

קידום בריאות במקומות עבודה Health Promotion in Occupational Health

סמסטר ב' תשע"ו: 16:00-17:45 יום ד'

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

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:

Eric Amster MD MPH (Course Coordinator) Email: eamster@post.harvard.edu
Cell: 052-615-7544 Office hours: Wednesday 10:15am- 11:15am

Eric is an epidemiologist and physician specializing in environmental and occupational medicine. He studied environmental and occupational health at the Harvard School of Public Health where he completed an MPH and post-doctoral training in environmental epidemiology. He came to Israel as a Fulbright Scholar and his current research includes health effects of heavy metal exposure, air pollution and the built environment.

B. Lecture Topics:

Lecture	Topics	Lecturer
1	Introduction to Occupational Health 1. Overview of core topics (toxicology, exposure assessment,	Dr. Amster

	occupational epidemiology, industrial hygiene) ----- Introduction to Health Promotion 1. Overview of core topics 2. Why health promotion at work? 3. Types of health promotion interventions	
2	Designing and implementing health promotion intervention 1. Performing a needs assessment 2. Project design and implementation 3. Intervention review	Dr. Amster
3	Health promotion in heavy industry 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	Dr. Amster
4	Health promotion in health care institutions 1. Needle stick prevention programs 2. Vaccination programs among healthcare workers 3. Safe lifting interventions for nursing staff	Dr. Amster
5	Ergonomics 1. Introduction to ergonomics 2. Ergonomic health assessment 3. Case studies in ergonomic interventions	Eva Honeyman
6	Health promotion in hi-tech 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	Linda Kovler
7	Para-occupational exposures 1. Define para-occupational exposures 2. Decreasing health effects beyond the work environment 3. Case study of pesticide exposure in farm workers Smoking cessation programs at work 1. Describe different smoking cessation program designs 2. Discuss how to incorporate programs into workplace Review literature detailing efficacy of smoking cessation programs at work.	Dr. Amster
8	Health promoting design of the work environment 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	Dr. Amster

9	Intel Tour- Green building	
10	Noise in the work environment 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	Dr. Amster
11	Nutrition in the work place 1. Dieticians and nutritional counseling in the workplace 2. Integrating healthy meal options at the workplace Physical activity in the work place 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.	Dr. Amster
12	1. Presentation of student projects 2. Discussion and critique of proposed interventions	Dr. Amster
13	Course conclusion 1. Presentation of student projects (continued) 2. Discussion of budget and political considerations 3. Advocating for resource allocation for health promotion 4. Review common themes and topics	Dr. Amster

C. Course grade:

- 60% (4 unit course)/ 70% (2 unit course) final multiple choice exam
- 40% project/ 30% article presentation

D. Course text/readings:

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

E. Resources:

- <http://www.cdc.gov/workplacehealthpromotion/>
- http://www.who.int/occupational_health/topics/workplace/en/
- <http://www.ccohs.ca/healthyworkplaces/topics/workplacehealthpromotion.html>