

FOR IMMEDIATE RELEASE: SEPTEMBER 7, 2021

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Healthy Work Campaign launches Healthy Work Survey for Organizations

Los Angeles, California:

This week, the [Healthy Work Campaign](#) – a project of the [Center for Social Epidemiology](#) – is proud to announce that the online Healthy Work Survey (HWS) for organizations, including special content for [Employers](#) and [Unions/Worker Advocates](#), is now available at our website, [healthywork.org](#). The HWS for organizations [measures work stressors](#) (sources of stress at work, also called psychosocial hazards), including high job demands/workload, long work hours, low job control, supervisor/coworker support, work-family conflict, bullying, harassment, non-standard employment, health and safety climate, and rewards.

These stressors are causes of many common mental and physical health problems such as anxiety, burnout, depression, high blood pressure and heart attacks. These major epidemics related to working conditions – in addition to the human suffering and loss of life they cause – [cost businesses and society billions of dollars in lost productivity](#). Preventing stressors at work could help to reduce these economic and human costs.

The HWS is free, takes about 20 minutes for individuals to complete, and is anonymous and confidential. After completion, a free, confidential report of personal results can be emailed directly to each participant (if they choose) and an aggregate/group-level report (without any identifiers) will be generated for the organization. The report shows how the results for your organization compare to scores on the same major work stressors in a large, [national U.S. population survey](#).

This project has been two years in the making, and is the result of a collaboration of university researchers and occupational health and safety [experts](#) with funding from the non-profit Center for Social Epidemiology, a 501(c)(3). The new survey for organizations is the follow-up to the previously released [HWS for individuals](#) posted online in January 2021.

To request access to the HWS for your organization, click [HERE](#).

Why do we need the HWS survey?

- [Work is the 2nd highest rated source of stress \(after money\).](#)
- [People working 11+ hours per day are 2 ½ times more likely to experience depression than those working 7-8 hours.](#)
- [Low job control increases mortality \(the death rate\) by almost 45%.](#)
- [10 to 20% of all CVD deaths among the working age population can be attributed to work.](#)
- [Over 120,000 deaths per year and 5-8% of U.S. health care costs are related to work stress.](#)

While many of us know when we are stressed at work or that our work is stressful, some features of the workplace can cause chronic stress that we may be unaware of. While stress is a natural response to real or perceived threats, chronic stress has been found to arise from particular kinds of “psychosocial hazards” in the workplace. So while “stress at work” seems commonplace, it doesn’t have to be that way.

If you walk into the same toxic work environment day after day, practices such as meditation, yoga, and stress management classes to manage “symptoms,” will do little to prevent the long-term health effects of chronic work stressors. So the HWC equips individuals and organizations with ways to **improve work itself**.

How do we use the survey results to improve work?

The HWS is a tool to begin to open workplace communications, with all levels of an organization, about sources of stress at work that might be affecting health and well-being. Participation by employees in understanding the survey results is key to improving health and safety in the workplace.

Check out these free resources and tools provided by the HWC:

- [Healthy Work Tools - For Employers, For Unions and For Individuals](#)
- [Healthy Work Strategies](#) - short reports giving examples of how various organizations have improved the organization of work to reduce work stressors. These examples include workplace research studies, workplace policies/programs, contract language, regulations and laws to make work and workers healthier.

If you have any questions or comments, please email us at contact@healthywork.org.

The Healthy Work Campaign is a project of the [Center for Social Epidemiology](#), a California-based non-profit organization founded in 1988 and [NIOSH *Total Worker Health*® Affiliate](#), which disseminates epidemiological research on the effects of work-related stress on mental health and cardiovascular disease in the U.S., and promotes public health efforts to prevent work stress-related health consequences.

Visit HealthyWork.org for more info about the campaign and how to make a difference right where you are. You can also find [the team](#) and survey contributors [BongKyoo Choi](#), [Marnie Dobson](#), and [Peter Schnall](#) on [Twitter](#), [Facebook](#), [LinkedIn](#), and [MailChimp](#) for comments.