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Greetings!

About a year ago, you completed a survey either over the telephone or on the web with questions about your work and health. The survey is called The California Work and Health Survey (CWHHS). It was conducted by Davis Research on behalf of the California Labor Lab at the University of California.

Thank you for taking the time to answer the questionnaire! Your insights are helping us better understand how work and health are related in the current California labor market. This newsletter is to update you about our work and give some background on our team.

We look forward to sending you a short follow-up survey in early 2025. You will also receive a \$10 gift card for completing the follow-up survey. We appreciate your willingness to participate in this research.

To learn more about our center, please visit our website: <https://calaborlab.ucsf.edu>



From left to right: Nari Rhee, Ed Yelin, and Laura Trupin



From left to right: Trisha Iley, Ima Varghese Mac, and Alicia LaFrance

Meet the Team:

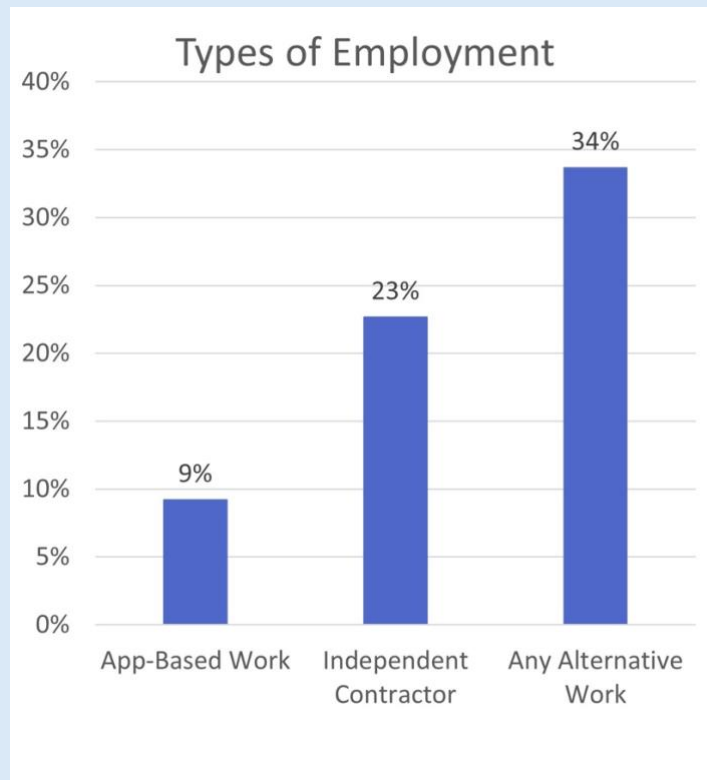
- **Ed Yelin, PhD**, Professor of Medicine and Health Policy at UCSF, is the Director of the CWHS and California Labor Laboratory. Dr. Yelin has been researching the interaction between work and health for more than four decades, focusing on how changes in employment and the economy have affected the working-age population. In his free time, he enjoys hiking, especially city walks, traveling, and following Bay Area sports teams.
- **Laura Trupin, MPH**, is a co-researcher on the CWHS and was the project director for the 1998-2000 California Work and Health Study. Throughout her career, her research has focused on the onset and outcomes of chronic illness related to occupational exposures and racial, ethnic, and socioeconomic disparities. When Ms. Trupin is not working, she enjoys dancing, hiking, and watching live performances.
- **Nari Rhee, PhD**, is a co-researcher on the CWHS and director of the Retirement Security Program at the UC Berkeley Labor Center. Her current research focuses on the retirement crisis facing California and the U.S. Dr. Rhee has written on a wide range of issues related to pensions and retirement security, and her analyses have influenced policy debates at the state and national levels.
- **Alicia LaFrance (she/hers), MPH, MSW**, is a research analyst with the California Labor Laboratory and played a vital role in developing the CWHS. Alicia brings prior experience as a clinical social worker at UCSF Benioff Children's Hospital and researcher with UCSF HealthForce Center. In her personal time, Alicia enjoys reading, participating in athletics, traveling, and cheering on the Golden State Warriors.
- **Trisha Iley** joined the survey team as a Research Analyst in January 2023. She processes the CWHS's raw survey responses into a dataset that other researchers can analyze. In her free time, Trisha can often be found dancing, bike riding, or hiking around the Bay Area.
- **Ima Varghese Mac (she/hers)** is a research analyst at the California Labor Laboratory, initially joining the team in the summer of 2022 as a student intern. Ima previously worked on the development of the CWHS and spends much of her time dedicated to the outreach projects at the Lab. She enjoys knitting, reading autobiographies, and taking dance classes when she's not working.

Project Snapshots:

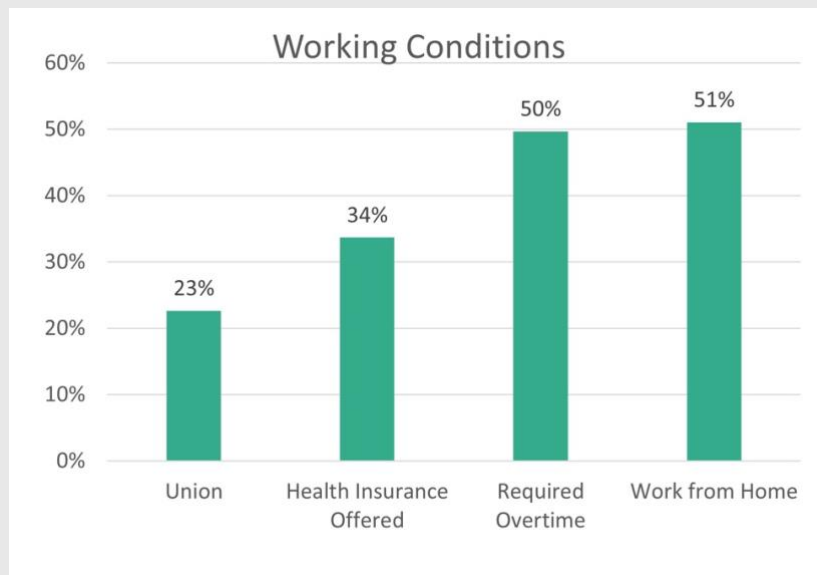
Our team will use the data collected from the CWHS to evaluate the relationship between non-standard work, including independent contracting and app-based work, and health. The CWHS data has also been shared with other researchers focused on understanding and improving worker health.

Preliminary Findings:

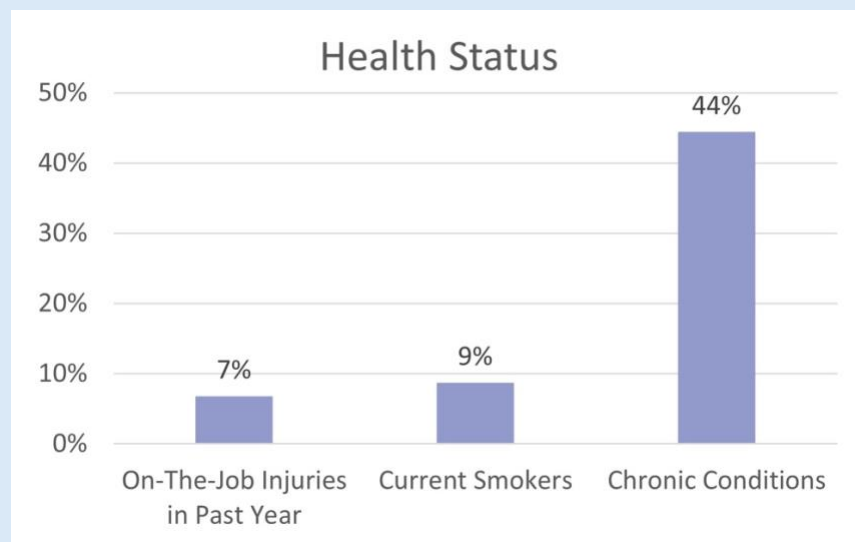
Davis Research collected a grand total of **4,014 responses** to the CWHS, including yours! This section of the newsletter will present a summary of what we have learned so far. Out of the 4,014 respondents, 3,111 were employed in the month before the survey. About 15% of respondents worked more than one job.



Here, you can see a chart of the proportion of survey respondents who fall into various categories of alternative work. The most common categories of alternative work are independent contractors and app-based workers (such as rideshare, delivery, or odd jobs). Other types of alternative work include working for temporary agencies, subcontracted workers, and on-call workers.



This graph shows the frequency of a few working conditions among employed respondents. Less than a quarter of respondents have a union in their workplace, and only one-third can get health insurance through their work. Half of all respondents are required to put in overtime, and the same proportion work from home some or all the time. Taken together, your responses demonstrate that modern California workers face diverse and challenging workplace conditions.



This graph highlights the proportion of respondents who have important health characteristics. We found that 6% of respondents had an on-the-job injury in the past year. We also found that almost half of all respondents (44%) have a chronic medical condition. This includes conditions such as back problems, hypertension, diabetes, arthritis, and more. Of respondents with at least one chronic condition, 22% are prevented from working by their condition.

Additional CWHs Projects:

1. An Investigation of Factors Driving Health Disparities for Marginalized Workers in California led by Ashley Membere, PhD, California State University, Dominguez Hills.

This study will investigate the effect on physical and mental health outcomes based on the employment arrangements for Californian workers, with a focus on underrepresented racial and ethnic groups, women, and older workers.

2. Disparities in Work Related Injuries and Workers' Compensation led by Jane Fazio, MD, University of California, Los Angeles.

Dr. Fazio will research work-related injury rates and associated workers' compensation access by ethnicity and immigrant status.

3. Total Workers Health: The Joint Interaction Between Housing and Employment Instability in California's Workforce led by Cindy Calderon, University of California, Berkeley.

In this study, Ms. Calderon aims to determine the prevalence of workplace injuries, stress, poor health, and well-being in California adults experiencing housing and/or employment instability.

4. Precarious Employment as a Contributor to Poor Physical and Mental Health Among California Immigrants by Sarah Beth Stein, University of California, Los Angeles.

Ms. Stein will research the relationship between precarious employment and health among California workers born outside of the U.S.

About The California Labor Lab:

The California Labor Lab is a collaboration among researchers at UCSF, UC Berkeley, and the California Department of Public Health. The Lab is housed at the Philip R Lee Institute for Health Policy Studies at UCSF. Our mission is to extend the pursuit of health and safety for workers in traditional employment to those in a wide range of alternative arrangements in partnership with affected communities.

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