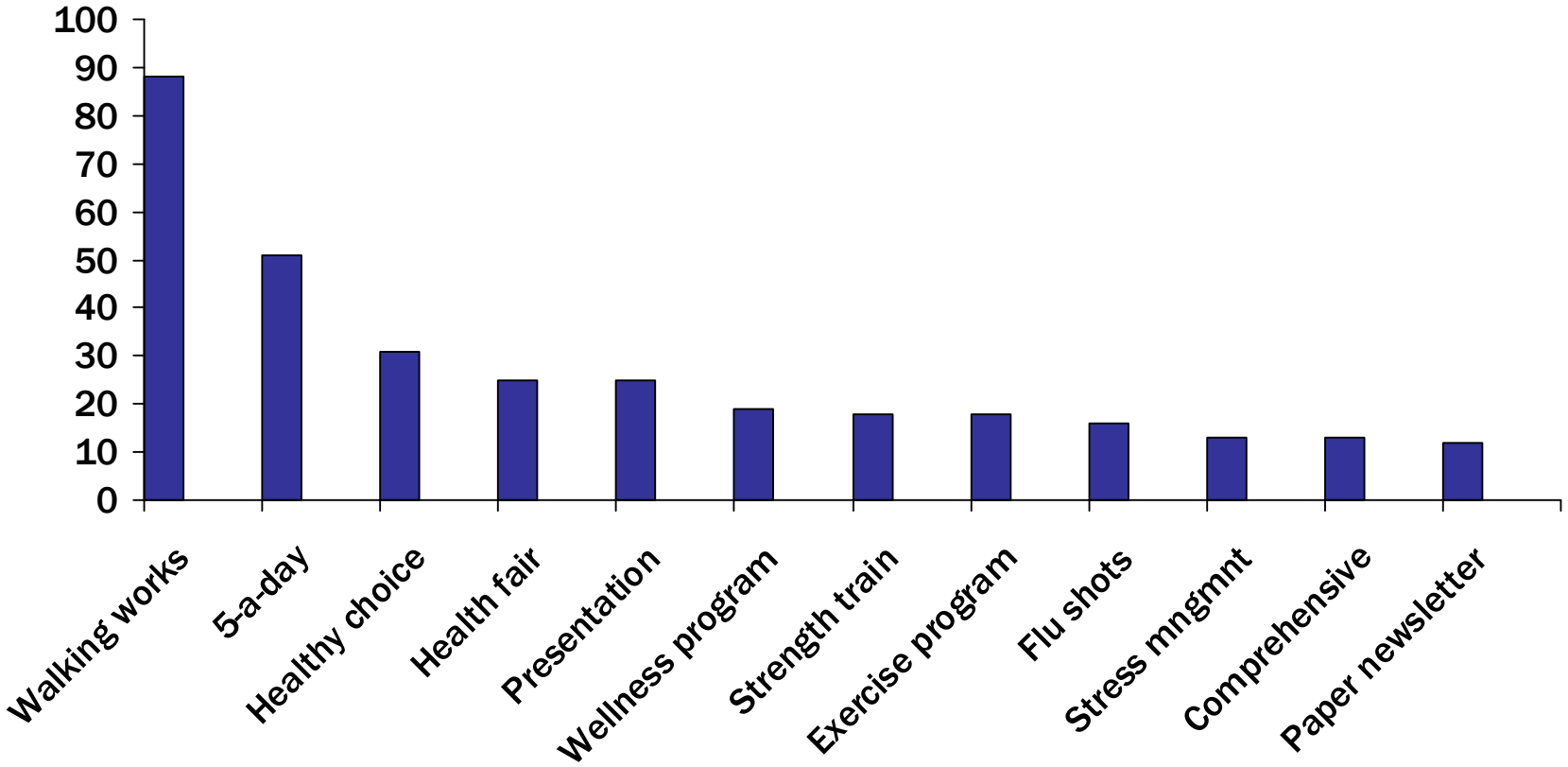
Wellness Program Survey

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

Overview

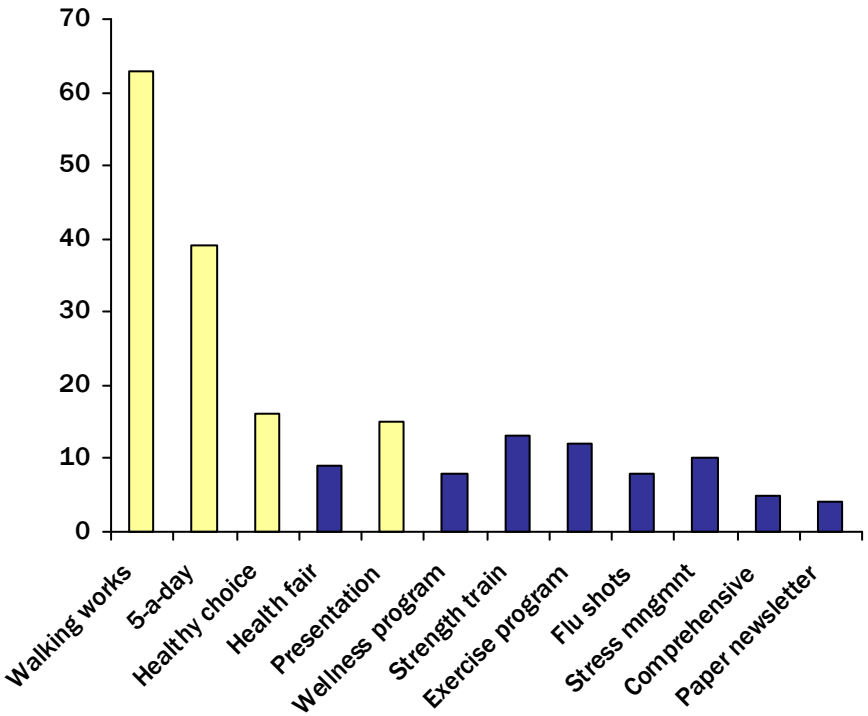
- Follow-up to planning data (2006)
- Consider total participation and ‘reach’ of each program
- 66 Large worksites (18,193)
- 124 Small worksites (2,100)
  - Large worksites make 89% of total employees
  - 65% of all worksites are Small

Program preference by employer

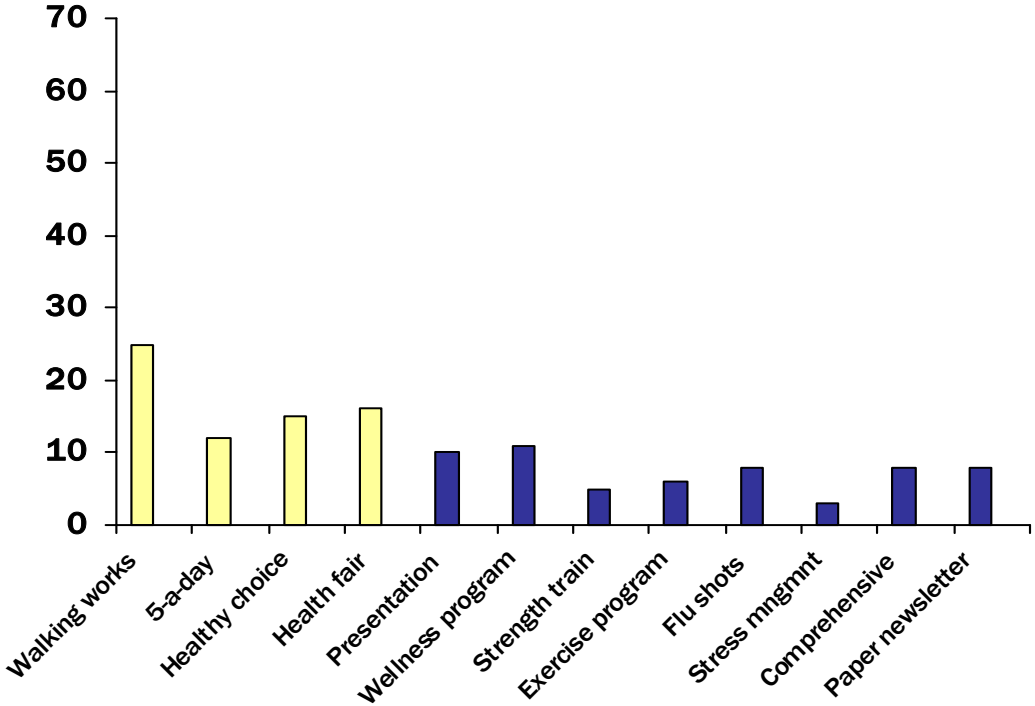


Program preference by employer

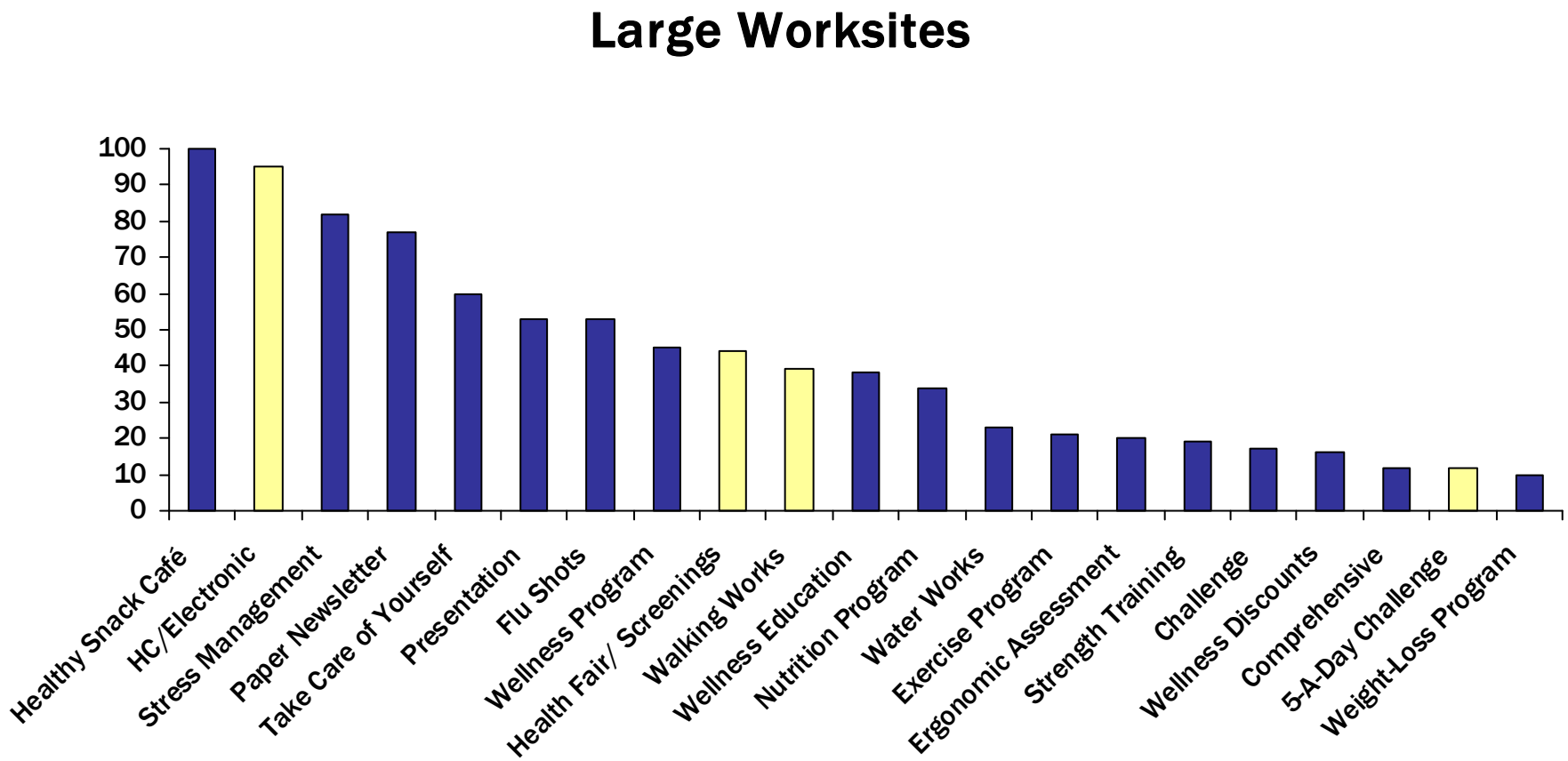
Small worksites (N < 50)



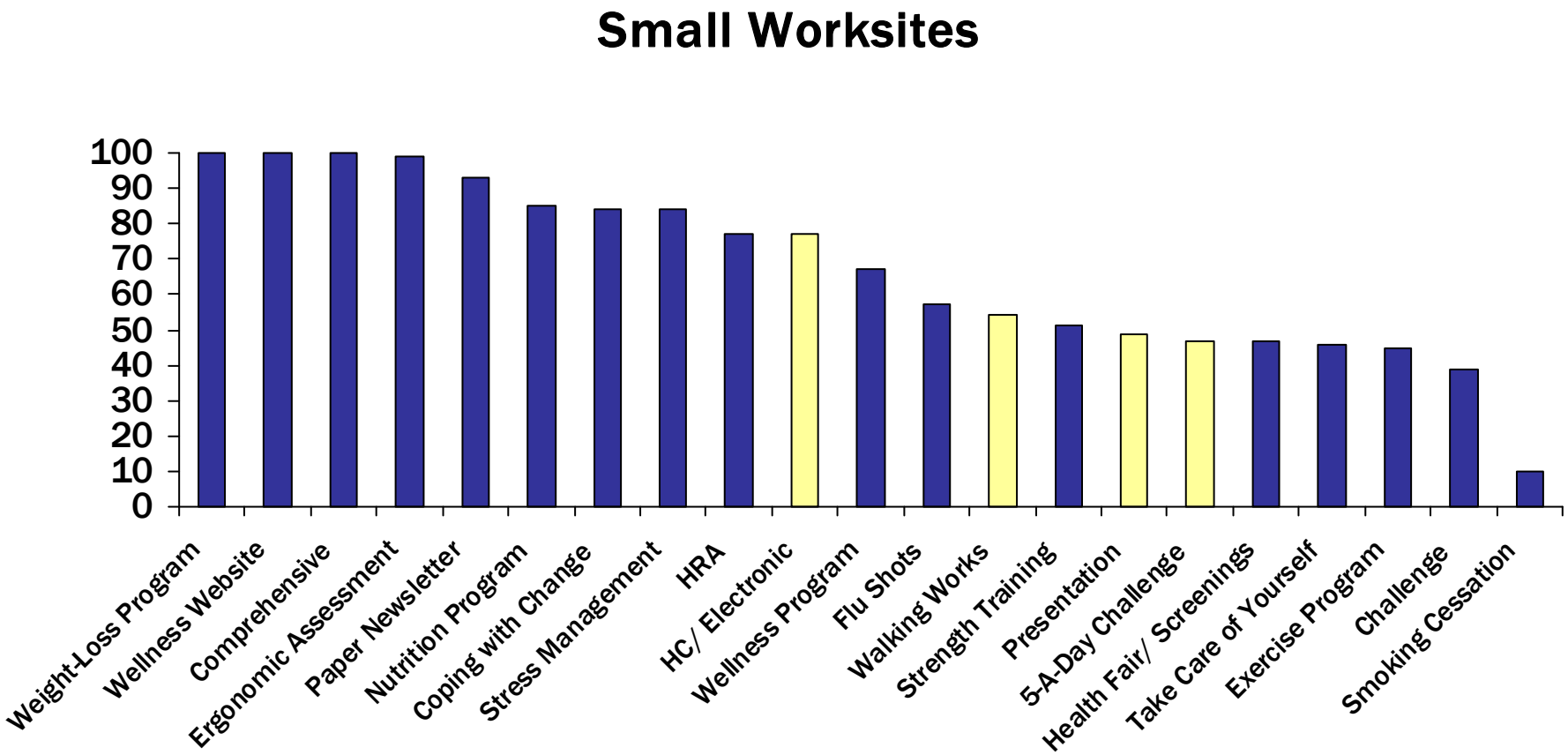
Large worksites (N >= 50)



Percent of Employees Participating



Percent of Employees Participating



Acknowledgements

Arupendra Mozumdar, PhD
Sheila Braun
Brad Strand, PhD
Rebecca Fricke
Sparb Collins
NDPERS Wellness Coordinators