

Total Worker Health[®]

Addressing current workforce needs

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Work Can Be Dangerous



Economic Factors

**Workers
Compensation**

**Medical
Expenses**

**OSHA Fines/
Penalties**



**Decreased
Productivity**

**Lost Work
Days**

**High
Turnover**

Costs of Work Related Injuries and Illnesses

\$250 Billion (in 2007)






- 8,564,600 work-related injuries → \$192 billion
- 516,100 work-related illnesses → \$58 billion

\$31 billion **more** than costs of all **cancers**

\$76 billion **more** than **diabetes**

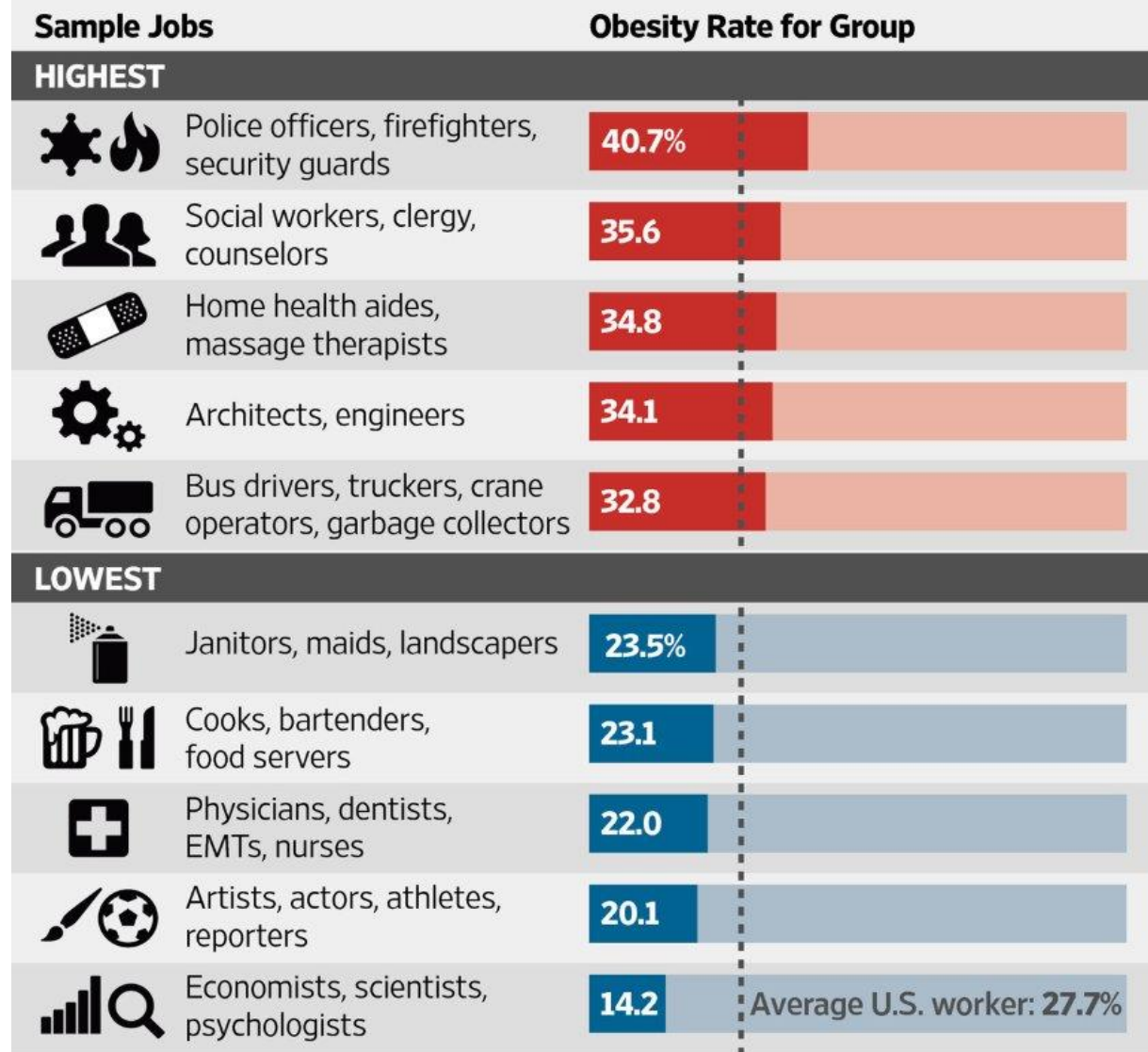
\$187 billion **more** than **strokes**

Traditional Workplace Hazards

Physical	Biological	Chemical	Biomechanical	Safety
Noise Radiation Temperature Vibration	Pathogens Molds	Gases Vapors Dusts Fumes	Force Posture Repetition	Machines Equipment Slips/trips/falls
				

Obesity by Occupation

A sampling of U.S. jobs and the prevalence of obesity in that occupational group



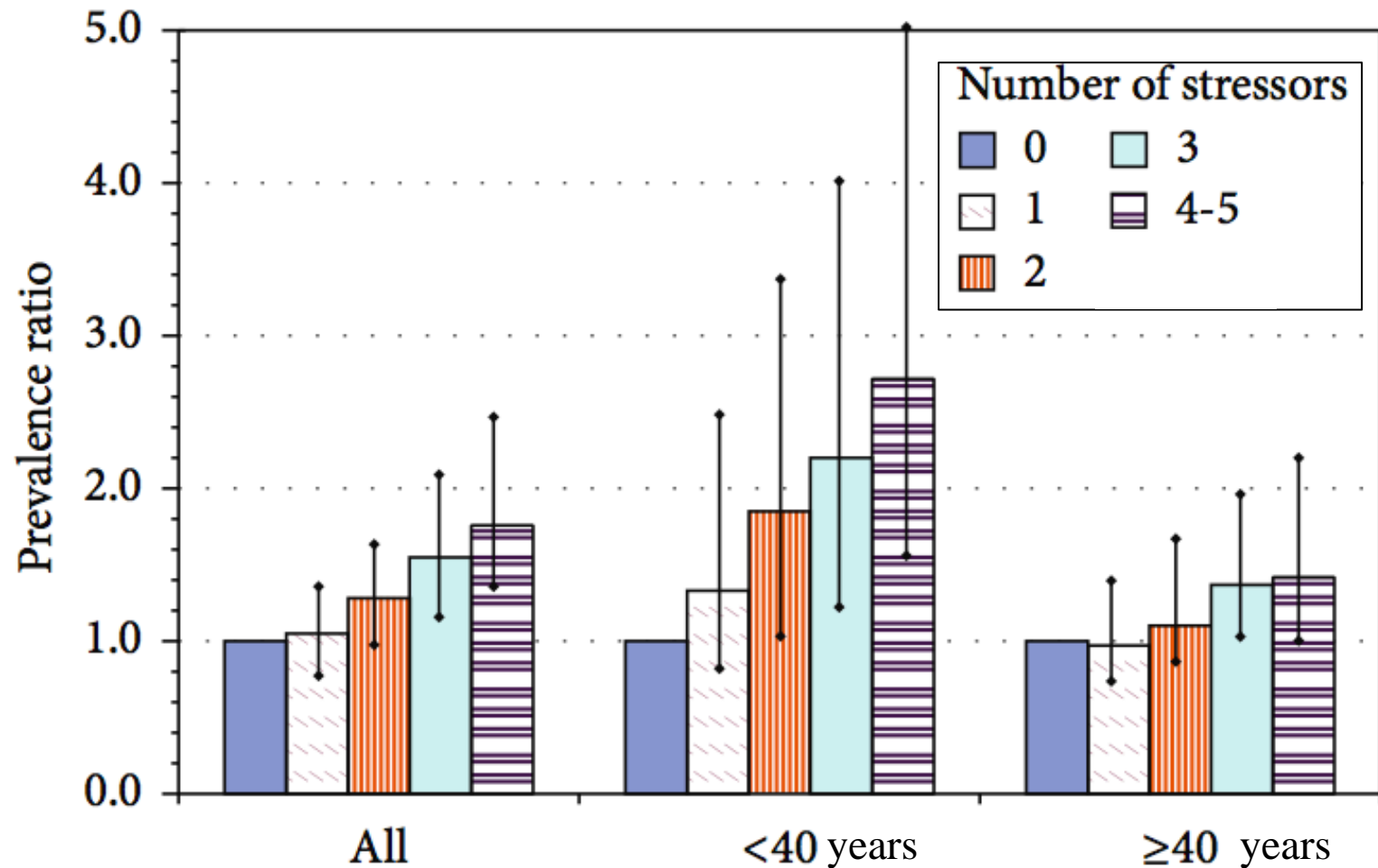
Note: Obesity defined as body mass index of 30 or above

Source: American Journal of Preventive Medicine's 2014 report based on 2010 data

The Wall Street Journal

<http://examinedexistence.com/obesity-by-occupation-an-infographic/>

Risk of Obesity and Number of Stressors



Stressors: low decision latitude, poor coworker support, heavy lifting, night work, physical assault at work in past 3 months

Today's Workplace/Workforce Reality

	METs Median (min, max)	Activity Category
Farm Jobs	3.0 (2.5, 4.5)	Moderate
Goods-Producing		
Mining and logging	3.8 (3.0, 8.0)	Moderate
Construction	4.0 (1.5, 7.5)	Moderate
Manufacturing	3.0 (1.5, 4.0)	Moderate
Service-Providing		
Trade (wholesale & retail), transportation, and utilities	2.0 (1.5, 3.0)	Light
Information	1.5 (1.5, 1.5)	Sedentary
Financial activities	1.5 (1.5, 1.5)	Sedentary
Professional and business services	1.5 (1.5, 2.0)	Sedentary
Education and health services	2.5 (1.5, 4.0)	Light
Leisure and hospitality	2.5 (1.5, 3.5)	Light
Other services	2.5 (1.5, 3.0)	Light

**43% of all
U.S. Jobs**



Church et al., PloS ONE, 2011

Today's Workplace/Workforce Reality

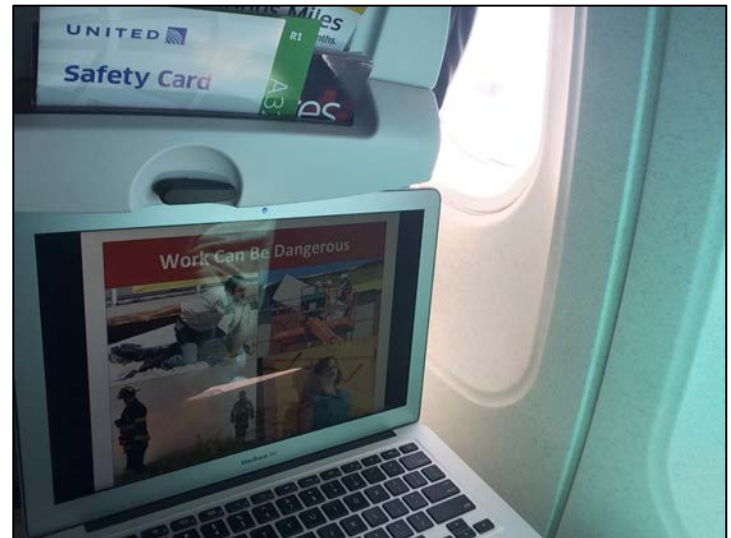
Occupational or not, the time we spend sedentary has well-documented consequences:

Cardiovascular disease
Cancer
Overweight and obesity
Weight gain
Type II diabetes
All-cause mortality

All have been
associated with
sedentary behavior

Changing Workplace/Workforce

- Increase in **precarious or part-time work**
- **Multiple jobs or 24/7**
- Changing **demographics**
- Changing **benefits**
- **Work is no longer at a worksite**



Impact of Non-Traditional Work Factors

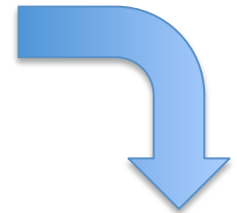
Work Factors

Shift work
Workplace assaults
Lack of decision making authority
Time pressure/workload
Physical fatigue
Lack of affordable childcare
Low wages



Behavioral Effects

Cigarette smoking
Alcohol use
Unhealthy eating/obesity
Lack of leisure time exercise

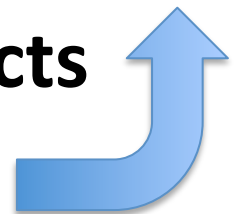


Workplace Effects

Presenteeism
Absenteeism
Insurance costs
Injury risks

Physical/Somatic Effects

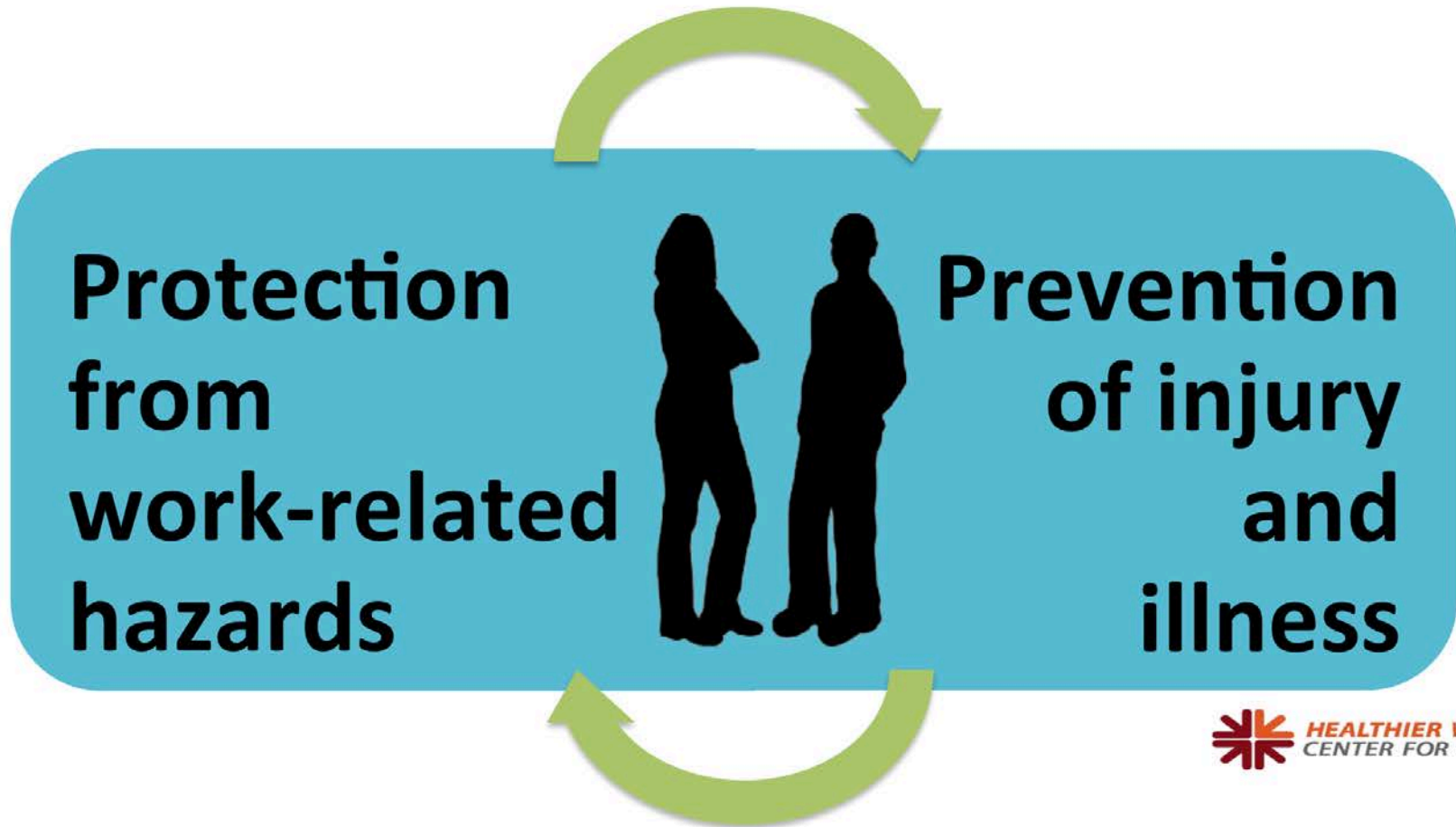
Low back pain
High blood pressure
Cardiovascular disease
Depression



Total Worker Health[®] is...

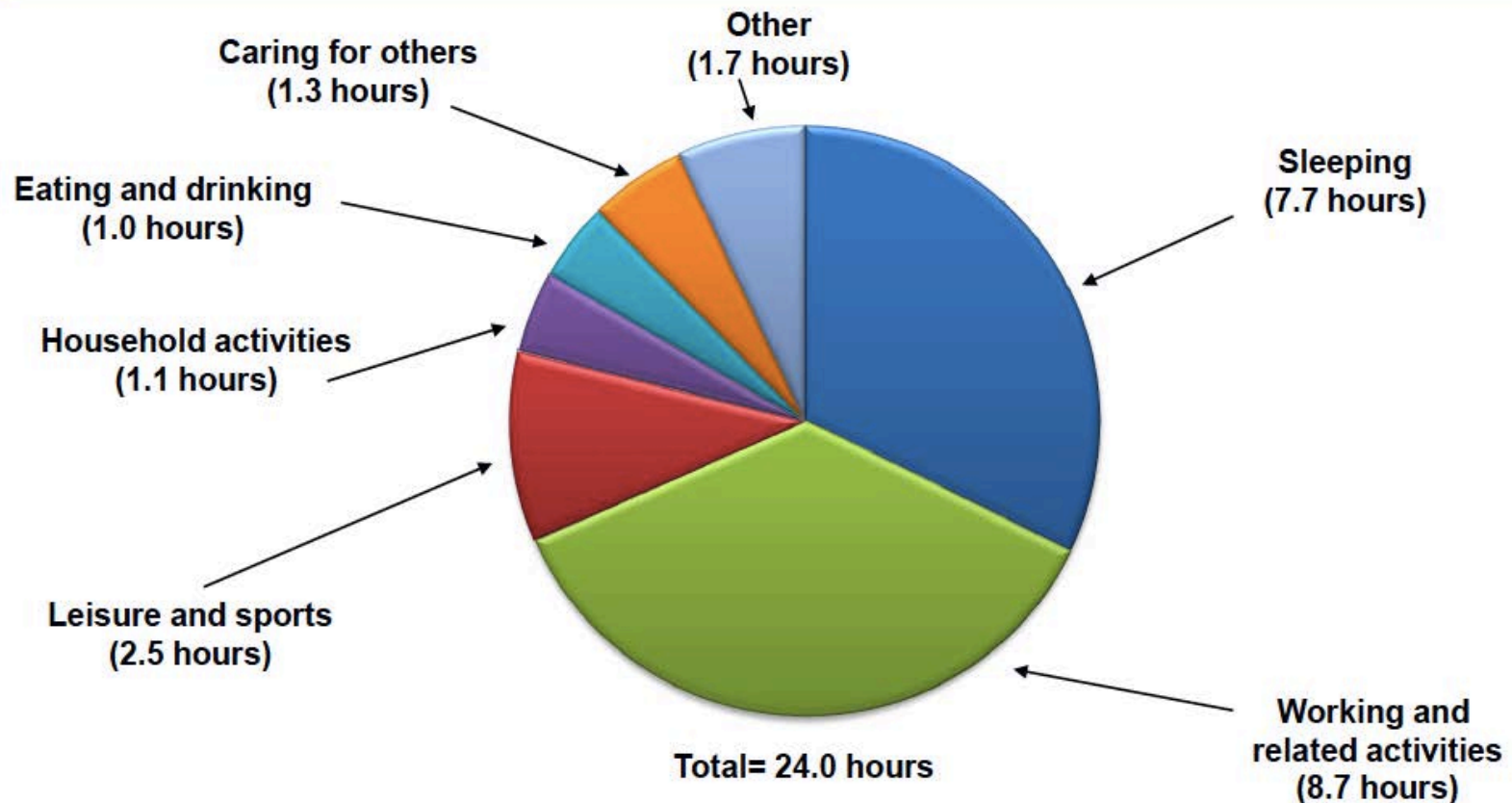
Policies, programs, and practices that integrate protection from work-related safety and health hazards with promotion of injury and illness prevention efforts to advance worker well-being.

Total Worker Health[®] is...



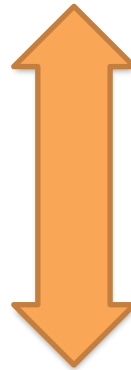
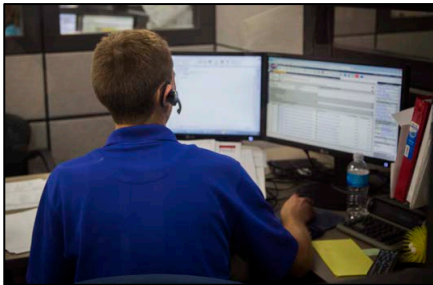
Where do people spend their time?

Time use on an average work day for employed persons ages 25 to 54 with children

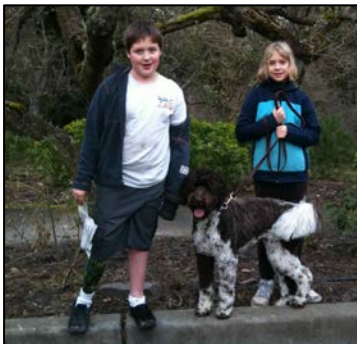


Work and Home Often Interact

Work



Home



Healthier Workforce Center @ Iowa

Center Goals

Implement, evaluate and compare health protection and health promotion models

Identify and promote Total Worker Health best and promising practices

Serve as a state and national resource center for employee health programs, services and policies

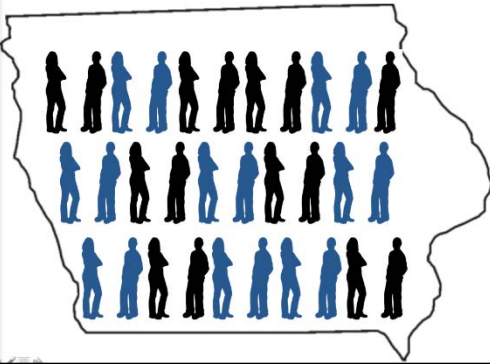
Free video series available at:

www.TotalWorkerHealthEssentials.org



Healthier Workforce Center @ Iowa

Statewide surveys on Iowans



Urban/rural
differences in health,
employment and
resources

Small Business Outreach

Majority of business are small
and many in rural settings
Develop low-cost resources
New video series rolling out

(see www.hwce.org)



Total Worker Health in Manufacturing



ERGONOMICS

Training
Exposure Assessment
Controls

WELLNESS

Needs Assessments
Facility-Wide Events
Health Coaching

Outcomes:

MSD health
General Health
Wellbeing



www.TotalWorkerHealthEssentials.org

Healthier Workforce Center @ Iowa

Pilot Grant Program

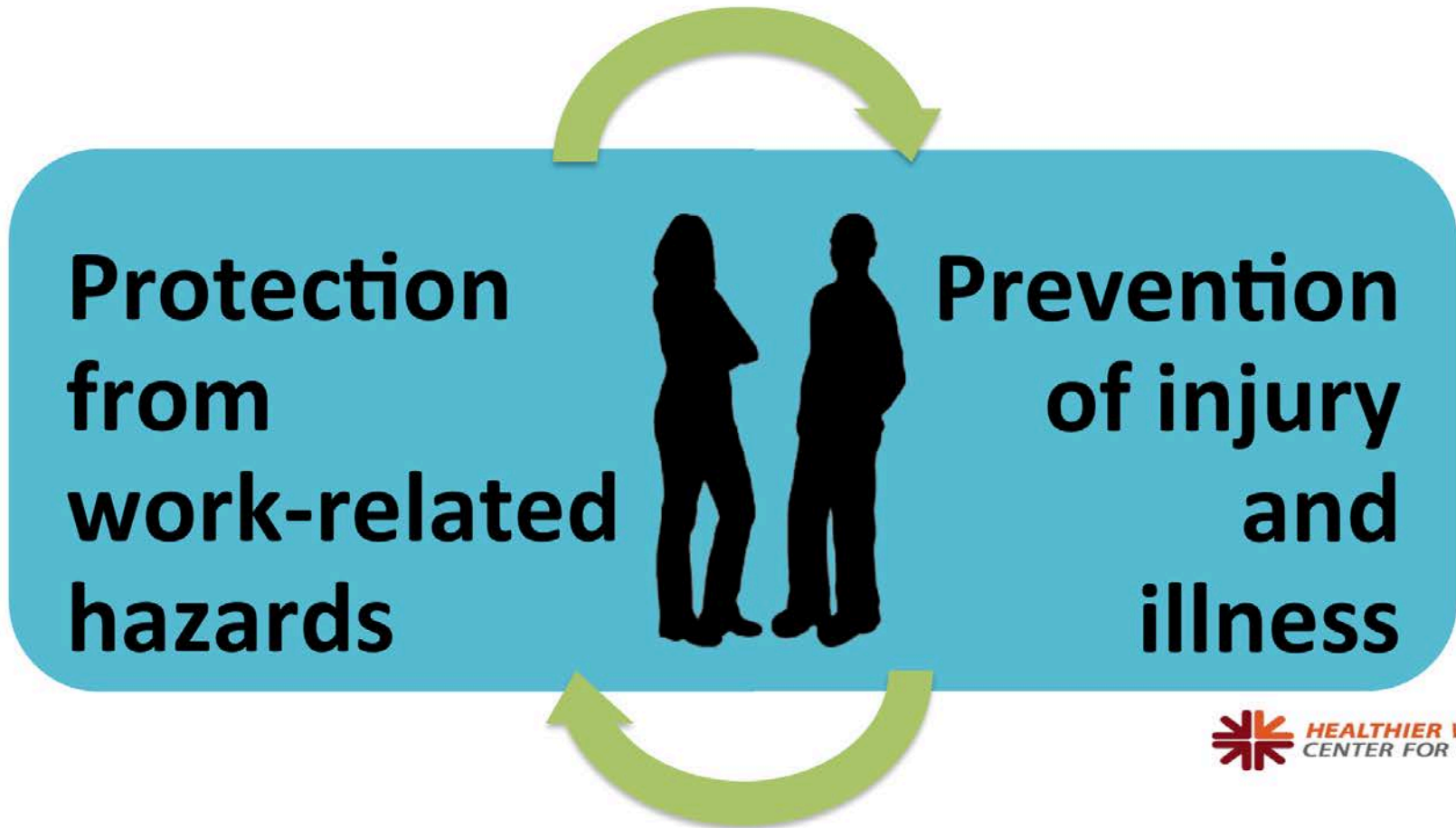


Law Enforcement
Nurses
Office Workers
Retail
Food Service
Emerging Workforce
Production workers/
Hispanic Workers
Corrections Officers
Childcare Workers

Partnering with other U Iowa centers



Total Worker Health



www.hwce.org