

Worksite Wellness Evaluation

Nicholas Martinez M.S

Worksite Wellness Evaluation

- ! Worksite wellness program benefits
 - ! Decreases health care costs
 - ! Improves employee productivity
- ! Health promotion & disease prevention occurs via
 - ! Educational approaches
 - ! Behavioral approaches
- ! Further evaluation of wellness programs needed
 - ! Do employers adhere to policy and program changes?
 - ! Does the program optimize wellness for employees?

Worksite Wellness Evaluation

- ! Purpose of worksite wellness evaluation
 - ! Determine the impact of the program on wellness
 - ! Examine if program aligns with committee standards
 - ! Operational efficiency of the wellness program
 - ! Share findings and recommendations with stakeholders

Worksite Wellness Evaluation

- ! Conceptual Framework
 - ! The Six Dimensions of Wellness Model
 - ! Physical – Functional capacity of human body
 - ! Intellectual – Function of the mind and continuing education
 - ! Emotional - Awareness, acceptance, and emotion management
 - ! Social – Environment and community
 - ! Spiritual – Meaning and purpose
 - ! Occupational – Satisfaction and enrichment
 - ! Wellness Strategies
 - ! Awareness Strategies – Communication and dissemination
 - ! Lifestyle Interventions – Changes in health habits
 - ! Supportive Environment Programs – Policies and worksite culture

Worksite Wellness Evaluation

Start your worksite wellness evaluation today!

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