

Assessing Adoption and Use of Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace

GenIC submitted for approval under CDC's generic approval #0920-0864, *Improving the Quality and Delivery of CDC's Heart Disease and Stroke Prevention Programs*

OMB Supporting Statement – Part B. Statistical Methods

October 17, 2012

Data Collection Instrument

Assessing Adoption and Use of Steps to Wellness

Attachments

- Attachment 1. Web Page for Accessing the *Steps to Wellness* toolkit
 - Attachment 2. Survey 1: Assessing Adoption and Use of Steps to Wellness
 - Attachment 3. Follow up email reminder to survey respondents
 - Attachment 4. Survey 2: Assessing Adoption and Use of Steps to Wellness
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B. Statistical Methods

B.1 Respondent Universe and Sampling Methods

This is a two-part information collection: Survey 1: Assessing Adoption and Use of Steps to Wellness (**Attachment 2**), and a follow-up Survey 2: Assessing Adoption and Use of Steps to Wellness (**Attachment 4**). All visitors to the website (see **Attachment 1**) will comprise the universe of potential respondents. Among those that visit the site housing the tool-kit, a random sample will be invited to participate via pop-up survey. Based on guidance about the frequency of visitation likely to the site on which the toolkit is placed, every fifth visitor will be offered the pop-up Survey 1. We will collect information until we obtain 1,000 responses to Survey 1, or until March 31, 2013, whichever occurs first.

B.2 Procedures for the Collection of Information

Among those who link to the toolkit, every fifth visitor will be offered the opportunity to participate in Survey 1. At the conclusion of Survey 1 they will be asked if they would be willing to answer a few additional evaluation questions to help with the evaluation of the toolkit. If they agree, CDC's data collection contractor will provide the email to which they would like the follow-up survey link sent. The instructions will also explain that recipients can expect to receive an emailed link to the survey in approximately two weeks. Approximately two weeks after the

agreement, the project lead will distribute the website link to the survey (see **Attachment 3**). The data collection instruments are provided as **Attachment 2** and **Attachment 4**.

B.3 Methods to Maximize Response Rates and Deal with Non-response

To encourage participation and to remind programs of closing dates for completing the survey, CDC will send a follow-up/reminder email (**Attachment 3**) to each respondent who has agreed to participate in the follow-up survey. The follow-up email will remind individuals who have not completed the survey that their participation would be appreciated.

B.4 Test of Procedures or Methods to be Undertaken

The estimated burden per response was determined by pre-testing the survey with CDC staff assigned to the DNPAO Evaluation Team. Each respondent was also asked to document how long it took them to complete the survey each time. The average time taken for respondents to complete the survey was approximately 3 minutes for Survey 1 and 5 minutes for Survey 2.

B.5 Individuals Consulted on Statistical Aspects and Individuals Collecting and/or Analyzing Data

DHDSP Staff	Statistical/ methodological/data collection consultants	Data collection	Data analysis
Chris Reinold Health Scientist – GS13 770-488-5407, CReinold@cdc.gov	X	X	X
Jill Donnelly Contractor Northrop-Grumman 770-488-5500, hud5@cdc.gov	X	X	X