



## Kirsten Chaney

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2024



# Whole Person Health Enhancement of Workplace Safety

# What is Health?

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Physical, Mental, and Social Well-being and  
not merely the absence of infirmity



Self-care

Professional-care

PREVENTION AND INTERVENTION

Mind-Body Connection

Movement, Exercise, and Rest



Spirituality



Mindful

YOU

Awareness

Nutrition



CONVENTIONAL AND COMPLEMENTARY APPROACHES

Relationships and Communication



Personal and Professional Development



Physical Environment



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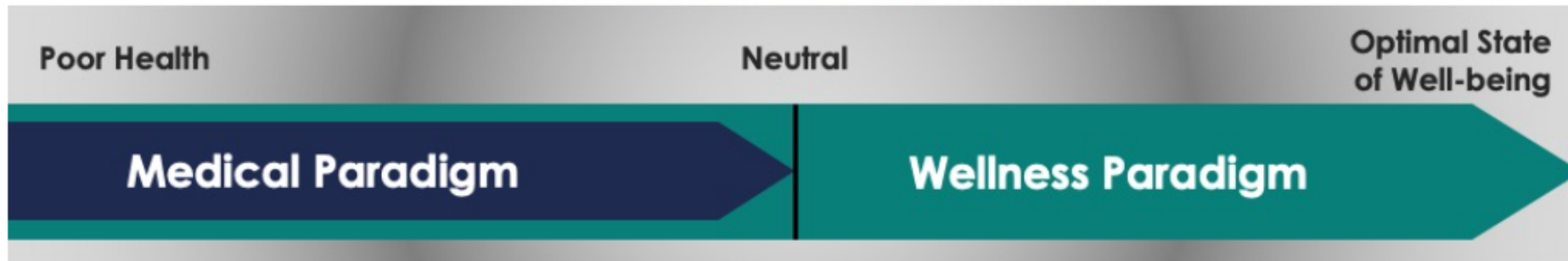
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## Wellness Continuum



|                 |                         |                           |                  |
|-----------------|-------------------------|---------------------------|------------------|
| <b>Reactive</b> | Feel better             | Thrive                    | <b>Proactive</b> |
|                 | Treat & cure illness    | Maintain & improve health |                  |
|                 | Corrective              | Preventive                |                  |
|                 | Episodic                | Holistic                  |                  |
|                 | Clinical responsibility | Individual responsibility |                  |
|                 | Compartmentalized       | Integrated into life      |                  |

Source: Global Wellness Institute, adapted from Dr. Jack Travis



# Poll:

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What grade would you give  
your company on the  
support of worker wellness?

To Respond:

Text **kirstenchaney422** to **22333**



# When Companies Fall Short...

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## Military health experts highlight need for U.S. youth to maintain healthy weight

By V. Hauschild, MPH, Defense Centers for Public Health-Aberdeen April 4, 2023



COMMENTARY Public Health

## Obesity Epidemic Threatens Not Just Public Health, but Also National Security

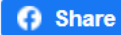
## 'Presenteeism' and 'leavism': Bad for workers, bad for business

April 2, 2019 No Comments

Explore Issues



## Sleep Deprivation: An Unseen Hazard in the Workplace



By Gina Wynn

Release Number: 2023-24

Date: March 21, 2023

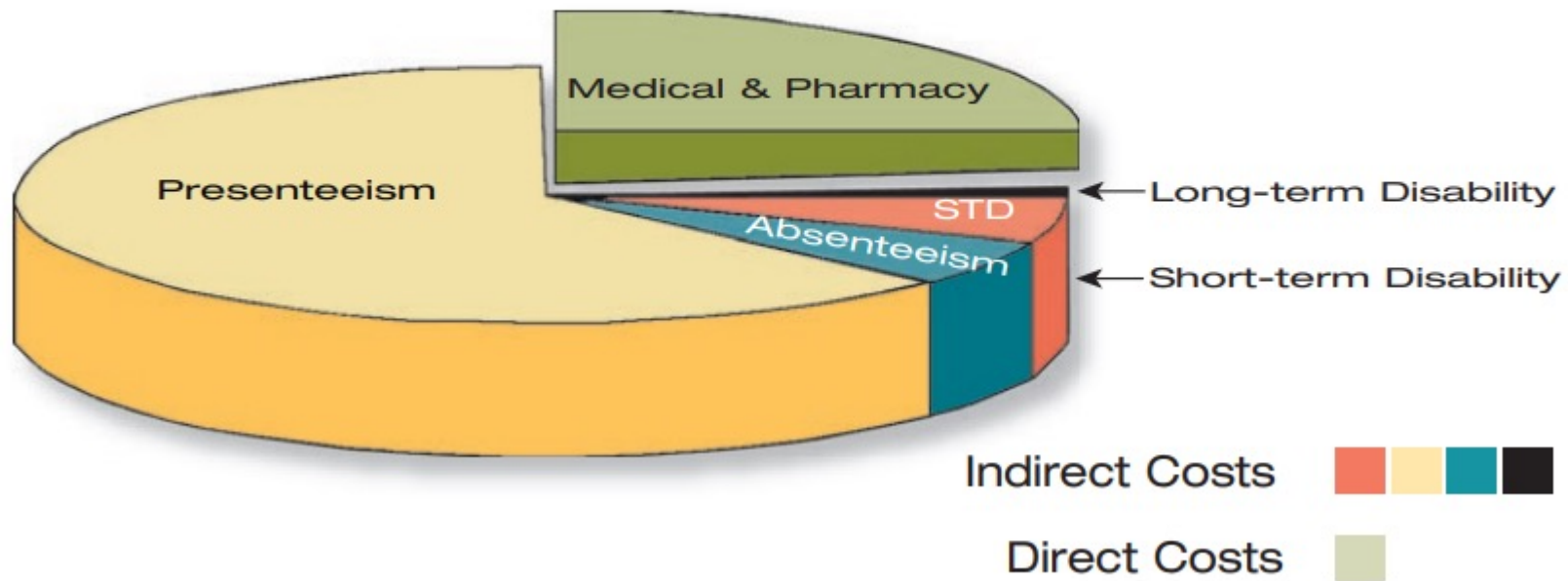
## Cal/OSHA Cites Sterilization Company \$838, 800 for Overexposing Employees to Toxic Chemical





**IS YOUR ORGANIZATION AWARE OF THE TOTAL COST BURDEN  
OF POOR EMPLOYEE HEALTH?**

*Relative Contribution of Direct and Indirect Costs Within a Large Financial Services Corporation*



# Enter Worksite Health Programs (WHP)...

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## 3 Lessons Learned

1. Construction & Extraction industry workers → less participation & availability of WHPs vs. desk worker counterparts
2. Promotion/Awareness of worksite hazard reductions → increased participation in other WHPs
3. Incentives jumpstart program participation, but they won't keep it going



# 4 to Achieving Total Worker Health

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**Changing  
Behavior**



**Changes  
Your  
Brain**



# What Do You Do Now?

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- 1. Committee
- 2. Get Data
- 3. Employee Interests
- 4. Program Offering(s)
- 5. Evaluation



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