

Total Worker Health™

A strategy integrating occupational safety and health protection with health promotion to prevent worker injury and illness and to advance health and well-being.

In June 2011, NIOSH launched the Total Worker Health (TWH) Program. Emerging evidence recognizes that both work-related factors and health factors *beyond the workplace* jointly contribute to many safety and health problems that confront today's workers and their families. Traditionally, workplace safety and health programs have focused squarely on safety, reducing worker exposures to risk factors arising in the work environment itself. And most workplace health promotion programs have focused exclusively on lifestyle factors off-the-job that place workers at risk. A growing body of science supports the effectiveness of combining these efforts through workplace interventions that *integrate* health protection and health promotion programs.¹

An integrated approach can...²

- ... **Improve effectiveness** of health protection and health promotion programs.
- ... **Increase participation** in worksite health promotion efforts.
- ... **Enhance a culture of trust** and increase employees' receptivity to health behavior change.
- ... **Reduce sickness absence and improve return on investment.**

Safer and Healthier Employees...

- ... *Are good for business and help improve the bottom line.*
- ... *Create a happier, less stressful, and more prosperous business environment.*
- ... *Do better at their jobs and contribute more.*
- ... *Are absent from work less and more productive when at work.*
- ... *Enjoy their jobs more, reducing turnover costs.*



Centers of Excellence to Promote a Healthier Workforce

NIOSH funds four Centers of Excellence to Promote a Healthier Workforce to examine the integration of worker protection, worksite enhancement, and worker health promotion interventions. One of these, the [Healthier Workforce Center for Excellence \(HWCE\)](#), is located at the University of Iowa. The HWCE mission is to improve the health of workers in Iowa and nationally through integrated health promotion and health protection research, collaboration, and dissemination of successful interventions. Center goals are to:

- 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

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