

## **Annex D**

### Background Brief - Keynote Speaker



**Professor Dee W Edington, PhD**

Director, Health Management Research Centre  
Professor, Division of Kinesiology  
University of Michigan, US

Professor Edington is a leading expert on workplace health and health management in the United States. He has more than 30 years of experience researching relationships between healthy lifestyles, vitality and quality of life, as they benefit both individuals and organisations. He is specifically interested in how individual health promotion and workplace health programmes can impact organisation healthcare cost containment, productivity and human resource development.

He is the author and co-author of over 500 articles and presentations and several books including *The One-Minute Manager Gets Fit* and *The One-Minute Manager Balances Work & Life*. His latest book, *Zero Trends: Health as a Serious Economic Strategy*, proposes three key strategies for reducing total medical cost trends for businesses, namely: Don't get worse; Keep healthy employees healthy; and Create a culture of health.