Program Evaluation Results
Results of the 2016 Staff & Faculty Wellness Survey indicated:
• 90% positively rated Work Well programming
• 80% rated UND as having a positive culture of wellness
• 74% feel their supervisor supports their participation in at-work wellness activities
• 63% feel their supervisor models wellness

Top ranked programs were the Get Moving Challenge, Zen in 10 and health screenings. Work Well supports the mission of the University by providing educational opportunities for 34 students in 6 disciplines.

Use of Results
Work Well will continue to offer and improve on the most popular programs. Focus will be put on leadership through role-modeling and messaging, to increase supervisor support of wellness at work among employees. Results are also used to apply for the newly created American Heart Association’s Workforce Health Achievement Index (replacing the Fit-Friendly Company award). The Work Well Advisory Board will continue to use data to steer the strategic needs for the future.
Student Learning Outcomes

Assessment Results

Knowledge: The health screenings and Get Moving Challenge showed an increase in participant knowledge of the Center for Disease Control recommendations for cardiovascular activity and muscle-strengthening. Metabolic testing showed an increase in understanding better food choices, caloric-intake, emotional eating and use of body's metabolism to lose weight.

Behavior: The Get Moving Challenge produced a 10% increase in cardiovascular activity and metabolic testing participants had a 42% positive change in their eating habits.

UND staff and faculty meet national goals in the following categories: tobacco, blood pressure, cholesterol testing, and being at a healthy weight.

Improvements are needed in the following areas: strength training, high cholesterol, sleep and flu vaccinations.

Use of Results

The 2016 Staff & Faculty Wellness Survey data allows UND to compare to national standards. We use those comparisons to determine future programming. The results are being used to help Work Well staff and the Advisory Board develop strategic plans with tailored messages and programming for the upcoming year to improve on areas of lower scoring. Topics to include: muscle-strengthening, cardiovascular exercise, the benefits of sleep, reasons to get the flu vaccine, and the dangers of not treating high cholesterol.

Challenges

- Increased leadership with wellness-at-work, role-modeling and messaging as recommended by the American Heart Association Workplace Health Achievement Index.
- Limited funding for staff, programming and incentives.
- The University of North Dakota changed health care providers July 1st resulting in an increased demand for information, instructions and clarifications.

Priorities for the Future

Work Well’s priority is to broaden and deepen the wellness culture and outreach. For further reach, department chairs and directors will be targeted through the Healthy Department program to infuse leadership modeling and healthy meeting practices. Work Well will strive to achieve national recognition from the American Heart Association Workplace Health Index.