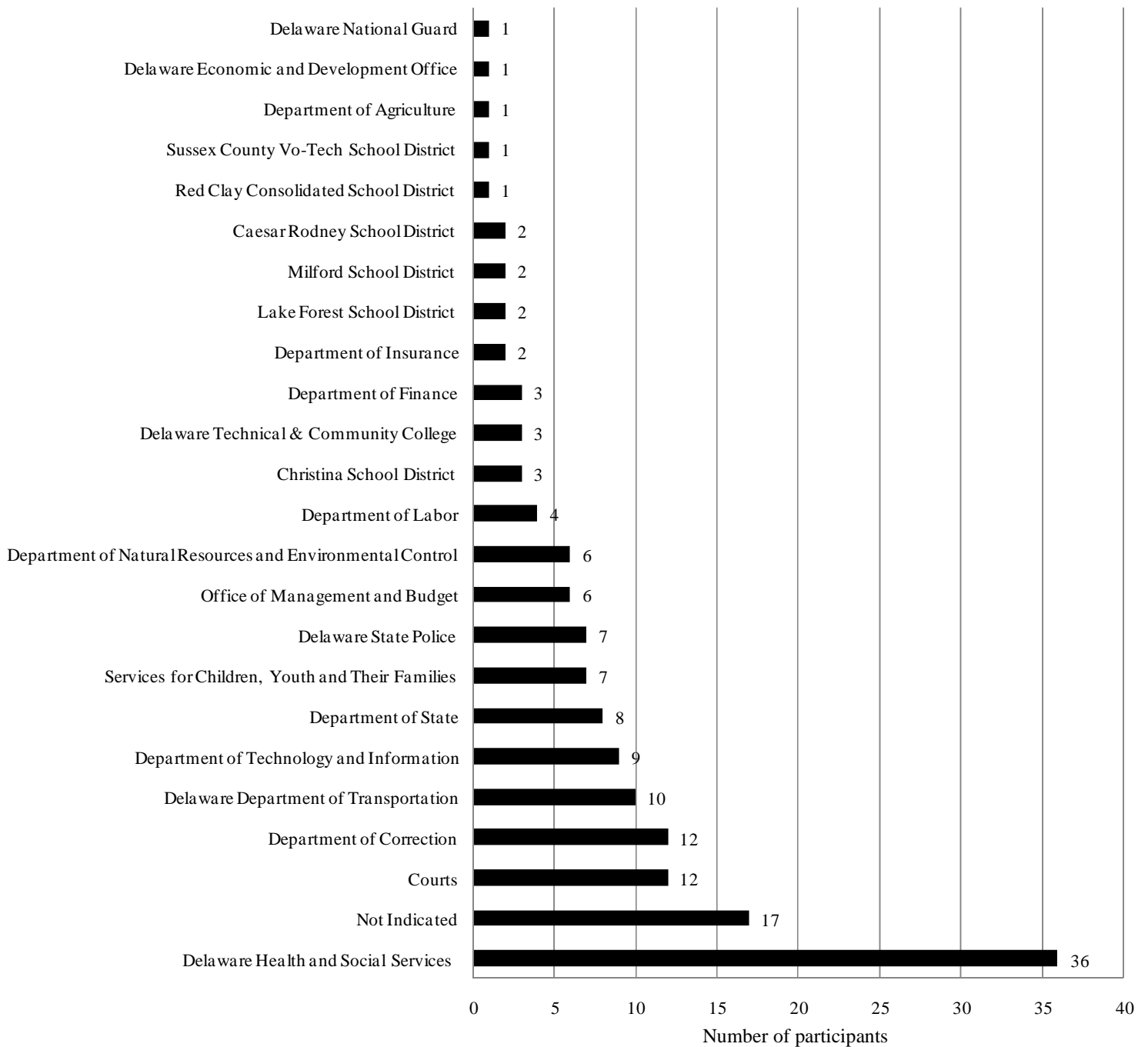


**The following results were derived from an end-of-program questionnaire which was administered to employees that attended all four DelaWELL University health seminar topics from August 2008 – March 2009:**

A total of 156 questionnaires were collected, which represented a 94.5% response rate (a total of 165 employees attended all four health seminar topics). Figure 1 provides a breakdown of the number of participants by agency or school district.

Figure 1. Number of Participants by Agency or School District



In response to the questions, “How would you rate the DelaWELL University health seminars overall?” and “How would you rate the presenter(s)?” 99% of all participants reported the seminars and presenters as being good to excellent (see Table 1).

Table 1. Participant satisfaction

Question	Excellent	Good	Average	Poor
How would you rate the DelaWELL University health seminars overall?	121 (77%)	34 (22%)	1 (1%)	0
How would you rate the presenter(s)?	133 (85%)	22 (14%)	1 (1%)	0

The positive lifestyle changes that were noted as a result of participation in the health seminar topics (see Table 2) provided an overall indication of the variety of health effects that took place. In response to the question, “Have you experienced positive lifestyle changes as a result of the information gained from the health seminars?” 98% of all respondents answered yes. Descriptive statistics revealed an average of 6 positive lifestyle changes experienced per participant ( $M = 6.03$ ,  $SD = 3.02$ ). Analysis of the raw data indicated the top five most prevalent health benefits that were noted: “I make better food choices at the grocery store” (71%), “I am better able to recognize my stressors and more active in reducing them” (54%), “I am more aware of the health resources available to me and my family” (53%), “I make better food choices while at work” (51%), and “I have been able to manage my weight” (49%). Physical activity measures, including “I find the time to be active during my work breaks or lunch time” and “I do simple stretches throughout my workday” had a combined total of 147 respondents (94%).

Fifty-seven participants (37%) indicated that they lost weight as a result of the information gained from the health seminars and had a combined self-reported weight loss of 1,115.6 lbs. Descriptive statistics revealed an average weight loss of 19.5 lbs between each of the 57 participants ( $M = 19.57$ ,  $SD = 14.32$ ). Figure 2 shows the

greatest frequency of weight loss being between 10-19 lbs with 22 participants (14%) experiencing this range. The least amount of weight loss was 3 lbs and the greatest was 70 lbs. Figure 3 breaks down the self-reported weight loss by agency and school district and shows that participants from Delaware Health and Social Services had the greatest amount of weight loss with 154 lbs, which represented 14% of the total weight lost.

Table 2. Positive lifestyle changes experienced as a result of participation

	n= 156	%
<i>Question:</i>		
Have you experienced positive lifestyle changes as a result of the information gained from the health seminars?		
<i>Answer</i>		
Yes	153	98%
No	3	2%
Lifestyle benefits/ changes noted		
I am more happy and productive at work.	43	28%
I have been able to manage my weight.	76	49%
I lost weight. (1,115.6 total lbs)	57	37%
I find the time to be active during my work breaks or lunch time.	73	47%
I do simple stretches throughout my workday.	74	47%
I make better food choices at the grocery store.	110	71%
I make better food choices while at work.	79	51%
I am better able to recognize my stressors and more active in reducing them.	84	54%
I am under less stress and tension in my life.	30	19%
I practice relaxation exercises when I feel tense.	65	42%
I am more aware of the health resources available to me and my family.	82	53%
I have worked to lower my high blood pressure.	35	22%
I have worked to lower my high blood cholesterol.	41	26%
I shared the seminar information with my family and their health has benefited as a result.	66	42%
Other	1	1%
• Training to run a 5K		

Figure 2. Frequency of self-reported weight loss

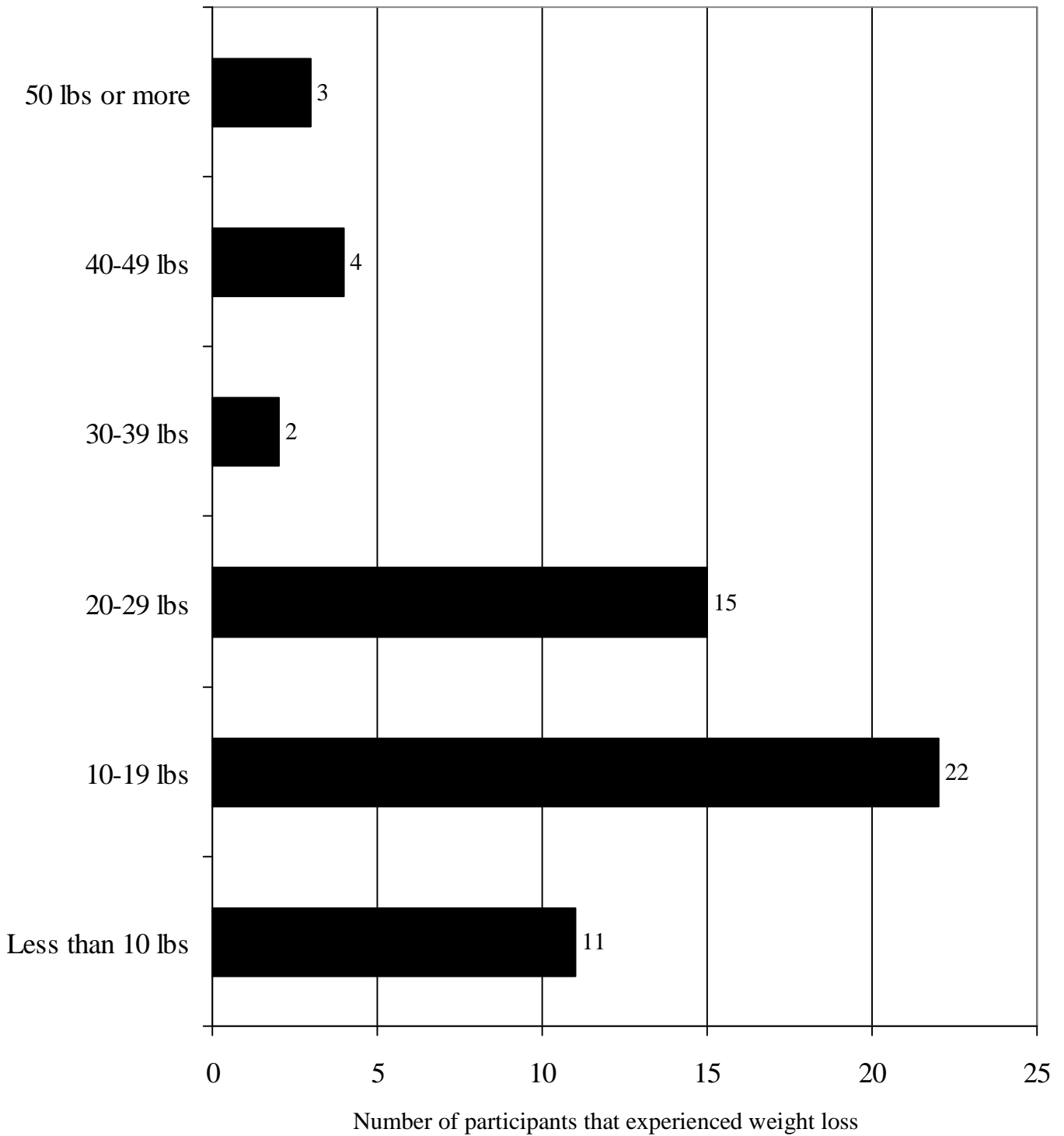
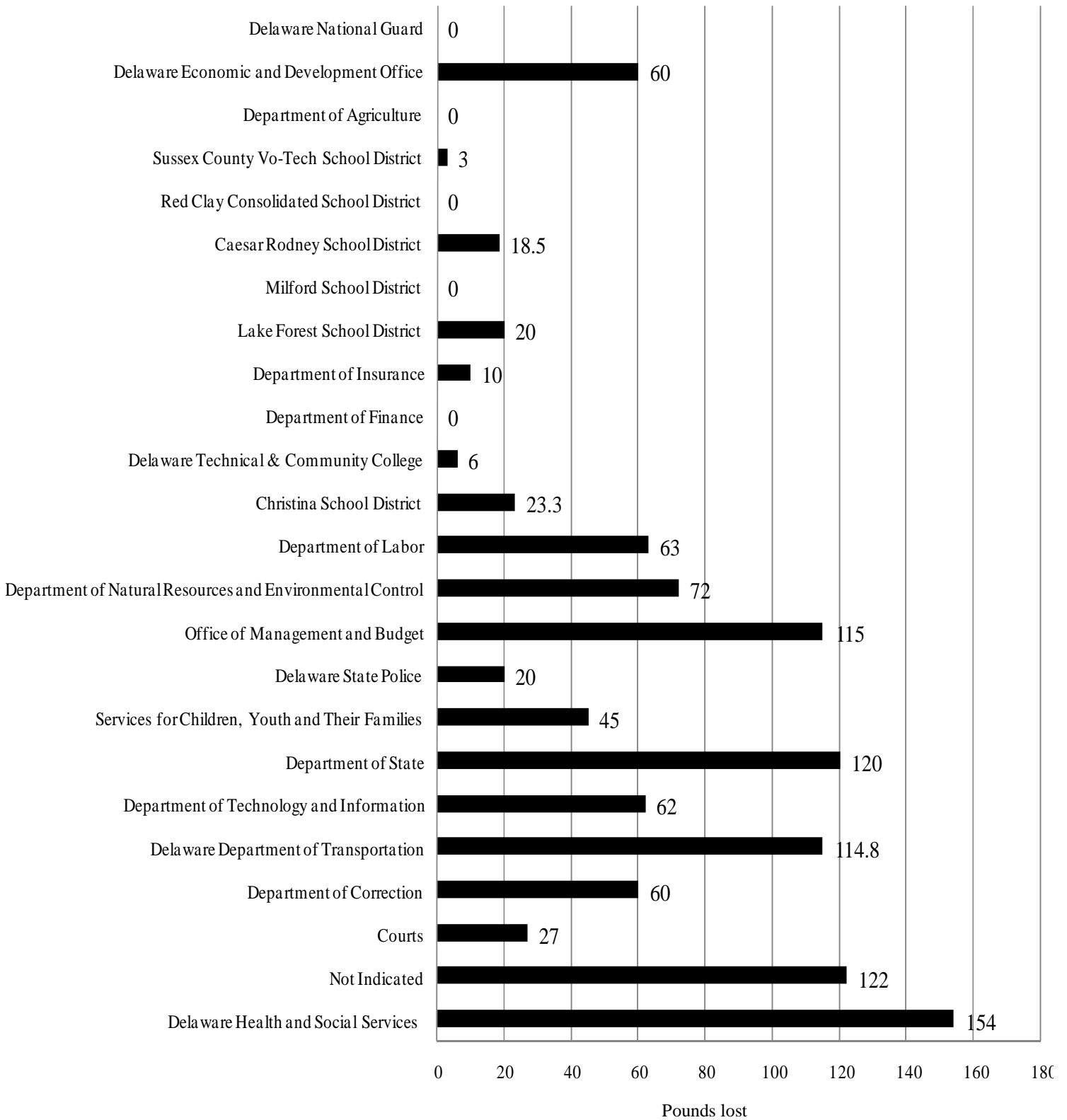


Figure 3. Self-reported weight loss by agency



Based on the location and seminar format satisfaction scores (see Table 3), 152 participants (98%) agreed to strongly agreed that the locations of the health seminars were convenient and easily accessible. One hundred forty-nine participants (96%) agreed to strongly agreed that the hour-long lunch time and after school seminar format worked best for their schedules.

Table 3. Location and seminar format satisfaction levels

Statement	Strongly agree	Agree	Disagree	Strongly disagree
I found the locations of the health seminars to be convenient and easily accessible.	126 (81%)	26 (17%)	2 (1%)	0
The hour-long lunch time and after school seminar format works best for my schedule.	106 (68%)	43 (28%)	5 (3%)	0

The two most widely noted suggestions for improvement by participants were to “offer more health seminar topics” (56%) and “send e-mails with weekly health tips or challenges” (49%).

The health seminar “Eating for Performance and Health” was reported by 113 participants (72%) as being the most helpful topic followed by “Stress and Your Workday” (68%), “Managing Your Weight” (62%), and “The Active Workday” (58%). The biggest motivator for attending the health seminar topics was reported by 139 participants (89%) as wanting to learn how to improve and/or maintain their health and well-being.

Table 4 outlines future health seminar topics of interest noted by participants. The topic with the greatest amount of interest from participants was lower back pain management with 85 respondents (54%) indicating it.

Table 4. Participant health seminar topics of interest

Topic	n= 156	%
Lower back pain management	85	54%
High blood pressure	64	41%
High cholesterol	74	47%
Diabetes	53	34%
Tobacco cessation	9	6%
Other	18	12%
• <i>Healthy cooking classes</i>	6	
• <i>Exercises at work</i>	5	
• <i>Better sleep</i>	3	
• <i>Workplace ergonomics</i>	1	
• <i>Allergies</i>	1	
• <i>Preventative health screenings</i>	1	
• <i>Arthritis/osteoporosis</i>	1	

The additional comments mentioned by participants (see Table 5) provide further insight into the overall satisfaction level of participants in attending all four DelaWELL University health seminar topics. Many participants were thankful for the ability to be part of the program and seemed to enjoy the instructors.

Table 5. Additional comments

<ul style="list-style-type: none"> <li>• Thanks for the encouragement.</li> <li>• This program of wellness promotions is so important for State employees. Keep up the motivation and information flowing! Thanks. Take good care!</li> <li>• These seminars are very good and I think this set of information is wonderful that the State can provide.</li> <li>• Great series!! Thank you for the effort! This has been helpful and interesting.</li> <li>• Great program and it was very helpful.</li> <li>• I have really enjoyed all of the information presented.</li> <li>• Thank you for offering these programs.</li> <li>• Enjoyed listening to speaker.</li> <li>• Great service to state employees!</li> </ul>
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