

# Worksite Wellness Evaluation

Nicholas Martinez M.S

# Worksite Wellness Evaluation

- ! Worksite wellness program benefits
  - ! Decreases health cares 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

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Start your worksite wellness evaluation today!

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