

CROET Awarded New Center of Excellence Grant

The National Institute for Occupational Safety and Health (NIOSH) has awarded CROET a (\$1.02M) Center of Excellence grant, which will fund the new Oregon Healthy WorkForce Center (ORhwc). The ORhwc's primary theme is Intervention Effectiveness, which focuses on providing integrated safety and health protection and health promotion interventions in Oregon workplaces. The funding is unique in that it addresses total worker health in single programs — traditionally, safety protection and health promotion have been administered in separate, unrelated programs. The Center's projects will concentrate on: 1) team-based and technology-based interventions to promote and protect health, all crafted with attention to translating research into practice; and 2) improved social support and reduced job stress, which will in turn will produce improved lifestyle choices, safer work practices, and better psychological and physical health.



CROET ORhwc personnel (clockwise from top L): Brad Wipfli, Kent Anger, Fred Berman, Janice Stewart, Mike Lasarev, Kendra Evans, Ryan Olson, Dede Montgomery and Diane Rohlman.



PSU ORhwc personnel (L to R) Donald Truxillo, Leslie Hammer and Todd Bodner.

The ORhwc is a collaboration of CROET, Portland State University's (PSU) Occupational Health Psychology (OHP) program, the Kaiser Permanente Center for Health Research (CHR) and the University of Oregon's Labor Education Research Center (LERC). The ORhwc is headed by CROET Associate Director Dr. Kent Anger (Center PI) and Dr. Leslie Hammer, PSU Occupational Health Psychology Program Director (ORhwc Associate PI).



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Three research projects are at the heart of the ORhwc:

- *Creating health and safety “Communities of Practice” for Home Care workers* (Ryan Olson, PI, CROET)
 - a peer-led curriculum will be developed 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, PSU)
 - supervisors will be trained in the use of 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 intervention to reduce health risks among Correctional officers* (Kerry Kuehl, PI, CHR, OHSU)
 - a team-based, peer-led approach and one-on-one health coaching with motivational interviewing will be employed to improve lifestyle (e.g., diet) choices in corrections workers.



LERC ORhwc personnel Jennifer Hess, Steve Hecker and Deborah Mailander.

Two translational projects will deliver proven training using communications technology:

- *Health promotion and health protection in young workers* (Diane Rohlman, PI, CROET at OHSU)
 - internet-delivered training will be utilized to foster healthy lifestyle choices and safe work practices among young summer workers in a Parks and

Recreation department. Information dissemination will be enhanced using social media.

- *Supervisor training to promote health/safety in construction (Latino+non-Latino)* (Kent Anger, PI, CROET)
 - training in supervisory skills will be supported by behavior tracking technology in Latino and non-Latino construction supervisors to motivate their employees to adopt healthier lifestyle choices and safer work practices.



Kerry Kuehl, PI, CHR, OHSU (back, row center) and OHSU Health Promotion & Sports Medicine personnel.

The ORhwc will also sponsor **Outreach and Education Programs** that build on existing programs at OHSU/CROET, Portland State University and the University of Oregon's Labor Education and Research Center (LERC). The Outreach program is led by Dede Montgomery (OHSU/CROET) and the Education program is led by Steve Hecker (UO/ LERC). ORhwc Center Manager Kendra Evans is the point of contact for the Education programs. Dan Austin supports the website and symposia.



Nancy Perrin, ORhwc Design and Analysis Core Director.

The ORhwc faculty consists of the PIs of the 5 projects, Core Directors, and key people funded by the ORhwc projects. The staff are funded by the ORhwc and OHSU/CROET to support the Center.

(Continued on page 3)

Faculty:

W. Kent Anger, PhD (Center Director; Project PI)
Fred Berman, PhD
Todd Bodner, PhD
Diane Elliot, MD, FACP, FACSM (Director, Internal Steering Committee)
Leslie B. Hammer, PhD (Center Associate Director; Project PI)
Steve Hecker, MSPH
Jennifer Hess, MPH, CD, PhD
Kerry Kuehl, MD, DrPH (Project PI)
Mike Lasarev, MS
R. Stephen Lloyd, PhD (PI, Pilot Project program)
Dede (Dorothy) Montgomery, CIH, MS (Outreach Director; co-Director, Education Project)
Ryan Olson, PhD (Project PI)
Nancy Perrin, PhD (Design and Analysis Core Director)
Diane S. Rohlman, PhD (Project PI)
Donald Truxillo, PhD
Brad Wipfli, PhD

Staff:

Kendra Evans, MPH (Center Manager)
Maria Nash (Administrative Assistant)
Lynne Rowell (Financial Analyst)
Janice Stewart, BS (Financial Management)

To learn more about the ORhwc, visit <http://www.ohsu.edu/xd/research/centers-institutes/croet/oregon-healthy-workforce-center/>

Let's Get Healthy! Hosts Curriculum Development Workshop for Oregon Teachers

Let's Get Healthy! is a health education and research program built around free, fun, and interactive health fairs. In July, Let's Get Healthy! hosted an eight-day curriculum development workshop for elementary, middle school, and high school teachers. Six teachers from Oregon schools attended, representing language arts, social studies, math, and science. The teachers worked with Lisa Marriott (Associate Director, Let's Get Healthy!) and Berk Moss (Chair, OSHU Teacher Advisory Committee) to develop lesson plans that meet state and national standards. These lessons encourage the use of data in the classroom, integrate Let's Get Healthy! events into school curricula, and exhibit an interdisciplinary approach to public health and health education. Let's Get Healthy! is very grateful for the opportunity to work with these teachers and to continue its partnership with regional schools!

Learn more about Let's Get Healthy! at: <http://www.ohsu.edu/xd/research/centers-institutes/octri/current-projects/nutrition-world.cfm>

Oregon FACE Releases 2008 Annual Report on Workplace Fatalities

In 2008, Oregon Fatality Assessment and Control Evaluation recorded 57 fatal occupational incidents, with 60 worker deaths.



The following notable trends occurred in 2008:

- Violence was the second most common category of events in 2008, with 9 involving suicide, mostly related to financial crisis and family problems.
- A higher proportion of incidents than usual involved workers aged 45-64. Violence accounted for one-fourth of the incidents. All suicide victims were between the ages of 48 to 58. Only one incident involved an older worker, aged 77.
- Transportation and contact events involving mobile machinery and heavy trucks were a principal source of fatal injury, including tractors and farm machinery, dump trucks, construction equipment, trailer rigs, a skidder, and an all-terrain vehicle.

Read more of the 2008 Annual Report, including hazard alerts, statistics, and abstracts detailing each event on our website: <http://www.ohsu.edu/xd/research/centers-institutes/croet/outreach/or-face/>

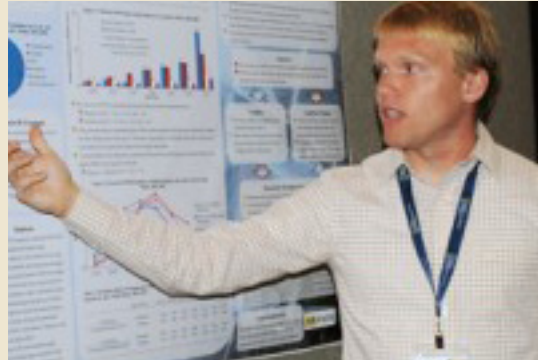
To receive new investigative reports and other Oregon FACE publications, join our electronic mailing list. Access our website for all previously released publications and investigative reports.

Safety in Transportation: Increased risks for older workers?

Justin Karr, graduate student in Clinical Neuropsychology, University of Victoria, describes his summer internship with OR-FACE.

I spent my summer internship working under OR-FACE, the Oregon Fatality Assessment & Control Evaluation Program, sponsored by the National Institute for Occupational Safety and Health (NIOSH). OR-FACE is a partnership between CROET and the Oregon Public Health Division. For this internship, I explored the increased risks experienced by older transportation workers. With the help of Dr. Ryan Olson and Erika Zoller, I used national databases and Oregon occupational fatality cases to prepare the framework for my summer research project, titled "Higher Occupational Fatality Rates among Older Transportation Workers: Hypotheses to Explain the Risks for an Aging Workforce."

In my preliminary analysis of Oregon and National data, I identified a significantly higher fatality risk among transportation workers over age 65 when compared to their younger counterparts. Within Oregon, the prevalence ratio of fatalities to workforce size for workers 65 and older was roughly 3.5 times higher than that of workers aged 35 to 44 (the most prevalent age group in terms of employment) and about 2.75 times that of workers aged 45 to 54.



Justin Karr presents his summer research.

To investigate potential causes of this heightened risk, the OR-FACE team is testing four hypotheses using prior published research and Oregon Workers Compensation data. These hypotheses are that the increased fatality risk with age may be partly due to (1) Hazard Exposure: increased exposure of older adults to hazardous work

environments due to employment levels in certain high-risk occupations, (2) Organization of Work: differences in job design and work organization among small and larger employers, (3) Physical Fragility: aging workers are less likely to survive severe traumatic injuries than younger counterparts, and (4) Cognitive and Psychomotor Changes: increased risk due to normative changes in cognition, psychomotor, and vision abilities at

later ages. I tackled some of the evidence for these hypotheses in my poster and they will be further explored in a peer-reviewed paper that we are working on with Jaime Walters from the Oregon Public Health Division.

Learn more about CROET's Summer Intern Program at <http://www.ohsu.edu/xd/research/centers-institutes/croet/outreach/awards.cfm>

Let's Get Healthy! partners with Asian Health and Service Center

Submitted by Adam Lipus, Program Coordinator, Let's Get Healthy!

On August 20, Let's Get Healthy! was part of the 10th annual Asian Community Health Fair at the Asian Health & Service Center in Portland. Let's Get Healthy! is excited about this new partnership with the Asian Health & Service Center! We had 203 people participate in the event, and we look forward to having even more next year.

We showcased several exciting new additions to our exhibit: a computerized breast cancer module that assesses awareness, readiness to be screened, and obstacles to getting screened; educational blood chemistry handouts with information about glucose, cholesterol, and triglycerides; and translations of all surveys and feedback materials into Chinese, Vietnamese, and Korean. Of the 203 participants, 78 went through in Chinese, 24 in Vietnamese, and 15 in Korean.

Our most recent event was in Hermiston, OR, for the



annual Family Health & Fitness day on September 24.

Let's Get Healthy! is an education and research program based out of CROET at OHSU that hosts free and fun health fairs in schools and communities. The exhibit includes many different stations: computerized surveys on diet, sleep, and cancer risk; body composition; blood pressure; blood chemistry; genetics; interactive diet and exercise exhibits; and Dance Dance Revolution. All stations offer automated, tailored feedback. Participants also receive a wristband that allows Let's Get Healthy! to

collect data anonymously in a database that is available to schools, communities, and researchers. The program started in 2007, and now boasts holding or attending 28 fairs, with over 7000 participants, and over 350 volunteers!

If you are interested in learning more, visit our website at <http://www.ohsu.edu/xd/research/centers-institutes/octri/current-projects/nutrition-world.cfm> or follow us on Facebook. You may also sign up as a volunteer using our online form.

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CROET, the Center for Research on Occupational and Environmental Toxicology at Oregon Health & Science University, conducts basic and applied research, provides consultations and offers information on workplace health and safety. CROET's scientists and research staff explore a range of questions relating to health and the prevention of injury and disease in the workforce of Oregon and beyond. CROET's Toxicology Information Center is open to the public and is staffed to answer Oregonians' questions about hazardous substances in the workplace and elsewhere. CROETweb.com provides information about health and safety relevant to industries found in Oregon through links on a series of pages devoted to industry-specific topics.

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Southern Oregon Occupational Safety & Health Conference
Smullin Center - Medford, Oregon
October 19-20, 2011

2011 Northwest Occupational Health Conference
Pasco, Washington
October 19-21, 2011

Western Pulp and Paper Workers Safety & Health Conference
Red Lion Hotel on the River - Jantzen Beach - Portland, Oregon
November 29 - December 2, 2011

Oregon Workers' Compensation Educational Conference
November 9-10, 2011
Salem Conference Center

OUTREACH