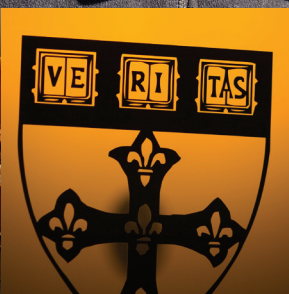




A Program in
Health & Wellness

WORK, HEALTH, AND WELL-BEING:

Integrating Wellness and Occupational
Health and Safety in the Workplace



February 1–3, 2016 | Boston, MA

**HARVARD
T.H. CHAN**

SCHOOL OF PUBLIC HEALTH

Executive and Continuing
Professional Education

Integrated approaches to workplace health and safety have been shown to improve employee health, promote healthy behaviors, and ensure a safer and healthier work environment.

This applied course provides you with the full set of skills you need to improve employee health. You will learn to integrate occupational health and safety with health promotion programs and gain the knowledge you need to make the business case for integrated workplace health.

During the course, you will explore the foundations of health protection and health promotion, gain practical tips for implementing integrated employee health programs, and develop a roadmap for integration at your company.

Learn more:
ecpe.sph.harvard.edu/WHW16



Who Should Participate



Work, Health, and Well-being is ideal for professionals with direct responsibility for the health, safety, and wellness of employees as well as those who are designing or directing health protection and health promotion programs. Ideal participants include:

- Chief medical officers
- Environmental health and safety directors and managers
- Medical directors
- Occupational health directors and managers
- Occupational health nurses
- Occupational physicians
- Wellness directors and managers

Professionals with functional responsibility for human resources, productivity, safety, occupational health, benefits, or wellness are also encouraged to attend.

Learn more:
ecpe.sph.harvard.edu/WHW16



Learning Objectives



- Apply comprehensive approaches to improve workforce health at participants' organizations;
- Justify an integrated approach to worker health protection and promotion to executive management teams;
- Adopt skills for team-based planning efforts in worksite health;
- Articulate the processes by which programmatic solutions to workplace health are designed and implemented;
- Evaluate and leverage methods to create workplace health program scalability and sustainability;
- Apply research-based methods to implement outcomes measurement approaches that are feasible in practice; and
- Utilize the most effective workplace health program design principles and content based on research studies.

“ I will return to my organization with a toolkit for integrating worker health protection and health promotion.”

— Michael Lettera
Director of Wellness
North Shore LIJ Health System

“ The tools and strategies the course offered will help me to break down barriers among stakeholders in an effort to make the healthy and safe choice the easy choice.”

— Robin Bouvier
Vice President
Aon Hewitt

Learn more:
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Faculty Program Directors



Nico Pronk, PhD is an Adjunct Professor of Society, Human Development and Health in the Department of Social and Behavioral Sciences at Harvard T.H. Chan School of Public Health. He is also Vice President and Chief Science Officer at HealthPartners.

Dr. Pronk is widely published in both the scientific and practice literature and is a national and international speaker on population health and health promotion. He is the founding president of the International Association for Worksite Health Promotion, senior editor of ACSM's *Worksite Health Handbook, Second Edition*, and the author of the scientific background paper for the business and industry sector of the US National Physical Activity Plan.



Glorian Sorensen, PhD, MPH is a Professor of Social and Behavioral Sciences in the Department of Social and Behavioral Sciences at Harvard Chan School. She is also the Director of the Center for Community-Based Research and Faculty Vice President for Faculty Development at Dana-Farber Cancer Institute.

The core of Dr. Sorensen's research is randomized worksite- and community-based studies that test the effectiveness of theory-driven interventions targeting individual and organizational change. A theme of this work is to test the efficacy of behavioral and organizational interventions that are embedded in the social context or environment in which people live and work.

Program Highlights



Employee health and well-being can be a source of competitive advantage for your company. Integrated approaches to employee health have been shown to improve the effectiveness of occupational health and safety programs, increase participation in health promotion efforts, increase employees' willingness to change behaviors, and reduce absenteeism. These benefits result in improved employee productivity and performance, reduced employee health care costs, and increased ability to attract and retain high-performing talent. Recent research also suggests that a focus on employee health and wellness strongly correlates with increased return to investors. This program provides you with the skills to:

- Evaluate the effectiveness of workplace health strategies;
- Assess the financial impact of workplace health programs;
- Implement integrated approaches to employee health programs;
- Make the business case for integrated employee health protection and health promotion programs; and
- Translate occupational health and health promotion research into practice.



Learn more: **ecpe.sph.harvard.edu/WHW16**

Program Check-in

Harvard T.H. Chan
School of Public Health
651 Huntington Avenue
Boston, MA 02115

Program Information

Please visit the course website for information regarding the program fee, accommodations, faculty, agenda, and our substitution and cancellation policy.

Continuing Education Credit

This program is accredited by Harvard T.H. Chan School of Public Health. Credit types and amounts will be determined once the agenda has been finalized and are subject to change.

Program Portfolio

For a full list of Executive and Continuing Professional Education courses, visit
ecpe.sph.harvard.edu/Portfolio

Contact Us

For more information, please contact us by phone at **(617) 432-2100** or by e-mail at **contedu@hsph.harvard.edu**

About Harvard T.H. Chan School of Public Health Executive and Continuing Professional Education

Harvard T.H. Chan School of Public Health Executive and Continuing Professional Education prepares individuals and organizations to solve the most pressing global public health and health care challenges. Leaders in government, corporate, and nonprofit sectors around the world attend programs which provide strategies for addressing the critical issues facing their organizations with proven tactics that drive change.



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By integrating workplace health protection and health promotion programs, you can improve employee health and save money by reducing waste and decreasing health care costs. At this course, you will learn to make the business case for integrated workplace health, implement and measure

these programs, promote their use, and assess their financial impact on your organization.

This is the program to attend if you want to improve employee health through integrated approaches to workplace health and safety.