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Total Worker Health in Action!

Advancing worker safety, health, and well-being

Volume 7 Number 1 March 2018

Director's Buzz

L. Casey Chosewood, MD, MPH



We are counting down the days until May 8, 2018 for the 2nd International Symposium to Advance *Total Worker Health*[®]. It's been four years since our last symposium, so this meeting will be bursting with the latest developments in the *Total Worker Health* (TWH) field and will feature more than 100 presenters, discussing the latest research and the most-promising interventions. With the [agenda-at-a-glance](#) and [abstracts](#) now posted on the [official website](#), I invite you to explore the rich content to be featured. Make sure to register for the full Symposium and pre-conference workshops. Discounted rates for early registration end on March 31st, so don't miss your chance to join us. Read more about plenary and concurrent sessions for the symposium in [Updates from the Office for TWH](#).

In the last issue and this issue, we've highlighted the work of two groups at Harvard University's T.H. Chan School of Public Health: the Lee Kum Sheung Center for Health and Happiness and the Sustainability and Health Initiative for NetPositive Enterprise (SHINE) Program in the Center for Health and the Global Environment. A focus on the unique work of the Lee Kum Sheung Center for Health and Happiness is featured in this issue's [TWH Exclusive](#).

Partnerships are critical to the success of Total Worker Health research and practice. Through our NIOSH Centers of Excellence for TWH and our NIOSH TWH Affiliate Program, we're continuing to grow the evidence base and support base for policies, programs, and practices that advance worker safety, health, and well-being. Each of our six Centers of Excellence for TWH and NIOSH TWH Affiliates are Presenting Partners for the upcoming Symposium. Many of these organizations will have multiple presentations and representatives at the Symposium, showcasing their innovative research and novel approaches to TWH interventions. Read more about new research from our Centers of Excellence for TWH in [New Publications and Resources](#) and meet our newest NIOSH TWH Affiliates in [News from NIOSH TWH Affiliates and Partners](#).

We invite you to stay up-to-date on the latest Total Worker Health news, research, events, and more by joining the conversation on Twitter ([@NIOSH_TWH](#)), on the [NIOSH Total Worker Health LinkedIn Group](#), or by email at twh@cdc.gov. And don't forget, the [official website](#) of the 2nd International Symposium to Advance TWH is another great way to follow symposium news.

TOTAL WORKER HEALTH

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Total Worker Health Exclusive

Shining the Light on Centers at the Harvard T.H. Chan School of Public Health – Part 2 of 2

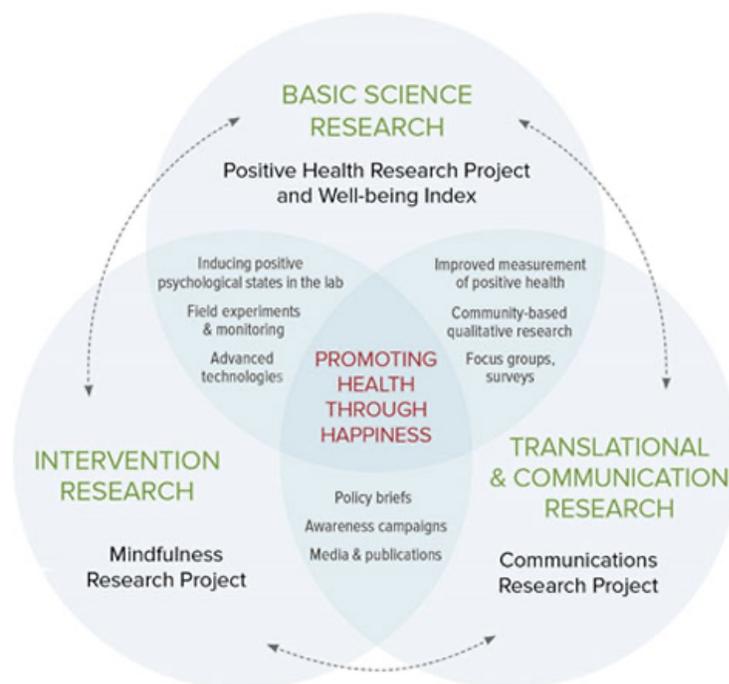
Chia-Chia Chang, MBA, Partnership Development Lead, NIOSH Office for Total Worker Health



As loyal readers of *Total Worker Health in Action!*, you undoubtedly know that one of the six NIOSH-funded Centers of Excellence for TWH is the [Center for Work, Health, and Well-being at the Harvard T.H. Chan School of Public Health](#). In addition to that center’s innovative work (read about its latest in this issue’s Updates section), other centers at the Harvard T.H. Chan School of Public Health are also conducting relevant research. We are bringing your attention to them to highlight some of Harvard’s connected, complementary efforts, all in support of TWH. Today we present part two of this two-part series.

The [Lee Kum Sheung Center for Health and Happiness](#), funded by Mr. Sammy Lee and the Lee Kum Kee family of Hong Kong, aims to understand the factors that promote optimal functioning and the interplay between positive psychological well-being, positive social environments, and physical health. Center Co-Directors Dr. Laura Kubzansky and Dr. K. “Vish” Viswanath explained that previous research has focused on the diseases and deficits that cause poor health. However, a growing body of evidence suggests the importance of focusing on positive assets that keep us healthy or help us recover more quickly from disease or injury, as well as defining health as more than just the absence of disease. People who are happy and flourishing may have less stress and be more productive, which could therefore lead to better health outcomes. Employers may be more willing to invest in policies and practices that contribute to enhancing employee well-being if there is evidence of the impact that improved happiness can have on health. The work environment has the potential to positively or negatively influence individual health, and business leaders are uniquely positioned to protect and enhance their employees’ health, safety, and well-being in the workplace.

The Lee Kum Sheung Center has been involved with interdisciplinary workshops and projects focused on addressing these issues, including two funded by the Robert Wood Johnson Foundation (RWJF). The first, entitled “Making the Culture of Health a Business Imperative,” is led by Dr. Howard Koh. It includes a project led by Center Co-Director Dr. Viswanath that will study the qualities of senior corporate leaders that promote a culture of health. The goal of the project is to examine how business leaders in the 21st century manage and lead change to promote a culture of health and well-being within their organizations and the communities in which they operate. The project also examines the attributes they bring to this process. A second initiative, entitled “Workplace Redesign for Worker Well-Being,” is co-led by Center Co-Director Laura Kubzansky. This initiative seeks to develop a new vision of the work–health equation by analyzing how worker well-being is influenced by the design of the workplace and structure of work, including scheduling, flexibility, and manager support.



The Center is engaged in other work as well. Dr. Viswanath is leading a project that examines the role of health communications on physical and psychosocial well-being, resilience, and happiness to inform effective communication interventions. The Center also has a significant interest in the measurement of well-being. The goals are to identify best practices for using various measurement tools, gaps, and opportunities for implementation at the individual, organizational, and community levels. The Center has developed a repository of positive psychological well-being measures that are commonly used in research in relation to physical health. The repository, now available on the Center's website, describes the positive psychological well-being dimensions measured by each scale, explains the scoring method, and presents relevant scientific references.

As evidence grows linking worker well-being with the sustainability of companies, we can improve the quality of work life and productivity and contribute to a healthier world. NIOSH is pleased that researchers and organizations across a diversity of disciplines and industries are investigating the connections between work and well-being.

Editors' Note: To view part one of the series, please visit:
<https://www.cdc.gov/niosh/twh/newsletter/twhnewsv6n4.html#2>

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Updates from the NIOSH Office for Total Worker Health

Registration Open for 2nd International Symposium to Advance *Total Worker Health*[®]

The 2nd International Symposium to Advance Total Worker Health will occur May 8–11, 2018, on the historic NIH campus in Bethesda, MD, just minutes from Washington, DC. [Discounted early registration is available until March 31, 2018](#) [☑](#). Special discounted rates are also available for full-time students. Supplemental pre-conference workshop registration is still available, but space is limited for these workshops, so be sure to secure a spot.



Join us for compelling plenary sessions on the following topics:

- TWH Intervention Strategies – What Works for the NIOSH Centers of Excellence?
- An Introduction to NIOSH's Healthy Work Design and Well-being Research
- What Can We Learn about *Total Worker Health*[®] from National Worker Surveys?
- Findings from CDC's Workplace Health in America Survey
- Workplace Health Promotion: Negotiating the Ethical Tightrope
- Partnering into Practice: Research Practice Partnerships for *Total Worker Health*
- Applying *Total Worker Health* Approaches in the Dynamic Construction Industry
- Mental Health in the Workplace: A Call to Action
- Total Worker Health in the Dow Chemical Company: Innovations to Optimize Worker Health

- “Working on Empty”: A Documentary Film and the Healthy Work Campaign
- And more!

More than 50 concurrent sessions will feature topics on a wide range of issues relevant to Total Worker Health approaches:

- *Total Worker Health*[®] Strategies for Preventing Acute and Chronic Disease
- Worker Challenges and Solutions in Transportation
- Integrating *Total Worker Health*[®] Practices into Healthcare Settings
- Exploring Workplace and Policy Landscapes
- Novel Approaches in Fatigue Management
- Approaches for *Total Worker Health*[®] Implementation and Translation
- Strategies for Returning to Work
- Issues in Mental Health and Stress in the Workplace
- Intergenerational Perspectives
- Small Businesses, Big Impact
- Healthy Workplace Programs
- Strategies for Opioid and other Substance Abuse Programs
- And more!

To learn more and register for the full symposium and supplemental pre-conference workshops, please visit the official website of the NIOSH TWH Symposium, at www.twhsymposium.org [↗](#).



Join the NIOSH Office for Total Worker Health for the next installment of the NIOSH TWH Webinar series: [Numbers to Know How: Linking Research to Healthier Workplace Practices](#) [↗](#). On March 21, an expert panel of speakers will discuss challenges facing today's workplaces and the role of health survey data to inform Total Worker Health interventions. Speakers will discuss results from the Workplace Health in America Survey, the National Health Interview Survey, and the National Occupational Mortality Surveillance System. Featured presenters include L. Casey Chosewood, MD, MPH, Director of the NIOSH Office for Total Worker Health; Laura Linnan, ScD, Research Program Director of the Carolina Collaborative for Research on Work and Health at UNC Gillings School of Public Health; and, Sara Luckhaupt, MD, MPH, Medical Epidemiologist in the NIOSH Division of Surveillance, Health Evaluations and Field Studies. [Register now to join us on March 21st from 1:00 PM to 2:30 PM ET](#) [↗](#). This webinar installment is a featured preview topic for the 2nd International Symposium to Advance *Total Worker Health*. Free Continuing Education credits for this activity are pending.

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Updates from the NIOSH National Center for Productive Aging and Work (NCPAW)

NCPAW, in collaboration with the Center for Research and Education on Aging and Technology (CREATE) and the Center on Aging and Work at Boston College, helped sponsor the conference “Current and Emerging Trends in Aging and Work,” held in Miami, Florida, from January 18th to 19th. The conference discussed aging in the context of employment patterns, policy issues, work performance, job trends, and health and wellness. Each presenter will contribute a chapter to an edited volume. For more information on productive aging and work, don't forget to visit NCPAW [here](#) and check out some of the [tools and resources](#) available about work and aging.

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Spotlight on NIOSH Fundamentals of Total Worker Health Approaches

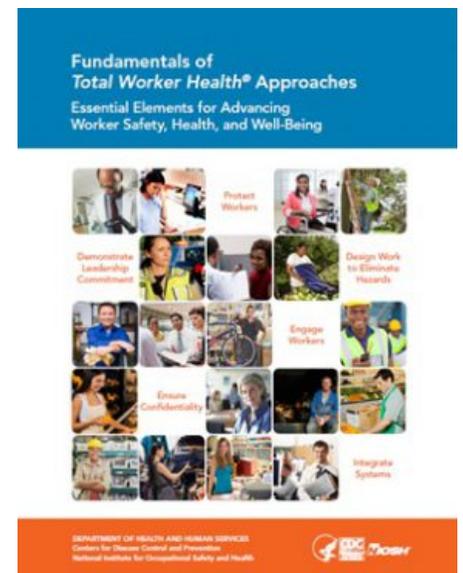
Editors' note: In this and several upcoming editions of TWH in Action!, we take a closer look at the fundamental elements of the TWH approach. Today we look at...

Defining Element 4: Ensure Confidentiality and Privacy of Workers

The possibility of sensitive individual worker data being abused could lead to stigma, discrimination, and financial repercussions, such as loss of employment. Data collection efforts are needed to align programs with TWH, but those efforts should not come at a cost to individual worker well-being.

Workplace policies that penalize workers for their health conditions or create disincentives for improving health are not consistent with the TWH approach. Data sources that require confidentiality considerations or protections may include health risk assessments, electronic health records, management systems, or any other type of self-reported survey data.

To learn more about the role of protecting workers' privacy and confidentiality on your organization's path toward *Total Worker Health*, visit the [Fundamentals of TWH Approaches webpage](#).

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Updates from the NIOSH Centers of Excellence for Total Worker Health

[Center for Promotion of Health in the New England Workplace \(CPH-NEW\)](#) [↗](#)

CPH-NEW young investigators Alicia Dugan, PhD, and Jennifer Cavallari, ScD, received grant awards to initiate two new projects related to Total Worker Health:

- “Changes in the Way We Work: the Non-standard Workday and Worker and Family Health” is being funded by the Robert Wood Johnson Foundation. This 2.5-year study will look at the health impacts of extended and irregular workdays on workers and their families. The study will focus on workers and their families in the transportation, manufacturing, and corrections industries. In addition to assessing the relationship between work hours and well-being, study organizers will work with teams of workers to design and test solutions to help alleviate identified problems.
- “University of Connecticut Study on Aging, Musculoskeletal Disorders, and Work Capacity” (UConn-SAM), a longitudinal study of musculoskeletal disorders in the aging manufacturing workforce in Connecticut, is being funded through a separate NIOSH grant. This project is a 3-year renewal for a follow-up study of aging manufacturing workers, which now enters its second phase. Initial-phase results demonstrated interactions between work conditions, family demands, and income and retirement pressures. The findings highlighted many TWH concepts and demonstrated a need for intervention research with this population.

Visit the CPH-NEW Related Research page to [read more](#) on both of these projects.

[Harvard T.H. Chan School of Public Health Center for Work, Health, and Well-Being](#)

Glorian Sorensen will be presenting a webinar on April 4th as part of the New England College of Occupational and Environmental Medicine (NECOEM) and Harvard T.H. Chan School of Public Health webinar series. The series meets a need in preventive/occupational and environmental medicine and public health education, with the goal of increasing access for people in rural communities who are unable to attend seminars offered in academic and more urban settings. The webinar, “Improving Conditions of Work: What Impacts Health, Safety, and Well-being?” will describe an integrated approach to protecting and promoting worker safety and health through improvements in the conditions of work, including the physical work environment as well as the organization of work, such as job tasks and psychosocial factors on the job.

The Harvard T.H. Chan School of Public Health Center for Work, Health, & Well-being, in collaboration with the Harvard Chan School’s Center for Executive and Continuing Professional Education, is again offering [Work, Health, and Well-being: Frameworks, Evidence, and Applications](#), April 18th–20th, 2018, in Boston. Learn from the industry’s leading experts on how to integrate siloed occupational health, health promotion, and health protection programs to enhance employee health, minimize work-related injuries and illnesses, and reduce employee health care-related costs.

The Harvard Center congratulates Jack Dennerlein, Associate Director of the Harvard T.H. Chan School of Public Health Center for Work, Health, & Well-being, for his recent appointment as a full member of the National Academies of Sciences, Engineering, and Medicine (NASEM) Committee on Functional Assessment for Adults with Disabilities.

[Oregon Healthy Workforce Center \(OHWC\)](#)

OHWC is gearing up for its spring symposium on May 31st, *Pain at Work: How to Prevent, Recognize, and Treat*, in Wilsonville, Oregon. This full-day event is targeted toward occupational health researchers and professionals in occupational health and safety, wellness, well-being, human resources, and worker compensation. A mix of research and

practice presenters will share current pain models, early intervention and prevention recommendations, current knowledge on effective pain treatments, and organizational recommendations for best practice in supporting workers who suffer from pain. Speakers will include Chet Brandon, CSP, CHMM (ATI Worksite Solutions); Kevin Cuccaro, DO (The Corvallis Clinic); Catriona Buist, PsyD (Oregon Health & Science University); Gary Franklin, MD, MPH (University of Washington, Washington State Department of Labor and Industries); and Leigh Manning, MPH (SAIF Corporation). Learn more and register [here](#).

Save the date for the OHWC Summer Institute, July 10th–12th, 2018, in Portland, Oregon. The theme is *Dissemination, Translation, and Implementation of Workplace Intervention Research*. One of the Institute's goals is to find answers to questions such as these:

- How can researchers best share their evidence-based tools with the community?
- How can practitioners effectively implement these tools within their organization?
- What are some strategies to making a successful business case for best practices with organizational leaders?

Keynote speakers will be Kenneth Matos, PhD (CultureAmp), L. Casey Chosewood, MD, MPH (NIOSH), and Lisa Brosseau, ScD, CIH (University of Illinois at Chicago), in addition to a number of experts in academia and industry. Learn more and register [here](#).

In other news, one of the Center's research projects, the Active Workplace Study, will begin participant enrollment and data collection in spring 2018. The project is a randomized, controlled intervention that targets sedentary behavior in the workplace; it is directed by Brad Wipfli, PhD (PI), and Sara Wild, MPH.

The OHWC and Oregon Institute of Occupational Health Science have updated the "Year of Impact" Total Worker Health meeting guides, with improved access to sets in both English and Spanish. Visit the [website](#) to download user instructions, a suggested calendar, and twelve meeting guides, addressing topics such as sleep, diet, sedentary work, respect, and mindfulness.

Connect with OHWC by viewing its [YouTube channel](#); by visiting the blog, [Oregon and the Workplace](#); by accessing materials in the [Toolkit Kiosk and Resource Directory](#); and by getting updates via [Twitter](#).

[University of Iowa Healthier Workforce Center of the Midwest \(HWCMW\)](#)

The HWCMW continues its education and outreach efforts this spring through collaborative efforts with regional partners. On March 29th, the HWCMW will present at the [Heartland Center for Occupational Health and Safety](#) Occupational Health Symposium. The 4th Annual Student Occupational Safety & Health Symposium will take place on April 6th in Iowa City, Iowa. This event is co-sponsored by the CDC-funded [Injury Prevention Research Center](#) and three NIOSH-funded centers: the HWCMW, the [Great Plains Center for Agricultural Health](#), and the [Heartland Center for Occupational Health and Safety](#). The symposium provides graduate students an opportunity to present on research, surveillance, education, outreach, and intervention related to occupational safety and health. On May 11th, the HWCMW will be presenting the business case for TWH at the Iowa-Illinois Safety Council's Professional Development Conference, further expanding the Center's reach to Illinois employers.

The International Journal Environmental Research and Public Health is accepting manuscripts for a special issue, "Using Total Worker Health to Advance Worker Health and Safety." The special issue is edited by Dr. Diane Rohlman and Dr. Kevin Kelly from the Healthier Workforce Center of the Midwest. Deadline for manuscript submissions is October 8, 2018.

For more information, including relevant topics, key words, and the submission process, please visit http://www.mdpi.com/journal/ijerph/special_issues/advance_worker or contact Dr. Diane Rohlman at diane-rohlman@uiowa.edu.

New resources available this spring include a TWH podcast series and videos on “Violence in the Workplace” and “Sedentary Work & Workplace Design.” These free resources are available on the HWCMMW website at www.HealthierWorkforceCenter.org. Stay connected to HWCMMW on [Twitter](#), [YouTube](#), and [Facebook](#) or subscribe to the monthly [e-bulletin](#) for updates.



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News from our NIOSH TWH Affiliates and Partners

Join us in welcoming four new NIOSH TWH Affiliates!

The [Society for Occupational Health Psychology \(SOHP\)](#) is a professional organization dedicated to helping workers worldwide become safer, healthier, happier, and more productive. More specifically, we are a non-profit organization dedicated to the generation, dissemination, and application of scientific knowledge in order to improve worker health and well-being. To achieve these goals, SOHP seeks to (1) promote psychological research on significant theoretical and practical questions related to occupational health, (2) encourage the application of findings from psychological research to workplace health concerns, and (3) improve education and training related to occupational health psychology at both the graduate and undergraduate levels.

The [National Institutes of Health \(NIH\)](#) is the largest biomedical research institution in the world, investing more than \$30 billion annually from taxpayers to achieve its mission of enhancing health, lengthening life, and reducing illness and disability. In support of Total Worker Health (TWH) programs for employees, the NIH utilizes information across a wide range of health-related topics to develop, support, and promote integrated programs and activities. The NIH TWH program utilizes evidence-based findings in support of its worker health, safety, well-being, chronic disease prevention, and health promotion programs. These resources assist our leadership and employees to “take our own best advice,” a phrase coined by the NIH Director, Dr. Francis Collins. The NIH looks forward to continuing and expanding our collaborations in research and practice with *Total Worker Health*[®].

The [HealthPartners Institute](#) provides an integrated approach to research and education, embedded within an organization that includes hospitals, medical and dental clinics, and a health plan. This creates opportunities to make discoveries, generate evidence and knowledge, and translate such learnings into scalable, sustainable, practical solutions. The Institute conducts over 450 research studies each year, supports almost 600 medical residents, and involves a team of 340 employees. HealthPartners Institute has supported the concept of *Total Worker Health*[®] from its inception and has a partnership with the Harvard T.H. Chan School of Public Health Center for Work, Health, and Well-Being, a Total Worker Health Center of Excellence. Internal to the organization, HealthPartners Institute collaborates to pursue development and innovation in an integrated approach to safety, health, and well-being. This collaboration includes efforts related to development of new tools, design and testing of clinical decision support tools, and professional training across disciplines.

The [American Industrial Hygiene Association \(AIHA\)](#), founded in 1939, is the premier association of occupational and environmental health and safety professionals. AIHA's 8500+ members play a crucial role on the front line of worker health and safety every day. Members represent a cross-section of industry, private business, labor, government, and academia.

Updates from NIOSH TWH Affiliates

American College of Preventive Medicine (ACPM)

NIOSH TWH Affiliate

ACPM [announced](#) in December the selection of six health care organizations to receive grants to develop new practice-setting models that address the national type 2 diabetes epidemic. The grants are part of ACPM's CDC-funded [Diabetes Prevention initiative](#) to increase participation in the Medicare Diabetes Prevention Program, which will become a covered benefit starting April 1st, 2018. Other upcoming opportunities from ACPM include the "Lifestyle Medicine and Precision Public Health" meeting track at [Preventive Medicine 2018](#) in Chicago, IL, May 23rd-26th; the [2018 Healthy Aging Summit](#) in Washington, DC, July 16th-17th, which ACPM is co-organizing with several HHS departments; and the [Total Worker Health® International Symposium](#) in Bethesda, MD, May 8th-11th, for which ACPM is serving on the planning panel and will be a presenting partner. ACPM President Robert Carr will also be presenting at the U.S. Chamber of Commerce [Workplace Wellness Conference](#) in Washington, DC, April 10th.

American Industrial Hygiene Association (AIHA)

NIOSH TWH Affiliate

AIHA continues to disseminate the NIOSH TWH resources and programs to its membership and coalition partners, collaborate in the development of educational content, conduct research, and participate in meetings and seminars. These activities are in addition to exploring the importance of the worker exposome, the total set of exposures experienced by workers both on the job and outside of work. Collectively, these exposures could affect a worker's risk of disease or adverse health outcomes. This emerging priority will continue to be a focus of AIHA and its members as changes evolve in the workforce, the nature of work, the demographics of the workforce, and thus the exposures of the workforce.

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New Publications and Resources

Twelve New Publications from NIOSH Centers of Excellence for Total Worker Health

[Associations between healthcare workplace safety, resident satisfaction, and quality of care in long term care facilities](#). Researchers at CPH-NEW performed an integrated cross-sectional analysis of relationships between long-term care work environments, employee and resident satisfaction, and quality of patient care. Facilities in the better-performing group

were found to have better patient care outcomes and resident satisfaction; lower rates of worker compensation claims; better SRHP performance; higher employee retention; and greater worker job satisfaction and engagement.

[Dissemination and implementation research for occupational safety and health](#) . CPH-NEW researchers present dissemination and implementation (D&I) concepts, frameworks, and examples that can increase the capacity of occupational safety and health professionals to conduct D&I research and accelerate the translation of research findings into meaningful, everyday practices to improve worker safety and health.

[The Effect of Workforce Mobility on Intervention Effectiveness Estimates](#)  Researchers at the Harvard Center analyzed a previously-conducted study to evaluate the impact of highly mobile workforce populations on intervention effectiveness. Results indicate that researchers should consider effect of the workforce's mobility on anticipated intervention outcomes.

[Exploring the association between organizational safety and health climates and select productivity measures](#)   . Harvard Center researchers presented on this topic at the 2017 HERO Conference. Their selected breakout session presentation is captured in brief in these proceedings.

[Measuring best practices for workplace safety, health, and wellbeing: The Workplace Integrated Safety and Health Assessment](#) . Researchers at the Harvard T.H. Chan School of Public Health Center for Work, Health, and Well-Being describe the Workplace Integrated Safety and Health (WISH) Assessment as a tool that may inform organizational priority setting and guide research around pathways influencing implementation and outcomes related to workplace safety, health, and well-being approaches.

[Nursing home employee and resident satisfaction and resident care outcomes](#) . CPH-NEW researchers investigated the association between nursing home employees' job satisfaction and residents' satisfaction with care and medical outcomes. Results indicate that job satisfaction of nursing home employees is associated with lower rates of resident injuries and higher resident satisfaction with care.

[Precarious schedules linked with workplace aggression in a high-risk occupation](#) . Researchers at OHWC investigated the effect of precarious work on risk of workplace aggression in parole probation officers. Results indicate that parole probation officers with precarious work schedules experienced an adjusted rate of workplace aggression 1.55 times greater than those without precarious schedules.

[Predictors of nursing staff voluntary termination in nursing homes: A case-control study](#) . CPH-NEW researchers utilized a case-control study to examine the contribution of work characteristics to individual nursing staff turnover in the long-term care sector. Results demonstrate that evening shift work and shift length greater than 8 hours were factors contributing to voluntary termination.

[Social Network Analysis of peer-specific safety support and ergonomic behaviors: An application to safe patient handling](#) . OHWC researchers applied Social Network Analysis (SNA) to test whether advice-seeking interactions among peers about safe patient handling correlate with a higher frequency of equipment use. Results show a positive correlation between identifying more peers for safe patient handling advice and using equipment more frequently. These results suggest that having more or reciprocal sources of peer-based support may trigger ergonomically related behaviors such as frequent utilization of equipment.

[Small Business Total Worker Health: a Conceptual and Methodological Approach to Facilitating Organizational Change](#) . In this article, researchers from the Center for Health, Work & Environment describe the Small+Safe+Well study and the importance of studying small businesses in TWH research and practice.

[Total Worker Health intervention for construction workers alters safety, health, well-being measures](#) . Researchers at OHWC investigated a 14-week Total Worker Health intervention study with construction crews. Results indicated statistically significant ($p < 0.05$) improvements in family-supportive supervisory behaviors, reported frequency of exercising 30 minutes/day and muscle toning exercise, family and coworker healthy diet support, team cohesion, reduced consumption of sugary snacks and drinks, sleep duration, and objectively measured systolic blood pressure.

[Work-family conflict, sleep, and mental health of nursing assistants working in nursing homes](#) . Researchers at CPH-NEW examined the role of sleep in the association between work-family conflict and mental health by collecting questionnaires from 650 nursing assistants in 15 nursing homes. Results demonstrated that increased work-family conflict was associated with lower mental health scores. Workplace interventions to improve nursing assistants' mental health should increase their control over work schedules and responsibilities, provide support to meet their work and family needs, and address healthy sleep practices.

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Conferences, Webinars, and Training in Support of NIOSH Total Worker Health

March

21st—The NIOSH TWH Webinar Series presents the next installment, “Numbers to Know How: Linking Research to Healthier Workplace Practices.” [Register to attend](#) from 1:00 to 2:30 p.m. ET via Adobe Connect. Free continuing education credits for this activity are pending.

22nd— L. Casey Chosewood, MD, MPH, of the NIOSH Office for TWH will present the Morning Keynote Address, “Work and Cardiovascular Health: Prevention Strategies from NIOSH *Total Worker Health*®” as part of the [Workplace Health Science & Practice workshop at the American Heart Association's EPI/Lifestyle Scientific Sessions](#) 2018 conference in New Orleans, Louisiana. Deborah McLellan will be presenting “Implementing an Integrated Approach to Worker Safety, Health, and Well-being: Frameworks, Evidence, and Applications,” also at Workplace Health Science & Practice workshop at the American Heart Association's EPI/Lifestyle Scientific Sessions 2018 conference .

31st—Early registration for the [2nd International Symposium to Advance *Total Worker Health*®](#) closes. [Make sure to register by this date to receive a discounted rate.](#) Student and supplemental pre-conference workshop registration rates are also available.

April

4th—L. Casey Chosewood, MD, MPH of the NIOSH Office for TWH will present the Opening Keynote, “Will This Job Be the Death of Me? Strategies for Building a Healthier Workplace” at *Human Resource Executive's Health and Benefits Leadership Conference* in Las Vegas, Nevada.

May

8th to 11th—The [2nd International Symposium to Advance *Total Worker Health*®](#) returns to the campus of the National Institutes of Health, in Bethesda, Maryland. This is the only NIOSH-sponsored conference dedicated solely to advancing Total Worker Health research and practice. Esteemed presenters from nonprofit, government, private, and academic institutions will share the latest TWH research, perspectives, and practical applications.

22nd—Glorian Sorensen of the Harvard Center will be presenting *Pathways to improving Worker Safety, Health, and Well-being* at the Institute of Work Psychology, University of Sheffield, in Sheffield, UK.

22nd—L. Casey Chosewood, MD, MPH, of the NIOSH Office for TWH will present “Toward a Holistic Approach to Occupational Safety and Health: NIOSH’s Early Explorations” with Thomas Lentz, PhD and Paul J. Middendorf, PhD, CIH of NIOSH at the [American Industrial Hygiene Conference & Expo](#) in Philadelphia, Pennsylvania.

31st—OHWC will host its spring symposium, *Pain at Work: How to Prevent, Recognize and Treat*, in Wilsonville, Oregon. Learn more and [register](#).

June

26th—L. Casey Chosewood, MD, MPH will give the Opening Keynote presentation at the [International Stress Management Association-Brazil \(ISMA-BR\) Congress](#) in Porto Alegre, Brazil.

July

10th to 12th—Save the dates for the OHWC Summer Institute in Portland, Oregon. The theme is *Dissemination, Translation, and Implementation of Workplace Intervention Research*. Learn more and [register](#).

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Please send your comments and suggestions to us at twh@cdc.gov.

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This newsletter is published quarterly via email by the National Institute for Occupational Safety and Health Total Worker Health® Program to inform members of the public health community as well as interested members of the general public of program-related news, new publications, and updates on existing activities and initiatives.

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