

## **CDC WORK@HEALTH® TRAINEE REACTION SURVEY TRAIN-THE-TRAINER MODEL**

Public reporting of this collection of information is estimated to average 15 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-1006).

<i>Respondents/Sources</i>	<i>Method</i>	<i>Content</i>	<i>Timing</i>	<i>Respondents</i>	<i>Time per Respondent</i>
Trainees selected for the Work@Health® Train-the-Trainer model	Work@Health® T3 Trainee Reaction Survey (collected online by PHMC)	<ul style="list-style-type: none"><li>• Satisfaction with training</li><li>• Whether training met needs</li><li>• Confidence in training others</li></ul>	At the conclusion of Train-the-Trainer training	40	0.25 hrs

*This is a planned online survey of employers who participated in the Train-the-Trainer training model of the CDC Work@Health® training 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 train-the-trainer session.*

## INTRODUCTION

Thank you for your participation in today's 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 trainers. 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 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.
- If you have any questions, you can contact Jennifer Lauby. Her phone number is 215-985-2556 and her email is [Jennifer@phmc.org](mailto:Jennifer@phmc.org).

Thinking about the Work@Health® in-person training you just completed, please indicate to what extent you agree or disagree with each of the following statements.

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
<b>LEARNING ENVIRONMENT</b>					
1. The training materials were easy to understand.	1	2	3	4	5
2. The training materials increased my knowledge of worksite health and wellness.	1	2	3	4	5
3. The pace of the activities was too slow.	1	2	3	4	5
4. The pace of the activities was too fast.	1	2	3	4	5
5. The length of the training was too short.	1	2	3	4	5
6. The length of the training was too long.	1	2	3	4	5
<b>DELIVERY</b>					
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 trainer demonstrated a good understanding of the material.	1	2	3	4	5
11. The trainer effectively delivered the training activities.	1	2	3	4	5
12. The trainer effectively delivered the feedback assessments.	1	2	3	4	5
13. The trainer effectively delivered the training material.	1	2	3	4	5
14. The trainer 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 feedback	1	2	3	4	5

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
assessments.					

The next set of questions are about the training activities. 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 micro-training	1	2	3	4	5
18. The lectures	1	2	3	4	5
19. The PowerPoint presentations	1	2	3	4	5
20. The cooperative learning	1	2	3	4	5
21. The real world scenarios	1	2	3	4	5
22. The problem solving activities	1	2	3	4	5
23. The face-to-face discussions	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
24a. The learning objectives for the <i>Understanding the Landscape</i> module were clear.	1	2	3	4	5
24b. The learning objectives for the <i>Building the Roadmap</i> module were clear.	1	2	3	4	5
24c. The learning objectives for the <i>Preparing for Delivery</i> module were clear.	1	2	3	4	5
24d. The learning objectives for the <i>Evaluating for Results</i> module were clear.	1	2	3	4	5
24e. The learning objectives for the <i>Supporting Technical Assistance</i> module were clear.	1	2	3	4	5
24f. The learning objectives for the <i>Completing a Training Lab</i> module were clear.	1	2	3	4	5

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
25a. The level of detail in the <i>Understanding the Landscape</i> module was appropriate.	1	2	3	4	5
25b. The level of detail in the <i>Building the Roadmap</i> module was appropriate.	1	2	3	4	5
25c. The level of detail in the <i>Preparing for Delivery</i> module was appropriate.	1	2	3	4	5
25d. The level of detail in the <i>Evaluating for Results</i> module was appropriate.	1	2	3	4	5
25e. The level of detail in the <i>Supporting Technical Assistance</i> module was appropriate.	1	2	3	4	5
25f. The level of detail in the <i>Completing a Training Lab</i> module was appropriate.	1	2	3	4	5

	Not at all Informative	Not Very Informative	Somewhat Informative	Very Informative
26a. How <u>informative</u> was the <i>Understanding the Landscape</i> module.	1	2	3	4
26b. How <u>informative</u> was the <i>Building the Roadmap</i> module.	1	2	3	4
26c. How <u>informative</u> was the <i>Preparing for Delivery</i> module.	1	2	3	4
26d. How <u>informative</u> was the <i>Evaluating for Results</i> module.	1	2	3	4
26e. How <u>informative</u> was the <i>Supporting Technical Assistance</i> module.	1	2	3	4
26f. How <u>informative</u> was the <i>Completing a Training Lab</i> module.	1	2	3	4

	Not at all Useful	Not Very Useful	Somewhat Useful	Very Useful
27a. How <u>useful</u> was the <i>Understanding the Landscape</i> module.	1	2	3	4
27b. How useful was the Building the Roadmap module.	1	2	3	4
27c. How useful was the Preparing for Delivery module.	1	2	3	4
27d. How useful was the Evaluating for Results module.	1	2	3	4
27e. How useful was the Supporting Technical Assistance module.	1	2	3	4
27f. How useful was the Completing a Training Lab module.	1	2	3	4

The next group of questions is about your overall impressions 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
28. The overall course learning objectives were clear.	1	2	3	4	5
29. I understand how to apply what I learned at the training at my job.	1	2	3	4	5
30. I will be able to use what I learned in this training at my job.	1	2	3	4	5
31. I would recommend this training to others in my position.	1	2	3	4	5
32. The training topics met my needs.	1	2	3	4	5
33. The program met my expectations.	1	2	3	4	5
34. The Work@Health® training was effective.	1	2	3	4	5
35. I feel the Work@Health® training adequately prepared me to train others in worksite health and wellbeing programs.	1	2	3	4	5
36. I have the information I need to train others in worksite health and wellbeing programs.	1	2	3	4	5

Finally we would like to know your thoughts and suggestions for how this program can be improved.

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

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38. Topics that were covered in the Work@Health® Train-the-Trainer 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 the Train-the-Trainer training?

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39. How did you learn about the Work@Health® Train-the-Trainer program?

- |  |   |
|--|---|
| <input type="radio"/> Through a business association<br>(e.g., Small Business Association) | <input type="radio"/> Website                 |
| <input type="radio"/> Letter in the mail   | <input type="radio"/> Newspaper               |
| <input type="radio"/> Radio  | <input type="radio"/> Word of mouth           |
| <input type="radio"/> Colleague  | <input type="radio"/> CDC                     |
| <input type="radio"/> ASHLIN Management Group  | <input type="radio"/> Other (please explain): |

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40. What would encourage or motivate other employers/others in your position to attend a Work@Health® Train-the-Trainer training?

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

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42. What was the most important lesson or skill that you learned from the Train-the-Trainer Work@Health® training?

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43. What did you like least about the Train-the-Trainer Work@Health® training?

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44. What did you like most about the Train-the-Trainer Work@Health® training?

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## PARTICIPANT CHARACTERISTICS

45. What is your title/role in your business?

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|--|--|
| <input type="radio"/> Professional Instructor/Trainer                | <input type="radio"/> CEO/President/Owner        |
| <input type="radio"/> VP   | <input type="radio"/> Director, HR               |
| <input type="radio"/> Director, Benefits                             | <input type="radio"/> Wellness Manager           |
| <input type="radio"/> Environmental Health and Safety Representative | <input type="radio"/> Union/Labor Representative |
|  | <input type="radio"/> Other (specify):           |

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46. Number of employees at your site or business unit (full and part time): \_\_\_\_\_

47. Which of the following best describes your organization?

- |  |   |
|--|---|
| <input type="radio"/> Health department            | <input type="radio"/> Professional Organization   |
| <input type="radio"/> Private employer             | <input type="radio"/> Broker                      |
| <input type="radio"/> Non-profit                   | <input type="radio"/> Business Coalition          |
| <input type="radio"/> Chamber of Commerce          | <input type="radio"/> Hospital/Health Care System |
| <input type="radio"/> Other, please specify: _____ |   |