

## A HEALTH PROMOTION PROGRAM AT THE WORKPLACE FOR CONSTRUCTION WORKERS: A FEASIBILITY EVALUATION WITHIN A RANDOMIZED CONTROLLED TRIAL

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### Aims:

To promote the work ability of construction workers, a health promotion program (HPP) focusing on their individual capacities as well as the work environment was developed. This program was developed using the Intervention Mapping approach and is evaluated by means of both a process and an effect evaluation. The current study focuses on the process evaluation and aims to describe (1) the reach of the program, (2) the initial expectations and satisfaction and (3) the intention to implement the intervention program in the future

### Methods:

The process evaluation was carried out within a randomized controlled trial (RCT) on the effectiveness of a HPP for construction workers. The intervention consists of three components: (1) an individual visit of a physical therapist to lower the physical workload, (2) a Rest-Break tool to improve the balance between work and recovery, and (3) an empowerment training to increase the influence at the worksite. Data were collected from the employees and their supervisors by means of questionnaires. In addition to this, data were collected from all stakeholders by means of interviews and group discussions in order to conduct a more in-depth investigation of the working mechanisms of the intervention.

### Results:

From the more than 150 companies which were approached, the top management of five construction companies committed themselves to participate. Supervisors as well as employees were satisfied with the overall concept of the multidimensional intervention program (7 (median) on a ten-point scale ranging from 1-10). Employees and supervisors mostly appreciated the physical component (i.e. physical therapist intervention at the worksite), and the empowerment component of the program. The participating employers expressed positive intentions to further implement the intervention program in the future. This abstract contains only preliminary results of the questionnaires. More results are available in June 2010.

### Conclusion:

The present study took a participative approach (Intervention Mapping) and showed that this had a positive effect on the feasibility of the resulting intervention program. In developing the actual content of the intervention and the intervention strategy, much attention was paid to the needs of the target group, the way in which they could be motivated to participate, as well as to practical issues of them being able to take part in such a program whilst at work at building sites. The preliminary results of the process evaluation indicate that we have reached these goals. The HPP thus seems promising for future implementation.

**Keywords:** Construction, Intervention studies, Other.

