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It's true: Your boss can make you sick

People who are unhappy at work take an extra 15 sick days a year, a poll shows.

By **CHEN MAY YEE**, Star Tribune  
Last update: June 17, 2008 - 9:23 PM

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**Poll**

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Continued: It's true: Your boss can make you sick

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The idea for the poll springs from a growing body of research showing that health is about more than the lack of disease. It is affected by factors such as your financial security, your social network and whether you are appreciated.

It's not just doctors and social scientists who are paying attention. Employers are increasingly concerned about workers' health, not just to keep up productivity but also because they bear a significant portion of medical costs.

Gallup-Healthways pollsters asked people about their job satisfaction, whether bosses were authoritative or collaborative, whether there was openness and trust, and whether individual strengths were recognized. Of full-time Minnesota employees, 18.4 percent reported working in a negative environment compared to 20.3 percent nationally.

Among those with four or more medical conditions, such as high blood pressure, those working in the negative environments stayed home more than those in more positive environments.

Healthways hopes to use the data to design new wellness coaching and disease management programs. Chief innovations officer Bill Gold stressed that it's early, but he thinks the implications could be far-reaching.

"The lousy supervisor will no longer be tolerated," he said.

Chen May Yee • 612-673-7434

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