

# WORK STRESSORS AND ILLNESS IN THE UNITED STATES: THE HEALTHY WORK CAMPAIGN



**Peter L. Schnall, MD, MPH**  
Healthy Work Campaign

February 28, 2024 | 10 - 11 AM HST | 12 - 1 PM PT

**Register:** [calaborlab.ucsf.edu/webinars](https://calaborlab.ucsf.edu/webinars)

## About the Webinar:

This webinar summarizes the role of work conditions in the causation of chronic mental and physical illness and describes the work stressors resulting from unhealthy working conditions. Dr. Schnall will present evidence for the role for work stressors in the etiology of hypertension and document their costs. He will also describe steps to prevent these outcomes, drawing from the findings of the Healthy Work Survey developed and utilized by the Healthy Work Campaign.

## Learning Objectives:

At the completion of this activity, the learner will be able to:

- Recognize the major sources of work-related stress that contribute to burn out and cardiovascular disease or its components
- Identify the intervention research models that have been successful in reducing workplace stressors and workplace illnesses
- Use the Healthy Work Survey and other tools to determine sources of stress that may contribute to chronic illness in the workplace

## Speaker:

Dr. Peter Schnall is the Co-Director of the Healthy Work Campaign, as well as the Founder and Director of the Center for Social Epidemiology. An internist and epidemiologist, Peter has been studying the impact of working conditions on the development of hypertension among workers for over 40 years, as well as promoting awareness of the important role psychosocial work stressors play in the development of chronic mental and physical illnesses.

*Total Worker Health*<sup>®</sup> is a registered trademark of the U.S. Department of Health and Human Services (HHS). Participation by the California Labor Laboratory does not imply endorsement by HHS, the Centers for Disease Control and Prevention, or the National Institute for Occupational Safety and Health.



A NIOSH Center of Excellence  
for *Total Worker Health*<sup>®</sup>