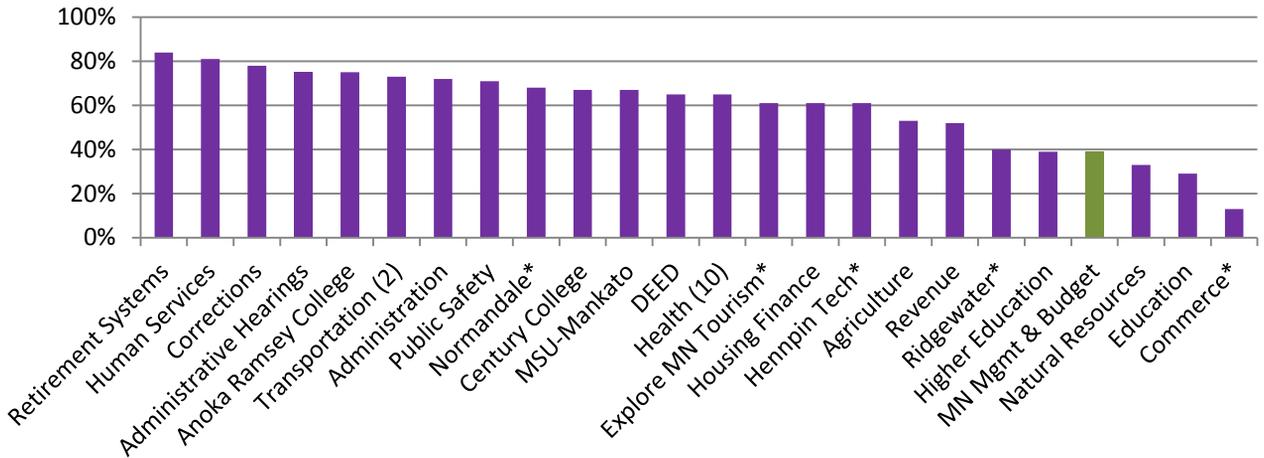


MN Management & Budget (MMB)

2013 Work Well Summary

The following information is a summary of your agency's wellness environment and program. It is intended to serve as a planning tool for your wellness committee.

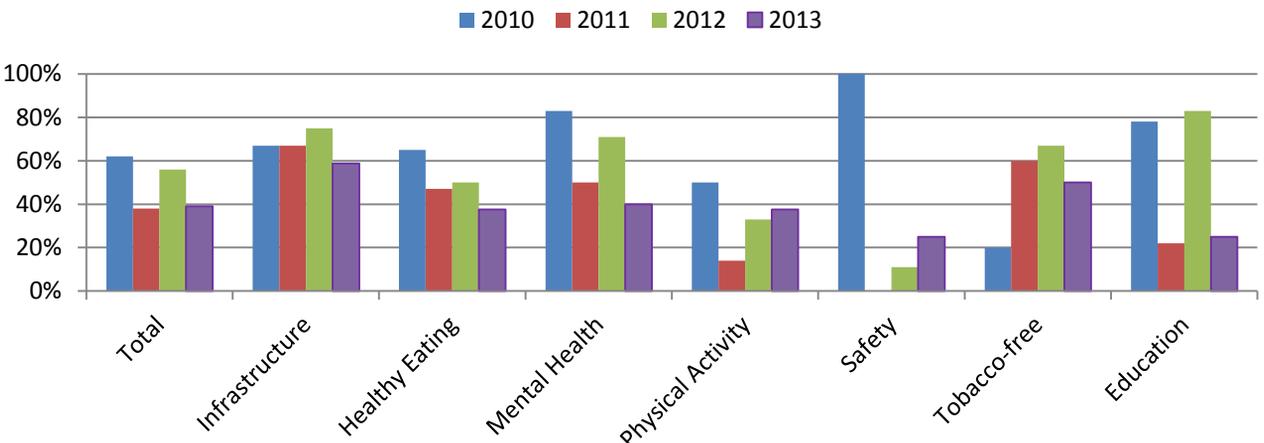
Achievement of Worksite Wellness Best Practices-All Agencies (Percentage of Practice Achieved)



Each January, state agency wellness committees are invited to complete the CHECK FOR HEALTH assessment which evaluates "best practices" in worksite wellness. Following these best practices might provide a return of investment of \$3 for each \$1 invested, or better. Best practices include:

- Wellness Infrastructure: A program with a committee, mission, plan, dedicated staff, budget and involvement of managers
- Healthy Eating: Policies, practices and places that support a safe and healthy eating environment. Also, lactation rooms
- Mental Health: Promotion of the employee assistance program (EAP) and Organizational Health, and flexible work scheduling. Also, opportunities, support and places for relaxation
- Physical Activity: A workplace with facilities, policies and culture that encourages active living and commuting.
- Safety: A workplace that has and communicates ergonomic assessments and emergency medical response plans
- Tobacco Cessation: Benefits that encourage tobacco cessation and policies that provide a tobacco-free campus or designated smoking areas
- Programs: Opportunities for education, skill-building and motivation for healthy behaviors

MMB's Achievement of Worksite Wellness Best Practices (Percentage of Practice Achieved)



Strengths of MMB's Wellness Program

- Much strong infrastructure in place, including an active and representative wellness committee, with mission and identity and 10% FTE to move projects forward.
- Programming and facilities for healthy eating, being active and mental wellness.
- Active participation on Agency Wellness Champions team, benefitting from lessons learned and best practices of other agencies.

Opportunities

- Need written goals.
- Share workplace safety and medical emergency response training and communications.
- Create policies and an environment that encourages healthy eating, makes unhealthy foods less available and encourage eating lunch away from desk to improve the eating culture.
- Create structures that promote an active workplace with ergonomic assessments, sit/stand desks/walking meeting/standing meetings, etc.
- Enforce existing tobacco-free policy. Create smoke-free campus
- Dedicate space on second floor for quiet and food preparation and cleanup.

Action Plan