

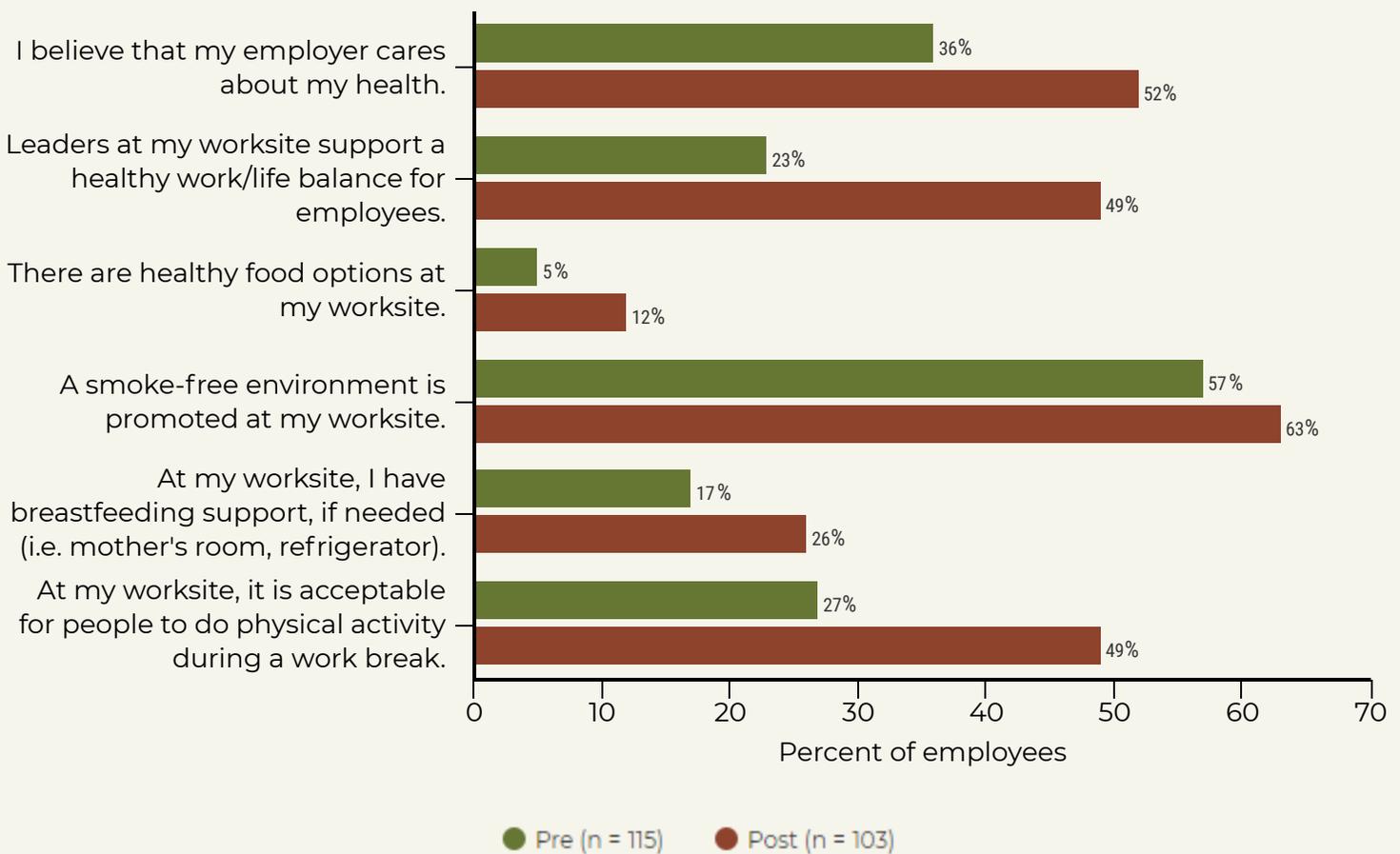
Anoka County SHIP Workplace Wellness Impact

2018

In 2018, Anoka County SHIP partnered with 9 worksites throughout the county to start or grow their employee wellness programs. Through SHIP, organizations received technical assistance for the creation of workplace wellness programs. Workplaces could choose to focus on physical activity, healthy eating, support for breastfeeding mothers, and/or tobacco cessation. They also had the opportunity to participate in quarterly networking meetings with other employers across the county, as well as access to funding to support the purchase of equipment and supplies to support their programs.

Six worksites from the 2018 cohort participated in pre- and post-intervention surveys measuring employee beliefs about wellness support in their workplace. Looking specifically at responses to "Strongly Agreeing" to various workplace wellness indicators, there was an increase for all topic areas.

Percentage of Employees Who Responded "Strongly Agree" to Workplace Wellness Indicators, Before and After SHIP Intervention



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Healthy Eating in the Workplace

As a result of the healthy eating intervention in four worksites:



On average, employees are bringing **5.4 meals** from home and leaving campus to eat **1.5 times** per week. Since SHIP outfitted staff kitchens with new equipment such as microwaves, refrigerators, and utensils, **54% of employees** expressed they have brought more meals from home.



76% of employees have used the new kitchen equipment at least once in the past week.
35% of employees have used the new equipment 3+ times in the past week.

Physical Activity in the Workplace

Three of the four workplace wellness partners surveyed also chose to focus on physical activity interventions. Anoka County SHIP supported 3 sites with the purchase of physical activity equipment for employees, and one site also received support purchasing standing desks.

Activity Equipment



- 81% of employees have used or plan on using the equipment
- 55% of employees have used the equipment at least once per week, on average
- 44% of employees who have used the equipment have used it for at least 20 minutes per session
- 81% of employees who have used the equipment agree that they feel more energized and are in a better mood while at work

Standing Desks



- 43% of employees have used or plan on using the standing desks
- 20% have used the standing desk more than 3 days per week, on average
- 50% used the standing desk more than 40 minutes each day



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