

2018 Mississippi Healthiest Workplaces and Healthy Employer Recognition Program Survey

To better assist you in preparing to complete the survey for becoming a recognized healthy employer within the state of Mississippi, below is a list of each question broken down by category that you will be presented with:

Workplace Information:

- Which employer category represents your organization?
- Contact information.
- Number of employees.
- The number of covered lives in your health plan.

Organizational Supports:

- Did your worksite have an active health promotion committee?
- How often did your health promotion committee meeting during the year?
- Did your worksite have a designated champion for the health promotion program?
- Did your worksite do any evaluation strategies?
- What was the level of support your leadership provided to the health promotion programs?
- Did your worksite use any promotional channels and/or tactics for health promotion including healthy eating, physical activity, tobacco and other lifestyle and disease prevention information?
- Did your worksite create a strategic plan with organizational goals for health promotion?
- Did your worksite offer any healthy workplace strategies?
- Did your worksite provide access and time to participate in healthy activities?
- Did your worksite engage in other health initiatives throughout the community including volunteerism?

Tobacco Control:

- Did your worksite have a written policy banning tobacco use at your worksite?
- Did your worksite actively enforce a written policy banning tobacco use?
- Did your worksite display signs (including 'no smoking' signs) with information about your tobacco use policy?
- Did your worksite refer tobacco users to any tobacco cessation options?

Nutrition:

- Did your worksite provide places to purchase food and beverages?

- Did your worksite provide nutritional information on sodium, calories, trans fats, or saturated fats for foods and beverages sold in worksite cafeteria, snack bars, vending or other purchase points?
- Did your worksite identify and promote healthier food and beverage choices with signs or symbols?
- Did your worksite have a written policy or formal communication which made healthier food and beverage choices available during meetings when food was served such healthy catering?
- Did your worksite offer or promote an on-site or nearby farmers' market where fresh fruits and vegetables were sold?
- Did your worksite offer any behavior change program for healthy eating and/or nutrition either onsite, online, or in the community during the year?

Physical Activity:

- Did your worksite provide an exercise facility on-site?
- Did your worksite subsidize or discount the cost of an on-site or off-site exercise facilities?
- Did your worksite provide other places for recreation or physical activity (I.e. walking path, bike racks, basketball goal, etc.)?
- Did your worksite post signs at elevators, stairwell entrances or exits and other key locations that encouraged employees to use the stairs?
- Did your worksite provide organized individual or group physical activity programs for employees (other than the use of an exercise facility such as classes, walking group, etc.)?
- Did your worksite offer any behavior change program for physical activity and/or fitness improvement either onsite, online, or in the community during the year?

Weight Management:

- Did your worksite provide flyers, posters, brochures, videos, pamphlets, newsletters, or other written or online information that addressed the risk of being overweight or obese?
- Did your worksite provide a series of educational seminars, workshops, or classes on weight management?

Stress Management:

- Did your worksite sponsor or organize employee activities that support stress management and resiliency?
- Did your worksite provide stress management and work-life balance programs to train employees on life skills?
- Did your worksite provide training for managers on identifying and reducing workplace stress-related issues?

Mental Health:

- Did your worksite provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that addressed mental health?

- Did your worksite provide a series of educational seminars, workshops, or classes on mental health?

High Blood Pressure:

- Did your worksite provide free or subsidized blood pressure screenings (beyond HRA's) followed by direct feedback and clinical referral when appropriate?
- Did your worksite provide free or subsidized self-management programs for blood pressure control?
- Did your worksite make blood pressure monitoring devices available with instructions for employees to conduct their own self assessments?

High Cholesterol:

- Did your worksite provide free or subsidized cholesterol screening (beyond HRAs) followed by direct feedback and clinical referral when appropriate?
- Did your worksite provide free or subsidized self-management programs for cholesterol or lipid control?

Diabetes:

- Did your worksite provide any diabetes-related screenings?
- Did your worksite provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that addressed the risks of diabetes?
- Did your worksite provide a series of educational seminars, workshops, or classes on preventing and controlling diabetes?
- Did your worksite provide free or subsidized self-management programs for diabetes control?

Signs and Symptoms of Heart Attack and Stroke:

- Did your worksite have posters or flyers in the common areas (such as bulletin boards, kiosk, break rooms) that identified the signs and symptoms of a heart attack and stroke, and also conveyed that these symptoms are to be treated as emergencies?
- Did your worksite provide any other information on the signs and symptoms of heart attack and stroke through emails, newsletters, management communications, websites, seminars, or classes?
- Did your organization provide opportunity for C.P.R. training for employees?
- Does your organization provide an A.E.D. for emergency purposes?