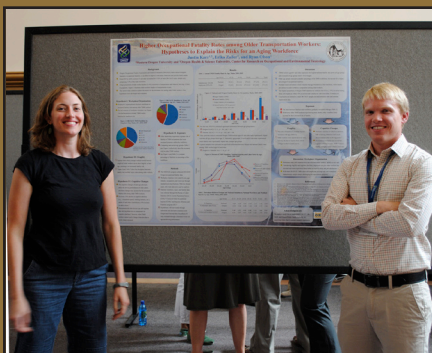


# CROET

Putting science to work for working Oregonians



Oregon Healthy Workforce Center  
Annual Report  
2011



W. Kent Anger,  
PhD

CROET was awarded a grant as a NIOSH Center of Excellence in total worker health, a new term that supports the development of workplace interventions that target, in a single program, improving safety, occupational health and personal wellness. To compete for the grant, CROET partnered with OHSU's Division of Health Promotion, Portland State University's Occupational Health Psychology program (OHP), the Kaiser Permanente Center for Health Research (Portland) and the University of Oregon's Labor Education and Research Center (LERC). CROET's Kent Anger is the Principal Investigator (PI) of the grant and Director of the Center, Leslie Hammer of Portland State University is the Associate Director, and OHSU's Diane Elliot is the Chair of the Internal Steering Committee.

The Oregon Healthy WorkForce Center's theme is "Intervention Effectiveness". There are four funded research projects, largely focused on team-based and technology-based interventions to promote and protect health, all crafted with attention to translating research to practice. From a theoretical perspective, we focus particularly on improved social support designed to reduce job stress--that will in turn produce improved lifestyle choices, safer work practices, and better psychological and physical health. Each project PI has developed methods, technology and interventions to improve the workplace, and, through this new Center these investigators are applying these programs in research or translational projects. The methods and measures used by each researcher overlap to allow cross-comparisons between projects.

The 4 projects funded by NIOSH as part of this Center, are:

- Creating health and safety "Communities of Practice" for Home Care workers (Ryan Olson, PI) - uses a peer-led curriculum to organize home care workers into neighborhood-based WorkLife teams that provide education and social support for improving lifestyle (e.g., diet, exercise) and safety behaviors
- Team-based WorkLife and safety intervention for construction workers (Leslie Hammer, PI) - trains supervisors using a team-based approach to support balance in employee's work-family demands, thus reducing stress and improving safety in City of Portland construction workers.
- Health promotion and health protection in young workers (Diane Rohlman, PI) - uses internet-delivered training to foster healthy lifestyle choices and safe work practices in young summer workers in a Parks and Recreation department, enhancing dissemination with social media.
- Health promotion intervention to reduce health risks among Correctional officers [Kerry Kuehl, PI] - uses a team-based peer-led approach in corrections workers, plus one-on-one health coaching with motivational interviewing, to improve lifestyle (e.g., diet) choices in workers at higher risk of health problems.

An added value of the Healthy Workforce Center is the creation of a database of related intervention strategies and common measures housed in a data repository for sharing within and outside the Oregon Center. This will allow the Center to examine how the various interventions achieve their effects on health promotion and health protection. The Center's Design and Analysis Core, led by Nancy Perrin of Kaiser's Center for Health Research, will ensure that all projects are conducted as they were designed, as randomized controlled trials, considered the strongest scientific approach to study interventions designed to improve health or safety. The most innovative educational aspect of the Center is the Summer Institute aimed at educating scientists and practitioners in occupational health psychology, led by Leslie Hammer and supported by Center Manager Kendra Evans, Steve Hecker (LERC) and CROET's Dede Montgomery, who lead the educational and outreach components of the new ORhwc.

Critical to the success of our application was CROET's history of state funding that supports CROET's faculty and allows them to conduct the preliminary research they developed to support their proposals, which impressed the review committee, and the pledge of CROET funds to supplement the work of the proposed Center and hire an additional faculty member to conduct total worker health research. Funded in September, 2011, this is the fourth Total Worker Health Center in the US, and the only one west of Iowa. With it we take on an important responsibility to the nation that seeks to improve the health, safety and personal wellness of its workforce, a step that will most certainly improve the satisfaction and productivity of the individual workers and the US workforce as a whole. That Oregon will participate in the research and be the first to enjoy the benefits of the Center's work is certainly satisfying to the members of the Oregon Healthy WorkForce Center.





# OREGON HEALTH & SCIENCE UNIVERSITY

Oregon Health & Science University  
Center for Research on Occupational and Environmental Toxicology  
3181 SW Sam Jackson Park Road, L606  
Portland, Oregon 97239-3098

*OHSU is an equal opportunity, affirmative action institution*

