Meta Analysis Workplace Wellness Programs

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Behavioral Science & Policy: Volume 1, Issue 1 - Craig Fox 2015-06-23
The success of nearly all public- and private- sector policies hinges on the behavior of individuals, groups, and organizations. Today, such behaviors are better understood than ever, thanks to a growing body of practical behavioral science research. However, policymakers often are unaware of behavioral science findings that may help them craft and execute more effective and efficient policies. The pages of this new journal will become a meeting ground: a place where scientists and non-scientists can encounter clearly described behavioral research that can be put into action. By design, the scope of BSP is broad, with topics spanning health care, financial decisionmaking, energy and the environment, education and culture, justice and ethics, and work place practices. Contributions will be made by researchers with expertise in psychology, sociology, law, behavioral economics, organization science, decision science, and marketing. The first issue includes articles that challenge assumptions that many people have about behavioral policy interventions. This includes the assumption that intuitions are a valid indication of policy effectiveness, the assumption that large effects require large interventions, the assumption that pre-selecting defaults is more coercive than forcing citizens to make a choice, and the assumption that the effectiveness of behavioral "nudges" requires that people not be informed about them. The journal is a key offering of the Behavioral Science & Policy Association in partnership with the Brookings Institution. The mission of BSPA is to foster dialog between social scientists, policymakers, and other practitioners in order to promote the application of rigorous empirical behavioral science in ways that serve the public interest. BSPA does not advance a particular agenda or political perspective. The first issue's contents follow.

The Handbook of Wellness Medicine - Waguih William IsHak 2020-08-20
This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

Handbook of Research on Individualism and Identity in the Globalized Digital Age - Topor, F. Sigmund 2016-08-15
Globalization has shifted perspectives on individualism and identity as cultural exchange occurs more rapidly in an age of heightened connectivity. As technology connects those around the world, it too helps to provoke a shift in the autonomy of individuals. The Handbook of Research on Individualism and Identity in the Globalized Digital Age is an essential resource for researchers, professionals, and graduate-level students. This book explores and explains how globalization has impacted humans with specific emphasis on education and human development. This research-based publication presents critical perspectives on universal changes that are occurring due to globalization.

Achieving Sustainable Workplace Wellbeing - Kevin Daniels 2022-08-27
In this groundbreaking interdisciplinary work, the authors focus on organizational analysis to understand workplace wellbeing, deviating from previous research that mostly looks at the individual worker or intervention. In addressing the question of why workplace health and wellbeing practices initiatives fall short of delivering sustained improvements in worker wellbeing, this book moves beyond localized explanations of the failure of specific interventions. Instead, it creates theoretical frameworks that explain how wellbeing at work can be improved and sustained. The authors use evidence from systematic and comprehensive surveys of the literature as well as new empirical research, and present an explanatory framework of the processes through which organizations change to implement and accommodate

workplace health and wellbeing practices. Learning, adaptation and continuation explain successful implementation of workplace health and wellbeing practices, while Gestalting, fracturing and grafting explain how organizations resolve or negotiate conflict between health and wellbeing practices and existing organizational procedures, systems and practices. In addition, the authors reflect on the implications for research of reframing the unit of analysis as the organization and how studies on workplace wellbeing practices can provide a conceptual platform for thinking about the way organizations can create social value in a broader sense. This book, authored by experts in their field, is a great resource for academics and professionals of organizational studies and of worker wellbeing across the social sciences, behavioural sciences, business and management courses, wellbeing research, and labour studies.

Understanding Barriers to Workplace Equality: A Focus on the Target's Perspective - Michelle K. Ryan 2020-08-07

Workplace Health Promotion - Danijela Gasevic 2022-02-10

Calling Bullshit - Carl T. Bergstrom 2020-08-04
Bullshit isn't what it used to be. Now, two science professors give us the tools to dismantle misinformation and think clearly in a world of fake news and bad data. "A modern classic . . . a straight-talking survival guide to the mean streets of a dying democracy and a global pandemic."—Wired Misinformation, disinformation, and fake news abound and it's increasingly difficult to know what's true. Our media environment has become hyperpartisan. Science is conducted by press release. Startup culture elevates bullshit to high art. We are fairly well equipped to spot the sort of old-school bullshit that is based in fancy rhetoric and weasel words, but most of us don't feel qualified to challenge the avalanche of new-school bullshit presented in the language of math, science, or statistics. In Calling Bullshit, Professors Carl Bergstrom and Jevin West give us a set of powerful tools to cut through the most intimidating data. You don't need a lot of technical expertise to call out problems with data. Are the numbers or results too good or too dramatic to be true? Is the claim comparing like with like? Is it confirming your personal bias? Drawing on a deep well of expertise in statistics and computational biology, Bergstrom and West exuberantly unpack examples of selection bias and muddled data visualization, distinguish between correlation and causation, and examine the susceptibility of science to modern bullshit. We have always needed people who call bullshit when necessary, whether within a circle of friends, a community of scholars, or the citizenry of a nation. Now that bullshit has evolved, we need to relearn the art of skepticism.

Behavioral Health - Len Sperry 2013-07-24
In this age of accountability, and irrespective of whether they work in health-care settings or conventional mental health settings, all therapists will be increasingly expected to provide effective psychosocial treatment to individuals and families who face co-morbid medical conditions. Statistics these conditions are daunting: 75 percent of adults over age 65 and 50 percent of Americans constantly experience chronic medical symptoms, and prevalence rates of chronic medical conditions that are more than three times higher than mental illness. While it can be helpful to conceptualize treatment in terms of individual dynamics and utilize cognitive behavioral strategies, it can be much more effective to conceptualize family

as well as individual dynamics and to utilize systemic interventions when indicated. Effective Treatment of Individuals and Families Facing Medical Conditions addresses the need for these types of interventions. It provides background information on 12 common medical conditions, and includes discussions of family dynamics as well as medical and psychosocial treatments. While recognizing the role of personality, culture, and illness dynamics, it emphasizes the centrality of family dynamics in conceptualizing and implementing interventions.

Handbook of Research on Higher Education in the MENA Region: Policy and Practice - Baporikar, Neeta 2014-06-30
"This book examines the need for a paradigm shift in the area of post-secondary education and innovation in the emerging, yet relatively understudied, MENA region"--Provided by publisher.

Creating Psychologically Healthy Workplaces - Ronald J. Burke
Workplaces can often be sources of stress, interfering with both job satisfaction and performance. This book explores ways to combat the factors contributing to an unhealthy workplace by building on the advances in positive psychology and organizational scholarship over the last 15 years.

Wellness for a Healthy Asia - Asian Development Bank 2021-10-01
The health and well-being of Asians took a battering during the coronavirus disease (COVID-19) pandemic. Wellness, or the active pursuit of activities for holistic health, is vital for a sound mind and body. As such, now is an opportune time to take stock of the current state of wellness and the wellness economy in Asia. Asians are blessed with rich wellness traditions they can leverage in their quest for mental and physical health. This timely book examines the key drivers of the demand for wellness in the region. It also sets out concrete policy options for promoting wellness among all Asians.

The SAGE Encyclopedia of Industrial and Organizational Psychology - Steven G. Rogelberg 2016-09-27
The well-received first edition of the Encyclopedia of Industrial and Organizational Psychology (2007, 2 vols) established itself in the academic library market as a landmark reference that presents a thorough overview of this cross-disciplinary field for students, researchers, and professionals in the areas of psychology, business, management, and human resources. Nearly ten years later, SAGE presents a thorough revision that both updates current entries and expands the overall coverage, adding approximately 200 new articles, expanding from two volumes to four. Examining key themes and topics from within this dynamic and expanding field of psychology, this work offers a truly cross-cultural and global perspective. 10 years later, this second edition presents a thorough revision that both updates current entries and expands overall coverage. Approximately 200 new articles have been added, expanding from two volumes to four. Authoritative reference work for psychology, business, management and human resources researchers.

Essentials of Occupational Health Psychology - Christopher J. L. Cunningham 2021-06-24
Essentials of Occupational Health Psychology provides a thorough overview of Occupational Health Psychology (OHP) with a focus on empowering readers to take appropriate and reasoned action to address a wide variety of worker health, safety, and well-being challenges that are present in working situations all over the world. Although relatively new as an area of specialization, OHP research and intervention efforts are already having major impacts on the way work is done around the world. Each of the twelve chapters in Essentials of Occupational Health Psychology addresses an essential aspect of OHP, with a consistent emphasis on putting what is known about that area into practice. Topics include essential background information regarding the history of OHP and major areas of OHP research and practice, such as work-related stress and recovery, psychological and physical demands and resources, interpersonal mistreatment, work and nonwork role dynamics, and safety. Each chapter features a discussion of why these topics are important to workers and organizations, as well as pertinent evaluation and/or intervention recommendations to help readers better understand what they can do to improve worker health, safety, and well-being, and how to convince others of the value of such efforts. Additional supplements within each chapter include a set of targeted learning objectives to help structure student reading and in-class discussion, focused discussion questions, pertinent media resources to provide current examples of these topics, and professional profiles based on interviews conducted by the authors with fourteen well-known and widely respected OHP researchers and practitioners. Essentials of Occupational Health Psychology is

valuable to graduate and advanced undergraduate students as well as working professionals who are interested in learning how to manage work environments that support worker health, safety, and well-being. The chapters in this text could also provide supplemental reading for training and development workshops for professionals in related disciplines who could benefit from a better understanding of the psychology associated with work experiences.

OECD Health Policy Studies Promoting Health and Well-being at Work Policy and Practices - OECD 2022-11-22
Policies to promote employee health and well-being not only protect from occupational risks, but also provide benefits for individuals and employers. Unhealthy lifestyles, characterised by high levels of stress, sedentary behaviour and poor eating habits, affect the health of employees and negatively impact workplace productivity.

Industrial/Organizational Psychology: An Applied Approach - Michael G. Aamodt 2022-03-08
Discover the importance of industrial and organizational psychology in everyday life with Aamodt's INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY: AN APPLIED APPROACH, 9E. This updated edition presents the latest developments and technology in use as the award-winning author balances recent research and proven theory with practical application. You master critical skills as you analyze in-depth topics such as interview survival, creating job descriptions, performance appraisals, the latest employment law, job satisfaction, work motivation and leadership. You also explore emerging topics such as gamification and the virtual workplace. This edition keeps your interest with humor, relevant case studies, real examples and a welcoming writing style. Innovative and up-to-date charts, tables and flowcharts reflect the latest statistics and developments in the field. In addition, meaningful exercises help you better understand today's complex industrial and organizational issues. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Evaluation of Health Promotion and Disease Prevention Programs - Richard A. Windsor 2015
Preceded by Evaluation of health promotion, health education, and disease prevention programs / Richard Windsor ... [et al.]. 3rd ed. c2004.

The Handbook of Health Behavior Change, 4th Edition - Kristin A. Riekert, PhD 2013-11-08
Choice Outstanding Academic Title! 4 Stars - Doody's! Praise for the Third Edition: "This work will be one that students and clinicians keep on their shelves as the gold-standard reference for health behavior change. Summing up: Essential" --Choice Substantially revised to reflect current trends in the field of health behavior change, this new edition of the highly acclaimed "gold standard" text continues to provide a comprehensive overview of behavior change as it relates to public health. It has been extensively reorganized to eliminate redundancies in the earlier edition, and takes a broader, more pragmatic approach in its coverage of health behavior change. New content includes chapters on lifestyle change and prevention and chronic disease management, with an intensive focus on specific behaviors (i.e. diet and nutrition, tobacco use) and chronic illness (i.e diabetes, heart disease). A new section on Community, System, and Provider Interventions to Support Health Behavior Change focuses on the efficacy of interventions implemented within various systems such as schools, workplaces, and health care systems. The fourth edition also provides learning objectives and discussion questions to facilitate use by course instructors in health psychology, behavioral medicine, and public health. This multidisciplinary text has been authored and edited by highly esteemed practitioners, educators, and researchers who are experts in their specific areas of study. The majority of the text continues to be organized around the specific behaviors and chronic illnesses with the most significant public health impacts in terms of morbidity and mortality. Each chapter explains the significance of a particular problem and reviews the empirical evidence for the various intervention approaches. New to the Fourth Edition: Extensively reorganized to eliminate redundancies Updated to encompass the most current research in health behavior change Includes new chapters on Alcohol, Stress and Mood Management, Diabetes, Obesity, The Workplace, Built Environment, and Behavior Data Focuses intensively on specific behaviors and chronic illnesses that significantly affect public health Includes a new section on Community, System, and Provider Interventions to Support Health Behavior Change Applicable to a wide variety of courses including public health, behavior change, preventive medicine, and health psychology Authored by leading researchers, educators,

and practitioners with a multidisciplinary focus Includes learning objectives and discussion questions

Handbook of Employee Selection - James L. Farr 2017-03-27
This second edition of the Handbook of Employee Selection has been revised and updated throughout to reflect current thinking on the state of science and practice in employee selection. In this volume, a diverse group of recognized scholars inside and outside the United States balance theory, research, and practice, often taking a global perspective. Divided into eight parts, chapters cover issues associated with measurement, such as validity and reliability, as well as practical concerns around the development of appropriate selection procedures and implementation of selection programs. Several chapters discuss the measurement of various constructs commonly used as predictors, and other chapters confront criterion measures that are used in test validation. Additional sections include chapters that focus on ethical and legal concerns and testing for certain types of jobs (e.g., blue collar jobs). The second edition features a new section on technology and employee selection. The Handbook of Employee Selection, Second Edition provides an indispensable reference for scholars, researchers, graduate students, and professionals in industrial and organizational psychology, human resource management, and related fields.

Health Psychology - Mel Reed & Bev Lloyd 2018-12-15
Health psychology is the study of psychological and behavioral processes in health, illness, and healthcare. It is concerned with understanding how psychological, behavioral, and cultural factors contribute to physical health and illness. Psychological factors can affect health directly. Health Psychology is concerned with understanding how biology, behavior, and social context influence health and illness. Health psychologists work alongside other medical professionals in clinical settings, work on behaviour change in public health promotion, teach at universities, and conduct research. For example, chronically occurring environmental stressors affecting the hypothalamic-pituitary-adrenal axis, cumulatively, can harm health. Health psychology also concerns itself with bettering the lives of individuals with terminal illness. When there is little hope of recovery, health psychologist therapists can improve the quality of life of the patient by helping the patient recover at least some of his or her psychological well-being. Health psychologists are also concerned with providing therapeutic services for the bereaved. The theoretical and conceptual input of the book in the health areas will prove quite beneficial for students and researchers whereas the ideas and research questions raised in the book will surely provoke the scientists for fulfilling heuristic function.

The Handbook of Stress and Health - Cary Cooper 2017-02-07
A comprehensive work that brings together and explores state-of-the-art research on the link between stress and health outcomes. Offers the most authoritative resource available, discussing a range of stress theories as well as theories on preventative stress management and how to enhance well-being Timely given that stress is linked to seven of the ten leading causes of death in developed nations, yet paradoxically successful adaptation to stress can enable individuals to flourish Contributors are an international panel of authoritative researchers and practitioners in the various specialty subjects addressed within the work

Fundamentals of Human Resource Management - Talya Bauer 2019-12-10
Fundamentals of Human Resource Management: People, Data, and Analytics provides a current, succinct, and interesting introduction to the world of HRM with a special emphasis on how data can help managers make better decisions about the people in their organizations. Authors Talya Bauer, Berrin Erdogan, David Caughlin, and Donald Truxillo use cutting-edge case studies and contemporary examples to illustrate key concepts and trends. A variety of exercises give students hands-on opportunities to practice their problem-solving, ethical decision-making, and data literacy skills. Non-HR majors and HR majors alike will learn best practices for managing talent in today's ever-evolving workplace.

Flourishing in Life, Work and Careers - Ronald J. Burke 2015-02-27
Happiness in one aspect of our life can positively impact our satisfaction within other domains of our life. The opposite also rings true. Today's generation of working people have often been called the generation who want it all. But can we really

The Wiley Blackwell Handbook of the Psychology of Occupational Safety and Workplace Health - Sharon Clarke 2015-09-23
A Wiley Blackwell Handbook of Organizational Psychology focusing on occupational safety and workplace health. The editors draw on their collective experience to present thematically structured material from leading thinkers and practitioners in the USA, Europe, and Asia Pacific Provides comprehensive coverage of the major contributions that psychology can make toward the improvement of workplace safety and employee health Equips those who need it most with cutting-edge research on key topics including wellbeing, safety culture, safety leadership, stress, bullying, workplace health promotion and proactivity

Human Resource Management - Talya Bauer 2018-11-29
Winner of the 2020 Most Promising New Textbook Award from the Textbook & Academic Authors Association (TAA) Human resources is rapidly evolving into a data-rich field but with big data comes big decisions. The best companies understand how to use data to make strategic workforce decisions and gain significant competitive advantage. Human Resource Management: People, Data, and Analytics introduces students to the fundamentals of talent management with integrated coverage of data analytics. Features tied to SHRM competencies and data exercises give students hands-on opportunities to practice the analytical and decision-making skills they need to excel in today's job market. Engaging examples illustrate key HRM concepts and theories, which brings many traditional HRM topics to life. Whether your students are future managers or future HR professionals, they will learn best practices for managing talent in the changing workplace. FREE POSTER: Am I Making a Good Human Resource Management Decision? A Complete Teaching & Learning Package SAGE Premium Video Included in the Interactive eBook! SAGE Premium Video tools and resources boost comprehension and bolster analysis. Videos featured include Inside HR interviews where students can hear how real companies are using HR to gain competitive advantage, as well as SHRM and TedTalk videos. Learn more. Interactive eBook Includes access to SAGE Premium Video, multimedia tools, and much more! Save when you bundle the interactive eBook with the print version. Order using bundle ISBN: 978-1-5443-6572-5. Learn more. SAGE coursepacks FREE! Easily import our quality instructor and student resource content into your school's learning management system (LMS) and save time. Learn more. SAGE edge FREE online resources for students that make learning easier. See how your students benefit.

EMPLOYEE ASSISTANCE PROGRAMS: Wellness/Enhancement Programming (4th Ed.) - Michael A. Richard 2014-05-14
This landmark text discusses current issues and trends to help employee assistance and human resource professionals do their jobs better and help people live happier, more productive lives by providing them with the resources to deal with personal problems. The current spiraling and escalating rate of change within the business and working world, fueled by other events and phenomena since September 11, 2001, were the impetus and driving force behind the initiative and development of this new fourth edition. This book contains 43 chapters; a total of 21 are from the first two editions, eleven were written specifically for the third edition, and eleven new chapters were exclusively written for this new fourth edition. While savoring the still pertinent, meaningful and relevant-to-today materials from the previous editions, there are nine new updates, written by an all-star team of experts in their respective areas. The topics include history and philosophy, structure and organization, client services and characteristics, program planning and evaluation, professional and paraprofessional training and development, special issues, selected examples and future directions. An excellent textbook for college and university courses and preparation source, this book is a must for professionals wanting to be up-to-date on employee assistance programming, for students in graduate courses and seminars, for college and university courses, and in-service training and continuing education programs.

Understanding and Managing the Complexity of Healthcare - William B. Rouse 2014-07-11
An argument that understanding healthcare delivery as a complex adaptive system will help us design a system that yields better health outcomes. Breakthroughs in medical science, innovations in medical technologies, and improvements in clinical practices occur today at an increasingly rapid rate. Yet because of a fragmented healthcare delivery system, many Americans are unable to benefit from these developments. How can we design a system that can provide high-quality, affordable healthcare for everyone? In this book, William Rouse and Nicoleta Serban introduce concepts, principles, models, and methods for understanding, and improving, healthcare delivery. Approaching the topic from the perspectives of engineering and statistics, they argue that understanding healthcare delivery as a complex

adaptive system will help us design a system that is more efficient, effective, and equitable. The authors use multilevel simulation models as a quantitative tool for evaluating alternate ways of organizing healthcare delivery. They employ this approach, for example, in their discussions of affordability, a prevention and wellness program, chronic disease management, and primary care accessibility for children in the Medicaid program. They also consider possible benefits from a range of technologies, including electronic health records and telemedicine; data mining as an alternative to randomized trials; conceptual and analytical methodologies that address the complexity of the healthcare system; and how these principles, models, and methods can enable transformational change.

Corporate Wellness Programs - Ronald J. Burke 2014-11-28
øCorporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

Workplace Wellness Programs Study - Soeren Mattke 2013
The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

International Review of Industrial and Organizational Psychology 2008 - Gerard P. Hodgkinson 2008-04-15
Now in its 23rd year, the International Review of Industrial and Organizational Psychology has attracted contributions from leading researchers and produced many citation classics. Each volume is a state-of-the-art overview of topics spanning the full spectrum of I/O psychology and 2008 is no exception. Areas covered include leadership development, the psychology of careers, employee recruitment, health promotion in the workplace, and politics at work. Each chapter is supported by a valuable bibliography. For advanced students, academics, researchers and professionals this remains the most current and authoritative guide to new developments and established knowledge in the field.

Healing Our Future - Andy Garman 2021-08-03
This book is a practical, evidence-based guide to seven key leadership disciplines that will help anyone working in healthcare to pursue brighter futures. In this book, Andrew Garman looks at the major changes facing healthcare organizations and the leadership competencies required to successfully meet those challenges. He explains how people become more effective leaders over time and what science tells us works best in making this happen. At the heart of this book are seven universal disciplines—values, health system literacy, self-development, relations, execution, boundary-spanning, and transformation—which Garman divides into "enabling" and "action" disciplines. The enabling disciplines encompass the foundational work that makes leadership efforts more effective: learning more about ourselves, deepening our understanding of the world around us, and taking care of ourselves. The action disciplines describe leadership in the context of getting the work done: setting and resetting direction, collaborating inside and outside our organizations, anticipating what's coming, and helping people prepare for it. Collectively, they form an evidence-based common language of leadership that readers can easily map to any model that their organization or profession may already be using. Each chapter provides a description of the discipline, illustrates why it is important, and offers specific advice on how to raise proficiency. Appendixes offer step-by-step guidance on recruiting and engaging good mentors, along with input on developing long-term and foresight skills.

Research Handbook on Work and Well-Being - Ronald J. Burke 2017-02-24
Almost every person works at some point in their lives. The Research Handbook on Work and Well-Being examines the association of particular work experiences with employee and organizational health and performance.

Obesity and Disease in an Interconnected World: A Systems Approach to Turn Huge Challenges into Amazing Opportunities - Judith Wylie-Rosett 2015-04-02
Globalization and economic progress has been accompanied with an increase in the incidence of obesity, cardiovascular disease and other non-communicable illnesses worldwide among populations in some

countries. Obesity and Disease examines how these rising epidemics of obesity and other lifestyle problems are changing health guidelines globally - from directing health care professionals on how to care for individuals to encouraging them to embrace the interconnected systems involved in chronic disease risk management, prevention and treatment. With a focus on systems, this reference serves as an excellent resource on how to develop a more comprehensive approach to population health. Starting with a systematic approach to health risk assessment in section one, followed by a targeted approach to risk reduction and prevention in section two, the eBook moves along seamlessly into section three calling for a shared responsibility toward strengthening health systems globally that can help determine and improve upon the health of individuals, and societies across the world. Obesity and Disease gives applicable concepts to readers in a multidisciplinary and collaborative approach to alter health systems and implement changes that promote health and wellness in the communities they serve and live in. The information and resources in this eBook also serve as a guideline for collaborations across professional associations with a goal of developing strategic plans to combat obesity and diabetes.

Managing and Evaluating Healthcare Intervention Programs - Ian Duncan, FSA, FIA, FCIA, MAAA 2014-01-20
Since its publication in 2008, Managing and Evaluating Healthcare Intervention Programs has become the premier textbook for actuaries and other healthcare professionals interested in the financial performance of healthcare interventions. The second edition updates the prior text with discussion of new programs and outcomes such as ACOs, Bundled Payments and Medication Management, together with new chapters that include Opportunity Analysis, Clinical Foundations, Measurement of Clinical Quality, and use of Propensity Matching.

Workplace Health - John Kerr 2020-11-25
Given the growing awareness of the negative effects of work-related stress, Many Businesses Are Focusing On Active Health Promotion To Enhance employee health, well-being and performance. This text aims to review the state of the art and offer ideas and suggestions for how stress-related employee health problems can be combated through the provision of effective fitness and exercise programmes.

Creating Healthy Workplaces - Professor Cary L Cooper CBE 2014-02-28
Creating Healthy Workplaces includes interventions that relate the efforts undertaken by researchers and organizations to reduce stress and improve the mental and physical health of employees through positive change initiatives. Those working in the field of occupational stress have received criticism that too much emphasis has been placed on negative issues and that positive initiatives have been largely ignored. This book delves into both the positive and the stress fields and compares the types of interventions each entail. Some of the interventions described target individuals and their attitudes and behaviours, others target workplace relationships, work units and the wider organization. Outcomes such as reduced occurrences of smoking, obesity, depression, elevated blood pressure, accidents and workplace injuries, absence and staff turnover are reported. The factors associated with the success of these interventions are identified and advice is given as to how you might proceed to develop worksite interventions of your own.

The Handbook of Health Behavior Change, Fifth Edition - Marisa E. Hilliard, PhD 2018-04-28
This revised and updated fifth edition of the highly acclaimed "gold standard" textbook continues to provide a foundational review of health behavior change theories, research methodologies, and intervention strategies across a range of populations, age groups, and health conditions. It examines numerous, complex, and often co-occurring factors that can both positively and negatively influence people's ability to change behaviors to enhance their health including intrapersonal, interpersonal, sociocultural, environmental, systems, and policy factors, in the context of leading theoretical frameworks. Beyond understanding predictors and barriers to achieving meaningful health behavior change, the Handbook provides an updated review of the evidence base for novel and well-supported behavioral interventions and offers recommendations for future research. New content includes chapters on Sun Protection, Interventions With the Family System, and the Role of Technology in Behavior Change. Throughout the textbook, updated reviews emphasize mobile health technologies and electronic health data capture and transmission and a focus on implementation science. And the fifth edition, like the previous edition, provides learning objectives to facilitate use by course instructors in health psychology, behavioral

medicine, and public health. The Handbook of Health Behavior Change, Fifth Edition, is a valuable resource for students at the graduate and advanced undergraduate level in the fields of public or population health, medicine, behavioral science, health communications, medical sociology and anthropology, preventive medicine, and health psychology. It also is a great reference for clinical investigators, behavioral and social scientists, and healthcare practitioners who grapple with the challenges of supporting individuals, families, and systems when trying to make impactful health behavior change. NEW TO THE FIFTH EDITION: Revised and updated to encompass the most current research and empirical evidence in health behavior change Includes new chapters on Sun Protection, Interventions With the Family System, and the Role of Technology in Behavior Change Increased focus on innovations in technology in relation to health behavior change research and interventions KEY FEATURES: The most comprehensive review of behavior change interventions Provides practical, empirically based information and tools for behavior change Focuses on robust behavior theories, multiple contexts of health behaviors, and the role of technology in health behavior change Applicable to a wide variety of courses including public health, behavior change, preventive medicine, and health psychology Organized to facilitate curriculum development and includes tools to assist course instructors, including learning objectives for each chapter

Workplace Wellness that Works - Laura Putnam 2015-06-08

A smarter framework for designing more effective workplacewellness programs Workplace Wellness That Works provides a freshperspective on how to promote employee well-being in the workplace.In addressing the interconnectivity between wellness andorganizational culture, this book shows you how to integratewellness into your existing employee development strategy in morecreative, humane, and effective ways. Based on the latest researchand backed by real-world examples and case studies, this guideprovides employers with the tools they need to start making adifference in their employees' health and happiness, and promotingan overall culture of well-being throughout the organization.You'll find concrete, actionable advice for tackling the massiveobstacle of behavioral change, and learn how to design andimplement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees theinspiration and tools they need to make changes in their lifestyleis a great idea. But the billion-dollar question is: what dothey want, what do they need, and how do we implement programs tohelp them without causing more harm than good? WorkplaceWellness That Works shows you how to assess your organization'sneeds and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organizationneeds Drive quantifiable change through more creativeimplementation Today's worksite wellness industry represents a miasma ofcompeting trends, making it nearly impossible to come away withtangible solutions for real-world implementation. Harnessing abroader learning and development framework, Workplace WellnessThat Works skips the fads and shows you how to design a smarterstrategy that truly makes a difference in employees'lives—and your company's bottom line.

Encyclopedia of Strategic Leadership and Management - Wang, Victor C. X. 2016-12-12

Strategic leadership techniques are the cornerstone to positive growth and prosperity within businesses and organizations. Implementing new management strategies and practices helps to ensure managers are optimizing their resources and driving innovation. The Encyclopedia of Strategic Leadership and Management investigates emergent administrative techniques and business practices being utilized within corporate and educational settings. Highlighting empirical research and best practices within the field, this encyclopedia will be an authoritative reference source for students, researchers, faculty, librarians, managers, and leaders across various disciplines and cultures.

Sleep and Health - Michael Grandner 2019-04-17

Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual, community and population levels, as well as a discussion of the implications for public health, public policy and interventions. Based on a firm foundation in many areas of sleep health research, this text further provides introductions to each sub-area of the field and a summary of the current research for each area. This book serves as a resource for those interested in learning about the growing field of sleep health research, including sections on social determinants, cardiovascular disease, cognitive functioning, health behavior theory, smoking, and more. Highlights the important role of sleep across a wide range of topic areas Addresses important topics such as sleep disparities, sleep and cardiometabolic disease risk, real-world effects of sleep deprivation, and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often-overlooked areas, serving as a helpful guide to all relevant information on this broad topic area

Creating Healthy Workplaces - Caroline Biron 2016-05-13

The contributions in Creating Healthy Workplaces include a number of interventions that relate the efforts undertaken by researchers and organizations together, to reduce stress and improve the mental and physical health of employees through positive change initiatives. Those working in the field of occupational stress have received criticism that too much emphasis has been placed on negative issues and that positive initiatives have been largely ignored. With the growing influence of the positive movement, this book explores the implications of using a positive approach as opposed to a stress management one and compares the types of interventions they each require. From a positive perspective, there is a need to understand the characteristics of healthy, thriving, and flourishing people and organizations. This book explores the implications of using a positive approach as opposed to a stress management one. Some of the interventions described in Creating Healthy Workplaces target individuals and their attitudes and behaviours, others target workplace relationships, work units and the wider organization. Outcomes such as reduced occurrences of smoking, obesity, depression, elevated blood pressure, accidents and workplace injuries, presenteeism, absence and staff turnover are reported. The factors associated with the success of these interventions are identified and advice is given as to how interested individuals and organizations might proceed to develop worksite interventions on their own.