

Summary of Results from Nov 2010 AWC Survey

Summary of “What was your agency’s biggest wellness accomplishment last year?”

- Successful event and/or high attendance at event (x12)
 - Formally introducing wellness into the agency (x6)
 - Regarding fitness centers (x3)
 - being able to participate in the state-wide flu shot clinics, CPR training (x3)
 - Bring CSA farms to our employees (x2)
 - Keeping things going despite the challenges (x2)
 - Created goal to address environment and policy, connecting with SHIP focus
 - We started the Golden Rule Zone - newsletters and environment changes
 - Keeping active with a very small budget
 - Our own fitness run program
 - Developing a wellness share page for the DOC
 - Consistent Yoga at Noon classes
 - 4 Commissioners’ involvement
 - Collaborative walking challenge with DOT
 - Variety of Lunch & Learn Sessions
 - Some of the students would like to be wellness instructors in the future.
 - Awareness posters
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Summary of “What 3 topics would you like the AWC team to cover next year?”

1. Topics related to nutrition
2. Engaging management/new Commissioners, supervisors in wellness, wellness policy
3. Exercise, biking
4. Pre-fab programs, calendars, wellness plans

Others:

- Stress
- Collaboration/cooperation/website
- Trends in workplace wellness
- Money for wellness
- Motivation/active wellness committees

Summary of “What is the primary reason you attend AWC meetings?” and “What would make them more valuable?”

- Learning what others are doing
- Represent my agency by contributing on the committee and sharing information back
- Sense of community, inspiration, networking
- Need department/supervisor support, have as part of my job responsibilities
- Snacks, video or web conference, different time, Fridays, vary time, shorten, different location

Explore option of weekly tweets or blogs

71% in favor

2. What 3 topics would you like the Agency Wellness Champions team to cover next year? (Please list in order of priority.)

	answered question	skipped question	Response Percent	Response Count
#1			100.0%	37
1.	Preventative Maintenance			
2.	trends in workplace wellness			
3.	Engaging department management in wellness			
4.	career wellness			
5.	Biking to work			
6.	New Ideas			
7.	Policy that promotes state employees' commitment to health and wellness			
8.	Nutrition and Food			
9.	Increasing revenue so that I can offer more for faculty & staff			
10.	Nutrition - spices to flavor foods			
11.	Speakers on topics such as: Harmful chemicals we put on our bodies and do not know (ex. Lotion, make-up), nutrition, stress management....			
12.	Establishing a wellness website that's part of the MMB site for all state employees to access			
13.	Weight Loss			
14.	Exercise			
15.	mental wellness			
16.	Determining what activities would be useful to employees			
17.	Tips for motivating team members			
18.	Dealing with stress at work - such as how to deal with difficult co-workers			
19.	Healthy work environment			
20.	Keeping fit year around			
21.	New Administration - Commissioner's - need to Contact them to address their support			

2. What 3 topics would you like the Agency Wellness Champions team to cover next year? (Please list in order of priority.)

22. Interagency cooperation on wellness events

23. Continued work with upper management and middle management - to allow and support employee health opportunities - makes each agency a better "Workplace of Choice"

24. More emphasis on state employee wellness programs outside of Twin Cities

25. Coordinating events between the agencies

26. Ways of recruiting and retaining active work wellness participants

27. Alternative Wellness

28. Tips for nonsmoking

29. organic/local foods at work

30. Healthy eating in the workplace always needs more

31. Healthy Eating

32. Fats in foods

33. Keeping Wellness awareness alive in our agencies with change in admin

34. Nutrition education

35. Strategy for promoting wellness when nothing previously existed -like a schedule of sorts

36. Food

37. Physical fitness

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1. Healthy Food Choices

 2. sustaining workplace wellness

 3. Wellness in the midst of tight budgets

 4. vending and meeting food standards

 5. Healthy snack alternatives - vending machine alternatives

 6. Keeping the Interest and Motivation

 7. Fitness at Work -- facilities and classes

 8. Weight Loss

 9. I offer a number of yearly activities already, but my vault is running dry. What are some fun things to keep fitness a part of their lives and why is it the same people always doing the activities. How do I reach everyone?

 10. Anything on dealing with elderly parents

 11. Activity ideas for individual work site wellness programs. (Maybe each site could give 3 examples of fun things they have done and how they did it).

 12. Working together on the statewide employee wellness newsletter

 13. How to influence leadership opinion on wellness (in particular where other priorities clearly trump wellness... in the agency's view)

 14. Nutrition

 15. how to find time to plan wellness programs

 16. Determining when we could provide these useful activities

 17. Getting agencies to work together on events that impact all state employees

 18. Healthy foods or snack ideas for agency gatherings--with themes to go with them.

 19. Healthy work environment

 20. Healthy eating

 21. How to continue work with new successor's

 22. Getting management buy-in for Work Well initiatives

 23. Continue bringing speakers in who offer preventive care, education and encourage JourneyWell to get the word out to employees at all agencies, including districts

 24. More incentives to state employees to participate in healthy activities
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25. Coordinating employee communications between agencies

26. Securing money to keep programs alive

27. Nutrition

28. Healthy habits

29. wellness activities

30. Ways to get more employees taking healthy actions

31. Healthy Work Places- Air Quality

32. I can't think of anything

33. Sharing of resources available to agencies - both cost and no-cost

34. Small, quick, easy wellness ideas to get employees hooked or engaged

35. Obesity

36. Nutrition

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1. Positive Thinking

 2. hot topic

 3. Recruiting and retaining wellness volunteers

 4. building a wellness community

 5. Caring for elders

 6. Keeping the Focus on Wellness

 7. Nutrition (cafeterias, vending, etc.)

 8. Bicycling to Work Options

 9. NUTRITION

 10. Sleeping

 11. Info on how to set up Brown Bag lunch talks on healthy topics.

 12. Focus on wellness programs for outstate locations

 13. Weight loss

 14. nutrition

 15. Getting upper level buy in/ support and what not

 16. budget friendly events

 17. Healthy work environment

 18. Chronic illness

 19. Put on co-agency wellness fair

 20. What a new administration means for Work Well.

 21. Possible Health Fair at Armory

 22. More management support towards state employee health and wellness

 23. Pacing yourself: how to balance your volunteer commitments

 24. Yoga

 25. Best places to eat healthy food
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26. biking/walking to work

27. What the state already offers that is helpful - coaching, smoking cessation, etc.

28. Mental Health

29. how to get more specific agency data - using surveys/etc.

30. Exercise

31. Wellness

3. What was your agency's biggest wellness accomplishment last year?

answered question 40

skipped question 1

Response
Count

40

1. Reopening and successfully using our wellness/fitness center
2. goal to address environment and policy. connecting with SHIP focus
3. conducting a 10,000 steps program that had great participation
4. offer of the CSA
5. 2nd Run at Work Day was among the most visible. Biggest Loser is very popular
6. Creation of a Committee
7. We started the Golden Rule Zone - newsletters and environment changes
8. Keeping active with a very small budget
9. huge participation in "Step It Up" -- our 10,000 steps a day challenge
10. Starting our Wellness Committee
11. Having 50+ participate in the summer fitness challenge
12. Our own fitness run program
13. High attendance at run at work day event.
14. Developing a wellness ishare page for the DOC
15. Formally introducing wellness into the agency
16. strong progress toward (maybe) getting a fitness room in our building
17. Biggest loser
18. Bring CSA farms to our employees
19. Consistent Yoga at Noon classes
20. Receiving the Sock award
21. Our annual summer walking event turned out very well and it helped to have "borrowed" MMB's title and tips. We had a lot of participation and everyone seemed to enjoy it.

3. What was your agency's biggest wellness accomplishment last year?

22. I cannot honestly answer that question. The culture here is very challenging.
23. Caregiver Support Brown Bag 30 people were present
24. Starting a Wellness program
25. Probably Spring Bike-Walk Week
26. Expansion of classes, brown bags. Adding new fitness equipment.
27. being able to participate in the state-wide flu shot clinics
28. The 2010 Run @ Work Day 5K tripled in participation and engaged 4 State of MN Commissioners
29. Collaborative walking challenge with DOT
30. Variety of Lunch & Learn Sessions
31. Some of the students would like to be wellness instructors in the future.
32. I don't know!
33. Getting a Work Well group up and running
34. Flu Shots
35. cpr training , flu shots
36. Keeping things going despite the challenges
37. The SCSU on the Move 11 week Health initiative
38. Getting our HR Div on board and creating a steering team
39. Awareness posters
40. Minnesota Land of 10,000 lakes-4 week challenge

4. What do you feel is the greatest benefit of being an Agency Wellness Champion?

answered question

40

skipped question

1

Response
Count

40

1. Seeing the progress along the way
2. support wellness and HRM colleague
3. Receiving encouragement and support from other AWC's
4. support and information
5. Wellness is critical to employee engagement and productivity
6. I get first hand information on wellness activities
7. Some ideas, share stories and hear from others their struggles and achievements
8. Hearing other people's ideas and activities
9. communication with other agencies and idea sharing
10. Do something positive for our Agency
11. having people throughout campus feel comfortable to come to me with questions
12. Keeping wellness on the priority list
13. Being a positive role model and seeing people follow.
14. Sharing of experiences and knowledge.
15. Having the potential to influence healthy behaviors of an entire agency
16. finding out how obstacles have been overcome at other agencies
17. Trying to help state employees be healthier
18. networking opportunities
19. Community and conversations about Wellness
20. Being able to help my employees get motivated about wellness
21. Getting great ideas to bring back to our agency wellness (& safety) committee.

4. What do you feel is the greatest benefit of being an Agency Wellness Champion?

22. I appreciate all of the emails and written information that affirm my own personal commitment to a healthy and balanced life - which includes my work environment.
23. Knowing that the information you are giving people can help them look at wellness and find balance in their life.
24. Keeps me consciously thinking wellness more
25. Being informed of wellness activities throughout state gov't.
26. Not only do I find my personal knowledge and health growing, but it is wonderful to see employees gaining benefits from our programs, classes and fitness area.
27. being able to stay up to date with what other agencies are doing for employee health and wellness
28. Sharing events and ideas
29. Making a difference in you agency
30. Bringing wellness information to employees
31. Keep our best assets (people) healthy.
32. Feeling connected to others with similar goals.
33. I learn a lot
34. Improving the work environment and experience
35. Can discuss wellness issues with employees
36. ability to help others make healthy choices
37. Resources
38. Being a part of something that will benefit all employees
39. Promoting healthy behaviors
40. Bring back information to our committee

5. What is the primary reason you attend Agency Wellness Champions meetings?

answered question

38

skipped question

3

Response
Count

38

1. when able, support HRM colleague
2. Hearing how other AWCs are doing wellness
3. presently do not
4. I've missed many - wellness cte members represent our agency
5. Learn what other agencies are doing
6. Communicating with others and hearing what others have going on
7. Sense of community
8. to stay in the loop
9. To get our program going at this time
10. I haven't been able to yet due to the times. I am full time faculty and it interferes with my teaching hours
11. Information
12. Interest ...although, the meetings fall on my days off, so they are hard to attend :(
13. Represent the DOC by contributing on the committee and sharing information back to my agency.
14. Get information on how to implement programs/activities at the agency
15. Share agency responsibility with other agency members
16. networking opportunities
17. To support my agency wellness committee
18. Get inspired by what other agencies are doing
19. To learn what is out there since we are not able to spend a lot of time researching subjects and ideas. It is very helpful to hear what other agencies have come up with.
20. I am not approved to attend.
21. To learn and to keep current

5. What is the primary reason you attend Agency Wellness Champions meetings?

22. Feel I benefit from others in their programming and events
23. To become informed about what is happening in other agencies and learn from others
24. To share ideas with other people from other agencies, and build a network to keep encouraging each other how important our work can bring state agencies closer to the utopian concept of "Workplace of Choice".
25. I have not been able to attend a meeting
26. Sharing events and ideas
27. Passionate about wellness
28. Ideas of other agency wellness programs
29. Knowledge integration in wellness.
30. I don't-I'm sorry!
31. To learn from what others are doing
32. To learn about health and wellness options
33. I don't
34. learning and networking
35. I have never personally attended. was a part of one webinar bur receive the emails
36. I only attend when me schedule allows - which isn't as much as I wish! But I want to attend to learn what other agencies are doing and share knowledge and
37. To learn from other agency reps
38. always good information/topics

6. Honestly, what might make the meetings so valuable you wouldn't dare miss them?

answered question

31

skipped question

10

Response
Count

31

1. ????

2. Department support and fewer meetings (qtrly)

3. Activities less - more about engagement, talent mgt and productivity gains

4. They keep me motivated and are a reminder that this is important, keep up with the interesting speakers and topics each time and I think you will have successful turnouts :)

5. I don't miss them unless I have another commitment I can't reschedule

6. don't know that is possible given this isn't my primary job responsibility....sorry!

7. Healthy Snacks at the meeting

8. a different time of day. morning versus afternoon. Fridays versus Tuesdays.

9. Need to video conference or web

10. vary the times/day of the meeting

11. Know that each meeting will provide information or resources that will directly benefit my agency.

12. Shorten the meetings to 1 hour total

13. If they were in a different location

14. I only miss this meetings because of my schedule

15. Not sure

16. They already are! I love coming to this meeting and hearing all the different ideas. I enjoy the speakers as well. And it helps to have an energetic leader such as you!

17. It's not about the value of the meetings, it's about a supervisor valuing my attendance at the meetings.

18. Meetings give you ideas so you can plan events at your agency

19. I don't miss them now.

20. I can't say I wouldn't miss one or two, but they do provide an opportunity to meet others involved in wellness programs

6. Honestly, what might make the meetings so valuable you wouldn't dare miss them?

21. You invite great speakers and topics, along with the chance for us to share our obstacles and accomplishments.

22. hands-on events such as training by a certified trainer on how to conduct a wellness event, etc

23. YOU! You really do rock, Linda!

24. More participation - numbers = power.

25. If the agency allow our members to use work time for these meetings.

26. Supervisor approval. I work on our waste reduction team and probably wouldn't get permission to join more teams.

27. They already are valuable

28. Treats Bagels/pizza

29. No idea

30. Free money or food

31. reporting back to our wellness committee

7. Every year we provide the opportunity to opt out of being a Champion. Would you like to continue or discontinue being an Agency Wellness Champion?

answered question	41
are welcome to nominate another person whether or not you choose to leave the team.) Her/his e-mail address is:	
answered question	8
skipped question	33
	Response Count

 [Hide replies](#) 8

1. Lois.Tucke@state.mn.us

2. Tamara.Bohmert@state.mn.us

3. Cori Huffman

4. Ben.Durand@state.mn.us and LaDonna.Mustin@state.mn.us

5. no one at this time

6. sadie.huber@state.mn.us

7. qin.tang@state.mn.us pam.newsome@state.mn.us patti.strohmayr@state.mn.us

8. I will ask for permission to share e-mails with you

9. It would be fun to explore the option of receiving weekly wellness tweets or blogs from Linda Feltes.

answered question	37
skipped question	4
	Response Percent
Yes	70.3%
	Response Count
No	29.7%
	11