



Journey to Wellness Meeting

Meeting Evaluation
February 3, 2011

Evaluation Results

Circle one number for each statement	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
Meeting Preparation	1	2	3	4	5
I was notified in sufficient time to prepare				1	21
I understood why this meeting was being held				1	22
Comments: Excellent					
<i>Making the Business Case for School Employee Wellness</i> Speaker: Inge Aldersebaes, MPH, CHES, Worksite Policy Lead, Office of Family Health, Oregon Public Health Division					
The discussion met your expectations				4	19
Speaker was knowledgeable of topic content				1	22
I will use tools learned from this discussion				8	15
<i>Tapping into Health Plan Tools and Resources</i> Speaker: Rod Hart, RN, COHN, Manager, ODS Health Promotion and Wellness					
The discussion met your expectations		1	1	6	15
Speaker was knowledgeable of topic content				2	21
I will use tools learned from this discussion			2	7	15
<i>Blueprint for Wellness</i> Speaker: Jake Rooks, Wellness Program Relationship/Resource Coordinator, OEA Choice Trust					
The discussion met your expectations				5	18
Speaker was knowledgeable of topic content				3	20
I will use tools learned from this discussion				4	19
<i>Keeping Motivated</i> Keynote Speaker: Jim Radcliffe, Head Strength & Conditioning Coach, University of Oregon					
The discussion met your expectations			3	4	16
Speaker was knowledgeable of topic content			1	3	19
I will use tools learned from this discussion			2	6	15

Current grantees share success stories and challenges

The discussion met your expectations				3	18
The information shared was helpful				2	18
I will use tools learned from this discussion				2	18

Meeting Facility

The meeting room was comfortable			3	5	14
Food and beverages were adequate				3	19
The location was convenient				22	18

Overall:

The meeting was valuable, a good use of my time				2	20
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What did you like most about the meeting?

Info from Reno, Nevada; Stats from Inge's presentation.
 Sharing stories, hearing from Rod, learning about resources. It was all good.
 I got many good ideas for next year. U of O trainer was excellent. Blue Print – WOW!
 Sharing success stories.
 Learning opportunities
 Having time to discuss successes & ideas with other participants.
 Resources & ideas from others.
 Organized & provided resources.
 Jimmy – super interesting & made me want to be a better PE teacher.
 Stories.
 Talking with experienced grant recipients. Listening to all the ideas!
 Shared info & successes.
 Learning new ideas from everyone.
 Speakers were meaningful, short & to the point. Intro to website & resources.
 The sharing of experiences.
 Well run, time conscious, strong effort to bring information and materials to all groups regardless of where they are in the program.
 Hearing grantee stories.
 Blueprint for Wellness – really liked the wealth of info. Jim Radcliffe – although not motivational.
 Everything.

What did you least like about the meeting?

Not enough salad.
 The time went by so quickly, some sections were a little rushed.
 Writing down what we would say to our administration about wellness council.
 All was good.
 The run through the website was a little hard to follow in the beginning.
 Timeframe for speakers: 30 min is too short to get any in depth info, most ran out of time or didn't cover as much.
 Everything was great.
 Nothing.
 Cold room.
 Salad amount could have been more.

What is the best idea you heard in the meeting that you plan to use?

Planning for next year – ways to convince the “powers that be” why our grant/program needs to continue in our district.
Video emails.
Summer fitness.
Keep it simple.
Talkfusion idea; enjoyed talk from conditioning coach, health fair idea & resources.
Making the program year round, cooking classes, emails about stress reduction.
Jim Radcliff presentation.
Get fit calendar.
Summer extension, activity calendar.
Buddy system – Blueprint.
Using incentives.
Wellness wall, eat better-move more-stress less. Insight into completing year 2 grant.
They were all good.
OEA Choice updated website & resources; challenges – examples.
Having a monthly all district activity.
Employee buy-in.
At the top of the class handout!

What other topics would you like to have included in a future meeting?

Other funding sources – what other grants are out there?
Details of programs.
Bring in experts – U of O trainer.
Jim Radcliffe talk longer!
Some of the technology ideas demonstrated. eg:- talkfusion; Google apps
More specifics on the grant itself, but Holly, you did answer a lot of my questions – thank you!
How do we motivate the hardest to motivate?
Health & wellness workshops around nation to attend.
List of ideas – resources for speakers.
District give short presentation about one of their successful programs.
How to transition to self supporting; how to motivate employees to attend and stay.
How does this connect with local associations?
Healthy meals for school children in school. Where are we with that?
Actual handouts from other districts; the best of the best??

T h a n k y o u !