

Peter Schnall CSE Anniversary Presentation

When and WHY was the CSE founded?

We all have followed different roads to this moment here to celebrate the 25th Anniversary founding of the CSE. My interest in politics begins with my childhood with parents active in the labor movement. My first real understanding of the politics of health and the social factors that contribute to illness came with my exposure to the deplorable living conditions existent in the U.S. when I worked in Selma, Alabama for the MCHR in the summer of 1965 while a medical student at Stanford University.

Some of you know something of my subsequent path, how we (the MCHR) organized an invasion of and disrupted the AMA national conference held in SF in 1968, my work with Susan Schnall, then a Navy Nurse at Oaknoll Naval Hospital that led to her court martial in 1969 for antiwar activities, my subsequent being blacklisted from an internship in 1969 in California, Susan and my forced departure to NYC and my subsequent membership in the Lincoln Collective from 1970-73 where I was chief resident of medicine at Lincoln Hospital in the Bronx. Then 7 years during the 1970's when I worked as an internist at the MLKHC in the S. Bronx.

Along the way I met many interesting, like minded individuals many who were part of the Health Movement Organization and the ECHDG. For the first time I met colleagues with a interest in the social determinants of illness, and first heard about hypertension as a possible disease of modern industrial society. Here I met Dean and Mitchiko Baker, Bob Karasek, Vicente Navarro, Evan Stark, Joe Eyer, Peter Sterling and many others.

During these same years of the 1970's while an Internist on a Family Practice team at the MLKHC I encountered many residents of the Bronx with hypertension and observed that despite my medical teaching that Hypertension was a chronic disease I observed that many diagnosed with hypertension reverted in the course of time back to normal BP. This and other observations led me to the conviction that Joe Eyer and Peter Sterling were probably right and that hypertension was most likely a disease of modern society. I reasoned that work might play an important role in its

etiology. A year of working with Bob Karasek, Joe Schwartz, Tores Theorell on the Columbia Job-Heart project convinced me that Job strain (work high in demands and low in control) was a concept that might help increase our understanding of the role of work in the development of hypertension as a disease of modern society.

I received a NIH Post doctoral fellowship in 1981 for 3 years to study epidemiology with Dr. Mervy Susser at Columbia USPH and used this time to design a research project to study work stressors (job strain) and Ambp. The rest, you might say, is history. The strong positive findings that resulted from the first wave of the study conducted from 1984-87 led me to believe that job strain was an important contributor to the development of elevated blood pressure at work. I was convinced that these ideas should be publicized and this led eventually to the creation of the CSE in 1988.

Accomplishments & Collaborations

* Bridging academia and social activism (supports researchers at UCI, UCLA COEH, UCSF, UC Berkeley, SUNY-Downstate, Cornell Medical Center etc.

* Collaborative efforts with labor movement – include UAW-Chrysler, CWA (David LeGrande), Unite Here (hotel workers- Vivian Rothstein),

* Developing networks bringing like-minded researchers together with each other, labor, business and to influence public policy – California Work and Health Study Group, California Policy Forum: The Way We Work, 4th ICOH in Newport Beach, 5th ICOH Poland, Beijing OH workshop etc. etc.

Books: The Workplace and Cardiovascular Disease: Karen Belkic, Paul Landsbergis, Peter Schnall, Unhealthy Work: Causes, Consequences and Cures, Peter Schnall, Marnie Dobson, Ellen Roskam, Paul Landsbergis, Deborah Gordon, Dean Baker published by Baywood (2009) – now published in Spanish and Korean, and soon to be published in Chinese!!

Numerous journal articles: published in peer-reviewed journals including the Journal of the American Medical Association (JAMA), American Journal of Public Health, Journal of Occupational and Environmental Medicine etc.

International Policy and Research: Support for presentations at many international conferences and/or policy centers – including Woodrow Wilson Foundation’s Global Health Issues where we presented a seminar on “Global Epidemics -- The Contribution of Work”, ICOH, APA-NIOSH Work Stress and Health, APHA etc.

Public Education: Development of our Job Stress Network website (1994), and now unhealthywork.org and our blog about unhealthy work – thanks to the hard work of our colleague Erin Wigger...

DRAWING AND MAILING LIST - If you would like to be kept up to date on our projects and campaigns, please drop your name and email address into the box and we will include you on our mailing lists, check out our posters and copies of our books and journal articles, brochures on the display table – also we will draw one name out to win a copy of our book Unhealthy Work: Causes, Consequences, Cures.

Awards and Recognition

Susan Holcomb – Honored in Recognition of Her Devoted and Untiring Effort on Behalf of the Center for Social Epidemiology for over a decade.

Susan Holcomb came to work with me in 1993 shortly after I had moved to Los Angeles from NYC following my fathers death and stayed with me till 2006t She worked as the administrator, Webmaster of the CSE website, and developer of the JSN. Susan had an important role as well as in the creation and actualization of the CSE’s first major conference “The way we work and its impact on our health” held in 2004 at UCLA and sponsored by the UCI and UCLA COEH’s. Susan also played a critical role in the development of our first book The Workplace and CVD making key contributions to the entire book, editing it and organizing the major project the book became.

Unfortunately she has not yet received the credit for all of her accomplishments while working at the CSE. Without her we would not be here today celebrating its achievements. For all this and much much more we would like to honor Susan for her contributions to making the CSE a reality.

Paul Landsbergis – Career Achievement Award - For Contributions to the Understanding and Advancement of Healthy Work

Paul and I first met at the end of 1987 and began collaboration in 1988 - the very start of the creation of the CSE.. Paul came to work with Tom Pickering, Joe Schwartz and myself at Cornell Medical Center in 1990 which began a research collaboration that has persisted to today. We worked on the NYC Worksite BP study together until its end in 2011. Our collaborative work led to many ground breaking article including a review in 1994 of Job Strain and CVD, a 1994 Psychosomatic Medicine Publication of the longitudinal impact of jOb strain on ABP and our recent Jan 2013 meta-analysis article in the AJPH on job strain and ABP.

Paul's contributions to furthering our knowledge and commitment to changing unhealthy work conditions included work as an Associate of the CSE for the last 25 years and as a Professor at Mt. Sinai and currently at SUNY-Downstate.

Paul has played a pivotal role in the forums the CSE has sponsored and both CSE books, the Workplace and CVD, Unhealthy Work.

Paul has carried out Important research on the intersection of social class determinants of health with work and psychosocial stressors, a "retrospective work history" – focusing on the role of cumulative exposure to job strain and its effects on blood pressure, multiple collaborations with labor exploring the impact of working conditions on workers health.

Paul's life has been an untiring effort to bring about changes in working conditions to improve the health and wellbeing of working people. UAW-Chrysler workers, NYC Nurses and many others. In the past several years he has studied and written about workplace interventions. His current work includes work organization/job stress intervention research, consulting with NIOSH on TWH, CPH-NEW, creating webinars, and collaborating with labor organizations on the design, conduct and presentation of findings about work along with writing and speaking.

I don't want you to get the wrong idea about Paul - Its not been all work and no play for as he has managed, inter alia, to become an accomplished tango dancer. He has also been a great friend to me over the years as we have shared many experiences including personal and work issues. We have travelled together to

many places including Europe and China. Paul has good energy, has a politically progressive view of the world and a great sense of humor. It has been an honor and a privilege to work with him these many years.

What distinguishes Paul is that his research interests are actively combined with political activism demonstrating Paul's extraordinary commitment to social justice at work. It is for these reasons that we have selected Paul to be the recipient for the 1st CSE Career Achievement Award "For Contributions to the Understanding and Advancement of Healthy Work".

Sherry, Larry and Jane Schnall - Honored in Grateful Appreciation for Their Years of Unwavering Dedication and Loyal Support to the Center for Social Epidemiology.

You may all be wondering why we would like to give an award to the Schnall family, and in particular to two people (my father and sister) who are unfortunately no longer with us. Each of my parents played an important role in creating and supporting the CSE. My parents came out of the 2nd WW as working class poor, both of them were politically active in the labor movement and my dad a union organizer. In fact, he helped organize the NYC hotel workers from 1945 thru 1952. Then, in the early 1950's my father, like many men and women of conviction, was blacklisted and forced out of the labor movement. He teamed up with Mitch Berenson – the organizer of the longshoreman in Brooklyn – (you can read Arthur Millers Chapter about Mitch Berenson in his autobiography). The two men went into the construction business together in 1955.

Their views about the world help shaped mine leading to my political activism in the 1960's. Meanwhile, over the course of 30 years my father became a great success as a capitalist (an irony that was not lost on him). Yet, as did many of like background he and my mom retained their views about the labor movement and the limitations of capitalism as an economic system and my father kept his commitments to change. He was a great supporter of my dreams and plans and when my research at Cornell led to such interesting findings about work and hypertension both my parents were enthusiastically interested. In 1988 I presented our NYC worksite findings for the first time at the ISH meeting in Japan, a trip on which I invited my parents along. We were all so thrilled by the adventure of going to Japan together and my success at the conference that when I mentioned the

possibility of creating a non-profit foundation they were instantly excited about the possibility. Eventually, they agreed to make a gift to help create a foundation - an entity which ultimately came to be called the CSE.

Three years later in 1991 at the age of 75 my dad passed away from lung cancer and my mother and sister stepped forward and offered to continue support for the CSE on an ongoing basis. Their contributions continued until the death of my sister 3 years ago and were no small matter, representing a significant fraction of their income.

Without this support the CSE would not have been possible and all of the CSE's wonderful accomplishments would not have come to pass.

Future Directions of the CSE

Ongoing and future plans for the CSE

Grow and expand current research and labor collaborations – community-based participatory research efforts of primary importance – collaboration with working people is a key essential component of improving working conditions and empowering workers:

Latin American-US international bus driver study – to study the occupational factors that contribute to bus driver accidents, injuries, and excessively high blood pressure as an occupation – Viviola Gomez Ortiz, Arturo Garcia, Ed Watt TWU, Bonnie Morr UTU etc.

Los Angeles Taxi driver study collaboration with Dr. Yifang Zhu at UCLA – currently monitoring air pollution particulates in the taxicabs as well as ambulatory monitoring of cardiovascular reactions – ABP and HR and HRV

CWA – future collaborations with David LeGrande to build on past work and health survey with Verizon technicians – looking at AT&T call center workers and technicians in California

OCFA and Local IAFF – continue collaborations with UCI COEH FORWARD study – to initiative obesity prevention programs and intervention study.

We hope to develop new relationships and collaborative projects with other working populations -

Public Education – Expand the unhealthy work.org website, include tools for working people to assess their stressors at work, work organization factors and provide resources to begin to educate and help working people identify their work-related sources of stress and long term health problems – development of a book for a general audience on the current effects of the global economic crisis on work and on the health of working people worldwide.

UNHEALTHY WORK DRAWING - If you would like to be kept up to date on our projects and campaigns, please drop your name and email address into the box and we will include you on our mailing lists, check out our posters and copies of our books and journal articles, brochures on the display table.

Marnie Dobson CSE Anniversary Presentation

Accomplishments of the CSE

It is my pleasure to tell you all a little about the CSE's accomplishments over the last 25 years...

The Center for Social Epidemiology, the brainchild of our colleague and friend, Peter Schnall, I believe represents more than just the sum of Peter's, most excellent, work. The CSE is really about collaboration.

Despite its somewhat negative connotation, the term collaboration is an apt one:

From the Latin *collaboratus*, it means "to labor together"

From Websters it means "to work jointly with others or together especially in an intellectual endeavor"

Dedicated to improving working conditions for all people through research, surveillance, public education, professional training and public policy, the CSE with Peter's vision and leadership, has created important collaborations AND bridges between academia, labor, public health policy and public education. I am proud to have been a part of the CSE's efforts for almost 8 years.

The CSE has fostered networks of like-minded researchers – literally too numerous to mention everybody. But we must acknowledge the support and collaboration of our colleagues from the UCI COEH, including Dean Baker, Leslie Israel, BongKyoo Choi and Haiou Yang, and at UCLA, John Froines, Niklas Krause, and Linda Delp, as well as colleagues at many other US universities and from all around the world – including Mexico, Latin America, Europe, the UK, Japan, Korea, and China.

Our current Associates and Staff, include; Paul Landsbergis (a 25 year collaborator) now Professor at SUNY-Downstate, BongKyoo Choi, Assistant Professor at UCI, Ellen Roskam in Bern, Switzerland (who could not be here tonight but sends her most enthusiastic support), and Erin Wigger who has been instrumental to many of the CSE's recent accomplishments and to this party tonight. Thank you Erin! The CSE has also benefited from the great work and contributions of our past Associates

and Staff, Susan Holcomb, Deborah Gordon, Maritza Jauregui, Karen Belkic, and Javier Garcia and many other colleagues who have participated since 1998 in the California Work and Health Study Group meetings, many of you I see here tonight. The CWHSG begun by Peter, Paul and Karen, led to the first California Public Policy Forum on The Way We Work and Its Impact on our Health organized by the CSE, UCI and UCLA in 2004. In turn the presentations from this forum became the book *Unhealthy Work: Causes, Consequences, and Cures*, now published in Spanish, Korean and Chinese!

Without the dedication and intellectual contributions of our associates and other colleagues both inside and outside of academia; our books *The Workplace and Cardiovascular Disease*, and *Unhealthy Work*, would not have been possible. Hours of dedicated writing and editing (and tossing around endless, possible book titles) were spent on what were very intense collaborative efforts. CSE collaborations have also resulted in numerous peer-reviewed research publications including in the Journal of the American Medical Association, the Journal of Occupational and Environmental Medicine, and the American Journal of Public Health – to name only a few, as well as presentations by CSE associates at numerous international conferences, workshops, global health policy forums (please check out some examples of our conference posters).

The CSE has helped to increase the visibility of the research work being done on work organization, psychosocial stressors, cardiovascular disease and mental health, through its Associates professional teaching efforts including Peter Schnall's Work and Health course in the School of Public Health at UCLA, and Occupational Cardiology course for UCI occupational medicine residents. The CSE has also supported many conferences, workshops and forums, including co-sponsoring along with the UCI COEH, the 4th ICOH on Work Environment and CVD in Newport Beach, CA in 2005, and the 5th ICOH on the Work Environment and CVD in Cracow, Poland in 2009. International collaborations have also been a central part of the CSE's accomplishments especially through Peter's work with the Fogarty Program at UCLA, support of conferences and networking with researchers in Latin America, and a successful conference in Beijing in 2007 and ongoing workshops with Chinese occupational health professionals at the COEH in Irvine.

Reflecting our commitment to bridging academia and social change to better influence the improvement of the work and health of working people, the CSE is committed to fostering ongoing research collaborations with labor unions that include participatory approaches. We have been fortunate to have had many successful past and ongoing participatory research collaborations. Our colleague David LeGrande, who is here tonight, National Director of Occupational Health and Safety for the Communications Workers of America, has been a dedicated colleague since at least 2008 working with us on a participatory work and health surveillance pilot survey of CWA-Verizon communication technicians in Southern California, culminating with our presentation of these findings during a collective bargaining meeting with Verizon management. Our hopes are that this collaboration will continue despite a long-running strike between AT&T and CWA members in many parts of the country. As well, the CSE has had successful collaborative projects with UAW-Chrysler to conduct a study of autoworkers, with UNITE-HERE and Vivian Rothstein, to conduct trainings and an interesting workplace blood pressure "action" with housekeepers in a Southern California hotel. We are also fortunate to collaborate with the International Association of Firefighters, IAFF Local 3631 on the FORWARD study, a firefighter obesity study with Dr. BongKyoo Choi and colleagues at the UCI COEH and the OCFA WEFIT program. Currently CSE is supporting an international bus driver study collaboration involving researchers from the US, Mexico, Colombia, Switzerland, Poland and transit worker union representatives.

The CSE's mission to improve working conditions includes the vital component of raising public awareness about work and health. Not an easy goal in these economic times. Our book *Unhealthy Work* was almost called, ironically, "Just Be Glad You Have a Job" and in many ways this title reflects the state of mind for many working people faced with high unemployment rates, precarious work and a dire financial future. Deteriorating working conditions and their negative effects on the body seem to become a lower and lower priority. Given this, the CSE has renewed its commitment to raising public awareness about the work contributed by our many colleagues and collaborations that sheds light on the long term negative health consequences of work. Building on our Job Stress Network website developed by Peter and Susan beginning in 1994, our new website unhealthywork.org was launched in 2011 along with our ongoing blog about unhealthy work – thanks to the hard work of Erin Wigger. We also plan to continue packaging our ideas and the gathered knowledge of our many colleagues, into

materials and tools to help inform and educate working people through the website and a new book aimed at the general public.