

Work@Health™ Program Objective – Survey Instrument Crosswalk

Instrument	Method	Respondents	Time of Data Collection	Program Objective	Data Collected
Employer Application Form	Online	Interested employers	Prior to training	<ul style="list-style-type: none"> - Describe aggregate employee population at each participating employer - Capture employer interest and commitment to participate in Work@Health™ 	<ul style="list-style-type: none"> ▪ Employer contact info ▪ Employer characteristics (number of employees, type of industry) ▪ Status of worksite health program (have one, how many years in existence) ▪ Employer’s readiness for change in worksite health program
CDC Worksite Health Scorecard	Online	Employers participating in Work@Health™	<u>Two times:</u> 1 month prior to training and April/July 2015 (12-15 months after first administration)	- Assess elements of worksite structure, practices, and policies related to health and safety such as health benefits, health promotion programs, occupational health programs, work organization, and leadership and management support (CEO/C-Suite) for worksite health and safety initiatives	<ul style="list-style-type: none"> ▪ Employer characteristics and elements of worksite health promotion offered at your org. health ed, links to services, supportive environment, integration of health promotion into company’s culture, and employee screening ▪ Organizational supports (e.g., employee needs assessment, HRA, org commitment, use of incentives, competitions, health promotion committee, annual budget) ▪ Description of health and wellness programs (policies, activities, environment) related to tobacco control, Nutrition, Physical activity, Weight management, Stress management, Depression, High blood pressure, High cholesterol, Diabetes, Signs and Symptoms of Heart attack and stroke, Emergency response to heart attack and stroke, Lactation support, Vaccine-Preventable diseases, Occupational safety and health, and Community resources ▪
Organizational Assessment	Online	Employers participating in Work@Health™	<u>Two times:</u> 1 month prior to training and April/July 2015 (12-15 months after	- Assess environmental elements of the physical worksite such as facilities and settings where employees work as well as access, opportunities, and resources for health promotion provided by the	<ul style="list-style-type: none"> ▪ Elements of worksite structure (leadership support, health promotion committee) ▪ Motivators and barriers to implementations, importance of worksite health topics, ▪ Employee participation rates in worksite health programs

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			first administration)	surrounding community where employees live - Assess aggregate employee participation in programs and community partnership activities - Indicators of work environment support	<ul style="list-style-type: none"> Use and access to community resources for worksite health programs
Employer Follow-up Survey	Online	Employers participating in Work@Health™	April/July 2015 (12-15 months after training)	- Assess maintenance of worksite health and wellness programs, policies, and environmental changes	<ul style="list-style-type: none"> New worksite health programs, policies, or environmental supports as a result of training Other types of training that might be helpful in expanding programs
Case Study Interviews with Senior Leadership	Paper form	Employer leadership at participating employers	March-June 2015	- A senior leader will be invited to discuss his or her experience with the program	<ul style="list-style-type: none"> Extent to which the program met their expectations Challenges to and strategies for successful program implementation Plans for sustainability
Case Study Interviews with Employees	Paper form	1-2 employees at participating employers	March-June 2015	- An employee who participated in worksite-based health promotion programs developed as a result of participation in Work@Health™ will be invited to discuss his or her experience with the program	<ul style="list-style-type: none"> Expectations for healthy changes Perceptions of changes in the worksite physical and social environment Their own experiences with healthy options and plans for continued healthy behaviors
Trainee KAB Survey	Online	Trainees participating in training	<u>Two times:</u> 1 month prior to training and again 12 months post-training	- Assess knowledge, awareness, and behavior related to implementing worksite health programs	<ul style="list-style-type: none"> Changes in knowledge, awareness, and behaviors based on each module of the Work@Health™ training curriculum
Trainee Reaction Survey: Hands-on Model	Paper form	Trainees participating in the Hands-on training model	At the conclusion of Hands-on Training	- Evaluate trainees' reaction to the Work@Health™ Program. - Evaluate outcomes and the ways in which participating trainees increased their knowledge and perceived ability to implement programs, policies, and	<ul style="list-style-type: none"> Trainees' satisfaction with the trainings they received, whether the training was engaging and whether the facilitator, materials, and activities supported the goals of the training. Whether the training met trainees' needs and trainees' confidence in implementing or

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				environmental support changes that will improve worksite health.	extending a health and wellness program at their place of employment.
Trainee Reaction Survey: Online Model	Online	Trainees participating in the Online training model	At the conclusion of Online Training	<ul style="list-style-type: none"> - Evaluate trainees' reaction to the Work@Health™ Program. - Evaluate outcomes and the ways in which participating trainees increased their knowledge and perceived ability to implement programs, policies, and environmental support changes that will improve worksite health. 	<ul style="list-style-type: none"> ▪ Trainees' satisfaction with the trainings they received, whether the training was engaging and whether the facilitator, materials, and activities supported the goals of the training. ▪ Whether the training met trainees' needs and trainees' confidence in implementing or extending a health and wellness program at their place of employment.
Trainee Reaction Survey: Blended Model	Paper form	Trainees participating in the Blended training model	At the conclusion of Blended Training	<ul style="list-style-type: none"> - Evaluate trainees' reaction to the Work@Health™ Program. - Evaluate outcomes and the ways in which participating trainees increased their knowledge and perceived ability to implement programs, policies, and environmental support changes that will improve worksite health. 	<ul style="list-style-type: none"> ▪ Trainees' satisfaction with the trainings they received, whether the training was engaging and whether the facilitator, materials, and activities supported the goals of the training. ▪ Whether the training met trainees' needs and trainees' confidence in implementing or extending a health and wellness program at their place of employment.
Trainee Technical Assistance Survey	Online	Trainees participating in all models of Work@Health™	<u>Two times:</u> 4-7 months after training and again 12-15 months post-training	- Assess the use and effectiveness of post-training technical assistance and peer learning networks	<ul style="list-style-type: none"> ▪ Utility of different aspects of the technical assistance (e.g., topical webinars, interactive discussions with peers and facilitators) ▪ Ability to transfer what was learned to worksites and others
Case Study Interviews with Trainees	Paper form	Trainees participating in the Hands-on, Online, or Blended Model	March – June 2015	- A trainee who participated in the Work@Health™ Program will be invited to discuss their experiences	<ul style="list-style-type: none"> ▪ Motivation for attending the Work@Health™ Program ▪ Expectations for the Work@Health™ Program ▪ Experiences in implementing what they learned at their worksite ▪ Perceptions of outcomes and sustainability of the changes implemented at their worksite

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Trainee Focus Group Discussion Guides	Paper form	Trainees participating in Work@Health™	At the conclusion of Hands-on training sessions	- Assess trainees' reactions to the Work@Health™ training.	<ul style="list-style-type: none"> ▪ Comparison of expectations to reality of Work@Health™ training and expectations for implementation ▪ Opinions on training curriculum and aspects of delivery ▪ Expectations for participation in technical assistance ▪ Suggestions for improvement ▪ Satisfaction with communication materials
Train-the-Trainer Application Form	Online	Interested employers, trainers, and/or facilitators	Prior to training	- Select participants for the Train-the-Trainer model of the Work@Health™ Program	<ul style="list-style-type: none"> ▪ Applicants' contact information ▪ Experience in training facilitation, leadership in an organization implementing a worksite health program ▪ Referral from a health department, community-based health organization, employer membership organization, or private/non-profit organization
Train-the-Trainer Participant Survey	Online	Trainees participating in Train-the-Trainer model	<u>Two times:</u> 1 month prior to training and 12 months post-training	- Assess facilitation skills and the ability to train others	<ul style="list-style-type: none"> ▪ Self-rate strength of facilitation skills ▪ Attitudes about what makes an efficient trainer ▪ Preparation and confidence in training others in worksite health programs
Trainee Reaction Survey: Train-the-Trainer Model	Paper form	Trainee/ employees participating in the Train-the-Trainer model	At the conclusion of Train-the-Trainer Training	<ul style="list-style-type: none"> - Evaluate participants' reaction to the Work@Health™ Program. - Evaluate outcomes and the ways in which participants increased their knowledge and perceived ability to train employers in the Work@Health™ Program. 	<ul style="list-style-type: none"> ▪ Participants' satisfaction with the trainings they received, whether the training was engaging and whether the facilitator, materials, and activities supported the goals of the training. ▪ Whether the training met participants' needs and participants' confidence in training others in the Work@Health™ Program.
Train-the-Trainer Trainee Technical Assistance Survey	Online	Trainees participating in the Train-the-Trainer model of	<u>Two times:</u> August/ November 2014 (4-7 months after	- Assess the use and effectiveness of post-training technical assistance and peer learning networks	<ul style="list-style-type: none"> ▪ Utility of different aspects of the technical assistance (e.g., topical webinars, interactive discussions with peers and facilitators) ▪ Ability to transfer what was learned to

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		Work@Health™	training) and April/July 2015 (12-15 months after training).		worksites and others
Wave 2 Trainee Reaction Survey: Hands-on Model	Paper form	Trainees participating in Hands-on training sessions conducted by Train-the-Trainer graduates	At the conclusion of Train-the-Trainer graduate's Hands-on session with trainees	- Evaluate Train-the-Trainer graduates' ability to train others in the Work@Health™ curriculum.	<ul style="list-style-type: none"> ▪ Trainees' satisfaction with the trainings they received, whether the training was engaging and whether the facilitator, materials, and activities supported the goals of the training. ▪ Whether the training met trainees' needs and trainees' confidence in implementing or extending a health and wellness program at their place of employment.
Instructor/Coach Group Discussion Guides	Paper form	Instructors/online coaches facilitating Work@Health™ training and technical assistance	<u>Two times:</u> 4-7 months after formal training ends (August/November 2014) and again at the end of the program, 12-15 months post training, following technical assistance (April/July 2015)	- Evaluate experience as an instructor in the Work@Health™ Program	<ul style="list-style-type: none"> ▪ Comparison of expectations to reality of Work@Health™ ▪ Opinions on training curriculum and aspects of delivery ▪ Suggestions for improvement ▪ Satisfaction with support ▪ Opinions on technical assistance aspects (Time 2 only)