CDC WORK@HEALTH®
TRAINEE REACTION SURVEY BLENDED MODEL

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Respondents/Sources	Method	Content	Timing	Respondents	Time per Respondent
Trainees selected for the Work@Health® Blended Training Model	Work@Health® Trainee Reaction Survey (conducted in paper form)	• Satisfaction with training • Whether training met needs • Confidence in starting/expanding health program at their worksite	At the conclusion of training	100	0.25 hrs

This is a planned paper and pencil survey of employers who participated in the Blended training model of the Work@Health® program. Work@Health® is a program that trains employers in the design, implementation, and evaluation of worksite health and wellness programs. This survey will be administered immediately after the training has been completed to evaluate the effectiveness of the Work@Health® training.

INTRODUCTION

Thank you for your participation in the training for the CDC Work@Health® program. This survey asks about your thoughts and opinions of the training. Your responses will help us make the Work@Health® program most useful for employers. This project is funded by the Centers for Disease Control and Prevention. Many parts of the project are being managed by 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.

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.

- 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 15 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 all respondents. 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.
- We are interested in your comments so that we can improve the Work@Health® program for future participants. If you have any questions, you can contact Jennifer Lauby. Her phone number is 215-985-2556 and her email is Jennifer@phmc.org.

ONLINE TRAINING

The first questions are about the Work@Health® training that you completed **online**. Thinking about the Work@Health® training you just completed online, please indicate to what degree you agree or disagree with each of the following statements.

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
LEARNING ENVIRONMENT					
1. The online training was easy to understand.	1	2	3	4	5
2. The online training increased my knowledge of worksite health and wellness.	1	2	3	4	5
3. The pace of the online activities was too slow.	1	2	3	4	5
4. The pace of the online activities was too fast.	1	2	3	4	5
5. The length of the online training was too short.	1	2	3	4	5
6. The length of the online training was too long.	1	2	3	4	5
DELIVERY					
7. I had enough time to complete the training activities.	1	2	3	4	5
8. I was given enough opportunity to get answers to my questions.	1	2	3	4	5
9. I did not have enough opportunity during the training to practice the skills that I was asked to learn.	1	2	3	4	5
10. The online facilitator demonstrated a good understanding of the material.	1	2	3	4	5
11. The online facilitator effectively delivered the training activities.	1	2	3	4	5
12. The online facilitator effectively delivered the feedback assessments.	1	2	3	4	5
13. The online facilitator effectively delivered the training material.	1	2	3	4	5
14. The online facilitator did a good job of generating participant interaction.	1	2	3	4	5
15. I was challenged by the training activities.	1	2	3	4	5
16. I was challenged by the training feedback assessments.	1	2	3	4	5

The next set of questions are about the training activities that you participated in **during the online training**. Please indicate how useful you found each of the following training activities:

How useful were:	Not at all Useful 1	Of little use 2	Moderately useful 3	Useful 4	Extremely Useful 5
17. The interactive infographics	1	2	3	4	5
18. The real world scenarios	1	2	3	4	5
19. The problem solving activities	1	2	3	4	5
20. The demonstrations	1	2	3	4	5
21. The online discussions	1	2	3	4	5
22. The integrated social media and professional tools	1	2	3	4	5

IN-PERSON TRAINING

The next set of questions is about the in-person Work@Health® training in which you participated. Thinking about the Work@Health® in-person training you just completed, please indicate to what degree you agree or disagree with each of the following statements.

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
LEARNING ENVIRONMENT					
23. The training materials were easy to understand.	1	2	3	4	5
24. The training materials increased my knowledge of worksite health and wellness.	1	2	3	4	5
25. The pace of the in-person activities was too slow.	1	2	3	4	5
26. The pace of the in-person activities was too fast.	1	2	3	4	5
27. The length of the in-person training was too short.	1	2	3	4	5
28. The length of the in-person training was too long.	1	2	3	4	5
DELIVERY					
29. I had enough time to complete the	1	2	3	4	5

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
training activities in-person.					
30. I was given enough opportunity to get answers to my questions.	1	2	3	4	5
31. I did not have enough opportunity during the training to practice the skills that I was asked to learn.	1	2	3	4	5
32. I did not have enough time to interact with my peers who were participating in the training.	1	2	3	4	5
33. The facilitator demonstrated a good understanding of the material.	1	2	3	4	5
34. The facilitator effectively delivered the training activities.	1	2	3	4	5
35. The facilitator effectively delivered the feedback assessments.	1	2	3	4	5
36. The facilitator effectively delivered the training material.	1	2	3	4	5
37. The facilitator did a good job of generating participant interaction.	1	2	3	4	5
38. I was challenged by the training activities.	1	2	3	4	5
39. I was challenged by the training feedback assessments.	1	2	3	4	5

The next set of questions are about the training activities you participated in during the in-person training. Please indicate how useful you found each of the following in-person training activities:

How useful were:	Not at all Useful 1	Of little use 2	Moderately useful 3	Useful 4	Extremely Useful 5
40. The lectures	1	2	3	4	5
41. The Powerpoint presentations	1	2	3	4	5
42. The cooperative learning activities	1	2	3	4	5
43. The real world scenarios	1	2	3	4	5
44. The problem solving activities	1	2	3	4	5

45.	The face-to-face discussions	1	2	3	4	5

The next group of questions is about your <u>overall impressions</u> of the training. For each question, please indicate the degree to which you agree or disagree with the following statements.

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
46. The overall course learning objectives of the in-person training were clear.	1	2	3	4	5
47. I understand how to apply what I learned at the training at my job.	1	2	3	4	5
48. I will be able to use what I learned in this training at my job.	1	2	3	4	5
49. I would recommend this in-person training to others in my position.	1	2	3	4	5
50. The in-person training topics met my needs.	1	2	3	4	5
51. The in-person training met my expectations.	1	2	3	4	5
52. The in-person Work@Health® training was effective.	1	2	3	4	5

The next group of questions is about your perceptions of the individual training modules.

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
53a. The learning objectives for the *Making the Business Case* module were clear.	1	2	3	4	5
53b. The learning objectives for the *Assessing Your Worksite* module were clear.	1	2	3	4	5
53c. The learning objectives for the *Building Leadership Support* module were clear.	1	2	3	4	5
53d. The learning objectives for the *Developing Policy, Benefit, and Environmental Supports* module were clear.	1	2	3	4	5
53e. The learning objectives for the *Designing*	1	2	3	4	5

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
Effective Communications module were clear.					
53f. The learning objectives for the *Evaluating Your Program* module were clear.	1	2	3	4	5
53g. The learning objectives for the *Planning and Designing Your Program* module were clear.	1	2	3	4	5
53h. The learning objectives for the *Implementing and Sustaining Your Program* module were clear.	1	2	3	4	5

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
54a. The level of detail in the *Making the Business Case* module was appropriate.	1	2	3	4	5
54b. The level of detail in the *Assessing Your Worksite* module was appropriate.	1	2	3	4	5
54c. The level of detail in the *Building Leadership Support* module was appropriate.	1	2	3	4	5
54d. The level of detail in the *Developing Policy, Benefit, and Environmental Supports* module was appropriate.	1	2	3	4	5
54e. The level of detail in the *Designing Effective Communications* module was appropriate.	1	2	3	4	5
54e. The level of detail in the *Evaluating Your Program* module was appropriate.	1	2	3	4	5
54g. The level of detail in the *Planning and Designing Your Program* module was appropriate.	1	2	3	4	5
54h. The level of detail in the *Implementing and Sustaining Your Program* module was appropriate.	1	2	3	4	5

	Not at all Informative	Not Very Informative	Somewhat Informative	Very Informative
55a. How <u>informative</u> was the *Making the Business Case* module.	1	2	3	4
55b. How <u>informative</u> was the *Assessing Your Worksite* module.	1	2	3	4
55c. How <u>informative</u> was the *Building Leadership Support* module.	1	2	3	4
55d. How <u>informative</u> was the *Developing Policy, Benefit, and Environmental Supports* module.	1	2	3	4
55e. How <u>informative</u> was the *Designing Effective Communications* module.	1	2	3	4
55f. How <u>informative</u> was the *Evaluating Your Program* module.	1	2	3	4
55g. How <u>informative</u> was the *Planning and Designing Your Program* module.	1	2	3	4
55h. How <u>informative</u> was the *Implementing and Sustaining Your Program* module.	1	2	3	4

	Not at all Useful	Not Very Useful	Somewhat Useful	Very Useful
56a. How <u>useful</u> was the *Making the Business Case* module.	1	2	3	4
56b. How <u>useful</u> was the *Assessing Your Worksite* module.	1	2	3	4
56c. How <u>useful</u> was the *Building Leadership Support* module.	1	2	3	4
56d. How <u>useful</u> was the *Developing Policy, Benefit, and Environmental Supports* module.	1	2	3	4
56e. How <u>useful</u> was the *Designing Effective Communications* module.	1	2	3	4
56f. How <u>useful</u> was the *Evaluating Your Program* module.	1	2	3	4
56g. How <u>useful</u> was the *Planning and Designing Your Program* module.	1	2	3	4
56h. How <u>useful</u> was the *Implementing and Sustaining Your Program* module.	1	2	3	4

Finally we would like to know your thoughts and suggestions for how the Work@Health® program can be improved.

57. Did you experience any technical difficulties with the online training?
    _____ a. Yes
    _____ b. No
If Yes, please explain: _____

58. What changes, if any, would you recommend to the Work@Health® training? For example, would you recommend changes to the objectives, activities, assessments, materials or format of the training?

_____

_____

59. Topics that were covered in the Work@Health® training included making the case for a healthy worksite, leadership and motivation, data collection methods and tools, health promotion and safety, and program evaluation. What additional topics do you think should be covered in a worksite health and wellness training?

_____

_____

60. How did you learn about the Work@Health ® program?
○ Through a business association   ○ Website
   (e.g., Small Business Association)
○ Letter in the mail   ○ Newspaper
○ Radio   ○ Word of mouth
○ Colleague   ○ CDC
○ ASHLIN Management Group   ○ Other (please describe): _____

61. What would encourage or motivate other employers/others in your position to attend a Work@Health® training?

_____

_____

62. What is the best way to reach other businesses like yours and tell them about the Work@Health® program?

_____

_____

63. What was the most important lesson or skill that you learned from the Work@Health® training?
_____

_____

64. What did you like least about the Work@Health® training?
_____

_____

65. What did you like most about the Work@Health® training?

_____

_____

EMPLOYEE CHARACTERISTICS

66. Please describe your position in your business

○ CEO/President/Owner   ○   VP
○ Director, HR   ○   Director, Benefits
○ Wellness Manager   ○   Environmental Health and
Safety
○ Union/Labor Representative   Representative
○ Other (specify): _____