



Training Employers | Promoting Health | Maximizing Performance

## CDC Work@Health Trainee KAB Survey

### Introduction to CDC Work@Health Trainee KAB Survey

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CDC Work@Health™: Trainee KAB Survey

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### Introduction

The Centers for Disease Control and Prevention (CDC) has developed Work@Health™, a worksite health/wellness training and technical assistance program for employers. Your worksite has been chosen to participate in Work@Health™. We are excited to welcome you to the Work@Health™ training! As a participant of Work@Health™ we ask that you complete the attached survey so that we can learn more about your involvement with your organization's worksite health programs and your familiarity with worksite health programs. **For the purposes of this survey, worksite health is defined as a coordinated and comprehensive set of health promotion and protection strategies implemented at the worksite, that includes programs, policies, benefits, environmental supports, and links to the surrounding community designed to encourage the health and safety of all employees.**

#### *Informed Consent*

Before you get started, we'd like to give you some more information to help you decide whether or not you would like to participate.

- This project is funded by the Centers for Disease Control and Prevention (CDC). Many parts of this project are being managed by the ASHLIN Management Group (ASHLIN). ASHLIN is a private sector consulting firm with a focus in the area of health and human services based in Greenbelt, MD. They are helping CDC implement the Work@Health™ program. The Public Health Management Corporation (PHMC), a non-profit, public health institute located in Philadelphia, PA and part of the ASHLIN Team designed this survey.
- You are being asked to complete the survey because you will be participating in the Work@Health™ training.
- Your participation is voluntary, and you may skip any questions you do not want to answer. You may also choose to end the survey at any time.
- The survey is designed to take about 20 minutes.
- There are no right or wrong answers or ideas – we want to hear about YOUR experiences and opinions.
- All of the comments you provide will be maintained in a secure manner. We will not disclose your responses or anything about you unless we are compelled by law. Your responses will be combined with other information we receive and reported in aggregate as feedback from the group. In our project reports, your name and your employer's name will not be linked to the information or comments you provide.
- There are no risks or benefits to you personally for participating in this survey.
- CDC is authorized to collect information for this project under the Public Health Services Act.
- If you have any questions, you can contact Kristin Minot. Her phone number is 215-985-2519 and her email is Kristin@phmc.org.

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## CDC Work@Health Trainee KAB Survey

### Worksite Health Attitudes

Let's get started! First we would like to learn about your opinions, attitudes, and knowledge about worksite health. Your responses will help us tailor the Work@Health™ trainings to meet your needs!

1. Please indicate to what extent you agree or disagree with each of the following statements about the role of worksite health programs.

|   | Strongly Disagree     | Disagree              | Neither Disagree Nor Agree | Agree                 | Strongly Agree        |
|---|-----------------------|-----------------------|----------------------------|-----------------------|-----------------------|
| It is an employer's responsibility to provide a worksite health program.                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Worksites should provide help to employees to balance work and life responsibilities.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Worksites should provide help to employees to understand and manage chronic diseases.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Worksite health programs can be effective in helping employees to improve their health. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |

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### Worksite Health Knowledge

The next questions ask about your knowledge related to worksite health, the reasons for implementing a worksite health program, and strategies to support a worksite health program.

**2. From an organization's perspective what are some reasons for supporting employee health and well-being programs? Check all that apply.**

- Combat escalating healthcare costs
- Improve productivity
- Create a great place to work
- The Affordable Care Act mandates that employers have worksite health and well-being programs
- Don't know

**3. What are the benefits to the employer that may be realized from a worksite health and well-being program? Check all that apply.**

- Lower absenteeism
- Lower employee morale
- Fewer disability and workers compensation claims
- Fewer injuries on and off the job
- A more engaged workforce
- Lower health care spending
- Don't know

**4. Best practices in worksite health today are focusing on the social and physical work environments and their positive or negative influences on health behaviors.**

- True
- False
- Don't know

5. Which of the following are examples of productivity-related data sources? Check all that apply.

- Hours per days lost to illness/non-illness related absences
- Family Medical Leave Act Data
- Recruitment costs
- Pharmacy claim data
- Premium cost data and trends
- Don't know

6. All employee data collected through health risk assessments or biometric screenings should be kept completely confidential according to federal and state laws and, only reported in aggregate form for wellness planning purposes.

- True
- False
- Don't know

7. Most employers can get a good “snapshot” of the worksite health needs of their employees by using what assessment tool? Check all that apply.

- Satisfaction or needs assessments
- Health risk assessments
- CDC Worksite Health Scorecard
- Disability claims
- Family Medical Leave absences
- Don't know

8. The Total Leadership Model includes what levels of leadership? Check all that apply.

- Health Promotion Staff or Manager
- Senior Leadership
- Lay Leadership
- Middle or Supervisory Leadership
- Don't know

9. A Health Promotion committee should have representation from which of the following groups?

- Benefits
- Human Resources
- Legal and/or Facilities Management

**8. The Total Leadership Model includes what levels of leadership? Check all that apply.**

- Health Promotion Staff or Manager
- Senior Leadership
- Lay Leadership
- Middle or Supervisory Leadership
- Don't know

**9. A Health Promotion committee should have representation from which of the following groups?**

- Benefits
- Human Resources
- Legal and/or Facilities Management
- Unions
- All of the above
- Don't know

**10. Which levels of leadership play a key role in implementing and enforcing policies? Check all that apply.**

- Senior Management
- Health promotion committee
- Middle/Supervisory staff
- don't know

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Done

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