2
Fairly much - very much	18,3

Work-ability in relation to the physical demands of work

Physical work-ability	Total (n=1239) %
Poor/fairly poor	6,1
Average	25,9
Fairly good/ good	68,0

Work/work environment

In the work or work environment there is	Total (n=1239) %
Repetitive work	59,7
Carrying, lifting	49,0
Inconvenient postures	45,8
Dust	37,4
Physically heavy work	29,2
Noise	21,5

The Usage of OHS and Rehabilitation

Have you utilized (yes)	Total (n=1239) %
Occupational Health Services	31,7
Rehabilitation Services	14,3

Professional and Business Competence

Competence development needs	Total (n=1239) %
Professional competence	68,0
Business competencies	55,0

Summary and conclusions

- A variety of work stressors as well as factors that promote the well-being and health of women entrepreneurs
- Not covered by OHS/do not have sufficient knowledge about OHS

OHS could help in many of the problems women entrepreneurs experience

- In addition to support to their health, women entrepreneurs need support in developing competencies needed in running their businesses

In developing services active involvement of women entrepreneurs as well as joint efforts of different actors in the field of health, training and business development are needed



Thank you for your attention