

# EPHOR

Exposome tools for a healthy working life



## PROJECT DETAILS

### DURATION

60 months  
Jan. 2020 - Dec. 2024

### CONSORTIUM

19 partners in 12 countries

### COORDINATION

TNO - Anjoeka Pronk (coordinator), Rob Stierum (co-coordinator), Astrid Kruizinga (project manager)

### FUNDING

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EPHOR is part of the European Human Exposome Network: [humanexposome.eu](http://humanexposome.eu)

**EPHOR (5-year EU project) will lay the groundwork for evidence-based and cost-effective prevention to improve health at work by developing a working life exposome toolbox. By joining forces in this exceptional consortium of exposure, health and data scientists and technology partners we will advance occupational health science in a unique way to reduce the burden of disease.**

## Why focus on the working life?

Exposure in the workplace can lead to many diseases, such as cancer, cardiovascular and respiratory disease. The total burden of disease caused by occupational exposure is estimated at 5-7%, similar to the burden resulting from urban air pollution or obesity. Given the associated societal and economic pressure, ensuring a healthy work environment is an important goal for government and industry.

## The EPHOR Toolbox

The toolbox containing developed tools, methods and knowledge will enable **scientists** to use and enhance the data, methods and models in exposome research, rapidly increasing the knowledge base on the working-life exposome. **Policymakers** and **occupational health practitioners** can use the toolbox for the development of evidence-based and cost-effective preventive policies and actions.



Ultimately, the EPHOR toolbox will contribute to reducing the burden of NCDs on EU healthcare systems, improving the health and wellbeing of EU citizens, improving the productivity of the EU workforce and increasing the competitiveness of EU industry.

**IMPACT**

## Approach

EPHOR will combine two different study approaches to develop the tools, methods and knowledge for the toolbox:



### The EPHOR mega cohort

will be constructed based on large-scale pooling of data from multiple population-, industry- or occupational cohort studies available in the EU;



### Dedicated case studies

will collect high-resolution external and internal exposure data at the individual level. Two case studies will focus on working-life exposures in relation to respiratory health and shift work exposures in relation to health.

## GET IN TOUCH

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## The Working Life Exposome

'All occupational and related non-occupational exposures (e.g. lifestyle, behaviour) throughout the course of life'



Coordinated by: **TNO** Innovation for life