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THE EFFECTIVENESS OF A TEAM-BASED WORKSITE HEALTH PROMOTION PROGRAM. THE SHIELD STUDY.

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Objectives:

Law enforcement personnel in the United States are a high-risk group for musculoskeletal injuries, fatigue/stress-related disorders, sleep disorders, metabolic syndrome, and cardiovascular disease. Overall, the life expectancy of those working in law enforcement is between 6 and 15 years less than the average American. The SHIELD (Safety & Health Improvement: Enhancing Law enforcement Departments) study was designed to assess the feasibility and efficacy of a team-based worksite lifestyle intervention for law enforcement personnel to improve health and safety outcomes.

Methods:

The SHIELD study is a prospective 24-month randomized controlled efficacy trial of worksite health promotion program. The curriculum core is 12 one-hour, scripted, peer-led, team-based sessions. The baseline data was collected from 408 police officers in Northwest United States. The intervention was carried out early 2012 and the first follow-up study 6 months later.

Results:

Significant improvements were observed for increased fruit and vegetable consumption ($p < 0.0001$), decreased dietary fat consumption ($p < 0.03$), overall healthy eating ($p < 0.008$), increased sleep quantity ($p < 0.004$) and sleep quality ($p < 0.0001$), and reduced personal stress ($p < 0.03$).

Conclusions:

The SHIELD intervention improved health and safety behaviors among law enforcement personnel. The scripted team-based curriculum is innovative, exportable to different kinds of worksites, and may be a model for workplace health promotion and protection.