Oregon Healthy Workforce Center

W. Kent Anger - Director
Leslie Hammer - Associate Director
Diane Elliot - Chair, Internal Steering Committee
Design and Analysis Core - Nancy Perrin
What is Total Worker Health?

- NIOSH Center of Excellence program
  - Health protection +
  - Health promotion
- What does that mean?
  - Occupational Safety - eg, injury control
  - Occupational Health - eg, exposure ctrl
  - Personal wellness - eg, eating healthy
How many COEs?

- Harvard - SPH Center for Work, Health, Wellbeing
- U of Massachusetts & U of Connecticut - Center for the Promotion of Health in the New England Workplace
- University of Iowa - Healthier Workforce Center for Excellence
- OHSU & PSU & UO & OSU & CHR - Oregon Healthy Workforce Center (OHWC)
All OR Projects involve TWH

- Training (online and in-person interactions)
- Focus on reducing:
  - Job stress
  - Weight and tobacco use
- and increasing:
  - Nutrition and exercise
  - Safe Work practices (based on job)
features of Oregon hwc

- Intervention effectiveness: Improving social support and reducing job stress will mediate behavior change (improved lifestyle choices, safer work practices, and better psychological and physical health).
- Each project employs a randomized controlled trial design (Design Core).
- Some common features in the IVs (e.g., team-based approaches, technology).
- Several common measures in all projects.
- Data Repository/Database for all data.
Oregon Healthy WorkForce Ctr Projects

- **HCWs**: Organize workers into neighborhood-based WorkLife teams (community of practice) that meet regularly for education and social support
  
  Ryan Olson (OHSU)

- Water Bureau & Bureau of Transportation construction workers:
  - Team effectiveness training (to replace low-value work with essential tasks)
  - Training to improve family-supportive interactions and safety-related communications between supervisors and employees
  - Tracking (self-monitoring) technology for supervisors re interactions

  Leslie Hammer (PSU)

- **Corrections Officers**: Team-based, peer-led health promotion intervention.
  - One-on-one health coaching based on motivational interviewing for hi-risk Ss

  Kerry Kuehl (OHSU)

- **Young (Parks & Rec) Workers**: Training + social media intervention
  - NIOSH “Talking Safety-Youth at Work”
  - Evidence-based health promotion training (ATLAS and ATHENA programs)
  - Dissemination enhanced by social media

  Diane Rohlman (OHSU)

- **Supervisor Skills in Construction Workers**
  - Training intervention to teach effective interaction with employees

  Kent Anger (OHSU)
Other Aspects of Oregon hwc

- Education
  - Summer Institute (4 days on OHP)
  - Partners Luncheon (Safety/Wellness culture)
  - Seminars and Symposia
  - 2 chalk talks/year by each PI
- Newsletters/Ann Report/Facebook/Twitter/Oregon and the Workplace Blog
CROET and Oregon Healthy WorkForce Center

- [www.ohsu.edu/croet](http://www.ohsu.edu/croet)
- anger@ohsu.edu
- evansken@ohsu.edu