

## 2010 Best Practices in Wellness across MN State Agencies<sup>1</sup>

	Agency	Health Benefits <sup>ii</sup>	Wellness Team <sup>iii</sup>	Communications <sup>iv</sup>	Evaluation <sup>v</sup>	Leader Support <sup>vi</sup>	Wellness Space <sup>vii</sup>	Policies <sup>viii</sup>	Classes/Programs <sup>ix</sup>	Link to Human Resources <sup>x</sup>	Staffing/Work Time <sup>xi</sup>	Annual Budget <sup>xii</sup>	Check for Health Score
<b>Robust</b>	Retirement Systems <small>(MSRS/PERA/TRA)</small>	x	x	x		x	x	x	x	x	x	x	50
	Revenue	x	x	x		x	x	x	x	x	x		
	Corrections C.O. Red Wing	x x	x	x x		x	x x		x x	x	x	x	62 50
	Transportatn. C.O. Plato	x x	x	x x		x	x	x	x	x	x		61 20
	Labor and Industry	x	x	x					x	x		x	46
<b>Committed</b>	Health C.O. District Offices	x x	x x	x x			x	x x	x		x		40 21
	Management & Budget	x	x	x		x			x	x	x		41
	Office of Higher Education	x	x	x					x	x	x		25
	Pollution Control	x	x	x					x	x			37
	Judicial	x	x	x					x				41
	Admin.	x	x	x					x				



	Agriculture	x		x			x		x		x		40
	Agency	Health Benefits	Wellness Committee	Communications	Evaluation	Leader Support	Wellness Space	Policies	Classes/Programs	Link to Human Resources	Staffing/Work Time	Annual Budget	Check for Health Score
	Housing & Finance	x				x			x	x			
	Human Services	x	x				x						
	Natural Resources	x					x		w/ PCA	x	x		37
Emerging	Public Safety	x				up and down			x	x			22
	Lottery	x		x					x	x	x		23
	Education	x					x						
	Enterprise Technology	x		x									
	Employment & Economic Development	x											
	Various MNSCU	x					x		x				

**Not Applicable or Don't Know:**

- Administrative Hearings
- Attorney General
- Historical Society
- Human Rights
- Military Affairs
- Perpich Center for the Arts
- Veterans Affairs
- MN Zoo





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- <sup>i</sup> As reported by Agency Wellness Champion and/or Check for Health environment assessment.
  - <sup>ii</sup> Health benefits available at no cost to eligible employees include: health and dental insurance, Employee Assistance Program (EAP), health assessment and coaching.
  - <sup>iii</sup> Have a committee that meets regularly with wellness as part of its mission. (#4)
  - <sup>iv</sup> Communicate health messages via at least two media, e.g. intranet and posters. (#8)
  - <sup>v</sup> May include use of interest, health risk and/or satisfaction surveys as well as participation data to inform future initiative as well as generate an annual report of results. (#15, 18, 69, 70, 71)
  - <sup>vi</sup> This may be explicit or perceived, as in responses within the Check for Health assessment. (#1, 69, 68)
  - <sup>vii</sup> Space dedicated to or designed for multi-use to include physical activity and/or relaxation. (Lactation space not included as it is required by law.) (#23, 26, 28-30, 43, 44, 50, 56)
  - <sup>viii</sup> Policies that support healthy behavior such as healthy eating, participation in wellness programs, combining breaks for wellness, smoke free campus, etc. (#20, 21, 41, 57, 59)
  - <sup>ix</sup> (#7, 32, 33, 47, 49, 58, 60)
  - <sup>x</sup> HR staff member with time dedicated to employee wellbeing, on wellness committee and/or new employees routinely informed of wellness benefits. (#1, 52)
  - <sup>xi</sup> Work time to dedicate to employee wellbeing, Informal or formal (i.e. in work plan). (#5)
  - <sup>xii</sup> (#6)

