

Worksite Wellness Planning

Ongoing Program Evaluation

Programs should be evaluated regularly to ensure the effectiveness of program strategies. Ongoing evaluations can include things like:

- Participant satisfaction survey results after activities
- Tracking the number of employees participating in activities or using provided resources
- Tracking the number of healthy items purchased in vending machines if you've implemented a healthy vending policy
- Informal observation of changes in health culture, work environment and/or policy changes

Example Participant Satisfaction Survey:

1. Activity/Event Name:
2. Activity/Event Date:
3. Activity/Event Location:
4. This activity/event helped to increase my knowledge about the topic.
 - Strongly disagree
 - Disagree
 - Neutral
 - Agree
 - Strongly agree
5. I plan to share the information gathered from this activity/event with my co-workers, family and friends.
 - Strongly disagree
 - Disagree
 - Neutral
 - Agree
 - Strongly agree
6. I would like to participate in similar activities/events in the future.
 - Strongly disagree
 - Disagree
 - Neutral
 - Agree
 - Strongly agree



7. What was your favorite part of this activity/event?
8. Please provide at least one suggestion to make this activity/event better in the future (suggest a different timeframe for the event/activity, different meeting space, etc.)?
9. Additional Comments:

SAMPLE