



קידום בריאות במקומות עבודה Health Promotion in Occupational Health

סמסטר ב' 2024
ימי ד' 12-14
286.4343

Course Introduction:

הקורס הייחודי הזה יספק סקירה כללית של התחום ההולך וגדל של קידום בריאות תעסוקתי בדגש על היישום של עקרונות בריאות הציבור בקידום בריאות במקומות העבודה. קורס זה יציג את הכישורים המעשיים הנדרשים לקידום בריאות כולל הערכת צרכי בריאות, הערכת סיכוני בריאות, ועיצוב ויישום פעילויות קידום בריאות. אנו נדון בהתערבויות ספציפיות כגון הפסקת עישון, פעילות גופנית, תזונה, ארגונומיה, עיצוב בניין בריא, וגהות תעסוקתית. כחלק מהלמידה החווייתית של הקורס נבקר בשני אתרי עבודה ונלמד להעריך פעילויות לקידום בריאותם של העובדים. בפרקטיקום נפתח תוכנית לקידום בריאות במקומות העבודה של הסטודנטים.

קורס ל 2 ש"ס ול 4 ש"ס (כולל פרויקט- פרטים בהמשך).

Health promotion is a diverse field within public health that promotes healthy behaviors with the aim of decreasing the burden of disease throughout the population. Perhaps the most effective and important place to conduct health promoting activities is in the occupational setting. The working population is a captive audience. Employees are motivated and readily influenced by health promotion in the work environment. Examples of such activities include smoking cessation programs, promotion of physical activity, provision of nutritional meals, and occupational safety training. Employers are often motivated to pursue health promoting activities in the workplace as such interventions have been shown to decrease sick leave, disability rates, and frequency of occupational injuries. Research has also demonstrated the impact of health promotion on employee satisfaction and productivity. In this course students will learn about the various aspects of health promotion in occupational health, how to design and implement health promoting activities, and what the known benefits from such interventions are.

A. Course Instructor:

Yonah Amster MD MPH (Course Coordinator) Email: eamster@post.harvard.edu
Cell: 052-615-7544 Office hours: By appointment



B. Lecture Topics:

Lecture	Topics
04.03.2024	<p>Introduction to Occupational Health</p> <ol style="list-style-type: none"> 1. Overview of core topics (toxicology, exposure assessment, occupational epidemiology, industrial hygiene) <p>-----</p> <p>Introduction to Health Promotion</p> <ol style="list-style-type: none"> 1. Overview of core topics 2. Why health promotion at work? 3. Types of health promotion interventions
13.03.2024	<p>Designing and implementing health promotion intervention</p> <ol style="list-style-type: none"> 1. Performing a needs assessment 2. Project design and implementation 3. Intervention review
20.03.2024	<p>Nutrition in the work place</p> <ol style="list-style-type: none"> 1. Dieticians and nutritional counseling in the workplace 2. Integrating healthy meal options at the workplace <p>Physical activity in the work place</p> <ol style="list-style-type: none"> 1. Bike/walk to work programs 2. Implementation of physical activity at work (the Japanese model gym equipment) 3. The effect of improved physical fitness on worker productivity, moral and teamwork.
27.03.2024	<p>Smoking cessation in the work place</p> <ol style="list-style-type: none"> 1. Impact of smoking in the workplace 2. Discuss how to incorporate programs into workplace 3. Review literature detailing efficacy of smoking cessation programs at work. 4. Understand WHO and ILO workplace smoking programs
03.04.2024	<p>Health promoting design of the work environment</p> <ol style="list-style-type: none"> 1. Discuss the impact of building design on occupational health 2. Review literature of "sick building syndrome" 3. Learn techniques in "green" and "healthy" building design and potential public health impacts
10.04.2024	<p>Teleworking</p> <ol style="list-style-type: none"> 1. Trends of teleworking since COVID-19 2. Impact of telework on health 3. Improving health while teleworking 4. Employers responsibilities during telework
17.04.2024	Health promotion in heavy industry



	<ol style="list-style-type: none"> 1. Discuss occupational hazards common in heavy industry 2. Overview of health promotion in industrial hygiene 3. Enforcing occupational health regulations at work 4. Empowering the work force to utilize personal protective equipment and to maintain a safe work environment
08.05.2024	Para-occupational exposures <ol style="list-style-type: none"> 1. Define para-occupational exposures 2. Decreasing health effects beyond the work environment 3. Case study of pesticide exposure in farm workers
15.05.2024	Noise in the work environment <ol style="list-style-type: none"> 1. Discuss the burden of disease from noise at work 2. Describe what a hearing conservation program and when is it necessary. 3. Monitoring of noise exposure and conducting a surveillance program for NIHL. 4. Detail potential engineering and administrative interventions
22.05.2024	Health promotion in hi-tech <ol style="list-style-type: none"> 1. Discuss occupational exposures unique to the hi-tech sector 2. Ergonomics: designing for the seated work environment 3. Describe visual strain and methods to reduce it
29.05.2024	Health promotion in health care institutions <ol style="list-style-type: none"> 1. Needle stick prevention programs 2. Vaccination programs among healthcare workers 3. Safe lifting interventions for nursing staff
05.06.2024	Factory tour- To be determined
19.06.2024	Course conclusion <ol style="list-style-type: none"> 1. Discussion of budget and political considerations 2. Advocating for resource allocation for health promotion 3. Review common themes and topics

C. Course grade:

a. 2 ש"ס

40% multiple choice midterm quiz + 40% article summary+20 % class participation- No more than 2 page summary of a research article in any topic related to workplace health promotion. Summary should include summary of article research question, methods, findings and conclusion with critical assessing limitations of the article and significance to public health



b. ש"ס 4

40% multiple choice midterm quiz + 40% project + 20 % class participation

Project Objective: To design a detailed health promotion intervention; for a defined worker population based on the outcomes of a health needs assessment. Projects should be based on the student's work environment.

Specific goals:

1. **Conduct a risk assessment** including a need identification, assessment and prioritization of a worker population. This should be conducted by conducting focus group, worker survey, health screening, survey of human resource records, or review of exposure monitoring.
2. **Design a health promotion intervention** which should be based on the results of your risk assessment. The intervention should have clearly stated target population, specific goals, assessment of available resources (staff, money, etc), and target objectives with a timeline of when objectives would be completed.
3. **Define program activities** such as type of program activities with detailed budget, cost-benefit analysis, deadlines, and surveillance of target objectives were met.

D. Course text/readings:

- a. Worksite Health Promotion, 3rd ed. David H. Chenoweth. 2011. Human Kinetics Publisher.
- b. Global Perspectives in Workplace Health Promotion. Kirsten & Karch. 2012. Jones and Bartlett Publishers.

E. **Course participation: Active participation is an important part of the course.** If classes will be on zoom, activation of camera for zoom classes is a requirement for participation.

F. Resources:

- a. <http://www.efsharibari.gov.il/work>
- b. <http://www.cdc.gov/workplacehealthpromotion/>
- c. http://www.who.int/occupational_health/topics/workplace/en/
- d. <http://www.ccohs.ca/healthyworkplaces/topics/workplacehealthpromotion.html>

סטודנט יקר,

אם יש לך לקות למידה או מוגבלות/בעיה רפואית שעשויה להשפיע על לימודיך, ושכגינה את/ה זקוק/ה להתאמות אנא פנה/י לדיקנאט הסטודנטים למדור נגישות ולקויות למידה:



דואל LDA@univ.haifa.ac.il טל: 8249265-04

לאבחון והתאמות בגין לקות למידה ו/או הפרעת קשב יש לפנות ליה"ל:

דואל mhait@univ.haifa.ac.il טל: 8249022-04

אם יש ברשותך מכתב התאמות מהאוניברסיטה ואת/ה זקוק/ה להנגשה בקורס אנא פנה/י אליי בשעות הקבלה או במייל בסמוך לתחילת הקורס.

If you have a disability that may affect your studies and for which you may require accommodations, please contact the Accessibility and Learning Disabilities Department at the Dean of Students office e-mail: LDA@univ.haifa.ac.il Phone number: 04-98249265

Students that receive accommodation letters, and need academic adjustments, please meet with me to discuss the provisions of those accommodations as early in the semester as possible.