

Wellness Forum, 2006

Gary Liguori, PhD
Health, Nutrition & Exercise Sciences
North Dakota State University

A stylized silhouette of a mountain range in a teal color, located in the bottom right corner of the slide.

Acknowledgements

- ◆ Jacinta Kuehn
- ◆ Sarah Mollenkamp
- ◆ Arupndra Mozumdar, PhD

- ◆ Dr. Terri Dwelle
- ◆ Melissa Olson
- ◆ Rebecca Fricke
- ◆ Sparb Collins

General Overview

- ◆ 57% Small businesses ≤ 50 emp.
 - SB are 10% of all PERS employees
- ◆ At or near 100% compliance for all questions:
 - Form signed by top management
 - Wellness coordinator assigned
 - Attend Wellness Forum

Participation Rates*

- ◆ Small = 77.5%
Range 20%-100%
 - 7% have <50% participation
 - 40% have <80% participation
 - 60% have >80% participation
- ◆ Large = 66.5%
Range 10%-100%
 - 17% have <50% participation
 - 57% have < 80% participation
 - 43% have >80% participation

-7% of SB are doing 4 pointer

-30% of LB are doing 4 pointer

Most Popular Programs



Moderately Popular (5-10%)

- ◆ Nutrition program = 9%
- ◆ Presentation = 8%
- ◆ HRA = 7%
- ◆ Stress Management = 7%
- ◆ Flu shots = 7%
- ◆ Take Care of Yourself = 6%

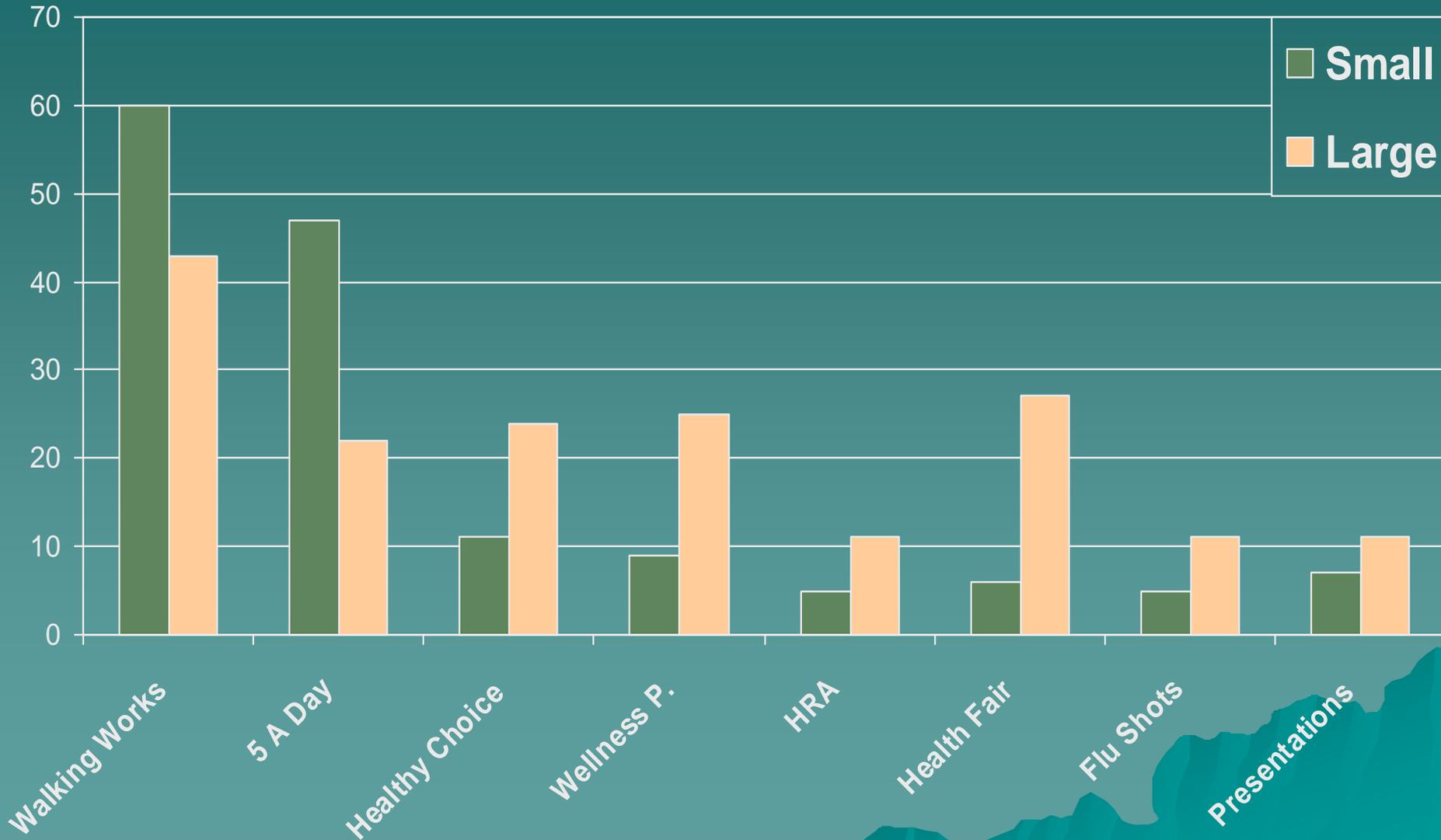
Less popular (1-5%)

- ◆ Paper Newsletter = 3%
- ◆ Smoking Cessation = 3%
- ◆ Ergonomic Assessment = 3%
- ◆ Weight loss = 3%
- ◆ Wellness Education = 2%
- ◆ Wellness Website = 2%
- ◆ Wellness Discounts = 1%

Least Popular ($<1\%$)

- ◆ Prenatal plus
- ◆ Water Works
- ◆ Health Snack Café
- ◆ Coping with Change
- ◆ Needs Assessment
- ◆ Challenge

Small vs. Large



Wellness Coordinator Survey

- ◆ Survey to determine:
 - Time frame to initial dissemination
 - Method of dissemination
 - Tracking of message receipt
- ◆ Survey will commence...