



Break & Relax Session



**“Tools and Resources You Can Use to
Enhance Your Worksite Wellness Program”**

Session 2

- Pre-Assessment



Let's Move Miami!



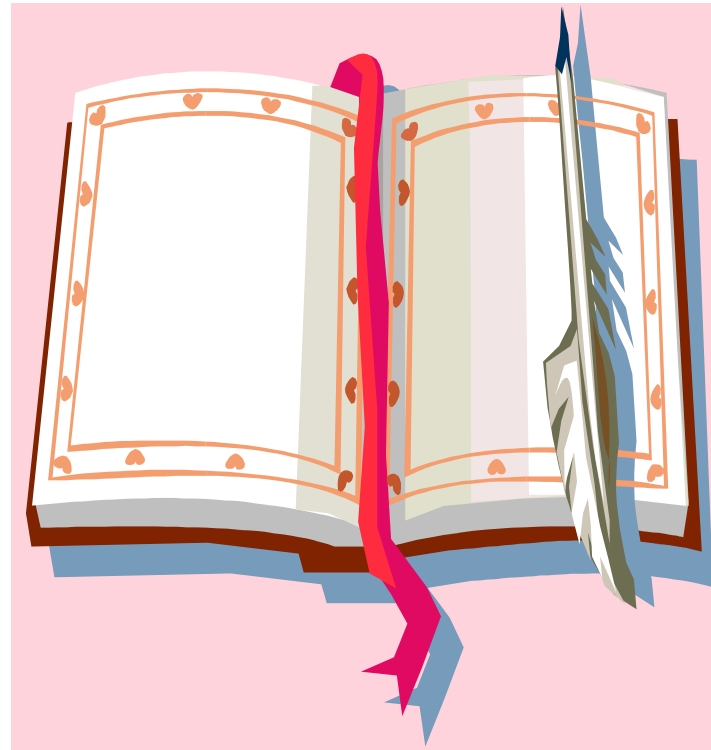
History & Purpose

Let's Move

- National Campaign
 - At least 30 minutes of physical activity per day – 5 times per week for 6 weeks
- Local Campaign
 - Media Marketing (Kick-off)
 - Dolphins Game
 - Getting Started Only Takes 3 Steps
 - Materials Needed (included in binder)
 - Marketing Flyer & PALA

[Step 1.]

- Registration
 - Baseline Data



Step 2.



- Complete Form
 - Various types

- Physical Activity Ideas
 - Walking Club
 - Stair Campaign
 - Corporate Walk/Run

The Active Lifestyle Activity Log

Participant Name _____ Date Started _____
 Group ID _____ Age _____ Date Completed _____

Week 1			Week 2		
Day	Activities	# of Minutes or Pedometer Steps	Day	Activities	# of Minutes or Pedometer Steps
Mon			Mon		
Tue			Tue		
Wed			Wed		
Thurs			Thurs		
Fri			Fri		
Sat			Sat		
Sun			Sun		
Participant Signature _____		Date _____	Participant Signature _____		Date _____

Week 3			Week 4		
Day	Activities	# of Minutes or Pedometer Steps	Day	Activities	# of Minutes or Pedometer Steps
Mon			Mon		
Tue			Tue		
Wed			Wed		
Thurs			Thurs		
Fri			Fri		
Sat			Sat		
Sun			Sun		
Participant Signature _____		Date _____	Participant Signature _____		Date _____

Week 5			Week 6		
Day	Activities	# of Minutes or Pedometer Steps	Day	Activities	# of Minutes or Pedometer Steps
Mon			Mon		
Tue			Tue		
Wed			Wed		
Thurs			Thurs		
Fri			Fri		
Sat			Sat		
Sun			Sun		
Participant Signature _____		Date _____	Participant Signature _____		Date _____

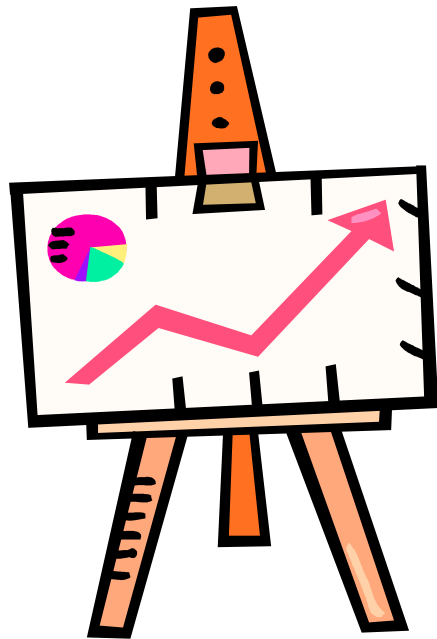
Verification


I certify that I have met the requirements of the Presidential Active Lifestyle Award.

I have met my daily activity goal for at least 5 days each week. Participant Signature _____
 I have performed my physical activities for at least 5 weeks. Supervising Adult's Signature (if applicable) _____

[Step 3.]

- Evaluation





Evaluation

Worksite Wellness Program

[Purpose Of An Evaluation]

- Systematically examines the implementation and results of strategies and interventions with the aim of using findings to improve those actions.



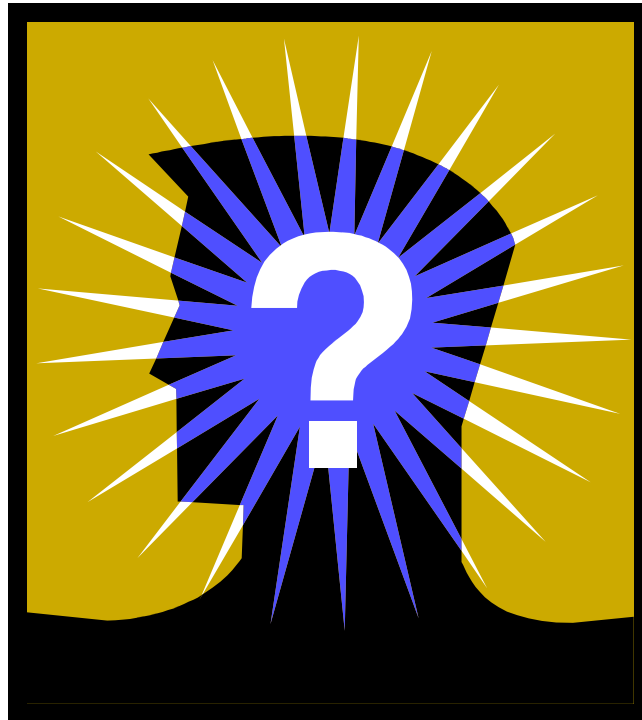
Why should you perform Program Evaluations?



[Types of Evaluations]

- ***Outcome***
- ***Process***
- ***Formative***
- ***Impact***
- ***Cost-effectiveness***

**What questions should you ask
before beginning any Evaluation?**



When creating a program, program evaluation can help answer...



Once a program is underway, program evaluation can help answer...

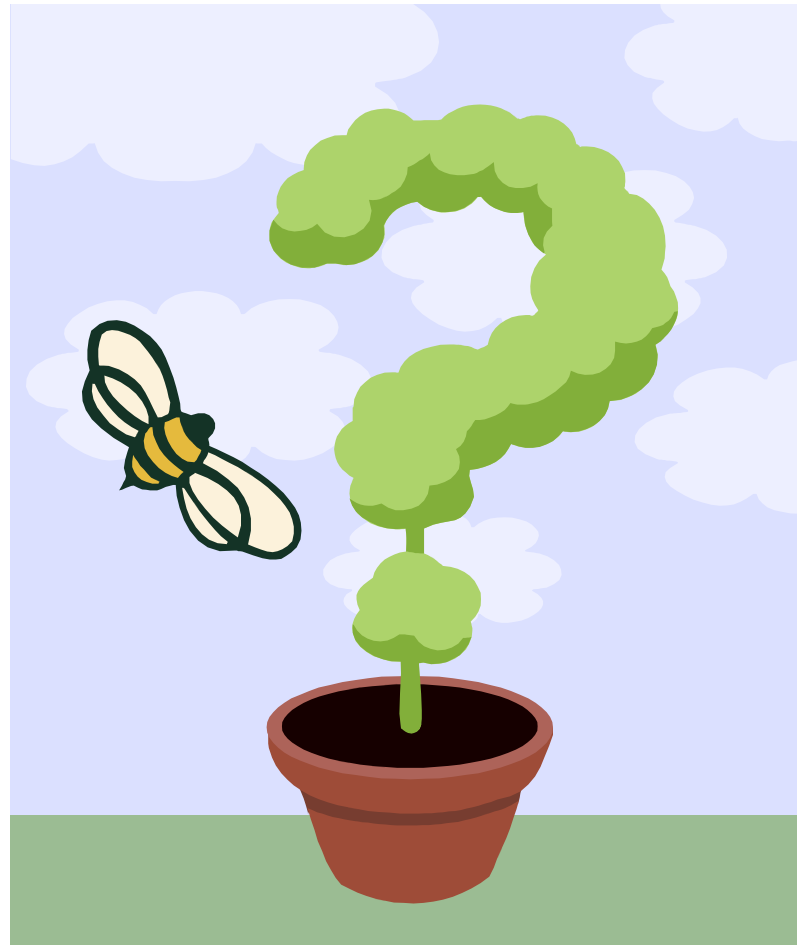


[Reporting...]

- Did the project meet overall goal(s)?
- What components were the most effective?
- What components were less effective?
- What lessons learned have the potential to be replicated or transferred to other programs?
- Were the results worth the cost?

Q & A:

Evaluation





Worksite Wellness Policy Template

A. Worksite Wellness Infrastructure

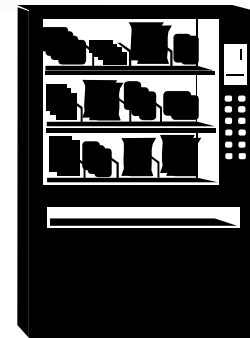
1. Senior-Level Support
2. Worksite Wellness Teams
3. Programming/Interventions
4. Data Collection/Evaluation
5. Promotion
6. Incentives
7. Funding



B. Healthy Foods in the Workplace

1. Healthy Vending Machines

- Conduct vending machine assessment
- Promote new policies and provide education about making healthier choices
- Have low-fat alternatives for each high-fat snack
- Healthy options should be priced the same or lower than the other options
- Post nutritional information of items near vending machines and identify the available healthy options



Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

[B. Healthy Foods in the Workplace]

2. Lactation Support

- Offer flexible break and work options to allow nursing employees to express milk as needed/appropriate.
- Offer educational resources, classes or support groups for nursing employees or employees with nursing spouses.
- Provide supportive environment for breastfeeding

The Patient Protection and Affordable Care Act Section 4207 provides that, for a period of up to one year following a child's birth, employers must give an employee:

- a "reasonable break time" each time she needs to express breast milk; and
- a location, other than a bathroom, shielded from view and free from intrusion, which may be used by the employee to express breast milk.



B. Healthy Foods in the Workplace

3. Meetings/Events

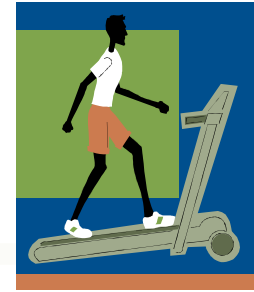
- Offer a variety of grains and whole-grain foods, fruits and vegetables
- Provide fat-free, low-fat, or low-calorie foods and beverages
- Offer foods and beverages low in added sugars
- Serve foods that are low in salt and sodium
- Include smaller portions

4. Local Access to Healthy Eating Options

- Identify and promote local restaurants, grocery stores or farmers' markets with healthy eating options.

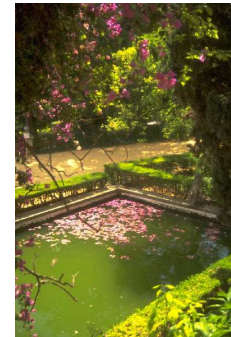


C. Physical Activity in the Workplace

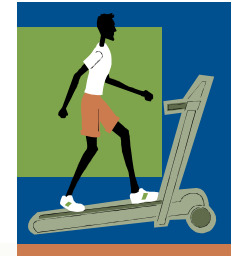


1. Built Environment

- Consider physical security issues for instructors and employees
- Address any liability issues before implementing worksite wellness activities.
- Provide safe, clean, and appealing spaces for physical activity such as stairwells, hallways, multi-purpose meeting rooms, outdoor walking paths or courtyards.
- Consider on-site gym facilities/equipment



C. Physical Activity in the Workplace



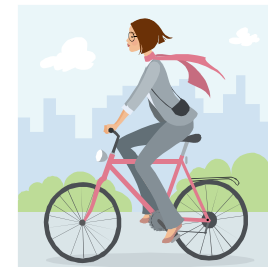
2. Alternative Work Schedules

- Allow employees flexibility in their schedules to engage in physical activity with approval from supervisor.
- Flexible schedules may be limited by job requirements and management may deny a request.



3. Alternative Transportation

- Encourage/subsidize use of public transportation
- Promote walking/cycling to work
- Some worksite wellness programs and activities may be made remotely available for employees who work in the field or from home.



Resources

- Bay Area Nutrition and Physical Activity Collaborative, BANPAC, <http://www.banpac.org/default.htm>; 2005 Dietary Guidelines for Americans, <http://www.cnpp.usda.gov/DGAs2005Guidelines.htm>, Dietz, Gayle, *Research on Vending Guidelines for Parks*, Dietz & Associates.
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- Easy Steps to Supporting Breastfeeding Employees*, HRSA, 2008, <http://www.womenshealth.gov/breastfeeding/government-programs/business-case-for-breastfeeding/easysteps-breastfeeding.cfm>, Patient Protection and Affordable Care Act, 2010.
- Healthier Worksite Initiative: *Environmental Audits*, CDC, 2010, http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/environmental_audits.htm, LEAN Works: Plan: *Conduct Needs Assessment*, CDC, 2010, <http://www.cdc.gov/leanworks/plan/needsassessment.html>
- Healthier Worksite Initiative: Policies, CDC, 2010, <http://www.cdc.gov/nccdphp/dnpao/hwi/policy/index.htm>; Organizational Physical Activity Policy Template, *North Carolina Eat Smart Move More Worksite Initiative* <http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/PhysicalActivityAndHealthyEatingPolicy.html>; Utah Department of Health Exercise and Health Activity Time Policy, http://health.utah.gov/hearthighway/pdfs/Excercise_Release_Policy_worksites.pdf; Flex Time Guideline to Encourage Physical Activity or Other Wellness Related Activity, *Oregon Department of Human Services Healthy Worksites Toolkit* <http://www.oregon.gov/DHS/ph/worksites/toolkit/docs/flextimeexample.pdf>
- Healthier Worksite Initiative: Policies, CDC, 2010, <http://www.cdc.gov/nccdphp/dnpao/hwi/policy/index.htm>
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- Sample Healthy Eating Policy*, Physical Activity and Healthy Eating Policy, Eat Smart, Move More NC website, <http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/PhysicalActivityAndHealthyEatingPolicy.html>.
- Workplace Health Promotion. CDC, 2010, <http://www.cdc.gov/workplacehealthpromotion/index.htm>.



**“Tools and Resources You Can Use to
Enhance Your Worksite Wellness Program”**

Session 2

- Post-Assessment**
- Forum Evaluation**

[Closing]



[Special Thanks to:]

- CDC/CPPW Staff
- MDCHD Staff
- Community Partners
- Fit2Go

