

## What are our priorities?

The National Institute for Occupational Safety and Health (NIOSH) Healthy Work Design and Well-Being Program seeks to improve the design of work, work environments, and management practices in order to advance worker safety, health, and well-being. The program works with partners in industry, labor, trade associations, professional organizations, and academia to accomplish its goals. Current priorities include:

- Improving the [organization of work](#) in order to reduce job stress.
- Advancing the safety and health of workers in non-standard work arrangements, such as temporary agency, contract, and gig arrangements.
- Protecting workers from the adverse health and safety consequences of shift work, long work hour schedules, and other factors that contribute to work-related fatigue.

## What do we do?

- Explore the safety and health effects of work organization and the external factors (including legal, technological, and economic) that influence how work is organized.
- Identify the economic factors that affect worker safety, health, and well-being.
- Design workplace interventions that minimize the harmful physical and emotional responses that occur when job demands cannot be met (also known as job stress).
- Focus research on the association between work arrangements and worker stress, health, and health-related quality of life (HRQL).
- Identify cost-effective interventions that can be implemented by organizations and society overall to reduce the adverse impact of work arrangement-related stressors.
- Promote evidence-based, comprehensive approaches to advance worker well-being, including [Total Worker Health](#)<sup>®</sup>.

## What have we accomplished?

- Convened the [2018 International Symposium to Advance Total Worker Health](#)<sup>®</sup>, which featured more than 100 presentations and workshops examining opportunities to improve the safety of work and enhance the health and well-being of the workforce.
- Hosted webinars addressing the health and safety effects of [nonstandard work arrangements](#), [human fatigue factors](#), [hours of work and sleep](#), and [interventions for aging workers](#).
- Published studies on [work arrangements](#), [job stress](#), and [HRQL](#) and [the impact of parental access to paid sick leave and children's access to](#) [and use of healthcare services](#).
- Presented on HWD priorities, including the taxonomy and impact of work arrangements, at national and international conferences (e.g., [Work, Stress, and Health 2017](#); [State of the Science](#)) and received peer and stakeholder feedback.
- Organized a roundtable of academic faculty, practitioners, human resource and business managers, professional society leaders, and researchers to advance capacity building and workforce development in the area of [Total Worker Health](#)<sup>®</sup>.

## What's next?

- Collaborate with the American Psychological Association to publish an edited volume on integrative approaches to occupational safety, health, and well-being.
- Track changes in the organization of work and understand the impact those changes have on worker health, safety, and well-being using nationally representative [NIOSH Quality of WorkLife](#) survey data.
- Investigate the association between precarious employment and workplace mistreatment outcomes, including harassment and discrimination.
- Assess the impact of workplace injury on the use and cost of opioids.

## At-A-Glance

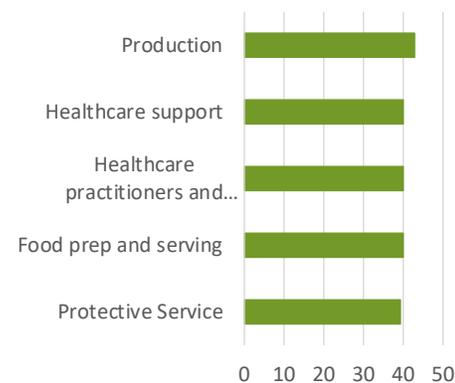
The NIOSH Healthy Work Design and Well-Being Program seeks to improve the design of work, work environments, management practices, and organizational policies in order to advance worker safety, health, and well-being. This snapshot shows recent accomplishments and upcoming work.

NIOSH [Total Worker Health](#)<sup>®</sup> [Affiliates](#) and [Centers of Excellence](#)



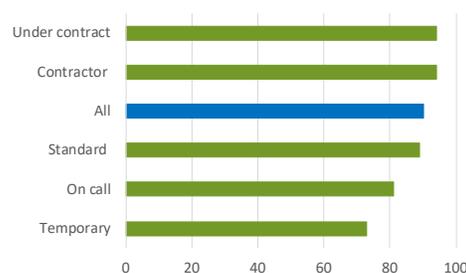
Six funded TWH Centers of Excellence and a network of 37 TWH affiliates advance research and practice of safer, healthier work.  
 Source: NIOSH program records. Partner names available at <http://www.cdc.gov/niosh/twh/partner.html>

Percent of employees with short sleep duration (<7 hours) from the top five affected occupations



Source: Behavioral Risk Factor Surveillance System, 2013-2014

Percent of workers in different arrangements who are satisfied with their jobs



Source: NIOSH Quality of WorkLife survey, 2002-2014

To learn more, visit  
<https://www.cdc.gov/niosh/programs/hwd/default.html>

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