

Diseases of Despair and the Workplace Hazard Prevention Frameworks

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CR Research/Consulting

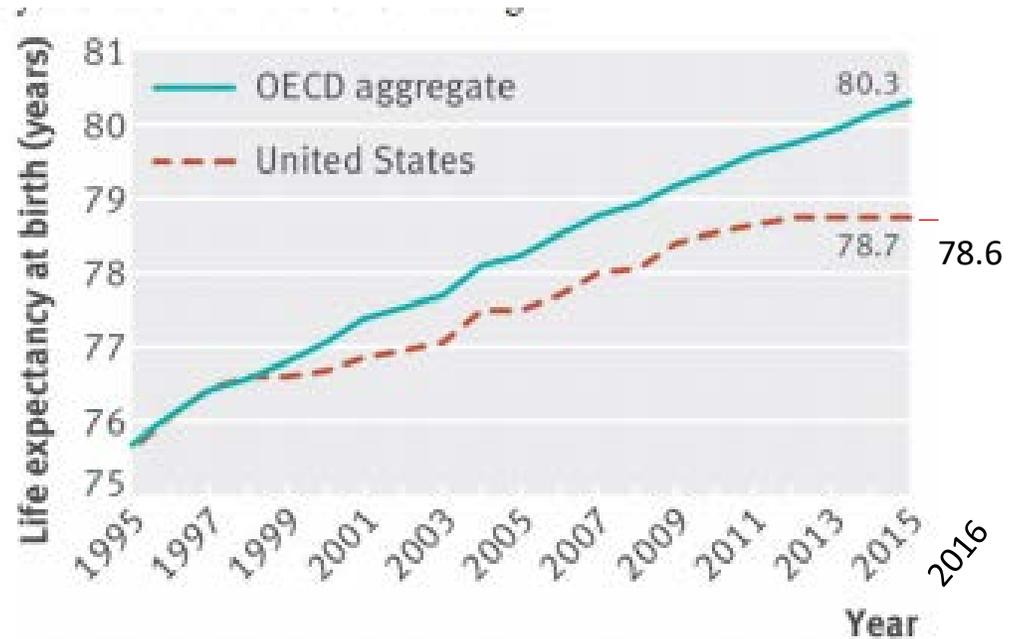
Spring 2019 NIEHS Worker Training Program and Steelworkers
Charitable and Educational Organization Workshop

May 15-16, 2019

Pittsburgh, Pennsylvania

Life Expectancy Continues to Decline

“The number of deaths from alcohol, drugs and suicide in 2017 hit the highest level since the collection of this type of federal mortality data started in 1999.” [NYTimes March 7, 2017](#)





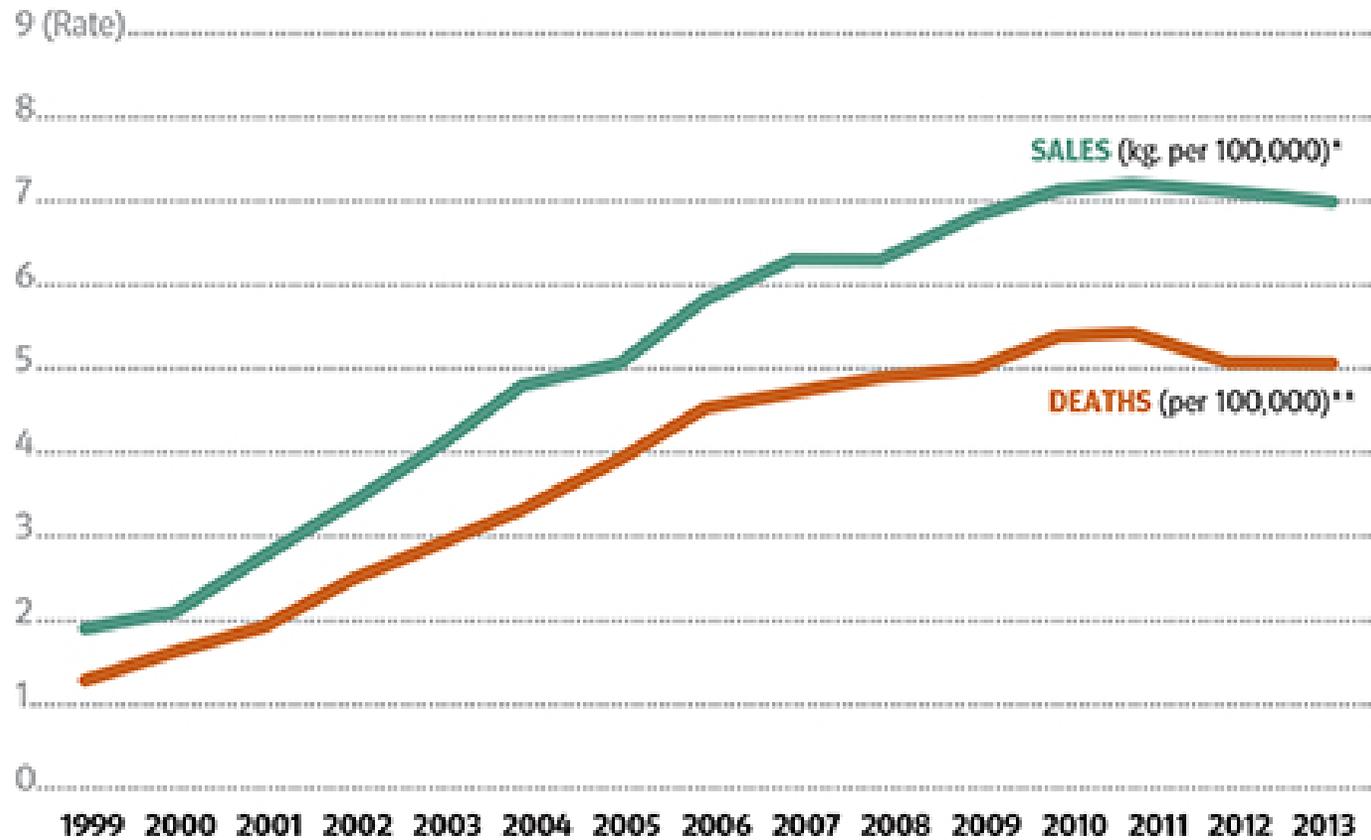






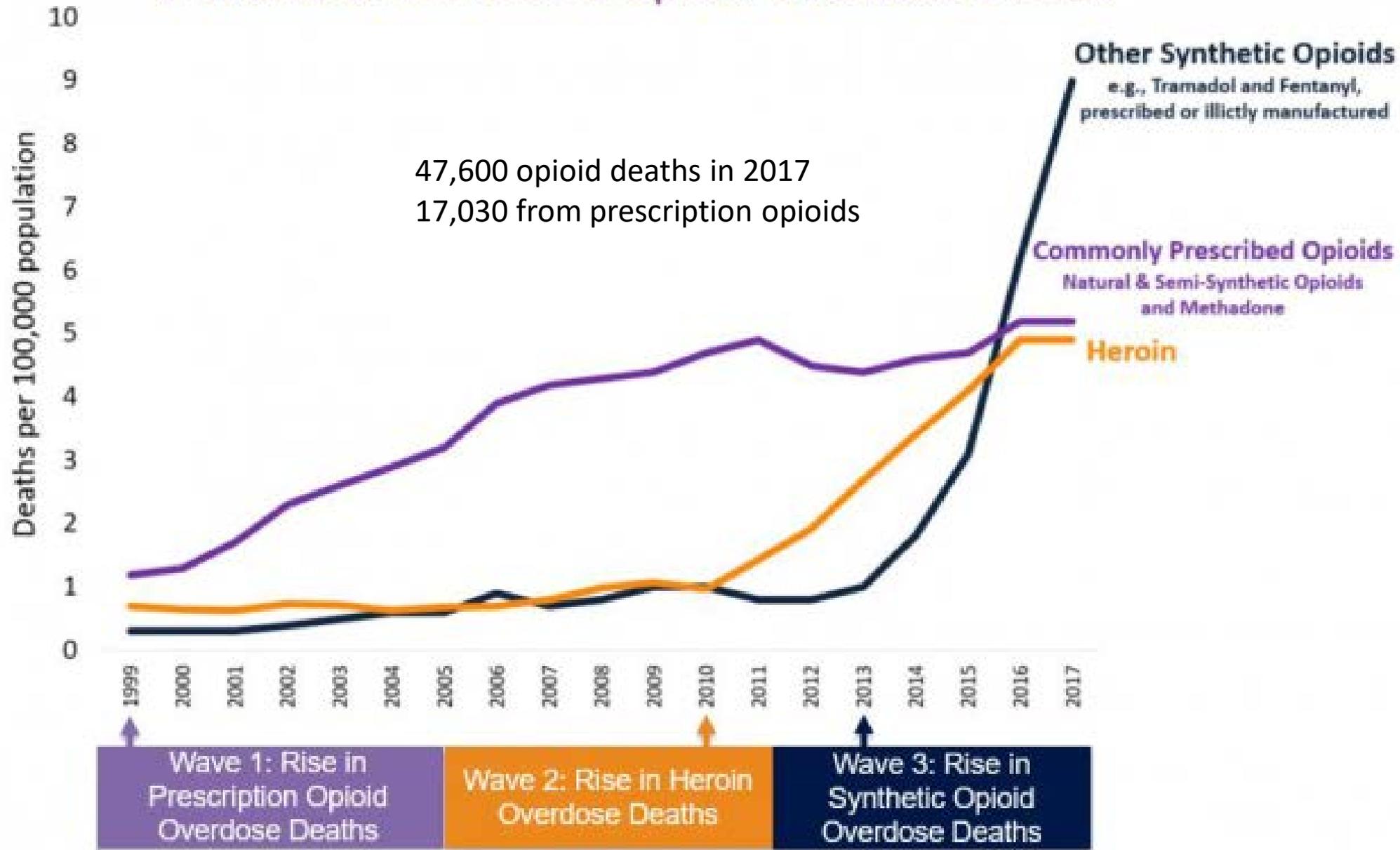
<https://unitehere.org/press-releases/california-passes-new-housekeeper-injury-rules/>

Prescription painkiller sales and death rates



Source: *Automation of Reports and Consolidated Orders System of the Drug Enforcement Administration (2012 data not available); **CDC, National Vital Statistics System mortality data, 2015

3 Waves of the Rise in Opioid Overdose Deaths





Donald J. Trump ✓

@realDonaldTrump



It is outrageous that Poisonous Synthetic Heroin Fentanyl comes pouring into the U.S. Postal System from China. We can, and must, END THIS NOW! The Senate should pass the STOP ACT – and firmly STOP this poison from killing our children and destroying our country. No more delay!

♥ 99.3K 1:14 PM - Aug 20, 2018



💬 42.9K people are talking about this



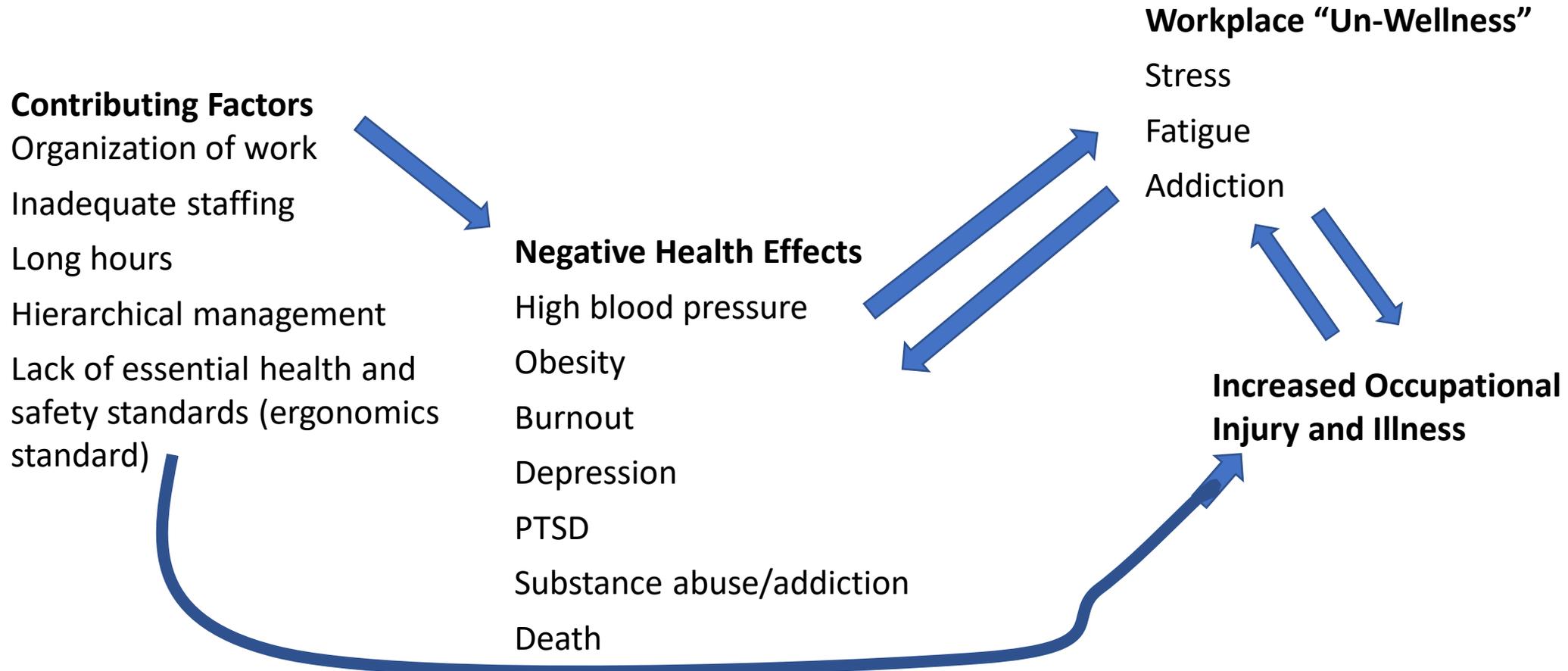
“We believe that **the United States** is the main cause of the problem of the abuse of fentanyl in the United States,” he said, citing weak enforcement and a culture of addiction.

*China Bans All Types of Fentanyl,
Cutting Supply of Deadly Drug to
U.S. and Fulfilling Pledge to Trump*



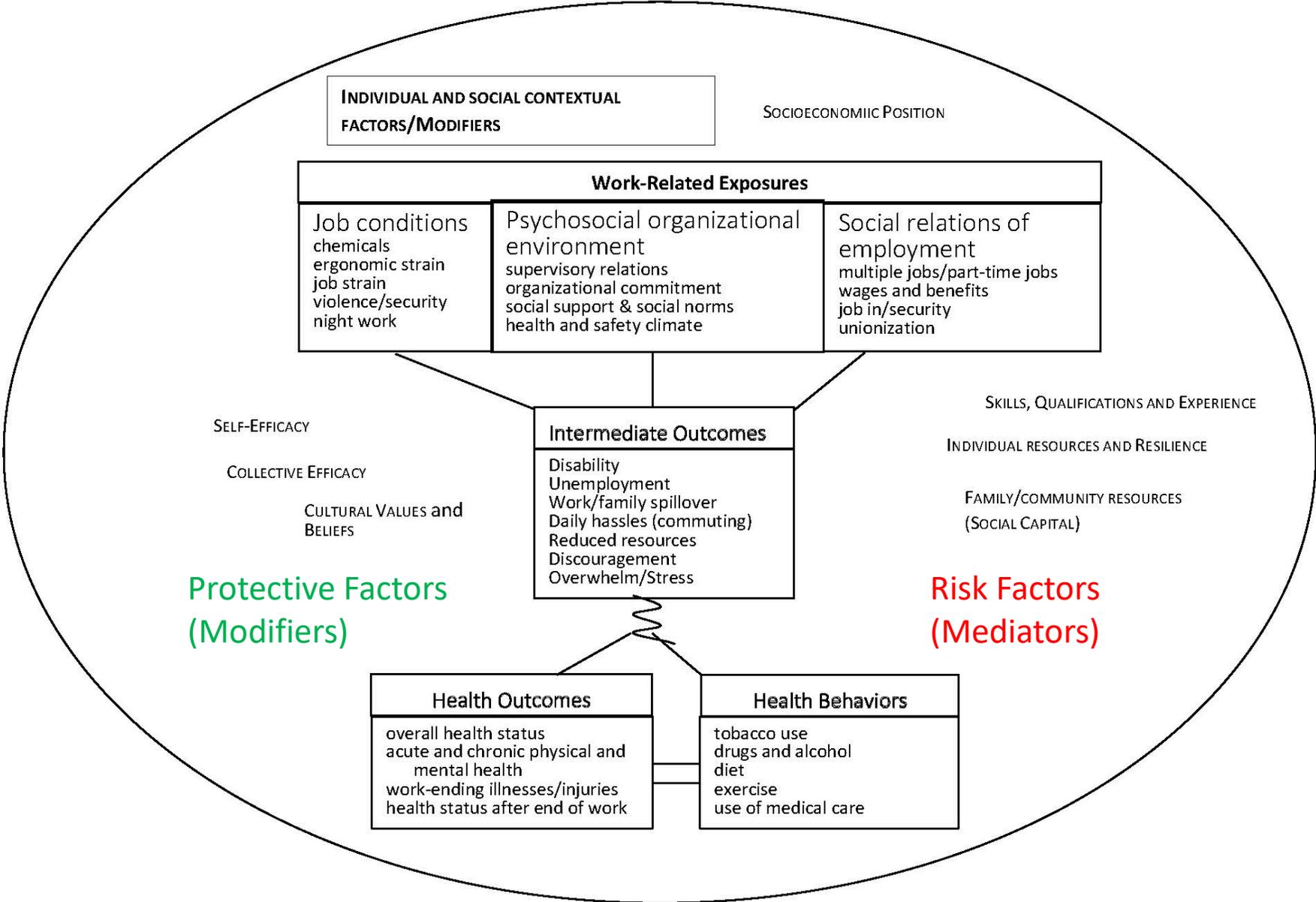
NYT 4/1/19

WTP Workshop Description – Model of UnWellness



Draft Conceptual Model of Work-Related Physical and Social Determinants of Health

Adapted from Eakin (1997) by Barbeau and Roelofs (2001) and by Roelofs (2017/18)



Change Matrix

	Knowledge	Norms/Attitudes (Culture)	Skills	Actions
Policy				
Community				
Organizational				
Interpersonal				
Intrapersonal				

- 1) the levels of influence on the outcomes of interest
- 2) the actors with power to influence the outcomes
- 3) the factors that might need to change to reduce risk factors

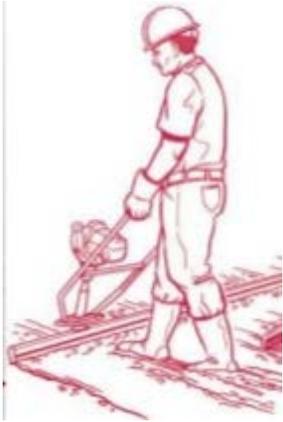
“safety efficacy” = knowledge, skills, and attitudes necessary to make and sustain positive change

Prevention Levels

- “Prevention at the Source”
- **Primary Prevention:** prevent hazards and/or risk of exposure to them
- **Secondary Prevention:** prevent exposures from turning into harmful outcomes; screening; reduce impact of injury
- **Tertiary Prevention:** prevent worse outcomes (harm reduction); coping; reversing



Preventing opioid use, addiction, and overdose among high risk worker groups: Opportunities for moving upstream



Primary <i>Before pain, injury & opioid use</i>	Secondary <i>Post (at) injury</i>	Tertiary <i>Post substance use disorder (SUD)</i>
Prevent pain & injuries	Appropriate and timely medical care/pain management	Access to SUD treatment and recovery support
Health and safety Committees/ Programs	Paid sick leave	Employee Assistance/Peer Support Programs
Healthy workplace culture	<i>Return to Work</i> accommodations	Overdose prevention training

Prevention Strategies:

- Prevent **acute** injury hazards: slips, trips and falls, violence, and motor vehicle accidents
- Prevent **chronic** injury hazards: overuse injuries/MSDs
- Prevent work stressors and adverse work organization factors¹
- Promote awareness of injury-addiction pathway
- Promote excellence in RTW/SAW and disability prevention
- Promote best practice medical/utilization management in health benefit plans
 - Prescription monitoring/restrictions
 - Non-opioid treatment first/alternative treatments for non-work injuries
 - Integrated mental/physical health
- Promote well-being through employer HR policies
 - Leave and flexibility
 - Safety culture/hazard reporting/non-retaliation policy
 - Drug-free and Recovery-Friendly Policies
 - EAPs/MAPs/Peer-Support
 - Reduce stigma and work consequences for seeking help
 - Healthy living/Health Promotion/Wellness values

¹ bullying, work/family conflict, productivity over safety, high demand/low control, understaffing, layoffs, independent contractor vs. employee, long work hours, shift work, piece work; working alone; job insecurity; seasonality; temporariness; cash/casual/day

Basic Worker Training
“Prevention Through
Empowerment”
Actions

*-- from Ironworkers Local 7
Opioid Awareness Training*

“Simple Steps” to Prevent Addiction

- Prevent injuries -- don't cut corners, speak up about hazards
- Question your doctor
 - No long term opioid prescriptions
 - No combined prescriptions (tranquilizers, muscle relaxants, painkillers)
 - Advocate for good care including non-opioid treatment
- Take care of your body and your head and your problems
- Help someone who may be struggling
- Reduce stigma



Interventions to Modify Work-Related Determinants of the Diseases of Despair

- Modifiable
- Significantly work-related
- Potent
- Feasible
- Effective

