

Center for Health, Work & Environment
colorado school of public health

Environmental & Occupational Health
colorado school of public health

Certificate in Total Worker Health[®]

Student handbook

Updated October 5, 2018

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Program Summary

The workplace is a major determinant of health. All workers have a right to a workplace that is not only safe, but that can help them achieve health and well-being. The Online Certificate in Total Worker Health® (TWH) offered by the Department of Environmental and Occupational Health at the Colorado School of Public Health and the University of Colorado Denver is tailored to serve both current public health students and new and mid-career professionals who share this vision.

What is Total Worker Health?

Total Worker Health (TWH) is defined as policies, programs, and practices that integrate protection from work-related safety and health hazards with promotion of injury and illness prevention efforts to advance worker well-being.

This certificate was developed and is directed by faculty from the Center for Health, Work & Environment, a Total Worker Health Center of Excellence. One of six centers of its kind supported by the National Institute for Occupational Safety and Health.

This certificate is for professionals wanting to expand their knowledge, skills, and practice in promoting workplace health, safety and well-being through work-based interventions applying a TWH approach. This exciting, emerging field has revolutionized how employers and employees approach health, safety, and well-being.

This certificate will prepare professionals with skills to assess workplaces and worker risks and needs; serve as consultants; to design, develop, and apply best practices, approaches and interventions; and to collaborate with key stakeholder groups. By completing the 15 credit-hour online certificate, professionals will possess the skills to apply research to practice, to design, implement and lead science-based workplace interventions, and assume key leadership roles in the public health, occupational safety and health, and business communities.

Examples of topics covered in the Total Worker Health Certificate

Careers in Total Worker Health

- Professionals from 9 fields discuss their TWH professional practice and research
- International, urban, & rural

Worksite wellness

- Critical skills for applying research to practice
- Health behavior change
- Chronic disease management
- Evaluation

Occupational health psychology

- Leadership
- Organizational culture change

Environmental & occupational health perspective on public health

- Apply fundamentals of primary prevention to the workplace

Worksite safety

- Key regulations
- Hazard identification and control
- Injury prevention

Communication

- Consulting skill development
- Writing effectively
- Persuasive speaking skills

Curriculum

Students enroll in 15 completely online credit hours. At ColoradoSPH, we know our students' passion for improving communities through health promotion, research, education, and service, but we also understand that many students work while studying. Most students complete the Certificate in Total Worker Health on a part-time basis in one year.

Course schedule

FALL SEMESTER		AUGUST - DECEMBER	
	#	Name	Credit hours
Required credits: 7	EHOH 6628	Health Promotion & Health Protection in the Workplace	3
	EHOH 6634	Spectrums of Professions Protecting & Promoting Worker Health	1*
	EHOH 6639	Occupational Health Psychology: Improving Health and Well-Being at Work	3
SPRING SEMESTER		JANURARY - MAY	
	#	Name	Credit hours
Required credits: 8	EHOH 6614	Intro to Environmental and Occupational Health	3
	EHOH 6636/6629	Intro to Occupational Safety & Ergonomics (Intro to Workplace Health Protection) with Journal Clubs	2/3*
	EHOH 6638	Communication Skills for Public Health Impact	3

Substitutions for the required courses may be reviewed and approved by the program director.
 *Students have the option to take EHOH 6634 (1 credit) and EHOH 6629 (2 credits) OR EHOH 6636 (3 credits). Students must discuss their plan with their advisor ahead of time.

Registration and course schedule

<http://www.ucdenver.edu/academics/colleges/PublicHealth/resourcesfor/currentstudents/academics/Pages/CoursesRegistration.aspx>

All courses are taught on the Canvas platform

<http://www.ucdenver.edu/academics/colleges/PublicHealth/resourcesfor/currentstudents/academics/Pages/DistanceEducation.aspx>

Learning Objectives

Upon successful completion of the Certificate in Total Worker Health, students will be able to:

1. Explain why Total Worker Health is an emerging field
2. Define key terminology and frameworks for Total Worker Health
3. Identify significant workplace wellness and safety related government agencies and organizations and discuss their perspectives, policies, and regulations on health promotion and protection
4. Apply health behavior, leadership and organizational change theories and intervention approaches in the workplace setting
5. Compare the elements of a “culture of health” to the elements of a “culture of safety” and learn how they can be integrated
6. Describe the role of advocacy and leadership in Total Worker Health
7. Recognize “best practices” by reading, critiquing, and applying research to workplace practice
8. Identify evidence-based, practical policy and programmatic strategies for organizations implementing Total Worker Health
9. Design, implement, and evaluate TWH systems and programs
10. Communicate the business case (value proposition) for implementing Total Worker Health
11. Discuss future trends, needs and solutions for promoting Total Worker Health

Course descriptions

#	NAME	WHAT YOU WILL LEARN
AUGUST - DECEMBER		
EHOH 6628	Health Promotion & Health Protection in the Workplace	Course emphasizes wellness and safety principles to promote health and improve health behaviors among workers.
EHOH 6634	Spectrums of Professions Protecting & Promoting Worker Health	Introduction to multiple occupational health professions.
EHOH 6639	Occupational Health Psychology: Improving Health and Well-Being at Work	This course seeks to advance the understanding of both organizational and individual factors that influence total worker health.
JANUARY - MAY		
EHOH 6614	Intro to Environmental and Occupational Health	Students will learn about the relationship between the environment, workplace, and health.
EHOH 6636	Intro to Occupational Safety & Ergonomics (Intro to Workplace Health Protection) with Journal Clubs	This course will form a foundation for understanding of workplace factors important in the prevention of injuries.
EHOH 6638	Communication Skills for Public Health Impact	Experiential approach to training public health students to become better communicators using examples from environmental and occupational health.

Admissions

Prerequisites for Admission

- Bachelor’s degree from an accredited institution
- Minimum cumulative GPA 3.0. If the GPA is below a 3.0, applicant should include an explanation of why it fell below a 3.0 and how the applicant plans to address any prior academic deficiencies as a graduate student.
- GRE IS NOT REQUIRED FOR ADMISSIONS

Application checklist

Application Deadlines:

Spring start: October 15th
Summer start: February 15th

Step 1: Online application

<input type="checkbox"/>	SOPHAS Express Online Application* : https://sophasexpress.liaisoncas.com/ *Typically opens up two months prior to the deadline
Upload the following three documents:	
<input type="checkbox"/>	2-page, single spaced statement of interest addressing the following two questions: 1) How will this certificate training contribute to your career plans? 2) Please describe work or volunteer experiences, including domestic or international experiences that shaped your interest in pursuing the certificate program for which you are applying?
<input type="checkbox"/>	Name and email of someone who can provide a letter of recommendation . SOPHAs will send them an email directly with instructions to submit their letter.
<input type="checkbox"/>	Resume or CV

Step 2: Additional admission requirements

<p>The following transcripts should be sent this address prior to the application deadline:</p> <p>Colorado School of Public Health, Certificate Program Attn: Office of Student Affairs University of Colorado Anschutz Medical Campus 13001 E. 17th Place, B119 Aurora, CO 80045</p>

<input type="checkbox"/>	Sent one official copy of all academic transcripts directly to the Colorado School of Public Health Office of Student Affairs (address above). This should include all community colleges and universities attended.
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Certificate and MPH

Certificate students may complete the Certificate in Total Worker Health prior to, concurrently, or after the Master of Public Health.

How is the certificate different from the Department of Environmental and Occupational Health's MPH program?

A certificate program is a great way to retool, refine and reinvest in your professional development. The Colorado School of Public Health's Total Worker Health certificate program offer experiences and skillsets that complement existing graduate training. Additionally, the Certificate in Total Worker Health can be used as a pathway toward pursuing your Master of Public Health.

What if I want to pursue an MPH after completing the Certificate? Will my credits transfer?

If a certificate student intends to pursue the MPH after successful completion of the certificate program, s/he will need to formally apply to the MPH program and complete all of the admission requirements of the MPH program.

Additional Notes:

- Certificate students are not guaranteed admission to the MPH program
- No more than 9 credits can count toward both programs.
- The student cannot obtain both the MPH and a specialty certificate with fewer than 48 total semester hours.

What if I want to pursue a Certificate while completing my MPH?

- If an MPH student completes the certificate concurrently, no more than 9 credits can count toward both programs.
- The student cannot obtain both the MPH and a specialty certificate with fewer than 48 total semester hours.
- For students pursuing both programs simultaneously, the MPH and specialty certificate may be awarded concurrently once all requirements are met, or the MPH may be awarded prior to completion of the certificate. The certificate itself will not be awarded until all certificate courses are completed and at least 48 semester hours are accrued.

Faculty

Certificate Program Directors	Professional interests
<p>Lee S. Newman, MD, MA Professor Department of Environmental and Occupational Health Department of Epidemiology Colorado School of Public Health</p> <p>Director Center for Health, Work & Environment, a CDC/NIOSH Total Worker Health Center of Excellence</p>	<ul style="list-style-type: none"> • Total Worker Health, especially applied to small enterprises and internationally • Prevention of Occupational Injuries and Illnesses • Workplace health promotion and health protection • Etiology of Occupational and Environmental Disorders • Immunotoxicology, especially immune effects of metals (beryllium) • Granulomatous Lung Disorders: Chronic Beryllium Disease and Sarcoidosis • Biomarker Development • Medical Surveillance in the workplace • Health informatics in Healthcare Industry • Etiology and Prevention of Chronic Kidney Disease in agricultural workers
<p>Natalie V. Schwatka, PhD Assistant Professor Department of Environmental and Occupational Health Center for Health, Work & Environment Colorado School of Public Health</p>	<ul style="list-style-type: none"> • Occupational safety and health • Safety & health culture/climate • Leadership for health, safety and well-being • Workers' compensation • Total Worker Health • Women's occupational health • Small business • Intervention research

Core faculty	Professional interests
<p>John Adgate, PhD Professor and Chair Department of Environmental and Occupational Health Colorado School of Public Health</p>	<ul style="list-style-type: none"> • Exposure Science • Risk Assessment • Children’s environmental health • Pesticide exposure • Outdoor and indoor characterization of toxic air pollutants
<p>Tori Crain, PhD Adjunct Assistant Professor Department of Environmental and Occupational Health Colorado School of Public Health</p> <p>Assistant Professor Department of Psychology Deputy Director, Occupational Health Psychology Program Colorado State University</p>	<ul style="list-style-type: none"> • Occupational health psychology • Work-family interface • Sleep and fatigue • Occupational stress interventions
<p>Gwen Fisher, PhD Adjunct Associate Professor Department of Environmental and Occupational Health Colorado School of Public Health</p> <p>Associate Professor Department of Psychology Director, Occupational Health Psychology Program Colorado State University</p>	<ul style="list-style-type: none"> • Occupational Health Psychology • Aging Workforce Issues • Work/Family Issues • Research Methods

Core faculty	Professional interests
<p>Joshua Scott, PhD Clinical Assistant Professor Department of Environmental and Occupational Health Colorado School of Public Health</p> <p>Associate Director for Education Center for Health, Work, & Environment Colorado School of Public Health</p>	<ul style="list-style-type: none"> • Total Worker Health interventions • Wildland fire fighter exposures • Conformity assessment of personal protective technologies
<p>Liliana Tenney, MPH Senior Instructor Department of Environmental and Occupational Health Colorado School of Public Health</p> <p>Associate Director for Outreach Center for Health, Work & Environment Colorado School of Public Health</p>	<ul style="list-style-type: none"> • Total Worker Health • Small Business and Health • Climate, Work & Health • Corporate Social Responsibility • Leadership for Health and Well-being
<p>Molly Tran, MD MPH MA Assistant Clinical Professor Department of Environmental and Occupational Health Colorado School of Public Health</p> <p>Director Occupational and Environmental Medicine Residency Program Colorado School of Public Health</p>	<ul style="list-style-type: none"> • Underserved occupational populations • Gig work • Built environment • Active transportation • Social marketing and communication

Competencies

Competencies for all MPH Graduates of the CSPH	
Identifier	Core – Cross Cutting Competencies
CR-CC 1	Define, assess and report on the health status of populations, determinants of health and illness, and factors contributing to health promotion and disease prevention.
CR-CC 2	Determine uses and limitations of quantitative and qualitative methods in research and public health practice.
CR-CC 3	Communicate effectively both in writing and orally with policy makers, professionals, and the public.
CR-CC 4	Identify and address ethical issues that arise in public health practice and research.
CR-CC 5	Identify, retrieve, appraise, and apply scientific evidence relevant in the practice of public health.
CR-CC 6	Understand and utilize leadership, team building, negotiation, and conflict resolution skills to collaborate and build partnerships for the purpose of improving the public's health.
CR-CC 7	Identify organizational decision-making structures, stakeholders, style and processes.
CR-CC 11	Describe steps and strategies to consider when working collaboratively in a culturally-sensitive manner with diverse groups to promote the health of communities.
CR-CC 12	Describe the roles of history, power, privilege and structural inequality in producing health disparities.
CR-CC 13	Integrate professional ethics, principles of cultural competence and accountability in all professional conduct.

Identifier	Core (CR) MPH Environmental and Occupational Health Competencies
CN-EHOH 7	Describe theoretical models and frameworks, that inform the health, safety, and wellness of workers and related systems-level environmental and policy interventions designed to protect and promote worker health.
CN-EHOH 5	Define the principles of sustainability and apply these principles in the development of solutions to environmental and occupational health problems.

CR-EHOH 1	Describe the direct and indirect human, ecological and safety effects of major environmental and occupational agents of regional, national, and global importance.
CR-EHOH 3	Specify approaches for assessing, preventing and controlling environmental and occupational hazards that pose risks to human health and safety.
CR-EHOH 5	Discuss various risk assessment, management and risk communication approaches in relation to issues of environmental justice and equity.
CR-EHOH 7	Describe federal and state regulatory programs, guidelines and authorities that control environmental and occupational health issues.

Key contacts

Program directors	
Lee Newman, MD MA	Lee.Newman@ucdenver.edu
Natalie Schwatka, PhD	Natalie.Schwatka@ucdenver.edu
Admissions & student affairs	http://www.ucdenver.edu/academics/colleges/PublicHealth/admissionsandaid/Pages/index.aspx Email: ColoradoSPH.StudentAffairs@ucdenver.edu
Financial aid	http://www.ucdenver.edu/anschutz/studentresources/FASO/Pages/FASO.aspx Email: Financial.Aid@ucdenver.edu
Career services	http://www.ucdenver.edu/academics/colleges/PublicHealth/careers/Pages/default.aspx Email: CSPHcareers@ucdenver.edu




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 @CSPHEnvironmentalandOccupationalHealth  publichealth.ucdenver.edu/environmentalhealth

Center for Health, Work & Environment

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The Center for Health, Work & Environment is one of six Centers of Excellence for Total Worker Health® and houses the Mountain & Plains Education and Research Center, one of 18 centers of its kind supported by the National Institute for Occupational Safety and Health (NIOSH).