

Cottonwood-Jackson-Redwood-Renville SHIP **Results from the Worksite Wellness Health Behavior and Interest Survey**

Prepared for Cottonwood-Jackson and Redwood-Renville counties as part of their SHIP evaluation

The goal of the Minnesota Statewide Health Improvement Program (SHIP) is to help Minnesotans live longer, healthier, better lives by preventing risk factors that lead to chronic disease. SHIP aims to create sustainable, systemic changes that make it easier for Minnesotans to choose healthy behaviors. Cottonwood, Jackson, Redwood, and Renville (CJRR) Counties were awarded a SHIP grant to employ evidence-based strategies to make policy, systems, and environmental change in schools, communities, worksites, and health care systems.

Within the worksite setting, The CJRR Community Leadership Team (CLT) has chosen to focus on employee wellness (Intervention C-HWHB-W1). This intervention aims to implement a comprehensive employee wellness initiative that provides a health assessment with follow-up coaching, ongoing health education, and policies and environmental supports that promote healthy weight and healthy behaviors. Blue Cross and Blue Shield of Minnesota commissioned the Worksite Wellness Health Behavior and Interest Survey, and 119 Renville County employees completed the survey.

Healthy behaviors

Respondents were asked how often in a typical week they would make time to engage in a particular health behavior. Twenty-nine percent of respondents would eat fruit five or more days per week if it were available free at staff meetings or in break areas. One-fifth (20%) of respondents would use a 15-minute paid break for activity nearly every day if there were a convenient place to be active.

1. In a typical week, how often would you: (n=119)

	0 days	1-2 days	3-4 days	5 or more days
Buy healthy snacks if they were available in vending machines	37%	42%	19%	3%
Buy healthy snacks if they were available in vending machines and are cheaper than other snacks	26%	46%	24%	4%
Eat at least 5 fruits or vegetables a day	16%	40%	27%	17%
Eat fruit if available free at staff meetings or in break areas	11%	25%	35%	29%
Use 15-minute paid break for activity if there were a convenient place to be active	20%	30%	29%	20%
Make time for 30 minutes of physical activity per day	9%	32%	39%	21%

Note: Percentages may not total 100 percent due to rounding.

Respondents were also asked how interested they are in making several healthy changes. Of those participants who indicated they use tobacco, only 15 percent state they are ‘very interested’ in ceasing tobacco use. Sixty-one percent of all respondents are ‘very interested’ in being more physically active, and about half (47%) are ‘very interested’ in learning how to manage stress.

2. To what extent are you interested in making the following healthy changes? (n=119)

	Very interested	Somewhat interested	Not at all interested	N/A
Be more physically active	61%	35%	2%	3%
Lose weight	61%	26%	8%	4%
Eat more fruits and vegetables	52%	40%	6%	3%
Manage stress	47%	42%	7%	4%
Stop smoking (or using any kind of tobacco)	3%	7%	8%	83%

Note: Percentages may not total 100 percent due to rounding.

Other healthy changes that are important to respondents include: worksite ergonomics, reducing secondhand smoke, moving designated smoking areas further away from public areas and walkways, banning tobacco on County property or in County vehicles, diet and nutrition tips for blood sugar, blood pressure, and cholesterol control, and increasing access to vending and ice machines.

Tobacco use

Of the respondents who indicated they are tobacco users, only 11 percent state they are ‘very likely’ to make a serious attempt to quit during the next 6 months, and 16 percent are ‘not at all likely’. Sixteen percent of tobacco users are ‘very likely’ to use quit medications (such as nicotine patches) if they could get them for free.

Respondents were asked how likely they would be to engage in smoking-related behaviors should their workplace prohibit tobacco use in buildings and on the grounds (including parking lots). Two-thirds of tobacco users indicate they are ‘not at all likely’ to smoke fewer cigarettes during the work day, and 57 percent are ‘not at all likely’ to try to quit smoking. Sixty percent of respondents are ‘very likely’ to leave the grounds to smoke, but only 7 percent are ‘very likely’ to look for a different job where smoking is allowed.

Health assessments

Respondents were asked how likely they would be to complete a health assessment. Forty-three percent of respondents are ‘somewhat likely’ to complete an assessment, and 39 percent are ‘very likely.’ However, if an incentive is added, 59 percent of respondents are ‘very likely’ to complete a health assessment.

Participants were also asked to rank possible incentives for completing a health assessment. Reductions on monthly health insurance premiums, health reimbursement arrangements (HRA) or health savings account (HAS) contributions, wellness time off, and pedometers provide the most incentive. T-shirts and water bottles provide the least incentive.



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