17th Annual Occupational Health Symposium 2015
Total Worker Health™
April 16-17, 2015 • Cedar Rapids, Iowa
The Hotel at Kirkwood

Jointly provided by: The University of Iowa’s College of Public Health’s Healthier Workforce Center of Excellence, Heartland Center for Occupational Health & Safety, and WORKSAFE IOWA with The University of Iowa Carver College of Medicine, and The University of Iowa College of Nursing.
Total Worker Health™ is a strategy integrating occupational safety and health protection with health promotion to prevent worker injury and illness and to advance health and well-being.

Today, emerging evidence recognizes that both work-related factors and health factors beyond the workplace jointly contribute to many safety and health problems that confront today’s workers and their families.

Traditionally, workplace safety and health programs have been compartmentalized. Health protection programs have focused squarely on safety, reducing worker exposures to risk factors arising in the work environment itself. And most workplace health promotion programs have focused exclusively on lifestyle factors off-the-job that place workers at risk. A growing body of science supports the effectiveness of combining these efforts through workplace interventions that integrate health protection and health promotion programs.

### Purpose

The Total Worker Health™ Program supports research on the integration of health protection and health promotion programs with communication of current knowledge, promising practices, challenges, and concepts of total worker health. This symposium will introduce the Total Worker Health™ concept as a facet to supplementing workplace wellness and safety programs.

### Intended Audience

This symposium is intended for physicians, physician assistants, nurses, nurse practitioners, safety professionals, administrators, wellness administrators, human resource professionals, and other individuals interested in improving the health and safety of workers.

### Registration

The registration fee for the 17th Annual Occupational Health Symposium includes all program materials, breakfast, lunch, refreshment breaks, and awarding of continuing education credits each day. Pre-registration is required.

### Cancellation/Refund Policy

If registration is cancelled on or before April 1, 2015, the registration fee will be refunded, less a $30 handling charge. No-shows or cancellations after April 1, 2015 will be invoiced the full registration fee.

**One day pass**

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**Two day pass**

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### Conference Location & Lodging

The Hotel at Kirkwood has a block of rooms reserved for April 15, 16 & 17, 2015 for $114+tax per room per night for single or double occupancy. Group code is: Occupational Health Symposium. Reservations should be made by March 26, 2015. Free parking is provided at The Hotel at Kirkwood.

A secondary room block is available at Country Inn & Suites for April 15 & 16, 2015 for $89+tax per room per night for single or double occupancy. Group code is: Occupational Health Symposium. Reservations should be made by April 1, 2015. Free parking is provided, as well as a shuttle to The Hotel at Kirkwood.
Building the Case for Total Worker Health™

8:00 a.m.  Registration, Exhibits, and Breakfast
           8:15 a.m.  Optional: 10-minute Workplace Yoga

8:45 a.m.  Welcome and Announcements
           Diane Rohlman, MA, PhD

9:00 a.m.  What is Total Worker Health™?
           Diane Rohlman, MA, PhD

9:30 a.m.  KEYNOTE: Making the Business Case for Total Worker Health™: Exploring Value, Engagement, and Productivity
           Casey Chosewood, MD, MPH

10:30 a.m. Exhibits and Refreshment Break
           Optional: 10-minute run-down of “Conference Call Calisthenics”

11:00 a.m. Musculoskeletal Health Outcomes Among Office Workers: Occupational Factors and Intervention Strategies
           Nathan Fethke, PhD, CPE

12:00 p.m. Lunch (provided) and Exhibits
           Optional: 10-minute outdoor walk at Kirkwood

1:00 p.m.  Panel Discussion: Total Worker Health™ - Examples from Business
           Moderator: Scott Fisher
           Labor: Angie King Taylor, RN, COHN-S, IH
           Small Company: Randy Westman, MBA, PHR
           Mid-sized Company: Sandy Stewart, MEd
           Large Company: Timothy Sagers, MD

2:00 p.m.  Multi-Generational Risks - Worker Slips, Trips & Falls
           Larry Readout, MBA, CSP, WACH

3:00 p.m.  Exhibits and Refreshment Break
           Optional: 10-minute Mindful Meditation

3:30 p.m.  Unlocking Discretionary Effort: Engagement for Total Worker Health™
           Deborah Fell-Carlson, RN, MSPH, COHN-S

4:30 p.m.  Adjourn

Educational Objectives

Upon completion of this program, participants will be able to:
* Describe Total Worker Health™ and how it can be used effectively.
* Compile knowledge on the economic, health, and prevention benefits of introducing integrated occupational safety and health protection and health promotion strategies within organizational settings.
* Describe the evidence of the associations between physical, psychosocial and work organization factors and musculoskeletal health outcomes among office workers.
* Discuss the evidence base regarding intervention strategies to reduce the occurrence and impact of musculoskeletal health outcomes among office workers.
* Identify Total Worker Health™ practices in the workplace that have been successful or that have failed.
* Explain the magnitude and risk factors for same-level falls.
* Describe why older adults are more at risk for falls at both work and home.
* Describe slip/fall prevention best practices.
* Define engagement in the workplace.
* List two organizational factors that might affect employer engagement.
* List two individual factors that might affect employee engagement.
* Describe two potential strategies to improve engagement.

Program Faculty

* Casey Chosewood, MD, MPH, Director of Office, Total Worker Health™, National Institute for Occupational Health and Safety (NIOSH); Centers for Disease Control and Prevention (CDC), Atlanta, GA
* Deborah Fell-Carlson, RN, MSPH, COHN-S, Policyholder Safety and Wellness Advisor, Saif Corporation, Salem, OR
* Nathan Fethke, PhD, CPE, Assistant Professor, Department of Occupational and Environmental Health; Ergonomics Program Director, Heartland Center for Occupational Health; Consultant, WORKSAFE IOWA; Deputy Director & Principal Investigator, Healthier Workforce Center for Excellence, College of Public Health, University of Iowa, Iowa City, IA
* Scott Fisher, President, McCrossen Consulting, Cedar Rapids, IA
* Angie King Taylor, RN, COHN-S, IH, Midwest Region Laborers’ Health & Safety Fund, Springfield, IL
* Larry Readout, MBA, CSP, WACH, Senior Engineer, Certified Walkway Auditor, Certified Matter of Balance Couch/Trainer, EMC Insurance Companies, Des Moines, IA
* Diane Rohlman, MA, PhD, Associate Professor, Department of Occupational and Environmental Health; Center Director & Principal Investigator, Healthier Workforce Center for Excellence, College of Public Health, University of Iowa, Iowa City, IA
* Timothy Sagers, MD, Medical Director, Business Health Solutions, MercyCare, Cedar Rapids, IA
* Sandy Stewart, MEd, Wellness Manager, ACT Inc, Iowa City, IA
* Randy Westman, MBA, Human Resources Manager, Johnson Machine Works, Inc., Chariton, IA
Implementing & Strategizing Total Worker Health™

8:00 a.m.  Registration and Breakfast
           8:15 a.m.  Optional: 10-minute Workplace Yoga

8:45 a.m.  Welcome and Announcements
           Diane Rohlman, MA, PhD

9:00 a.m.  Low Cost Strategies that Support a Culture of Total Worker Health™
           Jennifer Hall, EdD, MCHES

10:00 a.m. Building the Infrastructure for Total Worker Health™ Programs
            Tonya Vyhildal, MEd, CHPD

10:45 a.m. Refreshment Break
           Optional: 10-minute “Deskercise” Workplace Stretching

11:00 a.m. Spurn the Burn: Psychosocial Factors in Workplace Wellness
           Gregory Couser, MD, MPH, FACOEM

12:00 p.m. Lunch (provided)
           Optional: 10-minute outdoor walk at Kirkwood

1:00 p.m.  Panel Discussion: Total Worker Health™ Professional Perspectives
           Moderator: Diane Rohlman, MA, PhD
           HR/Wellness: Yvonne Hoth, PHR
           Occupational Health: Jeannie Waite, RN
           Safety: Richard Gassman, MS
           Safety: Dwight Ferguson, PhD, MS

1:45 p.m.  Multi-Cultural Issues in Occupational Health Care
           John Kuhnlein, DO, MPH, FACPM, FACOEM

2:45 p.m.  Refreshment Break
           Optional: 10-minute De-Stress Break

3:00 p.m.  KEYNOTE: Integrating Health Promotion and Health Protection: Is It Really New?
           Bonnie Rogers, DrPH, COHN-S, LNCC, FAAN

4:00 p.m.  Adjourn

Educational Objectives

Upon completion of this program, participants will be able to:
* Describe a variety of free and low-cost integrated workplace strategies for improving worker health, safety, and well-being.
* Summarize how company leadership and culture directly affect the development of a Total Worker Health™ program.
* Identify at least three drivers and three signs of burnout.
* Explain organizational contributions to burnout and how it might be addressed.
* List three ideas of things you can do for your own personal burnout solution.
* Compare and contrast professional roles and how they impact a Total Worker Health™ program.
* Describe the role cultural issues may play into health care decision making, not only for the patient’s perception of American health care, but also the perception providers schooled in western medicine traditions may have of individuals from other cultural backgrounds.
* Distinguish multicultural factors to improve patient care through greater appreciation in various cultures.
* Discuss factors affecting work, health, and well-being of workers.

Program Faculty

* Gregory Couser, MD, MPH, FACOEM, Assistant Professor of Medicine, Assistant Professor of Psychiatry, Division of Preventive, Occupational, and Aerospace Medicine, Mayo Clinic, Rochester, MN
* Deborah Fell-Carlson, RN, MSPH, COHN-S, Policyholder Safety and Wellness Advisor, Saif Corporation, Salem, OR
* Dwight Ferguson, PhD, MS, Safety and Health Manager, West Liberty Foods, West Liberty, IA
* Richard Gassman, MS, Corporate Safety Director, Amana Society, Inc., Amana, IA
* Jennifer Hall, EdD, MCHES, Associate Director for Outreach, Healthier Workforce Center for Excellence, College of Public Health, University of Iowa, Iowa City, IA
* Yvonne Hoth, PHR, Human Resources Manager, Midwest Metal Products, Cedar Rapids, IA
* John Kuhnlein, DO, MPH, FACPM, FACOEM, Medix Occupational Health Services, Ankeny, IA
* Bonnie Rogers, DrPH, COHN-S, LNCC, FAAN, Associate Professor, Director, North Carolina Occupational and Health Research Center; Director, Occupational Health Nursing Program, Gillings School of Global Public Health, University of North Carolina, Chapel Hill, NC
* Diane Rohlman, MA, PhD, Associate Professor, Department of Occupational and Environmental Health; Center Director & Principal Investigator, Healthier Workforce Center for Excellence, College of Public Health, University of Iowa, Iowa City, IA
* Tonya Vyhildal, MEd, CHPD, WorkWell Director, Nebraska Safety Council, Lincoln, NE
* Jeannie Waite, RN, Registered Nurse, Rockwell Collins, Coralville, IA
Continuing Education Credits

Physician Credit
This activity (17th Annual Occupational Health Symposium) has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Iowa Roy J. and Lucille A. Carver College of Medicine and WORKSAFE IOWA/Heartland Center for Occupational Health & Safety, The University of Iowa College of Public Health. The UI Carver College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Iowa Carver College of Medicine designates the live activity (17th Annual Occupational Health Symposium) on April 16 & 17, 2015 for a maximum of 11.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participants attending on April 16 only will be awarded 5.5 AMA PRA Category 1 Credits™. Participants attending on April 17 only will awarded 5.5 AMA PRA Category 1 Credits™.

Nursing CEUs
The University of Iowa College of Nursing is an Iowa board of Nursing Approved Provider: Number 1. The program number is 15 107 93. The Heartland Center requires full time attendance each day for CEU award. Contact hours each day:

* Building the Case for Total Worker Health™
  April 16th = 6.6 hours
* Implementing & Strategizing Total Worker Health™
  April 17th = 6.6 hours
* Attendance at both April 16th & 17th awards 13.2 contact hours.

Case Managers
This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. The course is approved for 11 CE contact hours with attendance on both April 16th & 17th.

Nondiscrimination Policy
The University of Iowa prohibits discrimination in employment, education programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information on nondiscrimination policies, contact the Office of Equal Opportunity and Diversity, 319-335-0705.

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Megan Meyer at 319-335-4684.

Disclosure Policy
Everyone in a position to control the content of this educational activity will discloses to the CME provider (The University of Iowa Carver College of Medicine) and to attendees all relevant financial relationships with any commercial interest. Speakers/facilitators will also disclose whether any pharmaceuticals or medical procedures and devices are discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA).

Planning Committee

Healthier Workforce Center of Excellence
* Diane Rohlman, MA, PhD
  Associate Professor, Department of Occupational and Environmental Health
  Center Director & Principal Investigator, Healthier Workforce Center of Excellence
* Shelly Campo, PhD
  Associate Professor, Department of Community & Behavioral Health
  Principal Investigator, Healthier Workforce Center of Excellence
* Jennifer Hall, EdD, MCHES
  Associate Director for Outreach, Healthier Workforce Center for Excellence

Heartland Center for Occupational Health and Safety & WORKSAFE IOWA
* Kim Gordon, MSN, MA, BSN, RN, COHN-S, FAAOHN
  Deputy Director, Heartland Center for Occupational Health & Safety
  Director of Continuing Education, Heartland Center for Occupational Health & Safety
  Network Director, WORKSAFE IOWA OSH Priority Network
* Megan Meyer, MBA
  Continuing Education Coordinator, Heartland Center Coordinator, WORKSAFE IOWA OSH Priority Network

The Healthier Workforce Center of Excellence, Heartland Center for Occupational Health & Safety, and WORKSAFE IOWA are all within the Department of Occupational & Environmental Health, College of Public Health, University of Iowa, Iowa City, IA.
Meet our Keynote Speakers

L. Casey Chosewood, MD, MPH is Director of the Office for Total Worker Health™ at the National Institute for Occupational Safety and Health (NIOSH), part of the Centers for Disease Control and Prevention (CDC). In this role he promotes the protection and improvement of health and well-being of workers. Dr. Chosewood speaks frequently on engaging workers in maximizing their own health both on and off the job and helps organizations increase opportunities for safer, healthier, and more fulfilling work for all their workers and their families. He represents NIOSH and CDC in forums, lectures, collaborations and partnerships across the Executive and Congressional branches of the Federal government, state and local governments, and with corporate, local, and grass-roots organizations on a daily basis.

Bonnie Rogers, DrPH, COHN-S, LNCC, FAAN is an Associate Professor and is Director of the North Carolina Occupational Safety & Health Research Center and Occupational Health Nursing at University of North Carolina at Chapel Hill. She has primarily practiced as a public health nurse and an occupational health nurse clinician/practitioner, educator and researcher. She has conducted numerous occupational health research studies and has published nearly 200 articles, two textbooks in occupational health nursing, delivered more than 450 presentations, and has designed graduate-level and continuing education courses. She has held offices for local, state, national and international organizations, currently serving as Vice President of the International Commission on Occupational Health. Dr. Rogers is Chairperson of the NIOSH Board of Scientific Counselors and in 2013 was inducted as a Fellow of the Collegium Ramazzini, 1 of fewer than 180 fellows worldwide.