

Abstract

Translating CDSMP for use in the workplace: Results of the Live Healthy, Work Healthy Trial

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Depending on the chronic condition, 22-49% of employees experience difficulties meeting physical work demands, while 27-58% have problems meeting psychosocial work requirements. As a result, chronic disease management programs have become increasingly important in worksites. This presentation will share the results of a randomized, controlled trial of *Live Healthy, Work Healthy* (LHWH), a worksite chronic disease self-management program.

LHWH is a translation of the Chronic Disease Self-Management Program that has been adapted to fit the unique characteristics of work organizations. This translated program consists of 15 sessions over 8 weeks and was facilitated by trained lay leaders. 18 worksites were randomly assigned to 1) LHWH, 2) standard CDSMP (usual care) or 3) a no-intervention (control) groups. Data were collected pretest, posttest (6 mos.) and follow-up (12 mos.) using a delayed control group design. The primary outcomes measures were CVD and health risk, with secondary outcomes including patient-provider communication, quality of life, medical adherence and work performance.

Overall, participants were primarily female (86%), non-Hispanic white (65%) and obese (66%). 79% of participants reported at least one chronic condition with an average of 2.0 chronic conditions reported. Preliminary results indicated that LHWH program demonstrated positive changes in a variety of outcomes including decreases in total cholesterol ($u\Delta = -7.44$, $p < .05$), fatigue ($u\Delta = -1.82$, $p < .01$), stress ($u\Delta = -0.96$, $p < .05$) and mental work limitations ($u\Delta = -8.27$, $p < .05$). The translation of LHWH is a low cost and embeddable program that has the potential to improve the health and work life of employees.

Chronic disease management and prevention Implementation of health education strategies, interventions and programs

