The mission of the Work Well program is to promote a culture of wellness for UND staff and faculty by providing information, services and programs to support healthy living.

Demographics:
- 2,780 benefited employees
- 52.4% female, 47.6% male
- 29.8% faculty, 70.2% staff
- Average age: 47
- 4,433 dependents on health plan

Program Summary:
- 7 health screenings
- 5 events
- 15 presentations/demonstrations
- 1 staff/faculty challenge
- 1 set of 9 flu clinics
- 7 pilot programs
- 7 on-going programs
- 33 department/group programs
- 13 Deans for Wellness initiatives
- 4 Policy/Environmental Change successes

Major Programs:

Get Moving Challenge:
- Participation: 447
- Satisfaction*: 86% (n = 341)
- Costs: $464

Health Screenings:
- Participation: 318
- Satisfaction*: 100% (n = 289)
- Costs: $19,768

Metabolic Testing:
- Participation: 60
- Satisfaction*: 100% (n =52)
- Costs: $2,255 ($434 main campus, $1,821 for Minot/Bismarck)

Weight Watchers:
- Participation: 25
- Satisfaction*: 71% (n = 8)
- Costs: $1,195

Zen in 10:
- Participation: 87
- Satisfaction*: 97% (n = 45)
- Costs: $144

Staff/Faculty Only Yoga:
- Participation: 23
- Satisfaction*: 93% (n = 45)
- Costs: $240

Spring Fling:
- Participation: 486
- Satisfaction*: 98% (n = 139)
- Costs: $1,098

*All Strongly Agree/Agree and Very Satisfied/Satisfied were merged

Ambassador Summary:
58 ambassadors provided the following:
- 11 organized In-services
- 19 volunteered at events
- 32 had teams in activities
- 18 brought co-workers to events
- 23 helped others with HealthyBlue sign-up
- 7 helped coordinate events
- 10 met with a new employee to share about Work Well
- 4 provided a walking or stretching program at work
- 4 developed/maintained a wellness committee at their dept./building

Participation:
- 1,909 employees participated in at least one wellness event (68.7% of population)
- 10% relative increase from 2013-2014
Assessment Highlights:

**Weight Watchers Participant:** “I am no longer pre-diabetic thanks to the Weight Watcher at Work program.”

**Health Screening Participant:** “All of the staff were so nice and gave great advice that I will use! It is so awesome that this is offered at UND! It’s a great place to work.”

**Changes After a 4-Week Get Moving Challenge:**

Recommended levels of 150 minutes of cardiovascular activity per week*

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<th>Participants that KNOW</th>
<th>Spring 2015</th>
<th>44%</th>
<th>62%</th>
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<tbody>
<tr>
<td>Pre</td>
<td>Post</td>
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<table>
<thead>
<tr>
<th>Participants that MEET/EXCEED</th>
<th>Spring 2015</th>
<th>33%</th>
<th>40%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre</td>
<td>Post</td>
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*2008 Center for Disease & Control Physical Activity Guidelines for Americans

**Benefits of a 10-minute break (from Zen in 10 Program):**
(Results from 45 participants at UND)

- 73% report better level of concentration after the session
- 73% report better productively at work after the session
- 61% report better ability to cope with stress after the session
- 66% report better flexibility after the session
- 80% report better energy levels after the session
- 95% report better general happiness after the session
- 90% report better mood after the session
- 83% report better connectively to co-workers after the session.

“All of the Work Well programs that I have been able to participate in, the Zen in 10 has been the most beneficial. It was conveniently located, not terribly time consuming and quite enjoyable” – UND staff member, Kathy Freeman

For more information, contact Work Well: www.und.edu/workwell, 701-777-0210