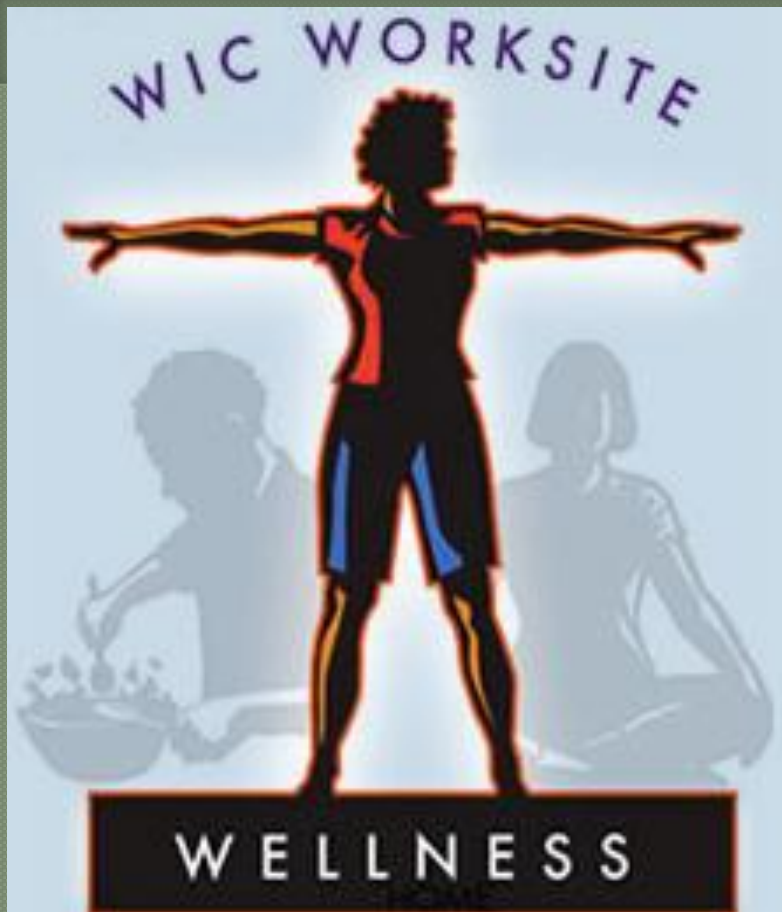


# Impact of Worksite Wellness at WIC



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# Background

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- Research shows that worksite wellness programs can have a positive impact on:
  - Diet
  - Physical activity
  - Weight
- But . . . what is the impact of wellness programs at WIC



# Purpose

To investigate the extent to which the presence of a worksite wellness program at WIC agencies is related to:

1. Worksite support for staff wellness
2. Staff practices regarding food and physical activity while at work



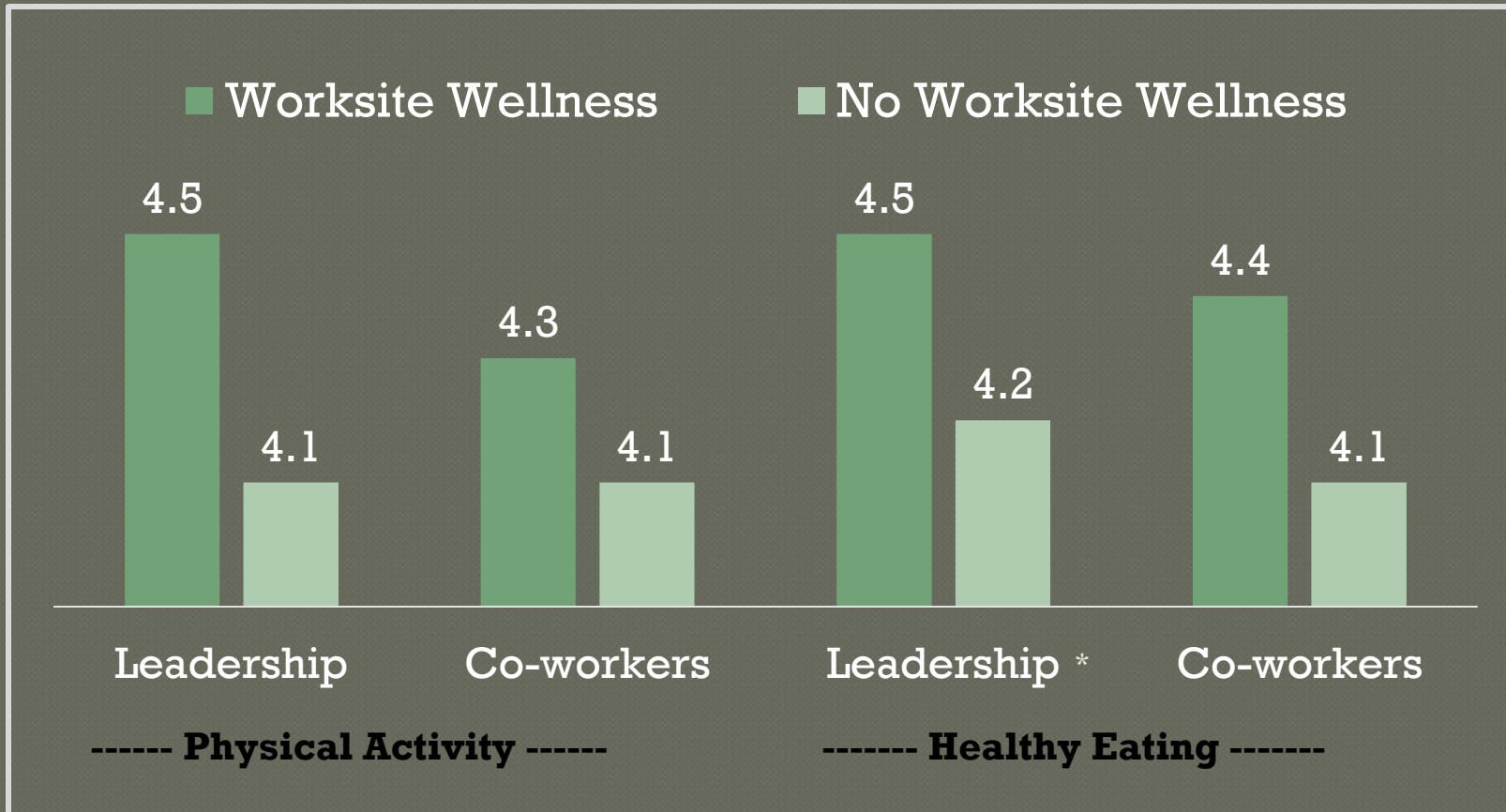
# Survey Administration

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- Online survey
- Topics:
  - Foods consumed & served at work
  - Physical activity participation & opportunities at work
  - Staff wellness policies & practices
  - Worksite support for wellness
- Compared two groups from 55 WIC agencies:
  - With worksite wellness program (91 staff)
  - Without worksite wellness program (49 staff)



# More Support for Physical Activity and Healthy Eating

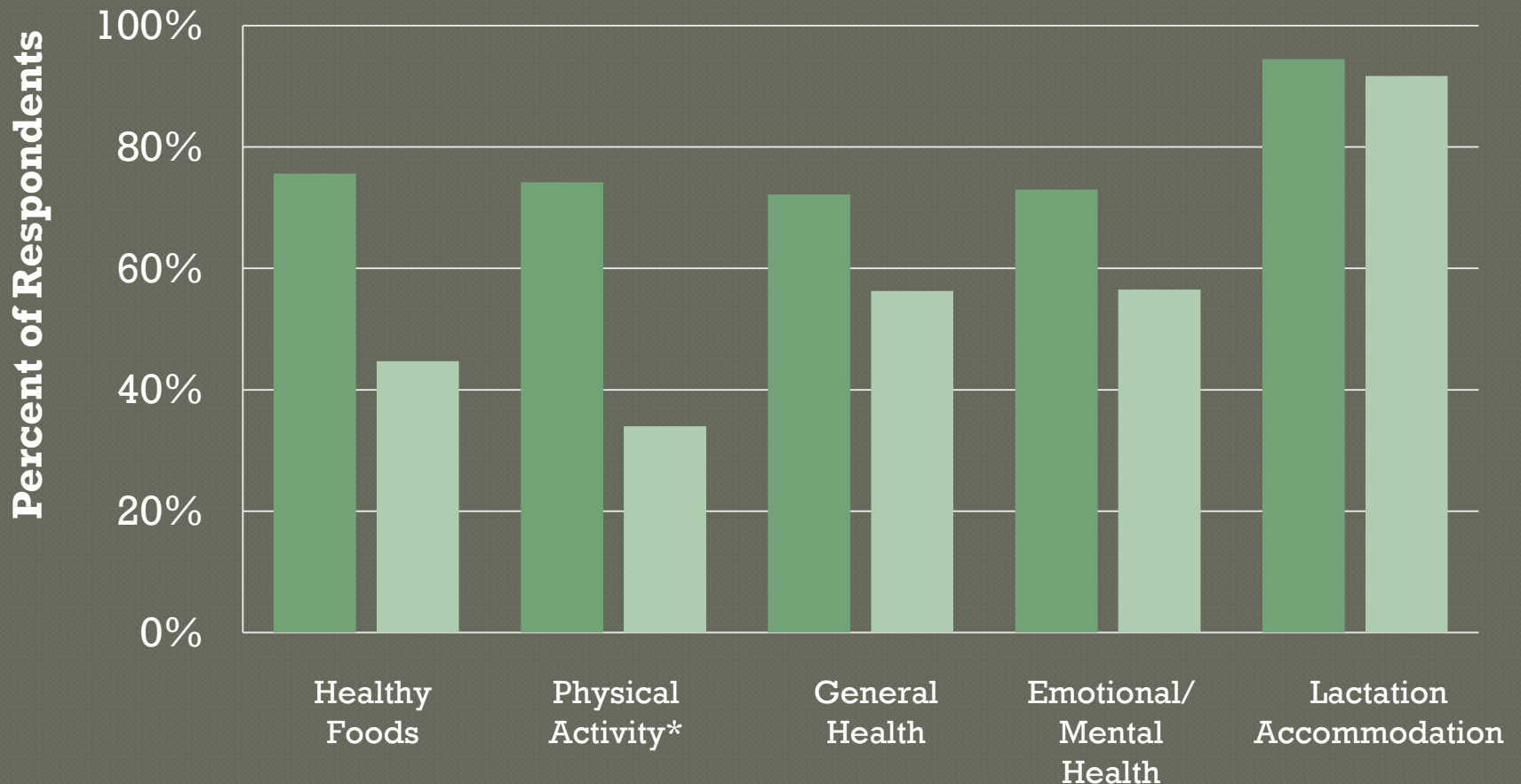


On a scale of 1 to 5 with 5 being most supportive  
\* Statistically significant

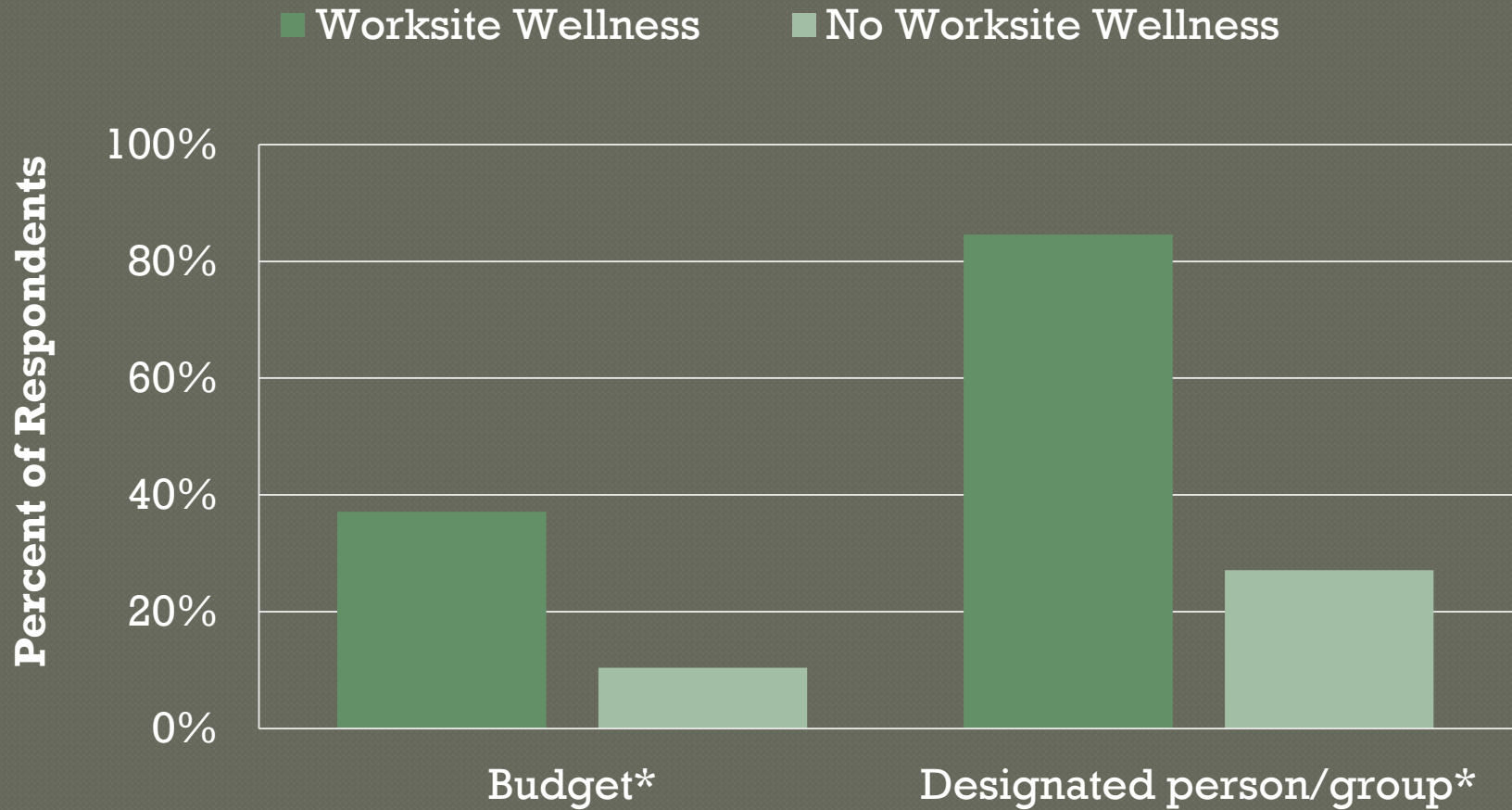
# More Wellness Policies

■ Worksite Wellness

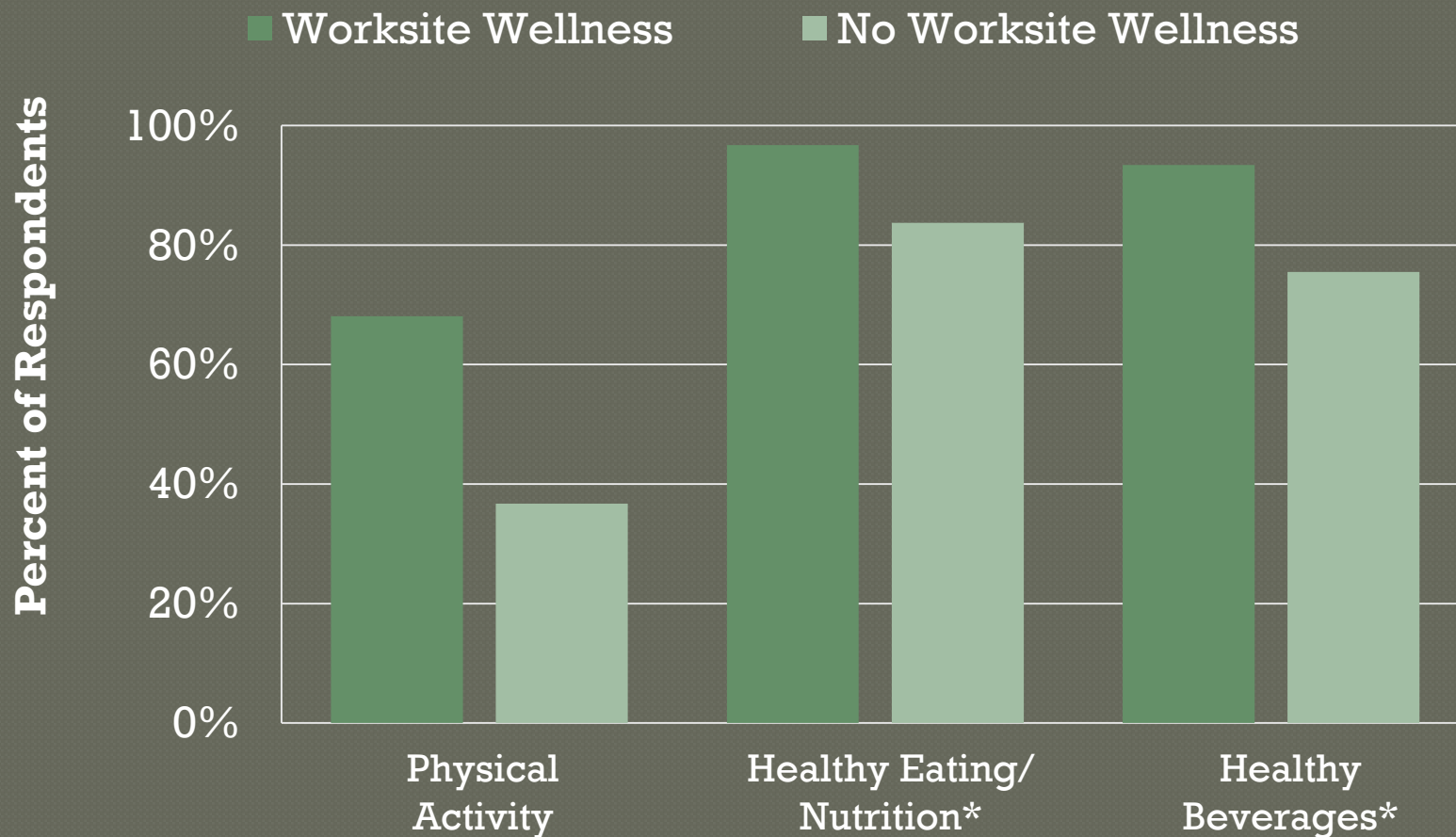
■ No Worksite Wellness



# More Wellness Practices

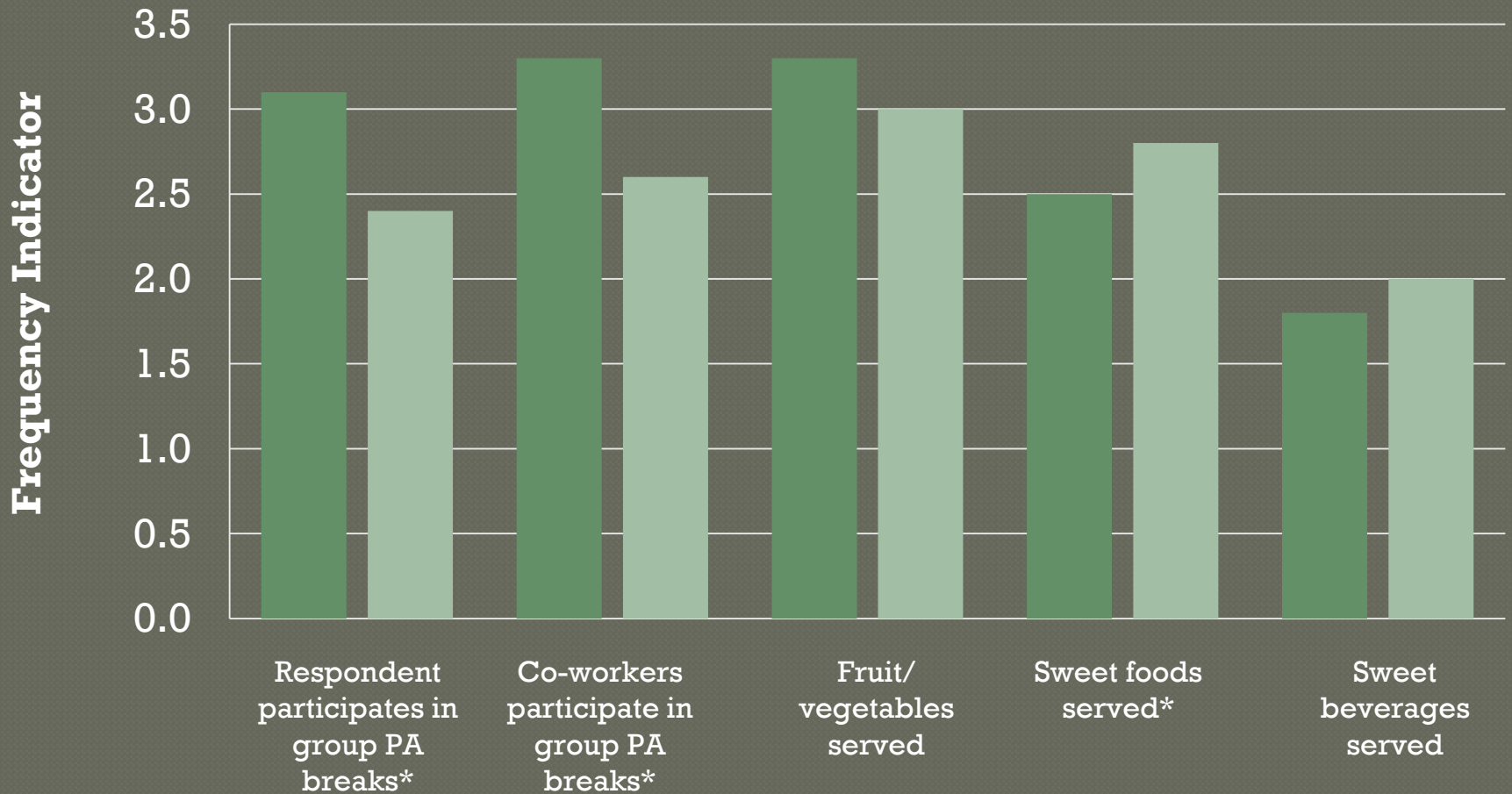


# More Promotional Materials



# Healthier Activities at Work

■ Worksite Wellness    ■ No Worksite Wellness



# Frequency of Participating in Past Month

■ Worksite Wellness   ■ No Worksite Wellness



# Conclusion

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- **Worksite wellness at WIC works!**



# Recommendations

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- Wellness programs should be instituted for staff at all WIC agencies
- Further studies should focus on health impact to individuals

