

PAWI WORKSITE WELLNESS INDIVIDUAL PROGRAM EVALUATION SUMMARY & COMPARISON

SITE: Ho-Chunk Majestic Pines

Summary of all programs held from June 25 - August 20, 2008

Taken from each individual evaluation completed at the end of each program

PROGRAM	Nutrition & Portion Sizes	Healthy Life-style Changes	Healthy Cooking	Exercise & You	Cardio vs. Strength	Balancing Your Life	Hazards of Tobacco	Alternative Medicine	AVERAGE SCORES
ATTENDANCE	20	22	20	27	24	36	16	19	21
EVALUATION %	95.0%	90.9%	95.0%	85.2%	54.2%	91.7%	81.3%	78.9%	84.0%
1. PRESENTATION (out of 5)	4.9	4.7	4.8	4.8	4.8	4.5	4.9	4.4	4.7
2. IMPORTANCE (out of 5)	4.4	4.6	4.5	4.6	4.3	4.2	4.7	4.0	4.4
3.COMFORT LEVEL (out of 4)	3.9	4.0	4.0	3.8	3.7	3.8	3.7	3.9	3.9
4. KNOWLEDGE GAINED (out of 4)	3.3	3.7	3.7	3.7	3.6	3.2	3.7	3.6	3.6
5. QUALITY (out of 5)	4.5	4.5	4.6	4.5	4.5	4.2	4.5	4.4	4.5
6. USEFULNESS	17 comments	18 comments	11 comments	16 comments	6 comments	27 comments	6 comments	9 comments	
7. IMPROVEMENTS	4 comments	7 comments	5 comments	5 comments	2 comments	11 comments	1 comments	4 comments	
8. OTHER TOPICS	12 suggestions	10 suggestions	7 suggestions	7 suggestion	2 suggestions	10 suggestions	2 suggestions	1 suggestion	
9. RECOMMEND? (out of 5)	4.8	4.8	4.9	4.7	4.7	4.6	4.8	4.3	4.7
10. ADDITIONAL COMMENTS?	0 comment	1 comment	2 comments	2 comments	- - -	6 comments	1 comment	1 comment	
AVG. PROGRAM SCORE:	92.0%	94.1%	94.8%	93.3%	91.4%	87.5%	93.8%	88.3%	91.9%

(Didn't include count of "N/A", "None" or "Nothing" comments for any question.)

HO-CHUNK MAJESTIC PINES pAWI FINAL PROGRAMMING SURVEY & EVALUATION RESULTS

June to August, 2008

1. Please rank the overall quality of programming on a scale of 1-5, with five being the best possible.

1	2	3	4	5
0	0	0	3	10
AVERAGE SCORE: 4.77				

Was the **level** of programming appropriate for you?

Too advanced	Too basic	About right
0	.5	12.5

One person checked both Too basic and About right with comment "In middle"

2. Please rank the programs in order from #1-8, with #1 being the most informative and important to you.

Nutrition, Portions Reading Labels	Healthy Lifestyles	Low-Fat Cooking	Exercise and You
3,1,1,1,5,1,4,6,7,7,-	5,3,3,4,6,3,3,2,4,1,3,	2,6,2,3,4,2,1,5,3,6,1,	4,2,4,2,3,4,2,1,5,2,2,
Score:3.6 Rank: 5	Score:3.36 Rank: 3	Score:3.18 Rank: 2	Score:2.82 Rank: 1
Attendance: 20	Attendance: 22	Attendance: 20	Attendance: 27
Cardio vs. Strength Training	Managing Stress & Depression	Hazards of Tobacco & Sleep Deprivation	Complimentary Alternative Medicine
1,4,-,5,2,5,5,3,2,3,4,	8,5,5,6,8,7,7,4,6,5,6,	7,7,6,8,1,-,8,7,8,8,-,	6,8,7,7,8,6,8,1,4,5,
Score:3.4 Rank: 4	Score:6.09Rank:6*	Score: 6.67 Rank:8	Score:6.09Rank:6*
Attendance: 24	Attendance: 20	Attendance: 16	Attendance: 19

Average Attendance: 21

One person gave everything "1" (did not count)

One person numbered everything with a "6", "7" or "4" (did not count)

3. What did you find the **most useful** from the entire pAWI Wellness program?

- *Everything (x2)*
- *Eating healthy/the right foods (x2)*
- *Learning portion size & to read labels (label info)(x3), nutrition, low-fat cooking*
- *Low fat cooking (x3) and nutrition; and exercise information*
- *Healthy Lifestyles*
- *The portion size & the tobacco use/results program*

4. What did you find the **least beneficial** to you and why?

- *It was all good.*
- *Nothing, N/A (x2)*
- *Alternative Medicine (x3) – he jumped around & did not have hand outs to go with what he discussed; didn't care for it*
- *Alternative Med., only because I'm already knowledgeable of what he discussed.*
- *Stress Depression*
- *Tobacco/Smoking (x3) – stopped 1 yr ago; & sleep – I don't smoke and I sleep well.*

5. Have you participated in any individual counseling (“coaching”) yet?

If NO, why not? (x4)

- *Rescheduled*
- *Just never thought of it yet*
- *Time is set for next week*
- *I was scheduled and the day I was to be counseled – I had a family medical to take care of*

If YES, how was it helpful (or not helpful) to you? (x9)

- *Yes/Positive (x2)*
- *It is always helpful to have someone to talk to and Randi is a great person for that*
- *Help me know what I want to do*
- *Yes – I wish we could have more but my schedule does not permit*
- *Randi is very supportive*
- *Keeps me on track, lets me ask more personal questions if needed*

6. Since you are the first group of participants for our Business Health Nurse (Randi Arneson, RN) please give us/her any feedback on what things you thought were very helpful or anything you think she could improve on.

- *She was great/ very good (x2)*
- *She's there for you all the way*
- *Randi thank you for all the information. It was great. Would like to have a year round program. I think the better you feel the better your every day life will be! And life is too short not to be happy & healthy.*
- *It was very interesting even though they weren't all that I have issues with. The exercise portion could have more options for those of us that aren't limber. I do walk but that's it.*
- *Eating the right foods and getting the right exercises.*
- *Everything was very helpful & thought provoking.*
- *I think it was a wonderful program. I learned a lot and enjoyed it. I wouldn't know what to improve.*
- *Nothing. Everything was very useful to me. There wasn't one thing in this class that I knew before coming to this class.*
- *Nutrition – low fat cooking – exercise - & massage – Thank you*

7. Comments/Quotes:

- Brian Atkinson: *Understanding starts with “U”.*
- Lynette Streff: *The entire program was thought provoking & action motivating.*
- Joyce Moldenhauer: *Eat right and exercise gets you more energy!*
- Marcus: *Healthier you are the happier you feel.*
- Shemane Bullard: *This has been an exciting experience for me. Not only have I learned so much, but I learned something new every week. So in the end, you really change your life style and you life. It's not all at one time so it's not so overwhelming to learn to change yourself.*

8. Other comments/suggestions:

- *I'm glad I had this opportunity. I know it requires me to change some of my eating but that was my main goal – nutrition.*
- *It's been great and I enjoyed everyone's company!*
- *Thanks Deb for asking, it was good for me. I have lost weight and feel better. Hope to keep losing more.*
- *Thank you for coming to MPC for this – it was very interesting & helped a lot of people.*

PAWI WORKSITE WELLNESS INDIVIDUAL PROGRAM EVALUATION SUMMARY & COMPARISON

SITE: BRF School District - Yr 3

Summary of all programs held from November 7 - December 18, 2008
Taken from each individual evaluation completed at the end of each program

PROGRAM	Nutrition & Portion Sizes 11/07/2008	Healthy Life-style Changes 11/07/2008	Exercise & You 11/13/2008	Cardio vs. Strength 11/20/2008	Stress Relief for a Healthy Body & Mind 12/04/2008	Healthy Meal Plan 12/12/2008	Tobacco Hazards & Sleep Dep. 12/18/2008	AVERAGE SCORES
ATTENDANCE	24	24	23	16	50 (25 pAVI)	13	15	20
EVALUATION %	91.7%	95.8%	73.9%	87.5%	74.0%	69.2%	60.0%	78.9%
1. PRESENTATION <i>(out of 5)</i>	4.8	4.8	4.6	4.5	4.8	4.5	4.4	4.6
2. IMPORTANCE <i>(out of 5)</i>	4.4	4.3	4.0	4.0	4.4	4.3	3.4	4.1
3.COMFORT LEVEL <i>(out of 4)</i>	3.9	3.8	3.7	3.6	3.7	3.4	3.4	3.6
4. KNOWLEDGE GAINED <i>(out of 4)</i>	3.3	3.4	3.1	2.9	3.5	3.6	3.2	3.3
5. QUALITY <i>(out of 5)</i>	4.4	4.3	4.3	4.1	4.6	4.1	4.2	4.3
6. USEFULNESS	21 comments	18 comments	9 comments	8 comments	24 comments	5 comments	8 comments	
7. IMPROVEMENTS	2 comments	6 comments	2 comments	2 comments	8 comments	2 comments	0 comments	
8. OTHER TOPICS	N/A	8 suggestions	4 suggestions	5 suggestions	4 suggestions	2 suggestions	0 suggestions	
9. RECOMMEND? <i>(out of 5)</i>	4.8	4.5	4.6	4.6	4.7	4.9	4.3	4.6
10. ADDITIONAL COMMENTS?	1 comment	1 comment	3 comments	0 comments	1 comment	1 comment	0 comment	
AVG. PROGRAM SCORE:	91.3%	89.7%	86.7%	84.4%	91.7%	88.5%	81.8%	87.7%

(Didn't include count of "N/A", "None" or "Nothing" comments for any question.)

BLACK RIVER FALLS SCHOOL DISTRICT – Year #3
FINAL PROGRAMMING SURVEY & EVALUATION RESULTS
October to December, 2008

1. Please rank the overall quality of programming on a scale of 1-5, with five being the best possible.

1	2	3	4	5
0	0	3	6.5	4.5
AVERAGE SCORE: 4.107				

Was the level of programming appropriate for you?

Too advanced	Too basic	About right
0	3	11

2. Please rank the programs in order from #1-6, with #1 being the most informative and important to you.

Nutrition/Portions & Healthy Lifestyles	Exercise and You	Cardio vs. Strength Training
1,2,2,2,1,5,1,1,3,2,2,1,1,2,	6,3,5,2,4,2,4,1,3,1,2,3,1,	3,5,4,6,3,5,2,5,4,4,4,
Score:1.857 Rank: 1	Score:2.846 Rank: 3	Score:4.090 Rank: 4
Attendance: 24	Attendance: 23	Attendance: 16
Stress Relief for a Healthy Body and Mind	Low-Fat Cooking	Hazards of Tobacco & Sleep Deprivation
1,1,1,4,1,3,2,5,1,3,3,2,	2,4,5,3,6,3,5,3,4,4,5,5,5,	4,3,6,4,5,2,4,6,6,6,6,3,
Score:2.25 Rank: 2	Score:4.153 Rank: 5	Score:4.692 Rank: 6
Attendance: 25	Attendance: 13	Attendance: 15

Average Attendance:	19.333
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3. What did you find the **most useful** from the entire pAWI Wellness program?

- Motivated me to change
- Reading labels – what a shock
- Exercise – strength training
- Good information and the pyramid website
- Stress relief examples
- Awareness of things that I should be doing
- Exercise & information to stay healthy
- Before & after information
- Some good info on food labels, exercise, stress. The 1st session was especially excellent!
- It provided the motivation to really get into the groove to start/continue and exercise program
- It reminds me about the importance of diet & exercise. The stress relief was beneficial.
- Programming was varied for a basic understanding for overall improvement of wellness.
- The regular meetings, the handouts to review on my own time, knowing you were available

4. What did you find the **least beneficial** to you and why?

- I appreciated all of it.
- Timing, the entire program effort is to applauded but, in all honesty, the timing for my professional schedule was a huge detriment
- The meetings with scheduling

- The smoking session (though I understand its importance)
- Smoking stuff (I don't) Sleeping stuff (no problems) Also seems like things were so scattered sometimes – do this, bring that, be here, hand in that! I was confused! To have all in a binder or folder at the beginning would be helpful.
- Tobacco stuff (x1); - none smoker(x1)
- Tobacco and sleep – not an issue for me(x1) – does not pertain(x1)
- Fitness info is “old news” to me
- Cardio vs. strength – knew this stuff

5. Have you participated in any individual counseling (“coaching”) yet?

If NO, why not? (x11)

- Time/scheduling (x4) and/or Not needed (x2)
- I know what I need to change. I just need to do it.
- I am sure Randi will give me information after the meeting on the 29th of Jan

If YES, how was it helpful (or not helpful) to you? (x3)

- It reinforced what my doctor already does.
- I am waiting for my second session
- E-mail form

6. Since you are among the first group of participants for our Business Health Nurse (Randi Arneson, RN) please give us/her any feedback on what things you thought were very helpful or anything you think she could improve on.

- Like I said, I applaud your efforts – this is a great program. It just didn't fit my school schedule.
- Randi is awesome. Having her part of this group made me more comfortable.
- Randi did fine. She communicated effectively and passed on the info we needed
- Randi did a fine job. Everything seemed very organized and went well.
- She is positive, supportive and available
- Everything was well prepared/to the point
- Great organization
- Good job – I knew of meetings & communication was good.
- Stress relief – loved it
- I like the screening done before & after the program – Preventative is the key-
- Please schedule any future sessions outside of school/student time.
- Time was rough due to the holidays. Hard to find time and commitment at this time.
- See #4 – (Info all in one binder/folder @ the beginning) Also to go thru #s on blood work a little more of each person when they are done – all that info that day went so fast!

7. Comments/Quotes:

Two people circled “No”; Six people circled “Yes” but none wrote anything in the quote spot. One gave his name (Brian Stemper) – his comment is listed first below.

8. Other Comments/Suggestions:

- What will be available for us to keep going: – Classes – Diets – Individual Exercise programs
- Thank you for providing this service. The information was extremely helpful. I especially liked the exercise classes. It opened my eyes to the use of the medicine balls and large exercise balls.
- I appreciated the “kick in the butt” to get back on track. Gracias.
- This was an excellent program as it is very important to take care of ourselves so that we can be better teachers for the kids!

PAWI WORKSITE WELLNESS INDIVIDUAL PROGRAM EVALUATION SUMMARY & COMPARISON

SITE: Regal Beloit

Summary of all programs held from June 19 - August 21, 2007

Taken from each individual evaluation completed at the end of each program

PROGRAM	Nutrition & Portion Sizes	Healthy Life-style Changes	Healthy Cooking	Exercise & You	Cardio vs. Strength	Hazards of Tobacco	Stress Management	Dealing with Depression	Alternative Medicine	AVERAGE SCORES
ATTENDANCE	20	20	18	18	17	12	18	14	17	17
EVALUATION %	95.0%	95.0%	100.0%	83.3%	94.1%	75.0%	72.3%	71.4%	64.7%	83.4%
1. PRESENTATION (out of 5)	4.5	4.2	4.6	4.6	4.7	4.6	4.2	4.5	4.7	4.5
2. IMPORTANCE (out of 5)	4.1	4.2	4.5	4.5	4.4	4.1	4.2	4.0	4.3	4.3
3. COMFORT LEVEL (out of 4)	3.8	3.8	3.8	3.2	3.8	3.8	3.5	3.8	3.9	3.7
4. KNOWLEDGE GAINED (out of 4)	3.3	3.1	3.6	3.2	3.4	3.6	3.3	3.1	3.6	3.4
5. QUALITY (out of 5)	4.1	3.9	4.3	4.2	4.4	4.2	4.2	4.1	4.5	4.2
6. USEFULNESS	17 comments	11 comments	16 comments	6 comments	7 comments	6 comments	5 comments	4 comments	3 comments	
7. IMPROVEMENTS	2 comments	2 comments	3 comments	4 comments	3 comments	4 comments	4 comments	2 comments	3 comments	
8. OTHER TOPICS?	8 suggestions	6 suggestions	5 suggestions	1 suggestion	3 suggestions	---	2 suggestions	2 suggestions	2 suggestions	
9. RECOMMEND? (out of 5)	4.5	4.2	4.6	4.5	4.4	4.5	4.3	4.4	4.8	4.5
10. ADDITIONAL COMMENTS?	1 comment	1 comment	6 comments	1 comment	---	---	1 comment	---	---	
AVG. PROGRAM SCORE:	86.9%	83.8%	90.8%	86.0%	89.7%	88.8%	84.7%	85.4%	92.3%	87.6%

REGAL BELOIT MOTOR TECHNOLOGIES
FINAL PROGRAMMING SURVEY & EVALUATION RESULTS
September through November, 2007

1. Please rank the overall quality of programming on a scale of 1-5, with five being the best possible.

1	2	3	4	5
0	1	3	8	14
AVERAGE SCORE: 4.34				

Was the level of programming appropriate for you?

Too advanced	Too basic	About right
1*	6*	22*

*One person checked all three choices with "Some were"

2. Please rank the programs in order from #1-8, with #1 being the most informative and important to you:

Nutrition & Portion Sizes	Healthy Lifestyle Changes	Healthy Cooking	Exercise and You
1 1 2 1 4 9 1 2 9 6 5 4 1 7 7 2 2 3 7 1 8 - 5	8 5 6 5 2 7 6 8 5 7 4 8 4 1 8 4 1 1 6 4 5 - -	2 4 1 6 6 6 3 1 3 8 - 7 6 2 5 8 3 5 9 4 - 2 -	7 2 4 2 3 4 2 6 1 1 1 6 2 3 4 5 4 2 8 - 3 - 2
Score:4.0 Rank: 3	Score:5.0 Rank: 6	Score:4.55 Rank: 5	Score:3.43 Rank: 1
Attendance: 19	Attendance: 19	Attendance: 18	Attendance: 18
Cardio vs. Strength Training	Hazards of Tobacco	Managing Stress	Depression
6 3 7 3 7 5 4 6 8 2 2 5 3 8 6 6 5 - 2 3 3 - 1	5 6 - 8 8 8 8 4 2 3 3 - - - - - 6 6 5 2 2 - -	2 7 3 4 1 1 5 3 7 4 8 1 5 6 1 1 7 4 3 - 4 - -	4 9 - 7 5 3 7 5 6 5 6 2 8 5 2 3 8 - 4 1 4 - -
Score:4.52 Rank: 4	Score:5.07 Rank: 7	Score:3.85 Rank: 2	Score:5.21 Rank:8
Attendance: 17	Attendance: 12	Attendance: 18	Attendance: 14
Complimentary Alternative Medicine			
3 8 5 8 9 2 8 - 4 9 7 3 7 4 3 7 - - 1 2 4 - -			
Score:5.22 Rank:9			
Attendance: 17			
		Average Attendance: 16.88	

- Some numbered two things as 8, probably due to the instructions being 1-9
- Three people gave everything number 1 or N/A (did not count)
- One person only put check marks (did not count)

3. What did you like **best** about the entire programming sessions?

- Learning things I didn't know.
- It made me think about me and I need to be healthy.
- Learning how to eat better & cook healthier
- Didn't have to find time after work to fit this in
- The information about exercise and nutrition
- I thought they were very informative. Learned some new things.
- Good information.

- High energy & friendliness. Weekly challenges motivated us to use new ideas & incentives. Loved the recipes to try new meals & snacks. Excellent topics!
- Working with a group.
- I started to exercise.
- Very interesting programs (managing stress) I wish we could have a couple sessions with her.
- Everything
- I enjoyed the programs.
- They were all very well put, enjoyed them all, very helpful, very.
- Informative – having at work was nice.
- This program really makes you think twice about what you should be eating. Physical activity is a great stress reliever and balance to your life.
- Very informative, the sessions were at a level the average person could understand and they helped to illustrate how small changes can affect your overall health.
- Like the guest speakers very informative. Dr Joel Gartner Alternative Medicine best.
- Finding out just how much fat content and calories can be found in some foods.
- All areas covered to remind us that health is not just what we put in our bodies, but also what surrounds us.
- Give up the fat and you will (live) longer & healthier.
- Learned more about healthy living.

4. What did you like **least**?

- The attitude toward overweight people, me being one it was sometimes challenging
- It was too short. I think it would have been better if we would have done activities in a group and started our TEAMS right away.
- Not always enough time for certain topics.
- Not enough time to get the information.
- Alternative Medicine – I’m not especially interested in them.
- Not having enough time.
- For me it would be better to have the class away from work.
- We needed more time each session.
- Not enough time for presenters.
- Everyday Weight Loss
- Felt Blanche’s day was repeat items, lovely lady but carried over her elementary over to adult levels.
- Nothing.
- Taking blood.
- None – very good work.
- Not enough time to cover all topics
- I can’t say anything bad about this program.
- When we had to chart the progress with a team. There wasn’t enough people from 2nd shift (lost interest).
- It seemed to be much like a weight watchers session.
- Very generalized overview.
- It was all good.

5. Did you participate in any individual counseling (“coaching”)?

YES	NO
5	20

No response: 2

NOTE: Because of the low number of participants responding to the coaching offered by Linda Olson, RN, she held coaching sessions for each of the individuals at the time of their follow-up HRA (11/13/07 & 11/15/07). At this time, she was able to meet with 24 of the remaining participants.

If **YES**, how was it helpful (or not helpful) to you?

- It was good to talk to someone about what I needed to do.
- It was helpful to set goals and follow up on them.
- It was helpful to know that I'm not alone in feeling guilty, that changing eating habits is not easy and doesn't happen overnight.
- It was good to talk to someone and get advice.
- I have a trampoline (Thanks)

6. Comments/Quotes:

- Nick Hanson: Everyone knows what they should do but when you hear it and see it in this program it makes you feel like doing it. This program helped me see more options to a better life and make changes for me and my family.
- Neil Fitzmaurice: It was easy for me to want to improve myself, but infinitely harder to research it all myself. This program gave me all the information I needed.
- Tracy Pfaff: This was a good learning experience. I wish there was a Part II to get more advanced in certain topics.
- Katherine Konze: As I said once, being healthy is not just controlling what we put in our bodies but also controlling what we surround ourselves with.
- Holly Laufenberg: This program helps to bridge the gap between basic health knowledge and a healthy lifestyle. It is very informative and it encourages you to strive towards small changes to positively affect your health.
- No Name: It's never too late to start a new outlook on life.
- Four circled "No".
- Twelve circled "Yes" but gave no name, comment or quote.

7. Other Comments/Suggestions:

- Only comment is thank you for help and information.
- Do more group activities maybe a buddy system where we could go to the gym & see what to do or somehow have it more hands on instead of just getting the information. The info was good but for me I like to participate.
- Keep it up; I think this is a very important program that helps to keep people proactive about their own health.
- I can say my eating habits have improved. Physical activity has improved – weight and inches have decreased. Thank you for all the helpful hints to take back to co-workers. Great Program!
- Keep up the good works in everything

PAWI WORKSITE WELLNESS INDIVIDUAL PROGRAM EVALUATION SUMMARY & COMPARISON

SITE: BRF School District

Summary of all programs held from October 16 - December 4, 2007

Taken from each individual evaluation completed at the end of each program

PROGRAM	Nutrition, Reading Labels & Portions	Everyday Weight Loss	Great Cooking the Low-Fat Way	Exercise And You	Cardio vs. Strength	Hazards of Tobacco	Simplify Your Life	Keeping Balance	Complimentary Alternative Med	AVERAGE SCORES
ATTENDANCE	29	29	23	26	26	23	23	22	23	25
EVALUATION %	86.2%	86.2%	65.2%	73.1%	73.1%	65.2%	85.2%	84.6%	73.9%	77.0%
1. PRESENTATION (out of 5)	4.6	4.7	4.7	4.8	4.9	4.9	4.5	4.5	5.0	4.7
2. IMPORTANCE (out of 5)	4.3	4.5	4.6	4.6	4.7	4.3	4.1	4.2	4.8	4.5
3. COMFORT LEVEL (out of 4)	3.7	3.9	3.7	4	3.9	4.0	3.9	3.8	3.8	3.9
4. KNOWLEDGE GAINED (out of 4)	3.1	3.2	3.8	3.3	3.4	3.8	2.8	3.2	3.8	3.4
5. QUALITY (out of 5)	4.3	4.3	4.4	4.6	4.6	4.7	4.2	4.0	4.8	4.4
6. USEFULNESS	20 comments	13 comments	11 comments	13 comments	13 comments	8 comments	16 comments	15 comments	11 comments	
7. IMPROVEMENTS	12 comments	7 comments	5 comments	9 comments	9 comments	0 comments	11 comments	4 comments	6 comments	
8. OTHER TOPICS	10 suggestions	6 suggestions	5 suggestions	4 suggestions	---	---	1 suggestion	4 suggestions	3 suggestions	
9. RECOMMEND? (out of 5)	4.9	4.8	4.8	4.8	4.9	4.9	4.5	4.5	4.8	4.8
10. ADDITIONAL COMMENTS?	1 comment	4 comments	1 comment	3 comments	---	2 comments	---	3 comments	---	
AVG. PROGRAM SCORE:	88.7%	90.6%	92.9%	93.1%	94.1%	95.2%	85.6%	86.5%	96.3%	91.4%

**BLACK RIVER FALLS SCHOOL DISTRICT
FINAL PROGRAMMING SURVEY & EVALUATION RESULTS
October to December, 2007**

1. Please rank the overall quality of programming on a scale of 1-5, with five being the best possible.

1	2	3	4	5
0	0	0	7	11
AVERAGE SCORE: 4.61				

Was the **level** of programming appropriate for you?

Too advanced	Too basic	About right
0	2	16

2. Please check **up to two** of the following programs that were the most informative and important to you. If you did not attend please mark N/A

Nutrition, Portions Reading Labels	Everyday Weight Loss	Great Cooking the Low-Fat Way	Exercise and You
1,1,1,1,1,1,1	1,n/a,	1,1,1,n/a,n/a	1,1,1,1
Score:7 Rank: 2	Score:1 Rank: 7	Score:3 Rank: 5	Score:4 Rank: 4
Attendance: 29	Attendance: 29	Attendance: 24	Attendance: 26
Cardio vs. Strength Training	Hazards of Tobacco	Simplify Your Life	Keeping Balance
1,1,1,1,1,1,1	1,n/a,n/a	1,1,1,1	1,1,n/a,n/a
Score:8 Rank: 1	Score:1 Rank: 7	Score:4 Rank: 4	Score:2 Rank:6
Attendance: 26	Attendance: 24	Attendance: 27	Attendance: 27
Complimentary Alternative Medicine			
1,1,1,1,1,1,n/a,n/a			
Score:6 Rank:3			
Attendance: 23			
Average Attendance:			26.11

- One person gave everything checkmarks (did not count)
- One person numbered everything with a "5" or "4" (did not count)

3. Which program(s) did you like the least and why?

- Tobacco – good information – I didn't need, not a smoker
- Tobacco – having never been a smoker and no one in my immediate or extended family (or even friends) smokes, it was not too applicable or pertinent
- Nutrition/Portions/Labels & Everyday Weight Loss – Things were not new to me
- Nutrition/Portions & Simplify Your Life – I felt they didn't know what they were talking about.
- Keeping Balance - ?
- Keeping Balance – Too monotone and not fired up at all
- Keeping Balance – His voice was so relaxed he lulled us to sleep
- Complimentary Alternative Medicine – I didn't really care for his presentation
- Complimentary A.M. – I thought the presenter was too arrogant & info was ignored.
- Alternative Med.
- Great Cooking – physical layout was cramped, I wasn't a real fan of the choices offered – Sorry Connie!!

- I am not sure why but my least favorite was Everyday Weight Loss. Really all the programs were worth while.
- I missed two programs
- None
- I liked them all!
- All good
- *Misread question - answer given is about item checked above as "most informative & important to you" - didn't record statement*

4. What did you like **best** about the entire programming sessions?

- It was an all inclusive program that covered a lot of different areas
- Lots of very knowledgeable people – enthusiastic & supportive & real life!
- The non-stressful & very positive and encouraging way the info was presented
- Group camaraderie, that work (school dist) supported this..... that it was important enough
- Group setting. Some speakers very good.
- I thought it was great information. Even though I knew a lot of it, it was great to hear it again.
- Opportunity to think about how my health can be improved
- The information – I never worried about health, always took it for granted. Once I started having weight problems (and health) I didn't know where to get started. This is exactly what I needed
- Very practical and covered all areas of wellness
- Taking time to make wellness a priority
- The information I received, excellent, the friendliness of all people
- Informative, motivational
- It was nice to hear things I had learned in Weight Watchers reaffirmed by program leaders – now I just have to get my brain to make the changes
- Learning how to be healthy
- Anything dealing w/healthy eating & exercise
- Great information
- Keeping Balance program
- Complimentary Alternative Medicine, very interesting and new

5. Was there anything you **did not like** about the programming sessions?

- Wish it could have gone on longer. Too much crammed into short time.
- I felt some of the topics were rushed – could have spent 2 hrs on topics instead of 1 – I understand the time crunch we all were under
- Would have liked more in depth sessions less basic.
- Time commitment away from work
- Sometimes it felt rushed
- Timing – stressful getting a sub to cover
- It was hard to leave school mid-day – hard on the kids
- I didn't like the time of day. It was too hard to get ready for a sub and then eat there...
- So much paperwork
- A lot of paperwork! Always felt a little rushed – would have liked more time with most of the speakers – a more relaxed time for questions etc...
- Maybe a little tight as far as the sitting but I really thought the sessions themselves were very good.
- All were very informative
- I had to miss a couple
- No (X's 2)

6. Most people did not participate in an individual “coaching” session. If you did not, please indicate why:

- Time and I didn’t feel the need.
- I didn’t feel I needed it. (X’s 4)
- Not a lot of time – I know what I need to do – I just need to do it. ☺
- Not enough time
- Not enough time during the session & I didn’t really think I needed it.
- Was not able to make the time for it
- Time/ most times went back to school
- Time (X’s 2)

If you were able to complete a coaching form **OR** an individual “coaching” session, was it helpful (or not helpful) to you?

- Yes (X’s 2)
- Not really
- Mildly... my main concern at this time is knee & back pain... I did not get specific help w/these issues, but I am doctoring for them.
- Made you aware of where you need to improve but at this point it’s mind over what you should do
- The first coaching session was helpful – explains the results – the second one was more of a chat session – just kind of letting her know where I was at.

7. Comments/Quotes:

- Mary Rykken: I liked that I was able to see what my weight was and included in that was how many calories I could be eating and what % of fat I was at. Very informative. I really enjoyed the different speakers throughout the sessions. I was able to learn a lot more about nutrition from the different presenters.
- Deb Horan: I think that it’s great that my employer thinks that my health is important enough to provide an initiative such as this.
- Ray Ransom: A number of aspects of proACTIVE Wellness Initiative are obtainable with minimal effort. Changes can be made without major time commitments.
- Bob Lecheler: The pAWI worksite wellness program overall was a great experience to raise awareness around healthy lifestyles. The sessions provided a variety of areas in which to learn more about healthy decisions. It presented staff who participated in the sessions with a strong message that the district & community care about the health & well-being of its employees. Better health results in better work accomplished. And in a school district, it meant better learning for the children of our community. Thank you for providing this to our staff members.

8. Other Comments/Suggestions:

- Try to offer follow up sessions may 3 or 4 times during the year.
- To miss 2 hours of work time was hard with my job – 1 hr. workshops would have been better for me.
- Thank you for all your time and efforts, I do appreciate all you’ve done – an excellent job! ☺
- Thanks so much for doing this program. It was very worthwhile.
- I really liked participating in the program. The time it was offered was too difficult. After school would have been better. Thanks for doing it!

PAWI WORKSITE WELLNESS INDIVIDUAL PROGRAM EVALUATION SUMMARY & COMPARISON

SITE: D&S Manufacturing

Summary of all programs held from August 15 - October 17, 2006
 Taken from each individual evaluation completed at the end of each program

PROGRAM	Nutrition & Portion Sizes	Healthy Life-style Changes	Great Grilling	Exercise & You	Cardio vs. Strength	Hazards of Tobacco	Stress Management	Dealing with Depression	AVERAGE SCORES
ATTENDANCE	46	39	41	32	38	29	36	36	37
EVALUATION %	63.0%	66.7%	56.1%	84.4%	78.9%	86.2%	66.7%	61.1%	70.4%
1. PRESENTATION (out of 5)	4.2	4.1	4.3	4.6	4.4	4.6	4.4	4.3	4.4
2. IMPORTANCE (out of 5)	3.8	3.8	4.0	4.0	4.1	3.9	4.0	4.0	4.0
3. COMFORT LEVEL (out of 4)	3.9	3.9	3.9	3.9	3.8	3.9	3.5	3.8	3.8
4. KNOWLEDGE GAINED (out of 4)	3.3	3.6	3.6	3.0	3.3	3.3	3.1	3.5	3.3
5. QUALITY (out of 5)	4.0	4.0	4.2	4.3	4.3	4.6	4.0	4.0	4.2
6. USEFULNESS	21 comments	13 comments	16 comments	14 comments	12 comments	7 comments	11 comments	3 comments	
7. IMPROVEMENTS	5 comments	3 comments	2 comments	1 comment	2 comments	1 comment	2 comments	2 comments	
8. OTHER TOPICS?	8 suggestions	4 suggestions	4 suggestions	3 suggestions	3 suggestions	2 suggestions	2 suggestions	1 suggestion	
9. RECOMMEND? (out of 5)	4.6	4.1	4.5	4.7	4.7	4.7	4.3	4.5	4.5
10. ADDITIONAL COMMENTS?	2 comments	1 comment	1 comment	1 comment	---	1 comment	---	2 comments	
AVG. PROGRAM SCORE:	85.3%	84.6%	87.9%	87.4%	87.9%	89.3%	83.2%	86.4%	86.5%

D&S FINAL PROGRAMMING SURVEY & EVALUATION RESULTS
10/17/2006

1. Please rank the overall quality of programming on a scale of 1-5, with five being the best possible.

1	2	3	4	5
0	0	4	19	6
AVERAGE SCORE: 4.1				

Was the **level** of programming appropriate for you?

Too advanced	Too basic	About right
0	4	25

2. Please rank the programs in order from #1-8, with #1 being the most informative and important to you:

Portions/Reading Labels	Weight Loss – Lifestyle Changes	Great Grilling the Low-Fat Way	Exercise and You
2 1 1 7 3 1 6 7 3 1 5 4 3 5 6 9 6 2 3 3 3 9	5 2 2 5 2 2 4 4 4 4 3 3 4 4 1 7 5 8 2 4 2 3	1 8 6 - 1 5 5 1 2 5 6 8 6 9 5 6 4 3 1 2 5 8	3 3 3 2 4 3 1 3 - 2 1 1 1 3 4 1 6 5 4 1 1 4
Score: 4.1 Rank: 4	Score: 3.6 Rank: 3	Score: 4.6 Rank: 5	Score: 2.7 Rank: 1
Attendance: 46	Attendance: 39	Attendance: 41	Attendance: 32
Cardio vs. Strength Training	Quitting Tobacco for Life	Managing Stress	Dealing with Depression
4 4 4 1 1 5 3 2 1 3 2 7 2 1 3 2 6 6 5 5 4 5	7 9 9 - 1 4 8 8 8 7 - 5 8 2 9 5 5 1 - - - 7	6 5 7 6 1 6 2 5 6 8 8 2 7 6 2 8 6 9 7 7 6 2	8 6 8 4 2 8 7 - 7 9 7 6 - 7 7 4 6 4 6 8 7 1
Score: 3.5 Rank: 2	Score: 6.1 Rank: 8	Score: 5.5 Rank: 6	Score: 6.1 Rank: 8
Attendance: 38	Attendance: 29	Attendance: 36	Attendance: 36
Wellness and Local Resources			
- 7 5 3 1 7 9 6 5 6 4 - 5 8 8 3 5 7 8 6 8 6			
Score: 5.9 Rank: 7			
Attendance: 32			

- One person gave numbers 1-4 (counted)
- One person gave numbers 4-6 (counted)
- Two people gave all 8's (did not count as he misunderstood the question) – due to their other answers, they must've thought 8 was the HIGHEST number possible
- One person ranked everything a 5 or a 2 (did not count)
- Three people ranked everything a 1 or a 2 (did not count)
- One person did not rank, saying they missed "Managing Stress" but they thought they were ALL equally good

3. What did you like **best** about the entire programming sessions?

- The kabobs/grilling x 2 and pushing everyone to goals
- Handouts of information
- Learning about portion sizes
- The variety of wellness areas that were presented and lots of resources were made available
- Ways to cook and eat with less fat – all was great
- I've been at different classes but I've learned more here than before
- Learning about nutrition and exercise
- The coaching
- Very good speakers and PowerPoint presentations x 2
- It was well-rounded and touched on many things to promote overall wellness
- The variety of information covered and doing a wellness program with co-workers
- The variety
- The information
- Broad scope of information offered
- That it is available to people that want it – hopefully, it catches on and you can continue to provide information to people who need it
- Weight loss is important to me. The testing at the beginning was an eye-opener and it was the catalyst to get me started
- Everything – the coaching and presentations were great
- Exercise and Strength – all programs were very good– thank you!
- The different ways to better your health
- It got me looking at my smoking, eating, and exercise habits
- Not one bad thing – I liked it all
- The way you were able to get everyone involved – it was very helpful

4. What did you like **least**?

- Some of the material was repeated from session to session
- There is a lot of information to be delivered in a short time
- The subject of weight loss – I have no problem with weight
- Mental Wellness
- For people that were previously cautious of these things, some sessions were repetitive and a little dull
- A lot of the programs didn't pertain to me
- Tobacco
- The talk on depression – I realize it's not an exciting topic but it was very hard to stay focused
- Managing Stress presentation
- Grilling Low-fat
- No free nicotine patches and no points for quitting or cutting back with smoking

5. Did you participate in any individual counseling (“coaching”)?

YES	NO
14	12

No response: 1

If **YES**, how was it helpful (or not helpful) to you?

- Concentrating on nutrition and exercise with simple achievable goals
- Having someone tell you you’re doing good helps
- Gave me incentive
- Keeps me on a straight line
- It made me feel better to talk about the hard things and it felt rewarding to discuss the successes
- It was somewhat helpful to be accountable to someone
- Yes – helpful with what things or directions to go
- Went in to get weighed only – I know what to do, I just need to put my mind to it
- Very helpful x 2
- Tips were helpful
- No comments: 2

6. Comments/Quotes:

- Dan Barney: Eat better and feel better
- Charlene Johnson: Becky Windsor has great delivery and presentation skills
Thank you for giving D&S the opportunity to participate – you ALL did a real fine job (also Quote in Banner Journal)
- Kerry DeGrand: Very informative – surprising how little I knew about cooking to lose weight and be healthy
- Emilio Juarez: Thank you for helping me. It’s nice that D&S is helping employees for a better life and working place (also Quote in Banner Journal)
- Boone: If you want to fix yourself and do all of these good things for yourself, you will be someone better
- Tommy Taylor: Excellent programming – it helped me a lot; I lost 25 pounds
- Mike Prindle: This program is very informative – pay attention, it will help you out... it did me
- More help for smokers to quit would be nice
- Excellent
- Overall, I thought the program was very well done

PAWI WORKSITE WELLNESS INDIVIDUAL PROGRAM EVALUATION SUMMARY & COMPARISON

SITE: Black River Falls School District

Summary of each evaluation for programs held from October 24 - December 12, 2006
 Taken from each individual evaluation completed at the end of each program

PROGRAM	Nutrition & Portion Sizes	Healthy Life-style Changes	Great Grilling	Exercise & You	Cardio vs. Strength	Hazards of Tobacco	Stress Management	Dealing with Depression	AVERAGE SCORES
ATTENDANCE	18	19	17	20	19		14	8	16
EVALUATION %	55.6%	73.7%	88.2%	45.0%	52.6%		78.6%	75.0%	67.0%
1. PRESENTATION (out of 5)	4.1	4.6	4.7	4.5	4.3		4.0	4.8	4.4
2. IMPORTANCE (out of 5)	4.1	4.5	4.1	4.7	4.3		4.0	4.7	4.3
3. COMFORT LEVEL (out of 4)	3.8	3.9	4.0	3.9	3.7		3.5	4.0	3.8
4. KNOWLEDGE GAINED (out of 4)	2.8	3.7	3.1	3.0	3.3		2.5	3.2	3.1
5. QUALITY (out of 5)	3.8	4.5	4.6	4.6	4.1		3.7	4.2	4.2
6. USEFULNESS	9 comments	8 comments	8 comments	5 comments	4 comments		5 comments	3 comments	
7. IMPROVEMENTS	5 comments	1 comment	---	---	1 comment		3 comments	---	
8. OTHER TOPICS?	4 suggestions	4 suggestions	3 suggestions	---	1 suggestion		1 suggestion	2 suggestions	
9. RECOMMEND? (out of 5)	4.5	4.7	4.7	4.7	4.6		4.1	4.8	4.6
10. ADDITIONAL COMMENTS?	1 comment	1 comment	2 comments	---	1 comment		1 comment	---	
AVG. PROGRAM SCORE:	82.5%	92.7%	89.9%	90.4%	86.8%	0.0%	77.7%	91.7%	87.4%

BLACK RIVER FALLS SCHOOL DISTRICT
FINAL PROGRAMMING SURVEY & EVALUATION RESULTS
12/12/2006

1. Please rank the overall quality of programming on a scale of 1-5, with five being the best possible.

1	2	3	4	5
0	0	2	8	4
AVERAGE SCORE: 4.14				

Was the **level** of programming appropriate for you?

Too advanced	Too basic	About right
0	2*	13

*One person checked both "Too basic" and "About right"

2. Please rank the programs in order from #1-8, with #1 being the most informative and important to you:

Portions/Reading Labels	Weight Loss – Lifestyle Changes	Great Grilling the Low-Fat Way	Exercise and You
7 2 2 3 3 1 7 6 6 4 3 2 2	8 1 1 7 4 4 1 1 1 5 4 - 3	4 3 3 4 5 6 2 8 4 2 5 4 5	1 4 4 5 2 3 3 2 2 1 1 1 1
Score: 3.7 Rank: 3	Score: 3.3 Rank: 2	Score: 4.2 Rank: 5	Score: 2.3 Rank: 1
Attendance: 18	Attendance: 19	Attendance: 17	Attendance: 20
Cardio vs. Strength Training	Quitting Tobacco for Life	Managing Stress	Dealing with Depression
3 5 5 8 1 8 4 3 3 3 2 5 4	---	5 7 7 2 6 7 5 7 - 6 6 3 7	6 8 8 1 7 2 - 4 7 - 7 - 8
Score: 4.15 Rank: 4	Open to all BRFS	Score: 5.6 Rank: 6	Score: 5.8 Rank: 8
Attendance: 19	Employees in Jan.	Attendance: 14	Attendance: 8
Wellness and Local Resources			
2 6 6 6 8 5 6 5 5 - 8 - 6			
Score: 5.7 Rank: 7			
Attendance: 11			
		Average Attendance: 15.75	

- One person gave numbers 5 for all (did not count) – they noted they liked everything about the programming sessions

3. What did you like **best** about the entire programming sessions?

- Reminders of why this is important! Never too old or too young to start
- Emily Jordan – portion sizes and Blanche
- Blanche and Emily Jordan’s sessions were great

- Meeting with Patty and discussing what changes I am making and their outcomes
- Involved staff members from all facets of the district
- Cooking
- Variety of topics covered
- Convenient time to meet
- Specific exercise and recipe examples
- The informational handouts
- Body Fat Test
- I liked that it was held at the district office and I work at Third St. The massage was great! The door prizes for incentives were nice. It may me work harder.

4. What did you like **least**?

- Some of the material was repeated from session to session
- Meeting every week
- Cardio vs. Strength Training
- Time it was held
- Not enough time during lunch... I always felt rushed
- That it was held during work hours... I would have liked it to have been after work
- Did not like form for physical activity – examples of points, etc. (Power Up)
- The timing of the sessions
- The time it was held. I was responsible for my class. I would have attended more sessions, if it had been held at a time when I was able to be there. I would have liked before or after school.
- All the paper work
- It was hard during the school day because I had to ask the same person to cover for me for 8 weeks.

5. Did you participate in any individual counseling (“coaching”)?

YES	NO
6	8

No response: 5

If **NO**, why not?

- Busy with teaching
- Could not fit in schedule
- Not interested
- The time was not convenient
- I did not want to take more time during the school day

If **YES**, how was it helpful (or not helpful) to you?

- Encouraging
- It gave me encouragement talking with certain people
- One session (helpful)
- Not really helpful. Gave some general ideas. Did not relate specifically to my situation.

6. Comments/Quotes:

- Connie Sieber, DTR CD: Wellness is a lifetime commitment – it is about balance. It supports you when you are weak and it benefits you when you're strong. It fights chronic disease, illness, and helps recover when ill. (permission to quote)
- Janelle Tande: I found the program to be very informative and motivating. (permission to quote)
- Linda Lusk: It opened my eyes to some of my health concerns! (permission to quote)
- One gave permission to quote but no comments
- One gave permission to quote but not very supportive comments

7. Other Comments/Suggestions:

- Connie Sieber, DTR CD: Working with your peers adds to the challenge to improve yourself!
- Offer again to school district staff – it's very important!
- I always felt hurried through the sessions... maybe a different time for the sessions would be better
- I wonder if the meetings were held right at 3:00 or alternated with lunch time, maybe more people would have come to all meetings. Also, I would have liked to have some female-only issues addressed. Perhaps, groups could be divided by gender.