

The Disease of Worklessness

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What is work?
Purposeful Activity

- 1. Paid activity
- 2. Self-employment
- 3. Voluntary work
- 4. Care Giver
- 5. Homemaker
- 6. Child Rearing
- 7. Full time / Part time
- 8. Community Activities, Clubs, church

It's not normal to be normal
2/3rds of working people have 1 or more chronic conditions
It's not having something wrong with you
What's important is not what is wrong with you - but what you can DO

A healthy working life is one that continuously provides working age people with the opportunity, ability, support and encouragement to work in ways and in an environment which allows them to sustain and improve their health and well-being

Questions??





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Learning Objectives

- Define Worklessness
- Define Disability Epidemic
- Define adverse effects
- Provide suggestions for improvement

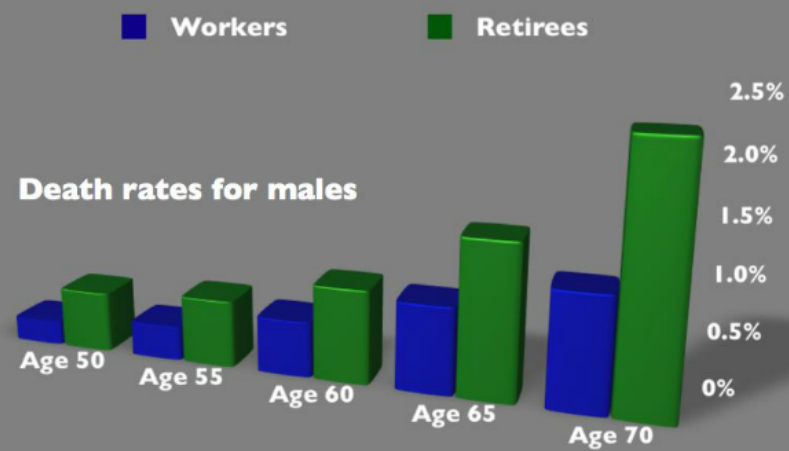
Personal Status

Status determined by having a job and the level of that job

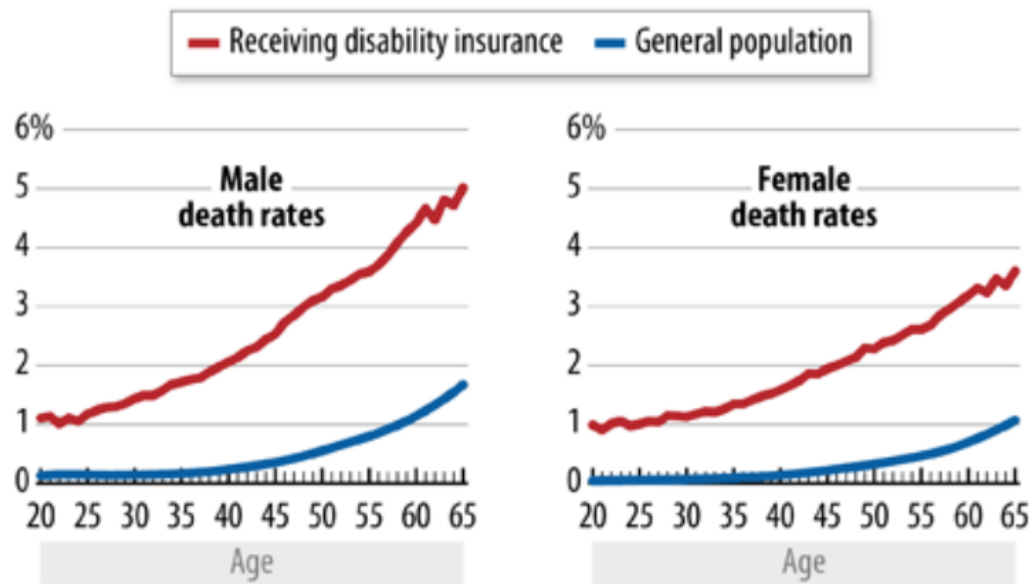
Your job (jobless) level determines your life expectancy

Your job (jobless) level determines how long you will survive the same medical condition

Workers have lower death rates than retirees!



Death Rates Higher for Disability Insurance Recipients Than for General Population



Source: CBPP based on data from the Social Security Administration

Center on Budget and Policy Priorities | cbpp.org

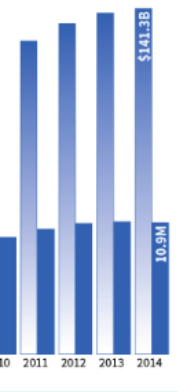
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Purposeful activity is
beneficial to society and
the individual provided
they have enough
money





Disability

We are experiencing a disability epidemic:

This is occurring in spite of:

1. Greater emphasis on safety
2. Shorter work week
3. Intensive labor saving equipment

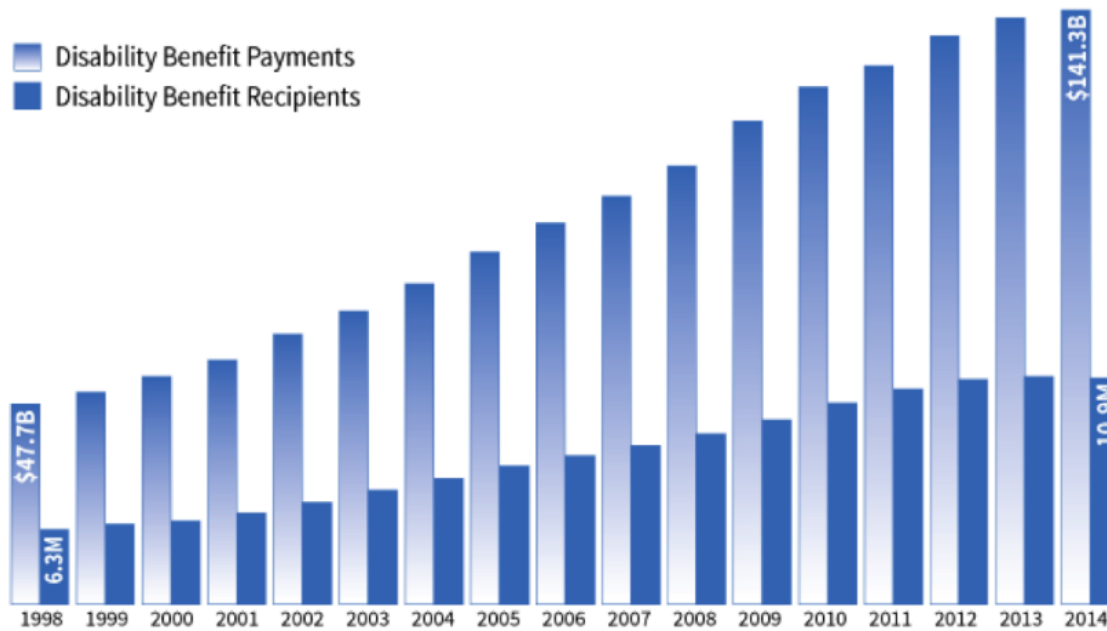
Our workforce is experiencing:

1. Increasing rates of disability
2. Increasing rates of sick time
3. Increasing anxiety levels

Explosive Growth of Social Security Disability Benefits Increased Almost 3x the Amount of Recipients

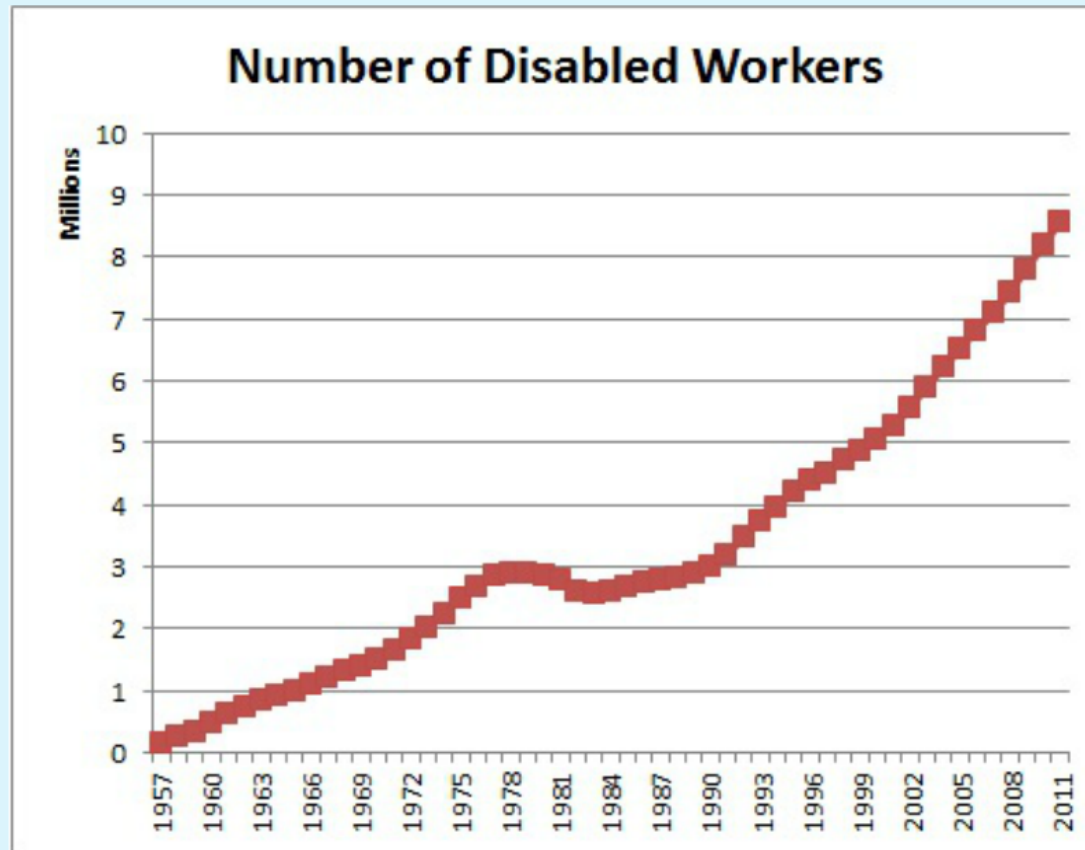


- Disability Benefit Payments
- Disability Benefit Recipients

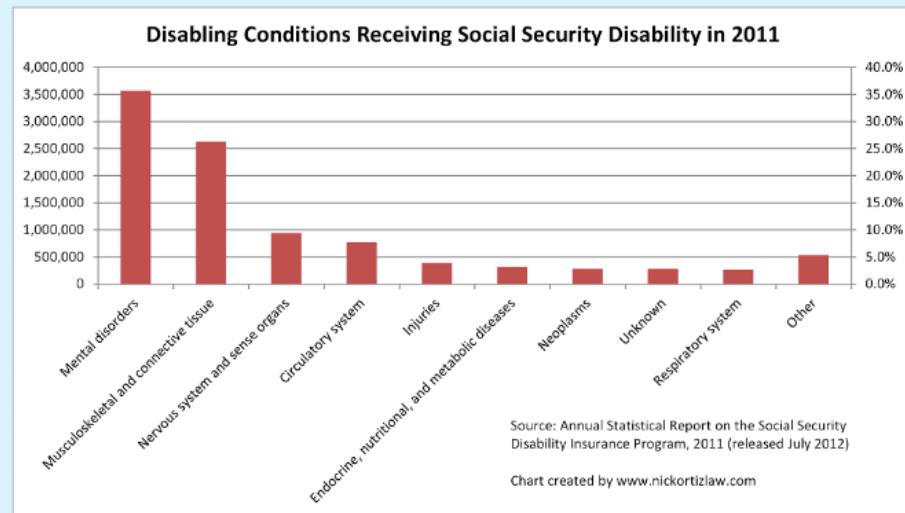
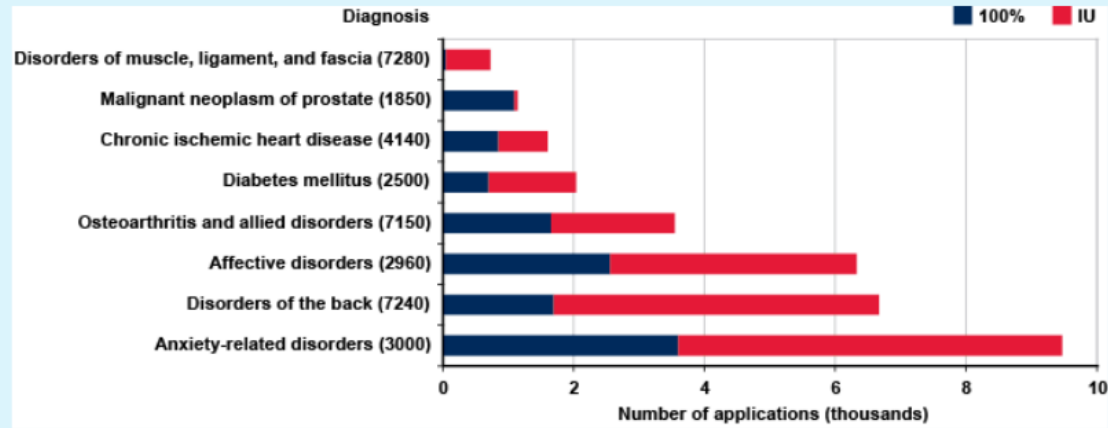


Source: OMB Historical Tables, Social Security Administration

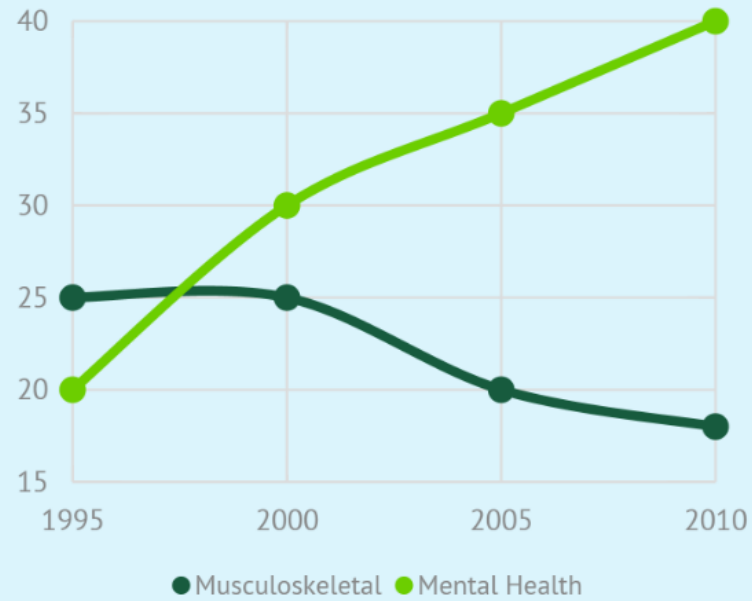
Major Increase:



Causes of Disability



Causes of Disability



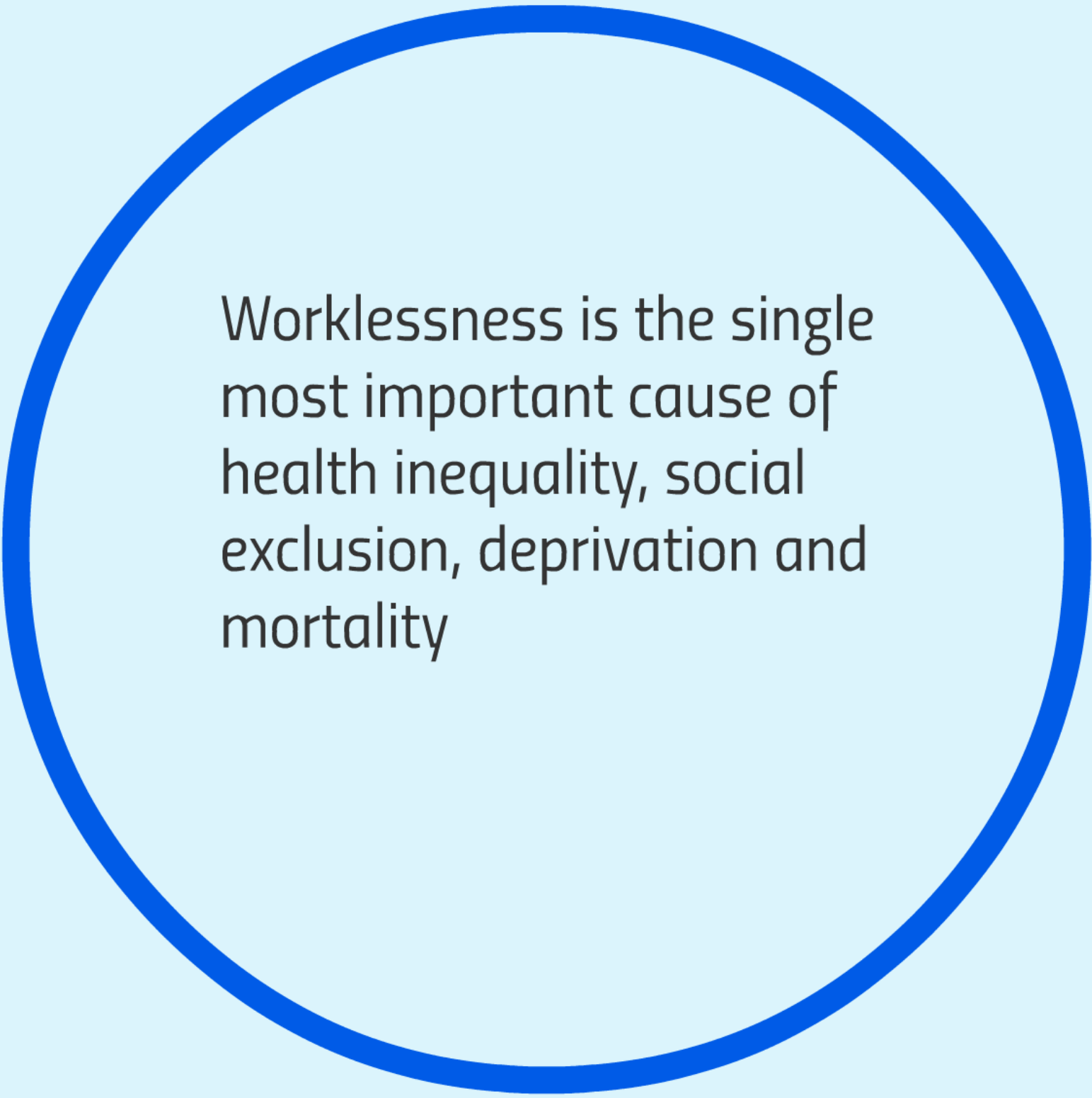
Late 1990s Back Pain no longer treated with bed rest

Better to stay active & work

Disability Pension

If candy available, people will nibble

20% who retire early because of
PERMANENT disability return to work



Worklessness is the single most important cause of health inequality, social exclusion, deprivation and mortality

Health Risks of Worklessness:

Equals smoking 10 packs of cigarettes/day

Young males out of work for > 6 months 40X
higher suicide rate

General population long-term unemployment 6X suicide
rate

Affects life expectancy more than "killer diseases"

Greater health risk than high risk jobs like
construction/oil rig work

What we know about being out of work

1. Loss of income
2. Destructive on self-respect
3. Risk of Illness
4. Psychological Scar
5. Multiple Generation Effect

ration Effect

children affecting two future

r pay

Psycho

A period of permanent employment

Lingering from something

Loss of psy

Decli

physi

High

anxie

High

Incre

Incre

Incre

Incre



Loss of Income

Disability Income less than regular pay

Loss of economic identity



Destructive on Self-Respect

Searching sense of failure

Doubts of future place in the world

Develop helplessness

Psychological Scar

A period of worklessness leaves a permanent scar even if employment is resumed

Lingering fear that there is something wrong with me

Loss of psychosocial assets

Risk of Illness

Decline in psychological and physical well-being

High risk of depression and anxiety

High risk of substance abuse

Increased risk of suicide

Increased obesity

Increased risk of diabetes

Multiple Generation Effect

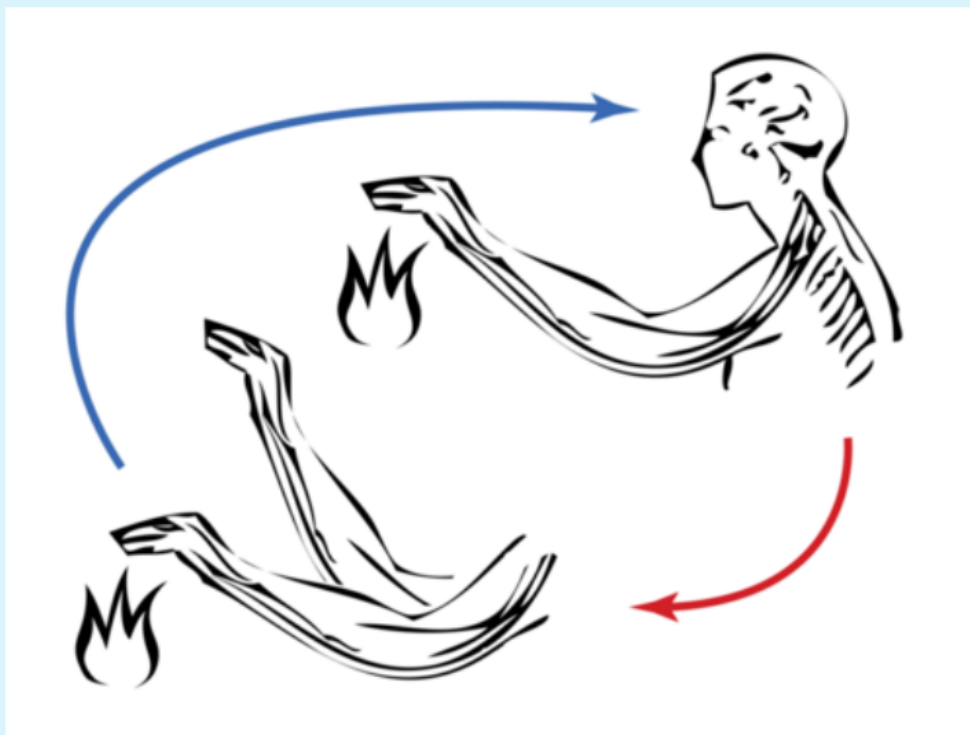
Poor parenting

Family Disruption

Disruption of family ties

Lower life success of children affecting two future generations

Psychosocial Aspects



Behavioral Factors

- Expectation
- Beliefs
- Catastrophic thinking
- Fear
- Perceived injustice
- Lack of coping skills
- Passivity

External

Behavioral

Medical

External Social Factors

- Culture
- Education
- Language
- Family
- Legal
- Political and Belief system

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Medical Factors

- Pain
- Opioids
- Use of Diagnostics
- Medicalization

Pain



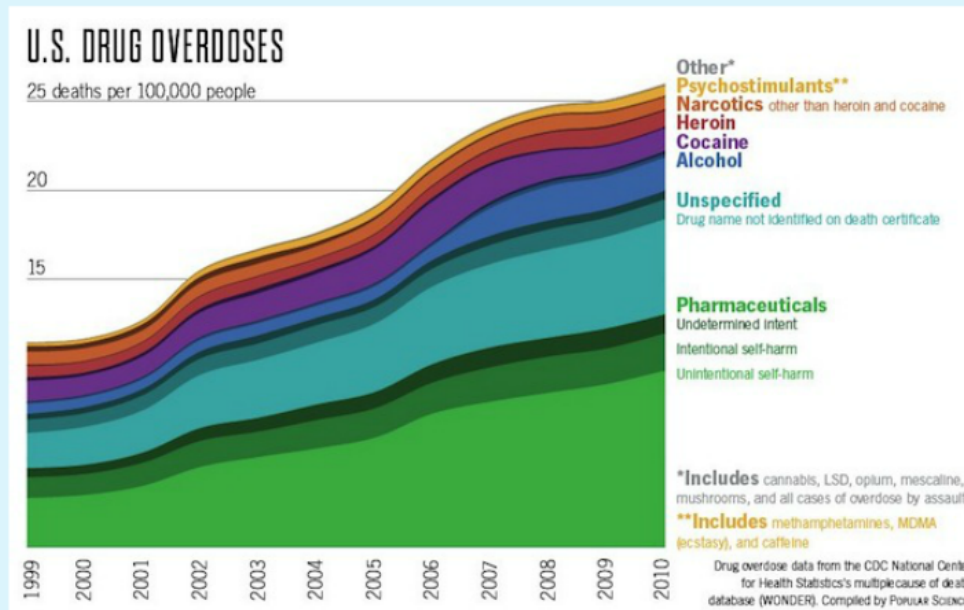
- Anxiety
- Tension
- Depression
- Pain focus



- Happiness
- Optimism
- Distraction
- Concentration

Narcotics:

- Promote disability
- Safety sensitive issues
- Re-injury at work



COMORBID ANXIETY

67% increase in monthly health care expenditures for those with chronic conditions and comorbid anxiety.



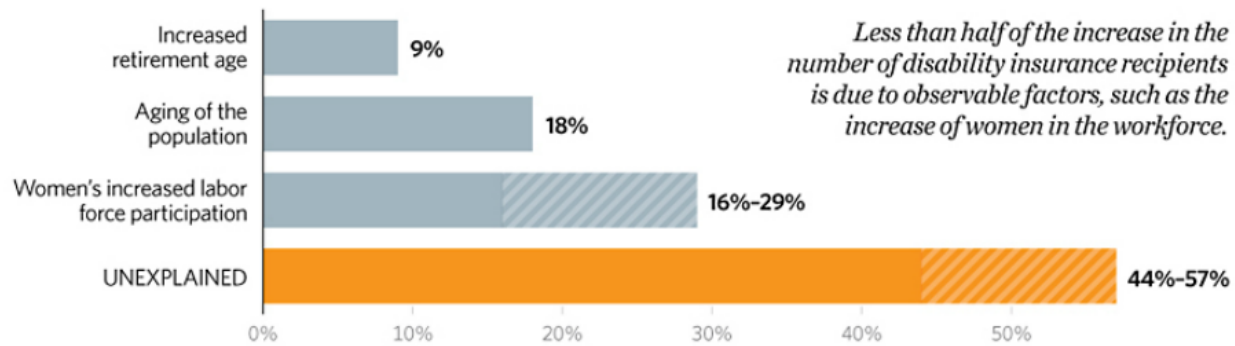
COMORBID DEPRESSION

54% increase in monthly health care expenditures for those with chronic conditions and comorbid depression.



CHART 3

Factors Behind Increase in Disability Insurance Recipients



Source: Mary C. Daly, Brian Lucking, and Jonathan A. Schwabish, "The Future of Social Security Disability Insurance," Federal Reserve Bank of San Francisco, June 24, 2013, <http://www.frbsf.org/economic-research/publications/economic-letter/2013/june/future-social-security-disability-insurance-ssdi/> (accessed June 11, 2014).

BG 2937  heritage.org

At age 60:

15% have high BP

7% have diabetes

7% have cancer

50% have arthritis

4% will have
memory loss

50% obesity

It's not normal to be normal

2/3rds of working people have 1 or more chronic conditions

We all having something wrong with us

What important is not what is wrong with you- but what you can **DO**





A healthy working life is one that continuously provides working age people with the opportunity, ability, support and encouragement to work in ways and in an environment which allows them sustain and improve their health and well-being

Employee Role:
in physical and mental wellness
Education
near misses

Medical Provider Role:

Employer Role:

- Wellness
- Ergonomics
- Pre-employment fit for duty evaluations
- Drug testing
- Education

Once Injury occurs:

- Concern for worker
- Accommodate injured worker
- Correct work site problems

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Employee Role:

- Maintain physical and mental wellness
- Safety Education
- Report near misses

Post Injury:

- Know company protocol
- Honesty with medical provider
- Treatment compliance
- Pro-active in healing process
- Fill out all worker's comp. forms quickly
- Best place for injured worker

Avoid Disability

- Poverty
- Substance abuse
- Depression
- Trans-generational
- Early death

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generational
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Medical Provider Role:

- Occupational Medicine Philosophy
- Ergonomic advice
- Injury tracking
- Safety Education
- Outline findings clearly
- Workability
- Medications and job safety



Questions??