

Cancer Prevention in the Workplace

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A CDC PREVENTION RESEARCH CENTER



Disclosures

No personal financial relationships with commercial interests relevant to this presentation during the past 12 months.



Why workplace?



Strategies



Challenges



Why Workplace?



The case for cancer prevention in the workplace

Most adults spend most days working

Health behavior happens—or doesn't—while working

Evidence-based strategies can help us:

- Access preventive care

- Eat better

- Move more

- Stop smoking



Small businesses: high need, limited access

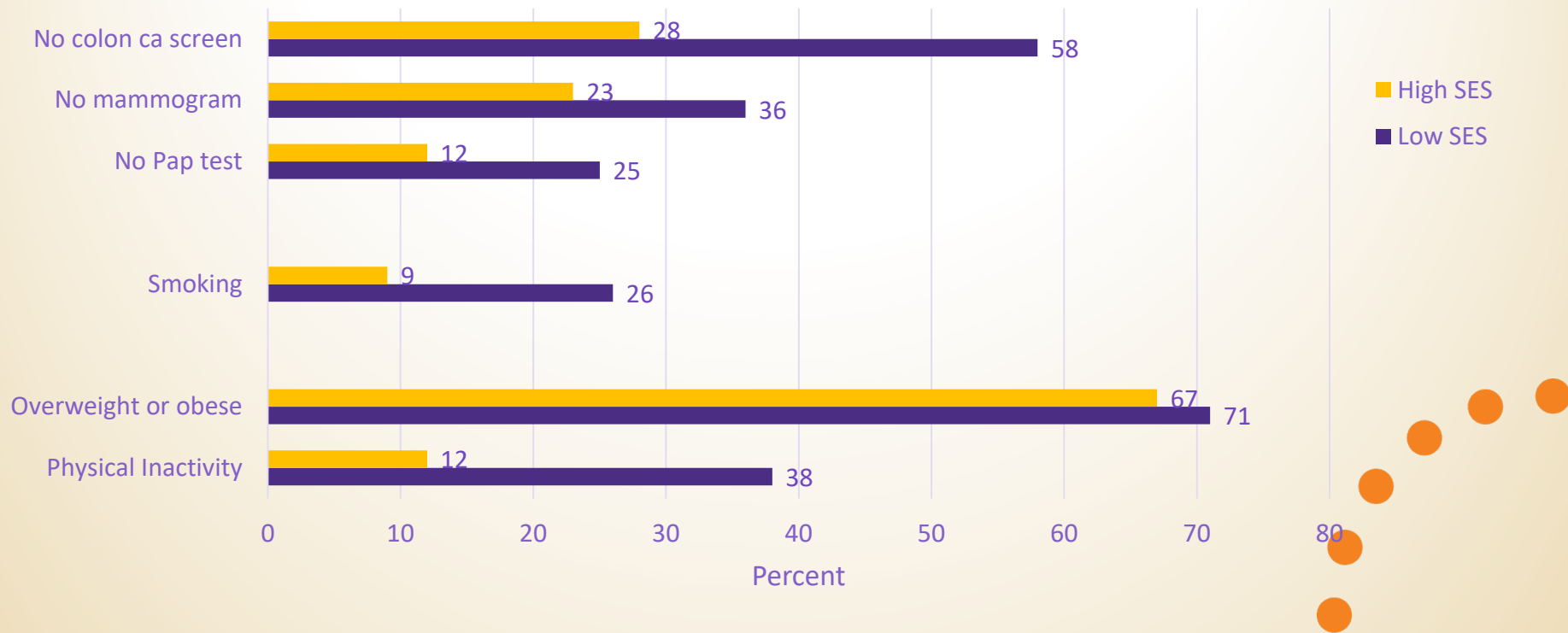
Nearly half of all US employees work for small businesses

Employees in small businesses are more at-risk for health disparities

Small businesses have less funding and internal capacity for wellness



Employees in low-wage industries at increased risk



Strategies for Workplace Cancer Prevention



Two ways to intervene

Workplace as channel

- Offer employees information or programs through their workplace
- Very common workplace wellness strategy

Workplace as target

- Change the workplace
- Policies that make healthy choices easier
- Environment that supports health and well-being

These are not mutually exclusive



Workplace cancer prevention intervention examples



Change policy
and
environment
to make
healthy
choices easier

Offer
information,
programs,
and tools

Connect
employees
with free
resources



Connect to Wellness

Who is it for?

Small worksites (20 – 250 employees)

Low-wage industries, tested in rural and urban areas

What behaviors does it address?

Cancer screening, healthy eating, physical activity, tobacco use, stress reduction, vaccine education



Evidence-based interventions (EBIs)

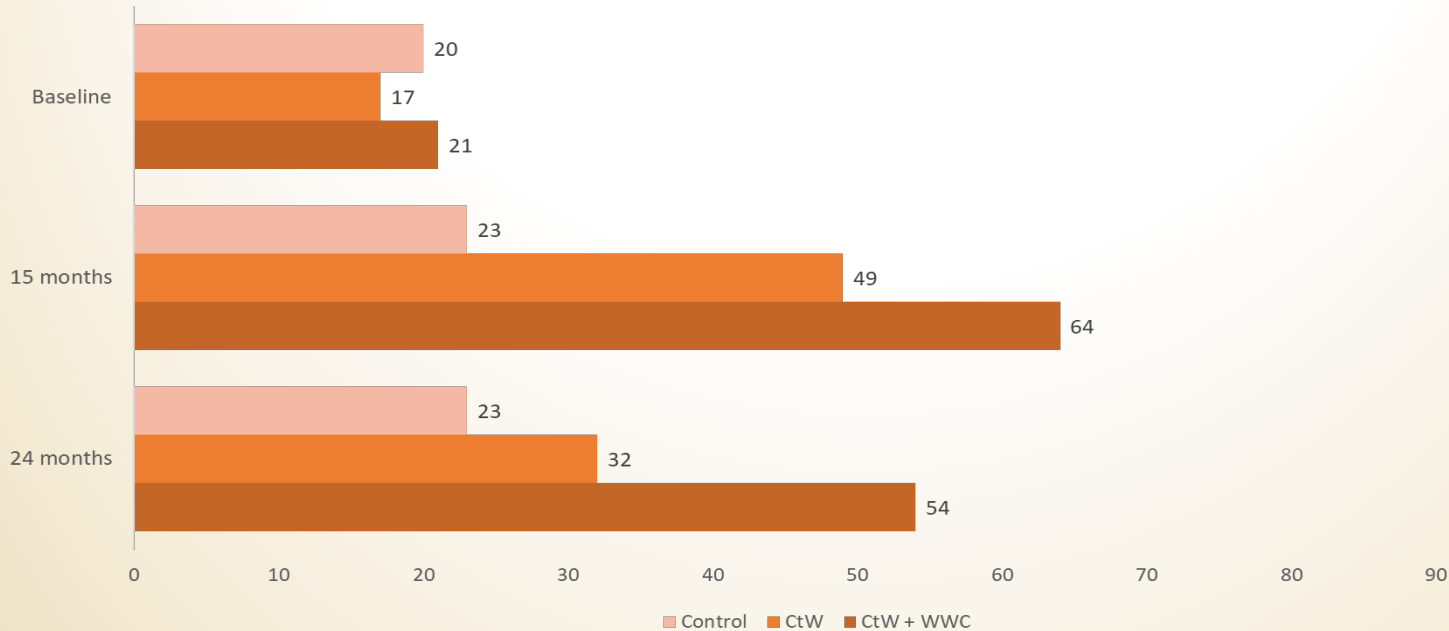
Connect to Wellness includes EBIs recommended by the CDC Guide to Community Preventive Services

Interventionist support and toolkits for EBIs make these approaches more concrete, and easier to implement



Connect to Wellness helps employers implement EBIs

Three-arm trial comparing a Control group, Connect to Wellness, and Connect to Wellness + Wellness Committee



Connect to Wellness with LHDs

LHDs reached 39 worksites, 7,000+ employees

Worksites adopted new best practices

Our team met TA requests and needs

Training, TA, and materials were free



A close-up, low-angle shot of a person's legs and feet as they run up a set of concrete stairs. The person is wearing bright orange and grey athletic sneakers with white soles. The stairs are made of dark, textured concrete. A semi-transparent grey overlay covers the right side of the image, featuring the word "Challenges" in white text with a yellow underline.

Challenges

Challenges during (and likely following) COVID-19

Everyone (employers and LHDs) has lost staff

Funding priorities change, don't always address workplace

Increased interest in mental health support, especially stress

Telework and implications for workplace interventions



Funding acknowledgments

These studies were supported by the National Cancer Institute (R01CA16017) and contracts with the Washington State Department of Health.

Additional support was provided by Cooperative Agreement Numbers U48DP005013 & U48DP006398 from the Centers for Disease Control and Prevention (CDC) Prevention Research Centers Program, through the University of Washington Health Promotion Research Center. The contents of this work are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



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Connect to Wellness and other workplace research

Health Promotion Research Center at the University of Washington

<https://depts.washington.edu/hprc/evidence-based-programs/connect-to-wellness/>