



## **How are Social Stressors at Work Related to Well-Being and Health?**

An investigation of hundreds of studies around the globe shows that work stressors are significantly associated with poor well-being (physical, mental, burnout), non-productive work behavior (absenteeism, turnover intention, performance), and poor attitude (commitment, job satisfaction).

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## **Long Working Hours are Bad for the Heart**

A WHO study finds employees who work more than 55 hours per week are at an increased risk of cardiovascular disease compared to employees who work 35-40 hours. The risk of stroke was increased by 35%, and the risk of heart disease was increased by 17%.

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## **Study Uncovers Demographic Differences in Experiencing Health Care Disruptions Due to COVID-19**

Accessing care during the pandemic was harder for some than for others across demographic characteristics – 4-6% harder for those in fair or poor health, 4% harder for those with a work-limiting disability, and 2-4% harder for those over age 55.

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### **Involving Physiotherapists Early in Back Pain Care May Reduce Lost Work Time**

Workers in Poland who were directed to a physiotherapist who provided education and a self-exercise plan instead of a doctor for their first appointment took about a fifth of the number of sick days off. Those who saw a physiotherapist took a little bit over half a sick day (.66) while those who saw a doctor took an average of 3.3 sick days off.

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### **Intention of Going to Work with COVID-19 More Common in Certain Socioeconomic Groups**

Over one-third of employees report that they would still need to go to work even if they felt a little sick from COVID-19 due to financial concerns. These employees are more likely to work in sales or services, be younger, have lower income, not have health insurance, be worried about securing food, and not have children in their household. Employees who experience food insecurity were three times more likely to report intended COVID-19 presenteeism.

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### **Healthcare Industry Was Most Impacted by COVID-19 Workers' Compensation Claims**

Among COVID-19 related workers' compensation claims in Midwestern states, the vast majority submitted and accepted were from healthcare workers (84%) who were more likely to be female, younger, and living in a state where COVID-19 infections are presumed to be work-related.

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## **A Look into the Productivity Burden of Chronic Obstructive Pulmonary Disease**

About 6 million workers are estimated to have chronic obstructive pulmonary disease (COPD). Employees with COPD who are older than 65, female, White, uninsured, and who use tobacco are more likely to spend time away from work. Those working in the utility industry have the highest odds of reporting lost workdays out of any industry.

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## **Women's Health: Several Occupations Associated with Poor Cardiovascular Health**

More than 20% of women working as nursing, psychiatric, and home health aides had poor cardiovascular health – outpacing women in any other occupation.

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### **Upcoming Events**

June 23, 2021: [IBI/PBGH Virtual Event: Information or Overload? Meaningful Employer Data](#)

July 8, 2021: [What Just Happened?! Measuring the Results of Health and Productivity Efforts During COVID-19](#)

October 5-6, 2021: [IBI/Conference Board Health and Productivity Forum](#)

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