

Total Worker Health[®] Centers

ADVANCING HEALTH FOR ALL WORKERS



Work impacts worker health and wellbeing

The working environment has a lot to do with health. Physical hazards, wages, hours of work, workload, social climate, paid leave, and employment status can promote or detract from workers' health.

Health impacts business

Occupational disease, injury, and death costs \$250 billion annually – that's nearly 2% of the U.S. GDP. Companies recognized for a culture of health and safety outperform the S&P 500 average market performance.

Gaps exist in research and knowledge

Employers spend a great deal of money on health promotion programs to improve worker health, but their effectiveness is uncertain. These programs also struggle to benefit low wage workers and those without fixed workplaces. Furthermore, approaches for small businesses remain elusive in both practice and evidence based research.

Total Worker Health[®] offers innovation

The term Total Worker Health[®] means combining preventive practices with traditional safety and health hazard reduction. It is a broader and more comprehensive approach that streamlines workplace resources. Researchers, businesses, labor representatives, and federal agencies are working together to evaluate the evidence for impact and cost.

Research is needed

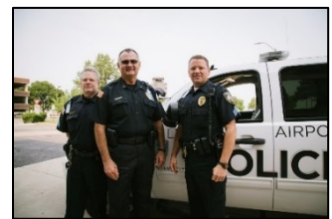
The science of Total Work Health is young and growing*. More rigorous and high quality research is needed to determine the effective elements of a Total Worker Health approach and how these elements can be tailored to benefit different types of businesses and workers. Investments in research infrastructure are needed* to develop population-based laboratories for Total Worker Health research. *National Institutes of Health (NIH) Pathways to Prevention report, 2016

NIOSH knows work

The National Institute for Occupational, Safety and Health (NIOSH) is the only federal agency directed to conduct research for the prevention of work-related injury and illnesses.

Total Worker Health[®] Centers of Excellence

Funded by NIOSH, TWH Centers are the laboratories where Total Worker Health (TWH) programs are studied. TWH scientists, along with partners in government, businesses, labor, and community, are building the evidence to advance the health of the nation's workforce.



Total Worker Health® Centers

RESEARCH THAT MATTERS

In a state prison system, a new correctional officer mentoring program resulted in better fat-free muscle mass, less diastolic hypertension, and reduced workplace burn-out in the officers.



Smoking quit rates among blue collar workers doubled when workplace tobacco cessation programs were combined with occupational safety and health programs and practices addressing the conditions of work.



A combined employee work and health database revealed the effects of harassment and bullying on occupational injury and mental health care costs among patient care workers in acute care hospitals.



A supervisor training and team process intervention targeting construction worker health and safety led to reduced blood pressure and an increase in worker perceptions of team effectiveness and support.

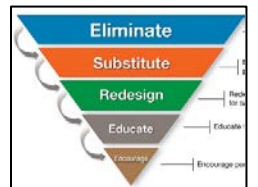


Integrating active work stations with ergonomic adjustments for sedentary workers increased their physical activity and positively impacted resting heart rate, weight and percent body fat.



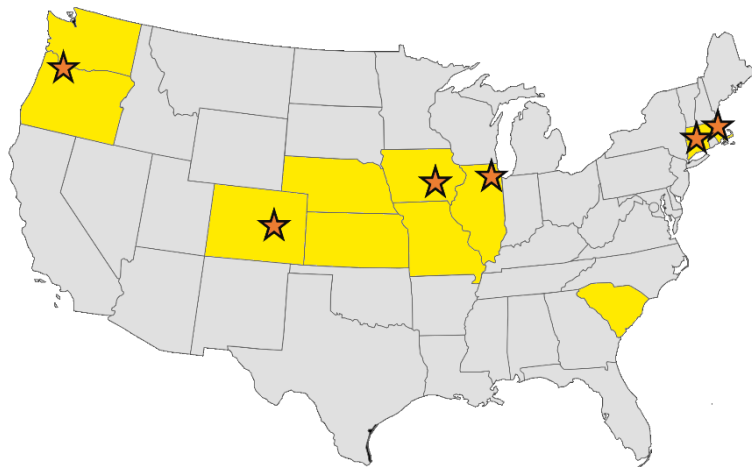
Based on their research, the Centers have and continue to produce, evaluate, and refine evidence based practice guidelines and assessment tools for and adopted by businesses, government, and labor.

<http://www.cdc.gov/niosh/twh/guidelines.html>



*Excerpted from a document prepared by the Centers of Excellence for Total Worker Health®
November 18, 2016*

Total Worker Health® Centers



The Centers of Excellence for Total Worker Health® conduct multidisciplinary research, intervention, outreach and education, and evaluation activities advancing the overall safety, health, and well-being of the diverse population of workers in our nation.

List of the centers can be found at <http://www.cdc.gov/niosh/twh/centers.html>

Center for the Promotion of Health in the New England Workplace (CPH-NEW):

University of Massachusetts, Lowell and University of Connecticut

CPH-NEW conducts research with employers and working people. The Center's research evaluates the health benefits, obstacles and cost effectiveness of workplace programs that integrate health promotion with occupational health. CPH-NEW studies examine musculoskeletal, cardiovascular, and mental health outcomes; the underlying role of work organization; and the importance of worker involvement in program design and implementation. The Center offers research-based program tools and guidance to employers, unions, health professionals and policy makers to promote a worker-centered approach to safety and well-being.

Center for Work, Health, and Wellbeing.

Harvard T.H. Chan School of Public Health, Dana Farber Cancer Institute, Northeastern University

The Center's objective is to expand the evidence on integrated approaches through etiologic and intervention effectiveness research studies and to build the practice base through translating and disseminating best practices, developing policy recommendations, and building the capacity of trained professionals and organizations. The Center's research has demonstrated potential effectiveness of integrated programs and policies, especially for workers exposed to job hazards. These findings drive the Center's *Safewell* implementation guidelines.

Center for Healthy Work:

University of Illinois-Chicago (UIC)

The Center's focus is on improving the health of people in low-wage, often hazardous, precarious employment situations. Precarious employment – temporary, contract, involuntary, part-time or low-wage jobs – often involves long hours, few breaks, no control over work schedules, few benefits, and no assurance of ongoing employment. Using participatory research, the center's investigators collaborate with community partners to identify conditions contributing to unhealthy work and then design and evaluate interventions to improve work life.

Healthier Workforce Center of the Midwest:

University of Iowa, Washington University (Saint Louis, MO)

The Mission of the Midwest Center is to protect and preserve worker safety and health through research and dissemination of evidence-based Total Worker Health practices. This will be accomplished through the following goals: serve as a leader in research, translation and dissemination of multidisciplinary Total Worker Health programs, policies and practices; conduct basic and applied research addressing Total Worker Health outcomes; partner with researchers, employers, and occupational safety and health practitioners to generate, evaluate, and disseminate best practices; and engage in outreach and education activities to disseminate and speed the adoption of best practices in Total Worker Health.

Center for Health, Work & Environment:

Colorado School of Public Health, Denver, CO, Colorado State University, Clemson University, SC

The Center educates future leaders, conducts research, and designs practical solutions to occupational health and safety challenges with our partners. The Center uses a Total Worker Health® approach in all that it does, by prioritizing safety, first and foremost, while striving to improve overall worker health. The Center focuses on health projects that benefit workers and small- to medium-size businesses, beginning work in Colorado with expansion to other states.

Oregon Healthy Workforce Center:

Oregon Health & Science University, Portland State University, University of Washington

The Center's mission is to integrate programs to improve the health, safety, and well-being of workers through: effectiveness research; collaboration with partner organizations in business, government and labor; and dissemination of evidence-based programs. The Center's research projects focus on intervention effectiveness, to promote safer work practices and better psychological and physical health. All interventions have been extended/adopted by organizations; tools and toolkits from the research are available on the Center's website.