

## Serve Up a Healthier You – Wellness Initiative Evaluation

Which of the following steps of establishing a successful worksite wellness initiative have been completed?

- Administration support committed for employee wellness initiative
- Wellness committee established
- Wellness Committee chair or co-chairs appointed to conduct meetings and lead activities
- Wellness Action Plan created
- Health screening offered to employees with referral to medical services as needed
- Individual or group wellness activities offered
- Environment and policy changes implemented to encourage healthier behaviors
- Employee input collected and utilized in planning activities
- Communication of wellness mission, plan and activities
- Evaluation of progress with wellness initiative

If there is an active Wellness Committee, how many meetings occurred in the past 12 months? \_\_\_\_\_

If an Environment and Policy Survey has been completed, when was the last time? \_\_\_\_\_

If an Employee Survey has been completed, when was the last time? \_\_\_\_\_

If a Wellness Committee Action Plan was developed, which of the following were included?

- Short-term goals
- Long-term goals
- Individual and group health education
- Environmental changes
- Policy changes
- Evaluation
- No action plan was developed

If a Wellness Committee Action Plan was developed, which of the following behaviors did it address?

- Eat Smart
- Move More
- Other \_\_\_\_\_
- Manage Stress
- Quit Tobacco
- No action plan was developed

If individual or group wellness educational activities were offered, what types? Check all that apply.

- No wellness activities were offered
- Offered *Serve Up a Healthier You* Mini-Lessons
- Distributed wellness fliers, newsletters, or handouts
- Hosted a wellness competition
- Offered a healthy cooking demonstration
- Offered physical activity classes or clubs
- Other \_\_\_\_\_

**What strategies were used to promote wellness events, activities, mini-lessons and information?**

- Flier
- Email
- Website
- In-person promotion
- Other \_\_\_\_\_

**If environmental changes were implemented, what types? Check all that apply.**

- No environmental changes were made
- Used wellness motivational posters
- Provided healthy food and beverages for meetings
- Included physical activity breaks during meetings
- Created a walking map or trail
- Allowed access to track or other fitness facilities
- Posted parking lot signs to encourage parking farther away
- Offered a quiet space for relaxation
- Provide a private, safe space for breastfeeding
- Other \_\_\_\_\_

**If policy changes were implemented, what types? Check all that apply.**

- No policy changes have been implemented
- Staff wellness policy
- Healthy food and beverage policy for staff meetings, training, events, etc.
- Supportive breastfeeding policy
- Physical activity policy, i.e., activity or stretch breaks during meetings, ability to use track or other fitness facilities, etc.
- Stress management policy
- Other \_\_\_\_\_

**Please share any lessons learned through implementing the employee wellness initiative.**

**Please share any success stories from implementing the employee wellness initiative.**

**How useful was the content of the *Serve Up a Healthier You* resources?**

**0 = N/A or Did not use, 1 = Not at all useful and 4 = Very useful**

Power Point	①	②	③	④
How-To Guide	①	②	③	④
Policy and Environment Survey	①	②	③	④
Employee Interest Survey	①	②	③	④
Wellness Action Plan	①	②	③	④
Mini-Lessons	①	②	③	④
Handouts	①	②	③	④
Newsletters	①	②	③	④
Motivational Posters	①	②	③	④
Wellness Activity Flier Template	①	②	③	④
Wellness Activity Planning Worksheet	①	②	③	④
Wellness Activities	①	②	③	④
Wellness Activity Evaluation	①	②	③	④
Superintendent Letter Template	①	②	③	④
Principal Letter Template	①	②	③	④
Press Release Template	①	②	③	④
Wellness Initiative Evaluation	①	②	③	④
Employee Wellness Evaluation	①	②	③	④

**What additional resources would be helpful?**

**What worked well in teaching the *Serve Up a Healthier You* Mini-Lessons?**

**What did not work as well in teaching the *Serve Up a Healthier You* Mini-Lessons?**

**How useful was the content of the *Serve Up a Healthier You* Mini-Lessons for PARTICIPANTS?**

**0 = N/A or Did not use, 1 = Not at all useful and 4 = Very useful**

Your Path to Wellness – Take Care of You	0	1	2	3	4
Check Up on Health	0	1	2	3	4
Take Your Best Shot	0	1	2	3	4
Weigh to Wellness	0	1	2	3	4
Tobacco – Make It A Part of Your Past	0	1	2	3	4
Be a Stress Survivor	0	1	2	3	4
Manage Your Medications	0	1	2	3	4
Sweet Dreams	0	1	2	3	4
Your Path to Wellness – Eat Smart with the Dietary Guidelines	0	1	2	3	4
Eat Smart with MyPlate	0	1	2	3	4
Right-size Your Portions	0	1	2	3	4
Label Lingo	0	1	2	3	4
Make Sense of Carbs	0	1	2	3	4
Make Sense of Protein	0	1	2	3	4
Make Sense of Fat	0	1	2	3	4
Hunger Hoax	0	1	2	3	4
Your Path to Wellness – Move More	0	1	2	3	4
Fitness to Fit Your Lifestyle	0	1	2	3	4
Smart Moves – Get Started Safely	0	1	2	3	4
FITTness – Where Do You Stand?	0	1	2	3	4

**What additional *Serve Up a Healthier You* Mini-Lessons would be helpful?**

**LEA Name:**