

# Discover Wellness: A Virtual Worksite Wellness Program Promotes Healthy Behaviors in Employees

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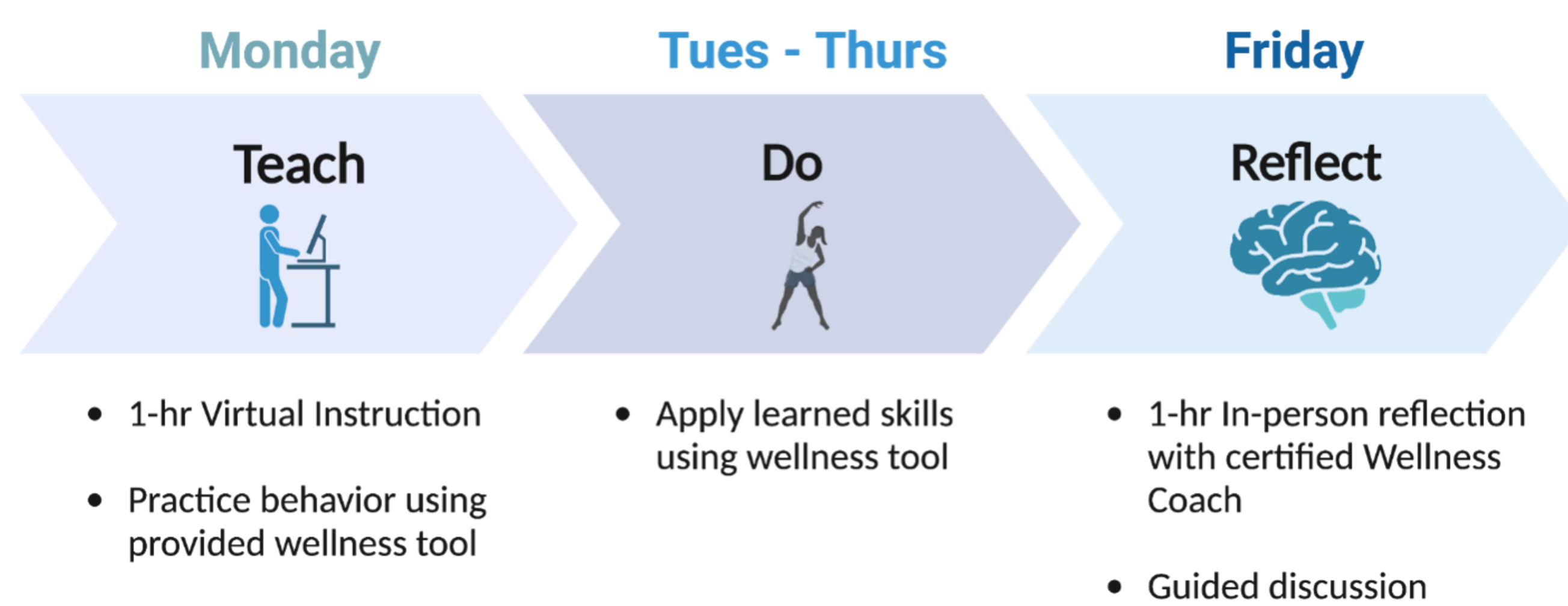
## BACKGROUND

- Chronic diseases including obesity, type II diabetes, and cardiovascular disease are at an all-time high in the United States.<sup>1</sup>
- Worksite wellness programs can help reduce rates of chronic disease and improve quality of life.<sup>2</sup>
- Only 46.1% of workplaces offer worksite health promotion programs.<sup>3</sup>
- *Discover Wellness (DW)* is a worksite health intervention program that provides employees with the opportunity to learn and put health and wellness strategies into practice in their daily lives.<sup>4,5</sup>

## METHODS

- Faculty/staff (n = 30) were recruited from three academic institutions in the Northeast.
- *DW* utilizes a Teach-Do-Reflect model (Figure 1).

Fig 1. *DW* Teach-Do-Reflect model.



- Pre-post surveys evaluated health behaviors (stress management, physical activity, sleep quality, and nutrition) during Spring 2022 and Fall 2022.
- Paired t-tests (SPSSv28) compared pre-post surveys.

# Pre-post surveys demonstrate improved perceived wellness across all health behaviors

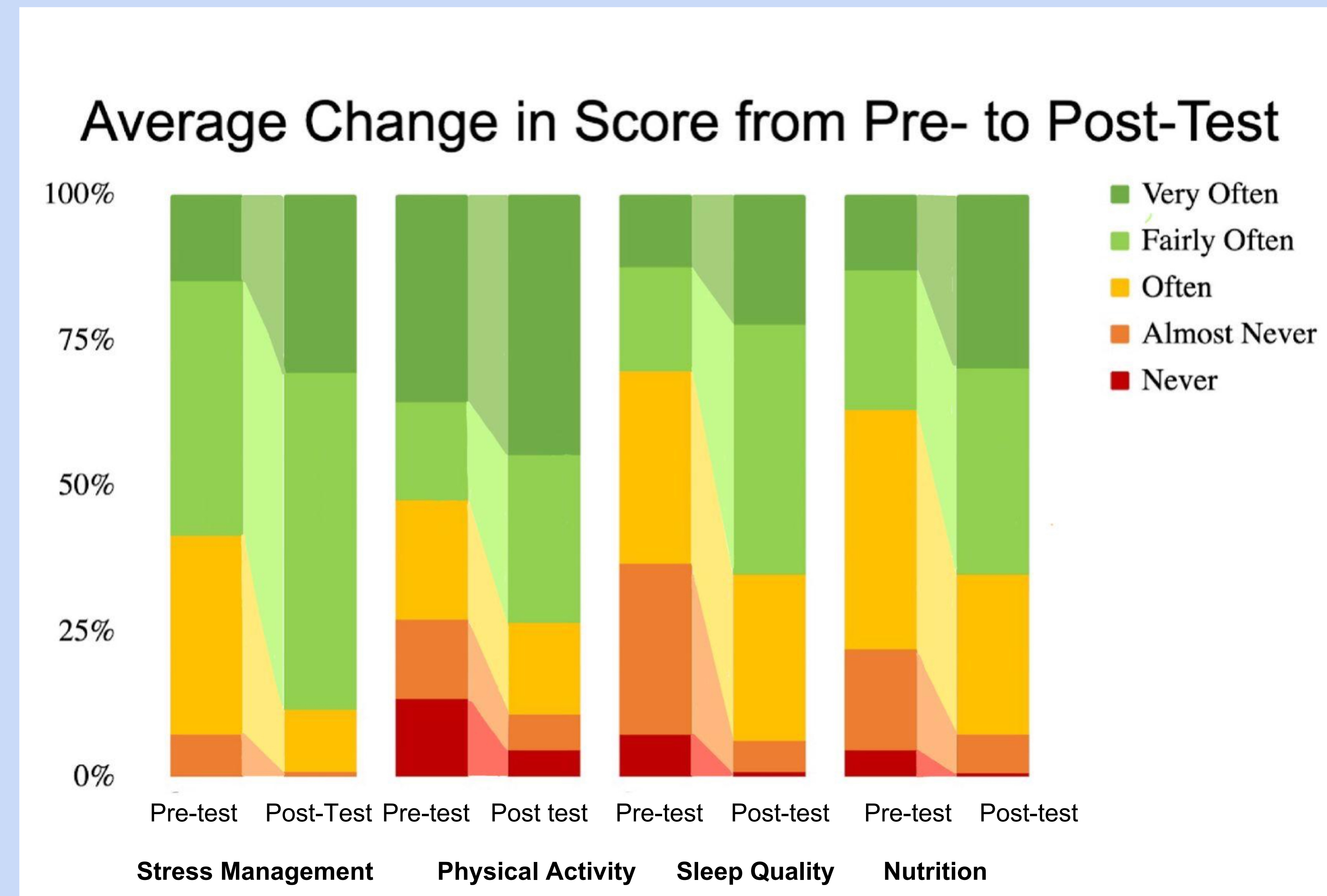


Fig 2. Average changes in question response, Pre- to Post- test change, by health behavior (Paired t-test, p<0.001)



## REFERENCES:



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## DEMOGRAPHICS (n = 30)

Characteristic	Frequency	
	n	%
Gender		
Female	30	100
Male	0	0
Academic Institution		
Binghamton University	5	16.7
State University at Oswego	12	40
Minetto Elementary School	13	43.3
Age		
26-35	3	10
36-45	11	36.7
46-55	8	26.7
56-65	8	26.7
>65	0	0

## RESULTS & DISCUSSION:

- Total scores increased (t = 8.69, df = 29, p < 0.001), with a large effect size (Cohen's d = 9.33).
- Significant increases were observed for sub-scores: **ability to manage stress** (t = 6.77, df = 29, p < 0.001), **sleep quality** (t = 7.57, df = 29, p < 0.001), **healthy nutrition** (t = 6.77, df = 26, p < 0.001), and **physical activity** (t = 8.69, 29 = 26, p < 0.001).
- 96% of participants reported implementing *DW* tools and information after completing the program.

## CONCLUSION:

- Results indicate that *DW* is successful in its participants' ability to meet program objectives.
- *DW* demonstrates participant interest in worksite wellness programs and program success.
- Future work should increase and diversify sample size to include male participants and create a methodology to evaluate each facet of the Teach-Do-Reflect model.