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“HEALTHY WORK CAMPAIGN” LAUNCHES
If we want healthy people, we need healthy work.

Los Angeles, California:

Millions of Americans experience “unhealthy work,” with 3 out of 5 saying that work is a significant source of stress. The Center for Social Epidemiology has responded to this epidemic by launching the [Healthy Work Campaign](#), a national public health campaign with the mission to reduce harmful sources of stress at work (work stressors) and improve job quality and health. The campaign is a collaboration with researchers Dr. Peter Schnall, Dr. Marnie Dobson and Dr. BongKyoo Choi at the UC Irvine Center for Occupational and Environmental Health and Dr. Paul Landsbergis at the SUNY Downstate School of Public Health, as well as a growing list of partners.

Decades of worldwide research have documented the powerful toxic effects of work stressors on the health of working people. Work stressors that have been documented include: long work hours, work with high demands and low control (job strain), high efforts and low rewards, sexual harassment, racial discrimination, bullying, workplace violence, low income and fear of job loss.

The Healthy Work Campaign highlights research on the impact of work stress, including:

- Work stressors, such as low job control and high job demands, double the risk of developing burnout.
- Those with job strain or high effort and low reward at work are twice as likely to think about committing suicide than those with no or low amounts of work stress.
- 10-20% of all cardiovascular disease (CVD) in working age populations is related to the way we work.

- Work stressors are costing organizations billions in direct and indirect costs due to increased use of health care and losses in productivity due to absenteeism, presenteeism, sick leave, disability and workers compensation.

**References available at healthywork.org.*

According to Dr. Marnie Dobson, Co-Director of the Healthy Work Campaign, “Healthy work is respectful, just, more sustainable, and promotes health and well-being.” Dr. Peter Schnall, Director of the campaign, adds that, “...the burden on researchers and on people in public health is to educate everyone as to what we’ve learned, so that we can see a change in social policy around work.”

The Healthy Work Campaign recommends individuals and organizations:

- measure their exposure to work stressors and the impact on their health using the tools provided at healthywork.org, including the StressAssess online survey.
- discuss and use strategies to reduce work stressors, described on healthywork.org, including workplace policies and programs, contract language, laws, and regulations.

The [Center for Social Epidemiology](http://healthywork.org), a California-based non-profit organization founded in 1988 and [NIOSH Total Worker Health® Affiliate](http://healthywork.org), conducts epidemiological research on the effects of work-related stress on mental health and cardiovascular disease in the U.S., and promotes public health efforts to prevent work stress-related health consequences.

Visit HealthyWork.org for more info about the campaign and how to make a difference right where you are. And connect with them on MailChimp, Facebook, Twitter and LinkedIn to stay in touch.