

Presentation Title	Place in Schedule
<p>"Working On Empty": A Documentary Film And The Healthy Work Campaign</p>	<p>Plenary Session 5 <i>Day 4 – Friday</i> <i>May 11th, 2018</i> <i>11:30 – 12:00pm</i></p>
Description of Presentation	Presenter Name(s) And Credentials
<p>There is a large body of evidence linking work organization and work stressors to a number of health consequences including mental health (e.g., burnout and depression) and to CVD and its risk factors. NIOSH's TWH program now recognizes work as a social determinant of illness and injury in the workplace. We will present a panel with 1) a brief statement of the problem of unhealthy working conditions and health and how this motivated the Healthy Work Campaign and film Working on Empty to address this problem, 2) describe the components of the Healthy Work Campaign, how the documentary film "Working on Empty" fits within this campaign and its applicability to Total Worker Health and 3) present an 11-minute film teaser with audience discussion.</p> <p>1) Statement of the Problem: One of the contributing causes of declining health (e.g. increasing rates of mental illness, CVD and risk factors including obesity, hypertension and physical inactivity) among America's working people is the increase and high prevalence in sources of stress at work (job stressors), including insecure contracts, long hours, shortened, skipped, or no breaks, fear of layoff, unpaid work time, diminished benefits including health insurance and pensions, workplace violence, shift work, lack of respect, as well as psychosocial work stressors such as job strain (work with high demands and little control) and effort reward imbalance (jobs in which working people experience an imbalance between the level of effort they put into their jobs and the rewards they receive). The purpose of the Healthy Work Campaign and the film WOE is to uncover this serious health threat to the American worker that is hiding in plain sight and to increase awareness among working people, their family members, business and labor leaders, and health professionals that it doesn't have to be this way.</p>	<p>Peter L. Schnall, MD, MPH <i>Center for Social Epidemiology</i></p> <hr/> <p>Marnie Dobson, PhD <i>Center for Social Epidemiology</i></p>

Individually and collectively, people and organizations can bring about positive change.

2) The Healthy Work Campaign has several components, including the documentary film Working on Empty. We have developed a “Healthy Work Agenda” to reach out to an audience with specific action-oriented goals. The film project is part of a “transmedia” project which includes a social media campaign which aims to spread the principles of the Healthy Work Campaign to a broad audience and to build a following through social media (Facebook, Twitter, Medium and a website www.workingonempty.org). We anticipate that the film and other components of the Health Work Campaign could complement a Total Worker Health approach by businesses and other organizations interested in healthy work by a) educating and raising awareness about work organization as a factor in employee health through the film and the campaign materials and b) serving as a conduit to inform employers and employees about Total Worker Health projects that have included work organization changes and to consider employing similar applicable workplace change.

3) This part of the panel will introduce the Working on Empty film teaser (about 11’ in length) and allow for discussion of the Healthy Work Campaign including the film Working on Empty.