

pAWI WORKSITE WELLNESS PROGRAM EVALUATION

SITE: Black River Falls School District

DATE: October 16, 2007

PROGRAM: What Are You Really Eating

PRESENTER: Kathy Braaten, RD, CD, CDE - Nutritional Services - Ho-Chunk Dept of Health

Total Evaluations returned: 25

Attendance: 29

86.2% Return

1. RATE THE PRESENTATION

With 1 being the lowest rating and 5 being the highest (i.e., "best") rating, please rate Kathy Braaten's program on "**What Are You Really Eating**" (circle one for each category).

	1	2	3	4	5	Average Score
a. Presentation			2	9	13	4.5
b. Content/Information			1	5	18	4.7
c. Knowledge of Information			2	6	16	4.6
d. Ability to Answer Questions			2	6	15	4.6
e. Ability to Maintain Interest			1	8	14	4.6
Total Average Score:						4.6
						<i>out of 5</i>

Comments: *Very interesting - liked portion size information the best. Very well done! Thank you!*
Good job Slow down

2. PROGRAM IMPORTANCE

With 1 being not important at all and 5 being extremely important, please rate how important this program/activity was in helping you make a desired health behavior change?

Not important-----extremely important					Average Score
1	2	3	4	5	
		1	15	9	4.3
					<i>out of 5</i>

3. COMFORT LEVEL

Were you comfortable having this program/activity presented to you at work?

1	2	3	4	Average Score
Not at all	Not entirely	For the most part	Yes	
		2	23	3.7
				<i>out of 4</i>

Comments:

I might not do it otherwise. Getting ready for a sub can be busy - then I worry what's happening!

4. KNOWLEDGE GAINED

Did you learn or were you made aware of anything you didn't know before this program?

1	2	3	4	Average Score
Not at all	1-2 things	A few things	A number of things	
	2	16	5	3.1
				<i>out of 4</i>

Explain:

Very useful to be reminded - really motivates me to look @ labels.

5. PROGRAM QUALITY

How would you rate the overall quality of this program/activity?

1	2	3	4	5	Average Score
Poor	Fair	Good	Very good	Excellent	
		1	16	7	4.3
					<i>out of 5</i>

6. PROGRAM USEFULNESS

What one thing from this program/activity was most useful to you?

*Visual Aids (2) How to, Importance of, commitment to - reading labels (7) Portion sizes (8)
 The part she did on portion sizes, seeing the bowls & sizes. Changing plate size will help.
 Reminder to compare labels for fat & calorie content before buying. Hidden calories - 70% of salt
 is not through the salt shaker.*

7. PROGRAM IMPROVEMENTS

What one thing would you improve about this program?

*Nothing (1), 0 (1), ---- (2) Bigger room Smaller group size More time!!!
 Pass bowls/plates (props) around (2) or have more on tables so it's "hands-on".
 I was kind of lost on the label reading due to people around me talking. Stretch break after 30 minutes.
 Put your stuff on power point presentations Specifically address very bad foods. Maybe recording food
 daily to help keep on track. Would be good to show common food items - like muffin but more
 examples like this.*

8. OTHER RELATED TOPIC IDEAS

What other related topics would be interesting to you?

*Different recipes-replacements in recipes. Recipes - substitutions. Foods to benefit specific areas -
 build muscle, maintain joints. Restaurant choices when you go out to eat at a full service restaurant.
 Field trip to Burnstad's to show us what to look for. Fast meal preparation that is healthy.
 Cooking for a healthier you. We should eat a meal with correct portions. How many calories
 are used during exercise. Healthy eating related to exercise.*

9. RECOMMEND TO OTHERS?

Would you recommend this program to other employers/employees as part of their worksite wellness program?

1 Definitely Not	2 Probably Not	3 Don't Know	4 Probably Yes	5 Definitely Yes	Average Score
			2	23	4.9

out of 5

10. Additional comments

Nicely done