

# NIOSH Office of Extramural Programs

## FY22 Annual Report



Oregon Healthy Workforce Center is a National Institute for Occupational Safety and Health (NIOSH)  
*Total Worker Health*® Center of Excellence [Grant: NIOSH U19OH010154]

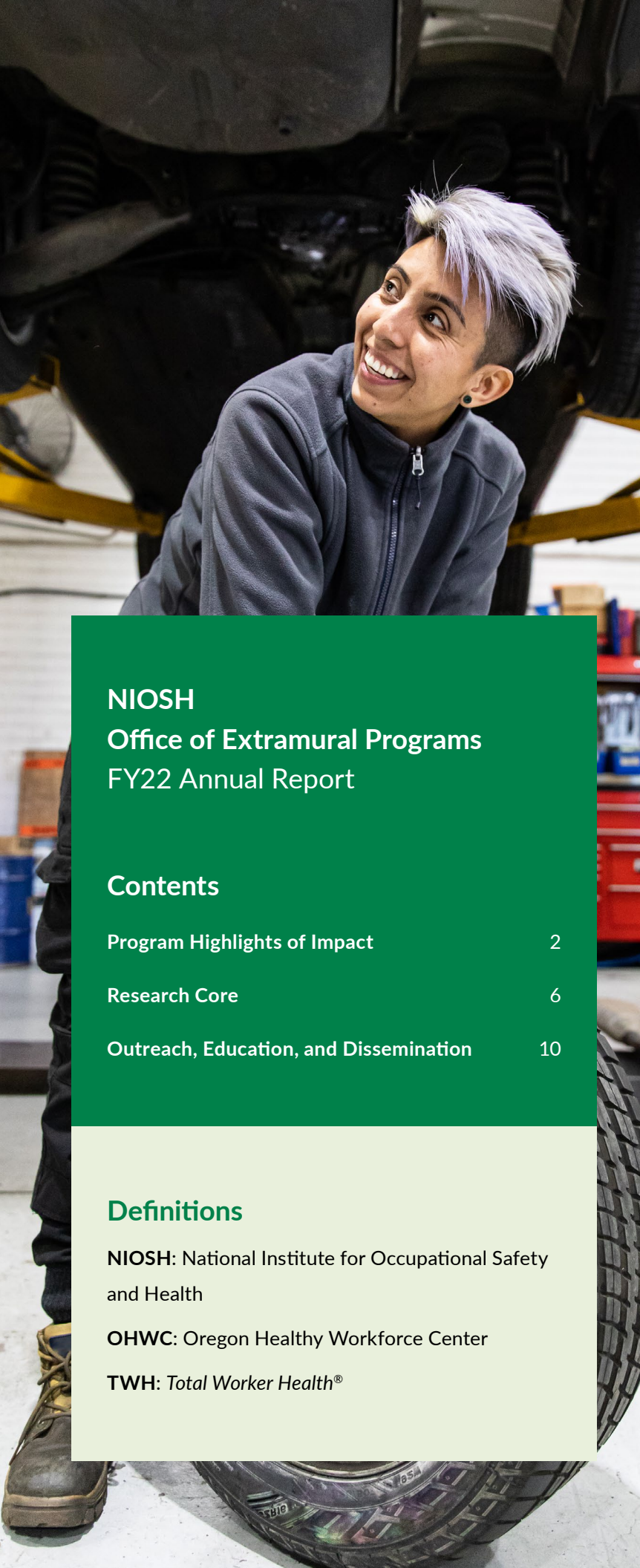


### REPORTING PERIOD

- October 1, 2021
- September 30, 2022



Oregon Institute of  
Occupational  
Health Sciences



## NIOSH Office of Extramural Programs FY22 Annual Report

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### Definitions

**NIOSH:** National Institute for Occupational Safety and Health

**OHWC:** Oregon Healthy Workforce Center

**TWH:** *Total Worker Health*<sup>®</sup>

## Center Summary and Major Goals

The Oregon Healthy Workforce Center (OHWC) has been a National Institute for Occupational Safety and Health (NIOSH) Center of Excellence in *Total Worker Health*<sup>®</sup> since 2011. OHWC is housed within the Oregon Institute of Occupational Health Sciences at Oregon Health & Science University (OHSU) in Portland, OR. The Center includes research and outreach collaborators at Portland State University (PSU), the OHSU-PSU School of Public Health, University of Washington, Johns Hopkins University, and the University of Florida. OHWC's work is focused on OSHA region 10 (Oregon, Washington, Alaska, and Idaho) and reaches beyond.

OHWC's mission is to advance worker safety, health, and well-being through research, education, outreach, and dissemination. Our theme is *Total Worker Health*<sup>®</sup> intervention effectiveness, translation, and outreach to advance safe and healthy work design.

OHWC's work is accomplished through its operational Cores—Evaluation and Planning, Research, and Outreach. Drs. Hammer and Olson are the Center's Co-Directors and lead the Evaluation and Planning Core. OHWC's collaborative internal processes are managed through an Internal Steering Committee. External advice and guidance are provided by an External Advisory Committee comprised of leaders from business, industry, insurance, labor, and academic organizations.

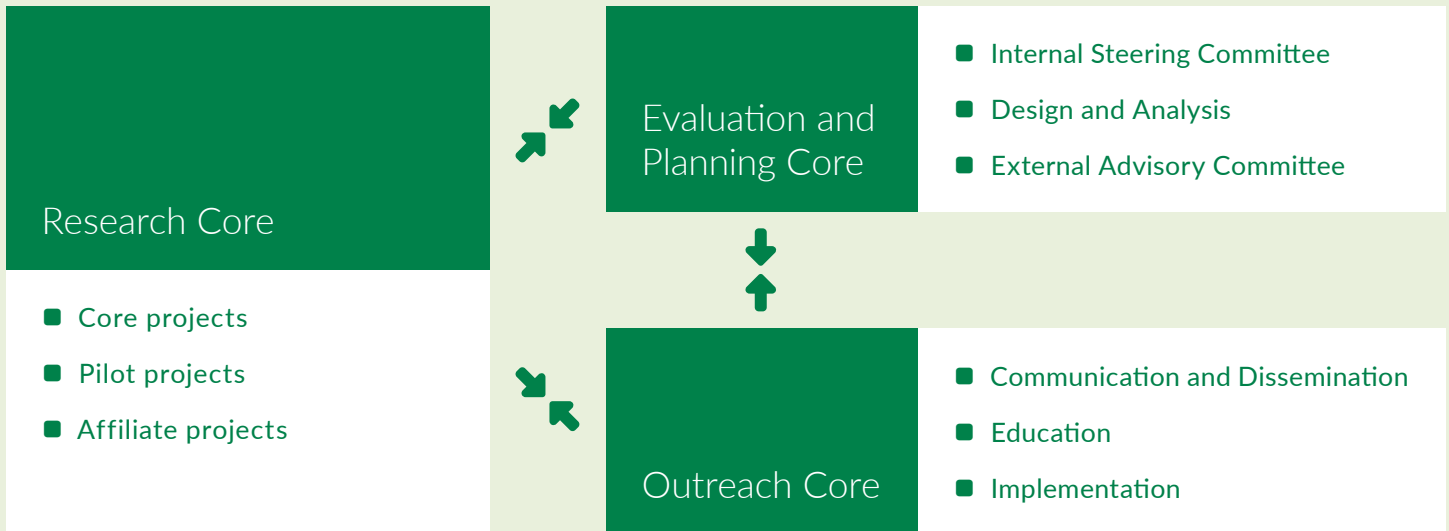
OHWC is currently entering the second year of a renewed 5-year cycle! Read our [blog](#) on this. Plans for our 2021–2026 cycle include exciting projects and many continued activities, all focused on impacting worker safety, health, and well-being.



**Leslie Hammer, Ph.D.**  
OHWC CO-DIRECTOR



**Ryan Olson, Ph.D.**  
OHWC CO-DIRECTOR



## OHWC's External Advisory Committee



**Pamela Ahr, CSP, ARM, M.B.A.**  
SAIF Director, Safe and Healthy Workplace Center



**W. Kent Anger, Ph.D.**  
Professor, Oregon Institute of Occupational Health Sciences, OHSU



**Tom Becker, MD, PhD**  
Medical Epidemiologist, Member at Northwest Portland Area Indian Health Board (NPAIHB)



**Shirley Block**  
President-Business Representative, Amalgamated Transit Union Local 757



**Laura Chisholm, PhD, MPH, MCHES**  
Section Manager, Injury & Violence Prevention, Oregon Health Authority



**Beth Gray, DNP, RN, COHN-S, NE-BC**  
System director of practice, employee safety and well-being, St. Luke's Health System, Idaho (Retired)



**Matthew Keifer, MD, MPH**  
Director, Employee Occupational Health, VA Seattle Puget Sound; Professor Medicine and Public Health, University of Washington



**Laurel Kincl PhD, CSP**  
Associate Professor, Oregon State University



**Kelly Kupcak**  
Executive Director, Oregon Tradeswomen



**Larry Martinez, PhD**  
Associate Professor, Portland State University



**Christopher Simpson, PhD,**  
Professor, University of Washington



**Robert Sinclair, PhD**  
Professor, Clemson University



**Ronald L. Tubby, MS, MBA, CIH, CSP**  
Senior Program Manager/Corporate Environmental Health & Safety, Intel Corporation



# Program Highlights of Impact



## Building capacity for *Total Worker Health*<sup>®</sup> in practice

Emerging from our landmark [Oregon Total Worker Health<sup>®</sup> Alliance](#),<sup>a</sup> our practitioner-focused trainings have continued to reach new audiences in our first year of the new cycle. Led by Dede Montgomery (OHWC's Outreach Core MPI, Oregon Institute of Occupational Health Sciences) and Liz Hill (TWH Adviser, SAIF Corporation) this effort involved 14 sessions that reached nearly 340 practitioners in this reporting period.

[SEE TESTIMONIALS FROM SESSIONS](#) 



[Click to learn about our various TWH course offerings.](#)

### Testimonials from our attendees who have taken our trainings



WOW! THANK YOU! This training was on my Safety and Wellbeing bucket list! I was so thrilled to participate! I am going to hang this on my wall with pride! I have truly believed in this approach for years because it makes so much sense! I am so looking forward to finding opportunities to share this with others! I know it will make positive impacts to help keep people safe and healthy! I plan to recommend this as a valuable tool when helping companies develop their Safety, Wellbeing, and Retention strategies. I know it will be a win-win and now just need to find these future partners!

 **LINDA S.**



Great stuff and as you stated, wonderful sharing and networking. Looking forward to our next connection and the train the trainer in 2023.

 **JAMAL A.**

a. OHWC's home Institute, SAIF (Oregon workers' compensation provider and NIOSH TWH Affiliate), and Oregon OSHA

## Growing our diversity, equity, and Inclusion (DEI) focus

## Responding to the mental health crisis in our workforce and well-being needs of first responders

We continue to make concerted efforts to meaningfully adopt a DEI-informed approach in OHWC's planning, evaluation, research, and outreach activities. This takes shape in a number of ways at OHWC and our home, the Oregon Institute of Occupational Health Sciences. For example, we dedicate time during meetings to check in with each other following unsettling events around us, and discuss how it impacts us in our pursuit of worker well-being. We plan DEI-focused outreach and education events and highlight key topics in our trainings and biannual symposia.

OHWC Center Manager and Outreach Core MPI, Dr. Anjali Rameshbabu was invited to advise on a committee that led to a state-wide coalition called the Safe From Hate Alliance, a multi-sector stakeholder-led effort committed to "cultivating a respectful workplace, safe from hate, racism, sexism, discrimination, harassment, and bullying, where all workers are safe, respected and have dignity at work and in the construction industry".

We also presented with wellness and benefits professionals on applying TWH approaches to develop inclusive workplace policies and practices with regard to gender identity and expression.

### 🕒 SEE DISSEMINATION LIST FOR CITATION

Finally, we continue to commit a standing item in our monthly Internal Steering Committee meetings that focuses on integrating DEI-informed strategies into our work—in this past year, we have discussed demographic data in our research, consent forms, race identity within Latino/a/e communities, equity in publishing, Public Psychology, the White House Climate and Economic Justice Screening Tool, and gender and sex in physiological measurements.

Three of OHWC's four research projects in our 2021–2026 cycle are supported through NIOSH's funding from the American Rescue Plan, which is addressing mental health in healthcare workers and first responders.

Kicking off in FY22, these projects examine shift schedules and health among firefighters (led by Dr. Nicole Bowles), adapt an intervention for pain management among home care workers (led by Dr. Ryan Olson), and develop an intervention to address burnout in healthcare workers (led by Drs. David Hurtado and Abigail Lenhart).

Aside from research, Dr. Ryan Olson (OHWC Co-Director)'s COMPASS program was noted in the US Surgeon General's report on tackling burnout and providing mental health support for healthcare workers.

OHWC's other co-director, Dr. Leslie Hammer has been called on to provide expert guidance on workplace mental health, advising the US Surgeon General, consulting with the American Psychological Association, and presenting for NIOSH. This past year she has presented to practitioner audiences on workplace mental health including the Boston College Workplace Roundtable, Canopy EAP, the Portland Human Resource Management Association, and the HERO Think Tank. She has also published *The Missing Link: The Role of the Workplace in Mental Health* and is currently validating the 1-hour computer-based Workplace Mental Health Support Training for Managers.

### 🕒 SEE DISSEMINATION LIST FOR CITATION



## Expanding our industries and increasing our reach

OHWC's research projects in 2021–2026 bring TWH to new worker populations as our research journey draws us toward unique issues and work experiences of firefighters, home care workers, healthcare workers, and utility and manufacturing workers.

### 🕒 [SEE THE RESEARCH CORE SECTION](#)

Through our Alliance-led trainings, we have reached practitioners across the United States and Europe. Dr. Emily Huang, who leads the *Development and Validation of a TWH Climate Scale* project, shared her TWH Climate expertise with professionals in Malaysia and a construction site in Singapore.

We are also thrilled to have hosted a visiting student from Spain—referred to OHWC from NIOSH, María Marín-Farrona joined us for a three-month stay (February–May 2022), working with OHWC's scientists, Drs. Saurabh Thosar and Brad Wipfli.

## Celebrating awards, new members, and other news!

OHWC Co-Director, Dr. Leslie Hammer, received a [Distinguished Faculty Award](#) from our home institution, OHSU. Leslie's award is a recognition of her outstanding applied research in a largely medical and bench sciences-driven institution and reflects her extensive contributions to the field of worker well-being. Dr. Hammer also took on an additional role as Associate Director of Applied Research at the Oregon Institute of Occupational Health Sciences. This new role complements her role as OHWC's Co-Director.

The Institute also welcomes a new Outreach Director, Dr. Erin Flynn. Erin leads the outreach team's continued and evolving efforts toward increasing the public health impact of our worker safety, health, and well-being research.

[Read more about Erin](#) on our blog.



# Research Core





## Work-life Check-ins

### A *Total Worker Health*<sup>®</sup> supervisor-driven burnout intervention

Led by Dr. David Hurtado and Dr. Abigail Lenhart

Healthcare workers are increasingly experiencing burnout, even more so during the pandemic. In turn, burnout has profound safety and health impacts on both, employees as well as the patients they care for.

The Work-life Check-ins intervention study aims to reduce burnout among workers at primary care clinics through brief (30 minute) and periodic (once per quarter or semester) one-on-one confidential meetings between team leaders and each team member. We expect that the Work-Life Check-Ins will reduce burnout by boosting trust, support, and value alignment between clinic leaders and staff, lead to increased awareness and utilization of resources for staff members, and modifications in working conditions that lead to burnout.

A pilot study involving one primary care clinic was completed in 2021. Three computer-based training modules have also been developed for clinic leaders who will be involved in the Work-Life Check-Ins. The training modules include information on the check-in process, supportive leadership methods, and continuous improvement strategies. The project has recruited 10 primary care clinics to participate in the study. Data collection and intervention implementation will begin in Fall 2022.

## A natural experiment for the impact of work schedule on cardiovascular health and safety in firefighters

### Shiftwork in Firefighters/SWIFT

Led by Dr. Nicole Bowles

Firefighters across the country have been adopting new work schedules that provide them with additional consecutive time off-shift, but often at the cost of additional consecutive days on-shift. The additional time on shift could lead to an increased accumulation of sleep loss. In the short-term, a reduction in total sleep time can increase rates of injury and accidents, and over the long-term, chronic insufficient sleep can lead to disease, as well as work-family conflict.

The physical, emotional, and cognitive stressors that firefighters face may worsen sleep and affect their ability to manage a healthy work-life balance. Thus, the SWIFT study aims to empower firefighters and other emergency service personnel to use an evidence-based approach when considering a work design that most benefits the mental and physical health of firefighters, which is a high-risk occupation and a sector of public servants who carry a high burden of comorbidity.

To achieve this aim, this study includes participatory and research partnership with labor unions, with the primary research aims driven by their questions. The study has strong support from city bureau leadership (i.e., Portland's Fire Chief, Safety & EMS Division Chief). In the first year of SWIFT, the study team took advantage of Portland Fire & Rescue's transition to a 1/3/2/3 schedule from the 24/48 schedule (switch made March 2022).

Prior to this transition (January and February) the study team collected data on sleep timing and duration, levels of attention, cardiovascular parameters, among other measures of self-reported mental and physical health. The team repeated these measures two months after transitioning to the new schedule and plans to collect these data once more at the end of 2022. The team is working to publish a methods paper and analyze data from the two-month transition.



## Translating an Intervention To Address Chronic Pain Among Home Care Workers

**COMPASS for Navigating Pain/COMPASS-NP**  
Led by Dr. Ryan Olson

COMPASS-NP is a study evaluating the effectiveness of an intervention for home care workers experiencing chronic pain. Homecare workers often work alone and lift people and objects without proper equipment, putting them at risk of injury and experiencing elevated pain. Preliminary research showed that more than 50% of home care workers surveyed met study-specific criteria for having elevated pain.

COMPASS-NP builds on an established and successfully disseminated Oregon Healthy Workforce Center intervention named COMPASS (COMMunity of Practice And Safety Support). COMPASS-NP will continue as a supportive group-based program. Adaptations will include strengthened ergonomic protections through

an online ergonomic assessment tool, and purchasing low-tech ergonomic tools for workers. Additionally, the curriculum will integrate Cognitive Behavioral Therapy strategies for self-managing pain. In an effort to optimize the intervention's eventual dissemination potential, the program will be implemented virtually through web-based video conferencing.

The research team is also working with partner organizations in Oregon, Washington, and Idaho to tailor the materials to their audiences, utilize their training staff and resources when possible, and build the delivery of the program into systems familiar to the organizations. The study team is currently adapting established COMPASS lessons and developing new ones for a 10-week program. Groups of 10–12 home care workers will meet virtually each week to learn about safety, health, and pain management topics, and provide each other with social support. Pilot testing is anticipated to begin in the fall of 2022, followed by a randomized controlled trial beginning in 2023.



## Development and Validation of a *Total Worker Health*<sup>®</sup> Climate Scale

### *Total Worker Health*<sup>®</sup> Climate Scale Study Led by Dr. Emily Huang

Emerging from her long-term work on workplace safety climate assessment, Dr. Huang's study will focus on the development of a *Total Worker Health*<sup>®</sup> (TWH) Climate Scale, which will encompass three dimensions: safety climate, physical health climate, and mental well-being climate. Using Dr. Huang's prior safety climate research as a model, the study applies scientifically validated methods to develop quantitative metrics that can serve as leading indicators of organizational safety, health, and well-being outcomes.

Through the implementation of the TWH Climate scale, organizations would have the ability to assess and track the TWH status of their workforce. One-time implementation of the scale would serve as a data-driven diagnostic that allows organizations to identify problem areas and strategically guide improvement efforts. The long-term implementation of the TWH Climate scale would allow researchers and practitioners to track TWH intervention impacts, compile a benchmark database to assess TWH across industries, and help to advance the overall safety, health, and well-being of employees.

The initial model design was based on pilot data gathered from 12 structured interviews with workers in at-risk industries that highlighted practical issues felt by these workers regarding their safety at work, subsequent health concerns, and work-related issues that affect their well-being.

A kick-off meeting was held on December 8, 2021, accompanied by bi-weekly core team meetings to have a robust and conceptually saturated draft that occurred until March, 2022. Two additional subject matter expert interviews were conducted to include TWH experts' opinions on both the initial draft as well as the anticipated uses and outcomes of the scale.

After review by the TWH subject matter experts, 12 cognitive interviews were then conducted with frontline employees to assess the clarity and quality of the survey draft. The kick-off team provided their final feedback and anticipated outcomes on this final iteration of the survey.

This final draft is currently being tested for feasibility with a sample of frontline employees in various industries through by an online survey panel provider to test the structure of the model and test the efficacy of the scale before implementing this survey with companies. Recruitment of participating companies is underway, with two companies willing to participate with tentative timelines for implementation.



# Outreach, Education, and Dissemination

## Outreach

We have continued to uphold our stakeholder partnerships, present at occupational health, safety, and wellness conferences, host community education events, and disseminate our work through academic and popular media avenues.

Outreach activities in FY22 include:

### Conference participation

We presented at a number of conferences, most of which were remote. Examples include:

- 🏠 Society chapter meetings for the American Society of Safety Professionals
- 🏠 The Health Enhancement Research Organization
- 🏠 The National American Industrial Hygiene
- 🏠 Region 10 Voluntary Protection Program
- 🏠 Blue Mountain Occupational Safety and Health
- 🏠 Central Oregon Occupational Safety and Health
- 🏠 Occupational Health and Safety virtual summit keynote on TWH.

### Stakeholder partnerships

We also continue a number of collaborative efforts with safety and wellness groups including:

- 👥 American Heart Association
- 👥 American Society of Safety Professionals (ASSP)
- 👥 American Industrial Hygiene Association
- 👥 Oregon State Association of Occupational Health Nurses
- 👥 Portland Human Resource Management Association
- 👥 Oregon Public Health Association
- 👥 Non-Profit Association of Oregon
- 👥 The Safe From Hate Alliance, Construction Suicide Prevention Partnership
- 👥 OHSU COVID Wellness Taskforce

## Education

Education activities in FY22 include:

### Biannual Symposia

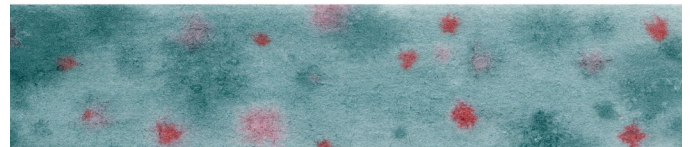
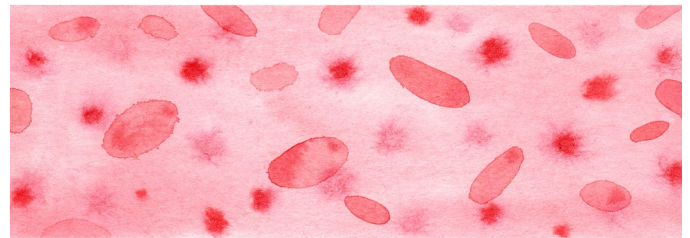
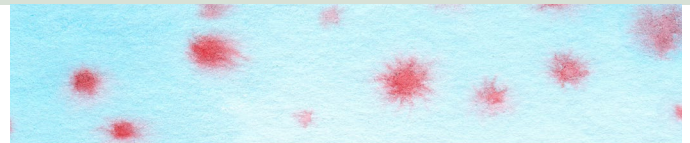
#### From the Great Resignation to the Great Reconfiguration: Connecting Research and Practice

The pandemic has coupled with other workplace and economic challenges to create what is frequently referred to as “The Great Resignation” or “The Big Quit.” This event highlighted the key drivers of these challenges experienced by many employers, and discussed strategies for successful recruitment, retention, and well-being.

 [WATCH RECORDING](#)

 June 3, 2022

86  ATTENDEES



### Testimonials from attendees

4.5 OF 5 RATING FOR EVENT QUALITY

- 🗨 I rarely enjoy hours of listening to people talk, but this symposium was an exception. Every speaker was excellent, the subject matter was incredibly relevant, and it spoke to so many of the things I care about and want to work for. I don't align well with the values of my industry, and this reminded me of why, and the need to find a way to focus my energies on these matters of such great importance.
- 🗨 Really important topics were covered and I appreciated the focus on the most vulnerable workers affected by COVID-19. The diversity of topics covered was excellent and it provided a really tangible way to reflect on the events of the past 20 or so months. It was incredibly valuable to see my own experiences and those of my friends and family reflected in the research presented and I am so grateful I was able to attend this event.

#### Work-Life Challenges and Integration in the Context of COVID

Work-life integration has taken on new meaning during the pandemic with lines becoming blurred between work and home life, and heightened stress from COVID, and the need to navigate rapid changes and uncertainties, both for employees and employers. The event addressed key stressors, workplace policy implications, and potential solutions.

 [WATCH RECORDING](#)

 November 19, 2021

97 

### Testimonials from attendees

4.8 OF 5 RATING FOR EVENT QUALITY

- 🗨 Great insights during a challenging time in the workplace!
- 🗨 Excellent job with this symposium, such an important, pertinent topic.

## Summer Institute

### TWH Approaches in Industry and Academia: Key Elements and Implementation

As research increasingly shows evidence for TWH as an effective approach for worker well-being, we are faced with a growing need to educate and train students and industry professionals on TWH concepts and implementation. Our day-long 2022 Summer Institute highlighted current opportunities to learn and implement TWH concepts and strategies. Welcoming attendees from academia and industry, the morning session included a workshop-style deep dive into the TWH approach by the Oregon TWH Alliance, and in the afternoon, a panel of industry professionals shared their experiences with implementing TWH strategies within their organization.

 [WATCH RECORDING](#)


 July 19, 2022

85 



## Student engagements in OHWC research projects


### Impact of Two Shift Schedules on Post-Shift Blood Pressure in Firefighters

 Ayeisha H. Haswarey

 PI: Nicole Bowles

 June–August 2022

### COVID Cases and Firefighter Workload



 Ana Tue

 PI: Nicole Bowles

 September 2021–March 2022

## Testimonials from attendees

4.5 OF 5 RATING FOR EVENT QUALITY

-  This was a wonderful event. Everything that we learned can be applied to the workplace or at least the working knowledge of someone doing research.
-  New concepts that keep(s) resonating: WELL BEING HAZARDS. It truly captures all that needs to be prevented for *TOTAL WORKER HEALTH*.

## Education

### Practitioner education

TWH 101, The Basics (3-hour): ASSP Columbia Willamette Chapter

📅 November 2021

35 👤 ATTENDEES

PNS-AIHA

📅 January 2022

18 👤

Montana Tech and Montana ASSP Chapters

📅 March 2022

22 👤

Oregon State Association of Occupational Health Nurses

📅 April 2022

34 👤

Oregon State University

📅 April 2022

9 👤

VPPPA Region 10 Conference

📅 May 2022

15 👤

OHWC Summer Institute

📅 July 2022

≈80 👤



Full-Day TWH and Beyond, AIHce

📅 May 2022

18 👤

TWH Train-the-Trainer (8-hour, virtual)

📅 October 2022

12 👤

📅 August 2022

11 👤

TWH Awareness (1-hour): Columbia Willamette Chapter Mt. St. Helens Section ASSP

📅 November 2022

≈15 👤

Compassion Fatigue and TWH (3-hour): Central OR OSH Conference

📅 November 2022

≈40 👤

TWH Quarterly Meetups

📅 February | May | August 2022

≈15 👤 /SESSION



## Dissemination

Dissemination activities in FY22 include:

### Dissemination in peer-reviewed journals

Bouleh, P.G., Allen, S.J., Hammer, L.B. (2022). Family-Supportive Supervisor Behaviors and Psychological Distress: A Secondary Analysis across Four Occupational Populations. *Int. J. Environ. Res. Public Health*, 19(13), 7845.

[doi.org/10.3390/ijerph19137845](https://doi.org/10.3390/ijerph19137845)

Hammer, L. B., Allen, S. J., & Dimoff, J. K. (2022). The Missing Link: The Role of the Workplace in Mental Health. *Workplace health & safety*, 70(8), 384.

[doi.org/10.1177/21650799221105176](https://doi.org/10.1177/21650799221105176)

Shi, B., He, Y., Lee, J., Huang, Y. H., & Li, Y. (2022). Safety climate profiles in remote workers: Association with key predictors and outcomes at the team level. *Safety Science*, 145, 105477.

[doi.org/10.1016/j.ssci.2021.105477](https://doi.org/10.1016/j.ssci.2021.105477)

Wong, J. R., Crain, T. L., Brossoit, R. M., Hammer, L. B., Bodner, T. E., & Brady, J.M. (2022). Beyond just resilience: The important role of work-family resources for soldiers. *Occupational Health Science*, 6, 425–450.

[doi.org/10.1007/s41542-022-00111-1](https://doi.org/10.1007/s41542-022-00111-1)

Yu, A., Pichler, S., Russo, M., & Hammer, L. (2022). Family-supportive supervisor behaviors and work-family conflict: The role of stereotype content and gender role beliefs. *Journal of Occupational & Organizational Psychology*, 95, 274–302.

[doi.org/10.1111/joop.12379](https://doi.org/10.1111/joop.12379)

Hammer, L.B. (2021). The Interplay of Workplace Redesign and Public Policy in the 21st Century. *American Journal of Public Health*, 111(10), 1784–1786.

[doi.org/10.2105/AJPH.2021.306368](https://doi.org/10.2105/AJPH.2021.306368)

Hammer, L. B., Brady, J. M., Brossoit, R. M., Mohr, C. D., Bodner, T. E., Crain, T. L., & Brockwood, K. J. (2021). Effects of a Total Worker Health® leadership intervention on employee well-being and functional impairment. *Journal of Occupational Health Psychology*, 26(6), 582–598.

[doi.org/10.1037/ocp0000312](https://doi.org/10.1037/ocp0000312)
















Wipfli, B., Wild, S., Richardson, D., & Hammer, L.B. (2021). Work as a Social Determinant of Health – A necessary foundation for occupational health and safety. *Journal of Environmental and Occupational Medicine*, 63, (11), e830–e833.

[doi.org/10.1097/JOM.0000000000002370](https://doi.org/10.1097/JOM.0000000000002370)


## Dissemination

### Conference presentations


OHWC members presented at a number of conferences in FY 22, some of which include:


-  American Society of Safety Professionals (ASSP)'s Safety 21 Conference
-  Health Enhancement Research Organization (HERO) Forum
-  HEROs Healthy Workplaces Healthy Communities Committee
-  HEROs Workplace Mental Health and Well-Being Committee
-  Fall Think Tank 2022 HERO Forum in Amelia Island, FL
-  Work and Family Researchers Network 2022
-  Northwest Occupational Health Conference
-  APA Work, Stress, and Health 2021
-  European Academy of Occupational Health Psychology, Oregon Public Health Association
-  NIOSH Extramural Community of Practice Quarterly Meeting
-  NIOSH's All-Extramural Centers Meeting
-  Region X Voluntary Protection Program Conference in Boise, ID
-  Occupational Health and Safety Magazine Virtual Summit
-  Blue Mountain Occupational Safety and Health Conference in Pendleton, OR
-  2022 American Industrial Hygiene Conference in Nashville, TN

### Academic dissemination

-  Presentations associated with some events are listed in the [Education section](#).

#### COMPASS for Navigating Pain (NP)


 Olson, R.

 Chalk Talk, OHWC Internal Steering Committee


 August 2022


#### Impact of Work Schedule on Firefighters' Health: A Natural Experiment

 Bowles, N.

 NIOSH Extramural Centers Meeting

#### Impact of Work Schedule on Firefighters' Health


 Bowles, N.

 Oregon Management-Labor Advisory Committee

 July 2022

#### Impact of Work Schedule on Sleep, Health, and Safety in Firefighters

 Bowles, N.

 Chalk Talk, OHWC Internal Steering Committee

 May 2022

## Dissemination

### Development and Validation of a *Total Worker Health*® Climate Scale

👤 Huang, E.

💬 Chalk Talk, OHWC Internal Steering Committee

📅 February 2022

### Workplace Psychosocial Stressors, Mental Health, and Well-Being at Work: What Leaders Can Do

👤 Hammer, L.

💬 HEROs Workplace Mental Health and Well-Being Committee

📅 July 2022



### Applying *Total Worker Health*® Approaches To Develop Inclusive Workplace Policies and Practices With Regard to Gender Identity and Expression

👤 Rameshbabu, A.

👤 Ordaz-Johnson, O.

👤 Guilfooy, N.

💬 HEROs Healthy Workplaces Healthy Communities Committee

📅 June 2022

## Outreach-focused dissemination

### Workplace Psychosocial Stressors, Mental Health, and Well-Being at Work: The Role of Supportive Supervision

👤 Hammer, L.

💬 HEROs Forum Think Tank on Mental Health at Work

📅 September 2022

### Creating a Workplace Culture That Values Mental Health


👤 Hammer, L. (Panelist)


💬 Part of the Collaborative Conversation series offered in partnership with Canopy, Davidson's Benefit Planning, CSNW and HR Answers

📅 May 2022

## Dissemination


### Supportive Supervision and Well-Being

 Hammer, L.

 Boston College Workplace Roundtable


 April 2022


### Workplace Psychosocial Stressors, Mental Health, and Well-Being at Work: What Leaders Can Do

 Hammer, L.


 NIOSH webinar


### Preparing for 2022 Workplace Health and Well-Being


 Hammer, L.

 Portland Human Resource Management Association

### Overview and Evaluation Insights on OHWC's *What's Work Got To Do With It?* Podcast


 Schuckers, H.


 Rameshbabu, A.

 NIOSH Extramural Community of Practice

 February 2022


### Workplace Psychosocial Stressors, Mental Health, and Well-Being at Work: The Role of Supportive Supervision


 Hammer, L.


 Office of the Surgeon General Research Roundtable on Workplace Mental Health


 December 2021

### Oregon Healthy Workforce Center, a NIOSH *Total Worker Health*® Center of Excellence

 Rameshbabu, A.


 Hammer, L.


 Olson, R.

 Work, Stress, and Health poster presentation


 November 2021


### Recognizing Effects of Psychosocial Stressors

 Hammer, L.

 Industrial Hygiene in the Changing Workplace short course for the PNS-AIHA Northwest Occupational Health Conference

### Leading Well: How Managers Can Strategically Use Wellness (and Make Their Performance Review Shine)

 Hammer, L.

 U.S. Department of State

### Facilitating Mental Health, Well-being, and Resilience through *Total Worker Health*®


 Rameshbabu, A.

 HEROs Forum 2021

 October 2021

## Popular media dissemination

### Oregon and the Workplace Blog

**16,493** 

BLOG PAGE VIEWS, FY22 (UPDATED JUNE 2022)

Some of our most popular blogs during this past year are:

Dr. Saurabh Thosar Receives \$2.97 R01 NIH-grant

**756** 

PAGE VIEWS

Oregon Workplace Vaccine Mandate Status

**527** 

PAGE VIEWS

Sleep Study Finds Why Asthma Worsens at Night

**275** 

PAGE VIEWS

Workers' Memorial Day and COVID-19

**229** 

PAGE VIEWS

We also utilize the blog to highlight our research, outreach, education, and dissemination activities. Additionally, we feature the work of other partners and *Total Worker Health*<sup>®</sup> Centers:

-  [Transforming Lives: Oregon Tradeswomen](#)
-  [\*Total Worker Health\*<sup>®</sup> practitioner education](#)
-  [Seat Technology for Commercial Drivers](#)
-  [Safety Climate Lab and SAIF: Two-year Collaboration on the Ansbro Safety Culture Spectrum and Survey](#)
-  [Adapting \*Total Worker Health\*<sup>®</sup> Education to All Learning Platforms](#)
-  [Announcing OHWC Annual Report](#)
-  [The Future of Work and the Role of Well-Being](#)
-  [\*Total Worker Health\*<sup>®</sup> Training and Facilitator Resources from CPH-NEW](#)
-  [New Publication on \*Total Worker Health\*<sup>®</sup> Leadership Intervention by Dr. Leslie Hammer](#)
-  [Social Determinants of Health Meets \*Total Worker Health\*<sup>®</sup>](#)
-  [Supportive Leaders and Well-Being](#)
-  [Healthy Work Campaign Launches Healthy Work Survey for Organizations](#)
-  [Active Workplace Toolkit](#)
-  [Firefighter Shift Schedule Podcast Episode](#)

## Media mentions and external blog posts

### What Effective Managers Can Do To Support Stressed Workers.

- 👤 Hunt, S.
- 👤 Gensing-Pophal, L.

📄 SAP Insights

📅 September 2022

### Companies Hope New Benefits Will Solve Your Mental Health Issues. Don't Fall for It.

- 👤 Ruiz, R.

📄 Mashable.com

📅 September 2022

### Supporting Leaders Drive Organizational Improvements and Employee Health and Well-Being.

- 👤 Hammer, L.
- 👤 Alley, L.
- 👤 Nelson, J.
- 👤 MacDonald L.

📄 NIOSH Science Blog

📅 2021

## Articles in Medium

### Seat Technology To Improve the Safety and Health of Commercial Drivers.

- 👤 Schuckers, H.

### The Future of Work: The Role of Well-Being.

- 👤 Schuckers, H.

📅 2022



## What's Work Got To Do With It? podcast

Started in 2018, the goal of our podcast is to showcase the public health relevance of workplace issues, and to offer a friendly, informal platform to share our research. During this past year, we released these episodes.

Brain Cleansing Technology: Better Sleep for a Better Tomorrow?

177  PLAYS

Inclusion and Worker Well-Being in the Trades Part 1

229 

Inclusion and Worker Well-Being in the Trades Part 2

200 

Flexible Work To Create a Just Economy for Black and Latinx Women

178 

Supporting Low-Wage Essential Workers During COVID

452 

Supporting Veterans Through Art and Dance

254 

Firefighter Shift Schedules

239 

2021 Summer Interns

338 



## Other dissemination activities

### Training scientists in dissemination

The OHWC Dissemination Workgroup (Lead: Helen Schuckers, MPH) meets bi-monthly with a goal of helping researchers to adopt best practices for disseminating intervention research. Each workgroup is dedicated to a topic, some presented by invited speakers with pertinent expertise, and each session is abundantly discussion-based and action-oriented.

Some of the workgroup topics in this past year included:

- 💡 Active Workplace Toolkit Dissemination
- 💡 *Total Worker Health*® Video: Engaging Audiences Through Video)
- 💡 R2P Resource Sharing
- 💡 Designing Your Research for Dissemination
- 💡 Sustainability, and Impact (Guest Speaker: Dr. Ross Brownson)
- 💡 OHSU Tech Transfer: Creative Commons Licensing and Copyright Protection
- 💡 Trends and Resources in Science Communication
- 💡 OHSU Translation Services
- 💡 Outreach: Building A Story and Narrative Around Research

### Short film series

Planning and pre-production efforts, such as recruitment and script planning have begun to create documentary-style videos (three to six videos up to 5-minutes, across current OHWC grant cycle) to capture the perspective of the worker in different workplace settings and industries, and highlight TWH strategies within the organization from the lens of both managers/supervisors and employees.

### YourWorkpath website for dissemination

Launched in 2018, [YourWorkpath](#) is a dedicated online interactive repository to disseminate our educational and evidence-based resources.

Dissemination Specialist, Helen Schuckers, MPH, launched a new monthly drop-in “Toolkits and Tour” in 2021 session held the last Tuesday of each month to reach organizations in different industry sectors. In addition, one-on-one meetings are offered to any interested organizations. These efforts have continued through 2022. Over 50 organizations have participated in FY22.

Through activity on [YourWorkpath.com](#), the Dissemination Workgroup and Institute staff have developed strong partnerships with:

- 👥 Pinos Y Campesinos Unidos del Noroeste (PCUN)
- 👥 TriMet
- 👥 Eugene Water and Electric Board (EWEB)
- 👥 Yolo County *providing TWH consulting*
- 👥 SAIF Corporation in Oregon *disseminating our Safety & Health Improvement Program/SHIP toolkit*
- 👥 Oregon Bureau of Labor & Industries *dissemination both BeSuper and PUSH*
- 👥 Safety Council of Northwest Ohio *sharing tools and toolkits with organizational members*
- 👥 Faith Staffing Medical Services *interested in disseminating COMPASS*
- 👥 The Wright Center *disseminating SHIP tool*
- 👥 Brown and Caldwell *provided Workplace Mental Health and Well-being presentation*
- 👥 Stay-at-Home Nursing *interested in disseminating COMPASS*



## Analytics related to social media and web resources



### Websites

Oregon Healthy Workforce Center

**8,354** THROUGH AUGUST 23, 2022

**3,930<sup>a</sup>** PAGE VIEWS

Oregon Institute of Occupational Health Sciences

**35,920<sup>a</sup>** PAGE VIEWS

YourWorkpath.com

**3,300** PAGE VIEWS TO DATE, SINCE 2018 LAUNCH

**1,170** NEW VISITORS

### OHWC Social Media Efforts:

Twitter

**1,176<sup>b</sup>** FOLLOWERS

Facebook

**483** FOLLOWERS

YouTube Channel

**399<sup>b</sup>** VIEWS

LinkedIn

**340<sup>b</sup>** FOLLOWERS, STARTED FALL 2020

Oregon and the Workplace Blog

**≈27,000** TOTAL PAGE VIEWS

*What's Work Got To Do With It?* podcast

**1,591** PLAYS SINCE 2018 LAUNCH

a. 6 months reporting period

b. To date—updated bi-annually, last updated June 2022

## Connect with us

### Oregon Healthy Workforce Center

 [www.ohsu.edu/ohwc](http://www.ohsu.edu/ohwc)

### Oregon Institute of Occupational Health Sciences (home of OHWC)

 [www.ohsu.edu/oregon-institute-occupational-health-sciences](http://www.ohsu.edu/oregon-institute-occupational-health-sciences)

### YourWorkpath

 [www.yourworkpath.com](http://www.yourworkpath.com)

### Social Media

 [twitter.com/ohsuocchealth](https://twitter.com/ohsuocchealth)

 [facebook.com/occhealthsci.ohsu](https://facebook.com/occhealthsci.ohsu)

 [linkedin.com/company/occhealthsci](https://linkedin.com/company/occhealthsci)

 [tinyurl.com/ohwc-youtube](https://tinyurl.com/ohwc-youtube)

 [soundcloud.com/occhealthsci](https://soundcloud.com/occhealthsci)

### Subscribe to our Oregon and the Workplace Blog

 [blogs.ohsu.edu/occupational-health-sciences](https://blogs.ohsu.edu/occupational-health-sciences)

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