



A Program in
Health & Well-being

WORK, HEALTH, AND WELL-BEING:

Frameworks, Evidence, and Applications



February 6–8, 2017 | 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:
hsph.me/workplace-health

Who Should Participate



This program is ideal for professionals with direct responsibility for the health, safety, and well-being 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

“The program faculty were top notch! The breadth of participants made this program more valuable. The networking was excellent!”

— Denise M. Burgen, MBA, FNP, RN
Chief Clinical Officer
Strong Home Care Group, Inc/
Visiting Nurse Service

Learn more:
hsph.me/workplace-health



Learning Objectives



- Apply comprehensive approaches to improve workforce health and safety at participant's organizations
- Justify an integrated approach to worker health, safety, & well-being to executive management teams
- Utilize effective workplace health program design principles & content based on research
- 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
- Adopt skills for comprehensive team-based planning efforts in worksite health

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Faculty Program Directors



Nico Pronk, PhD is an Adjunct Professor of Social and Behavioral Sciences 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



During the program, you will develop a roadmap for integrating your company's occupational safety and health promotion programs. The program starts by reviewing the foundations of health protection and health promotion. The value proposition for integrated employee health is then discussed, with attention paid to your ability to communicate this value and justify the integration of existing programs. Finally, the course delves into strategies and practical tips for implementing integrated employee health programs. This program provides you with the skills to:

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

“A rare combination of strong faculty and equally impressive participants delivered a very effective session. This combination led to a highly interactive and productive program addressing the desire among participants to create individual next steps on the integration of wellness, health, and safety within their organizations.”

— Peter J. Zambrano, MBA
Consultant - Employee Benefits
Marsh & McLennan Agency

Learn more: **hsph.me/workplace-health**

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. Please visit the course website periodically for the latest information.

Program Portfolio

For a full list of Executive and Continuing Professional Education courses, visit
hsph.me/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

We prepare 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.