



# MAINE CENTER for Public Health

TO: Maine Worksite Wellness Initiative (MWWI) 2009-10 members  
FR: R.H. Ross, convener  
DA: 23 November 2009  
RE: 2009-10 Meeting 2 (19 November 2009) at MCPH, Augusta ME

Members present: Algozzine, Bubar, Catlett, Chicowski, Downing, Ishkanian, Klane, Laliberte, Leonard, McPeck, Primmerman, Ross, Spaulding. (apologies for any unintended omission).

**1. Roundtable.** Del Leonard described the podcast interview on occupational health and OSHA he did for the Peter B. Collins show; go to [www.peterbcollins.com](http://www.peterbcollins.com), click "get podcast" in upper right corner, scroll down to #55, first half is with author Nomi Prins on the Wall street mess, second half is the interview with Dr. Adam Finkel and Del. Rita Bubar described. Rita Bubar, undaunted by the Convener's confusion, summarized the recent integration of primary care into Cianbro employee wellness; Cianbro (Rita) was recently awarded ACOEM's CHAA (<http://www.chaa.org/faq.htm>) for workplace safety and health. Bill Primmerman shared Somerset Heart Health's portable wellness kit, aka Wellness-in-a-Box, which he distributes among area employers, above all small employers. Bob Ross alerted people to the NIOSH Office of Extramural Programs webpage at <http://www.cdc.gov/niosh/oep/funding.html#res>, stressed that this was "our" page, invited close inspection, and noted the R21 announcement at <http://grants.nih.gov/grants/guide/pa-files/PAR-09-139.html> as a possible funded research opportunity to consider.

**2. Briefing:** Glorian Sorensen (<http://www.hsph.harvard.edu/faculty/glorian-sorensen/>) briefed the group with the "Scientific Basis for Integrated Workplace Programs" (21 slides) then took Q&A. Case in point:

Sorensen G, Barbeau EM, Stoddard AM, Hunt MK, Goldman R, Smith A, Brennan AA, Wallace L. Tools for health: the efficacy of a tailored intervention targeted for construction laborers. *Cancer Causes Control*. 2007 Feb;18(1):51-9. OBJECTIVES: Novel approaches to worksite health promotion are needed for high-risk workers who change job sites frequently, and thus may have limited access to worksite health promotion efforts. The objective of this study was to test a behavioral intervention among construction laborers. METHODS: Using a randomized-controlled design, we tested the efficacy of a tailored telephone-delivered and mailed intervention to promote smoking cessation and increased fruit and vegetable consumption (n = 582). RESULTS: At baseline, 40% of control group participants and 45% of intervention group participants reported using any tobacco in the last seven days. At final, 8% of baseline cigarette smokers in the control group had quit, compared to 19% in the intervention group (p = 0.03). In both groups, the mean consumption of fruits and vegetables at baseline was over five servings per day. At final, the intervention group had increased consumption by approximately one and one-half servings, compared to a slight decrease in consumption in the control group (p < 0.001). CONCLUSIONS: A tailored intervention can be efficacious in promoting tobacco use cessation and increased fruit and vegetable consumption among construction laborers, a high-risk, mobile workforce. PMID: 17186421 [PubMed - indexed for MEDLINE]

**3. Presentation:** Jonathan Klane presented and described the proposal for a book, which he will submit after Thanksgiving, that will make the case for Integrated Workplace Programs (OHS plus WHP), tentatively titled, "Why You Need to Integrate Your Wellness and OHS Programs Now!" Jonathan appreciated group members' offer to selectively review chapter drafts. Del Leonard commented on the proposal. Well done.

MWWI 2009-10. Briefing and Presentation list				
Meeting 3 at Cianbro	Briefing		Presentation	
	Briefer	Arranger	Presenter	Commenter
	7Jan10: Depression at work	Debra Lerner (yet unconfirmed)	R. Ross	John Bielecki et al