

Worksite Wellness Evaluation

Nicholas Martinez M.S



Worksite Wellness Evaluation

- Worksite wellness program benefits
 - Decreases health cares costs
 - Improves employee productivity
- Health promotion & disease prevention occurs via
 - Educational approaches
 - Behavioral approaches
- Further evaluation of wellness programs needed
 - Do employers adhere to policy and program changes?
 - Does the program optimize wellness for employees?

Worksite Wellness Evaluation

- Purpose of worksite wellness evaluation
 - Determine the impact of the program on wellness
 - Examine if program aligns with committee standards
 - Operational efficiency of the wellness program
 - Share findings and recommendations with stakeholders



Worksite Wellness Evaluation

- Conceptual Framework
 - The Six Dimensions of Wellness Model
 - Physical – Functional capacity of human body
 - Intellectual – Function of the mind and continuing education
 - Emotional – Awareness, acceptance, and emotion management
 - Social – Environment and community
 - Spiritual – Meaning and purpose
 - Occupational – Satisfaction and enrichment
 - Wellness Strategies
 - Awareness Strategies – Communication and dissemination
 - Lifestyle Interventions – Changes in health habits
 - Supportive Environment Programs – Policies and worksite culture

Worksite Wellness Evaluation

Start your worksite wellness evaluation today!

Contact Information: Nic Martinez; nmartinez@usf.edu



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