



“Interventions to Reduce Work-Life Stress and Improve Health: A Total Worker Health Approach”

Leslie B. Hammer, PhD

Director, Occupational Health Psychology, Director of the Center for Work-Family Stress, Safety, and Health and Associate Director, Oregon Healthy Workforce Center, NIOSH TWH™ Center for Excellence

Friday, January 31, 2014

12:00 pm

Samuel P. Bell, III Auditorium, Room #1023A, COPH

Evidence indicates that work-life stress is related to poor health behaviors including smoking, poor food choices, low levels of exercise, and even decreased sleep time, as well as a number of chronic health outcomes. The association between work-life stress and adverse health behaviors and chronic health suggests that interventions at both the occupational (health protection) and individual (health promotion) level may be helpful in mitigating effects of work-life stress and improving health, consistent with the Total Worker Health (TWH™) approach. This presentation will review relationships between work-life stress and health to advance understanding of pathways between occupational and individual risk factors and health and safety outcomes. The Oregon Healthy Workforce (OHWC) study of a work-life and safety intervention for construction workers will also be discussed.

Dr. Leslie B. Hammer is a professor of psychology in the Department of Psychology at Portland State University. With support from National Institute for Child Health and Human Development, the National Institute for Occupational Safety and Health, and the Department of Defense, her research focuses on ways in which organizations can help reduce work and family stress and improve positive spillover among employees by facilitating both formal and informal workplace supports. She is a Past Founding President of the Society for Occupational Health Psychology (SOHP) and is a Fellow of the Society for Industrial and Organizational Psychology (SIOP). Dr. Hammer is on several editorial boards, has published widely on work and family, and co-wrote a book with Dr. Margaret Neal entitled *Working Couples Caring for Children and Aging Couples: Effects on Work and Well-Being*