

2011 Best Practices in Wellness across MN State Agencies¹

	Agency	Health Benefits ⁱⁱ	Wellness Team ⁱⁱⁱ	Communi- cations ^{iv}	Evaluation ^v	Leader Support ^{vi}	Wellness Space ^{vii}	Policies ^{viii}	Classes/ Programs ^{ix}	Link to Human Resources ^x	Staffing/ Work Time ^{xi}	Annual Budget ^{xii}	Check for Health ^{xiii}
Robust	Transportatn.	X	X	X	X	X	X	X	X	X	X	X	60
	Retirement Systems (MSRS/PERA/TRA)	X	X	X	X	X	X	X	X	X	X	X	56
	Health (avg of 10 sites)	X		X		X	X	X	X	X			47
	Natural Resources	X		X			X	X	X				44
	Corrections (avg of 5 sites)	X	X	X	X	X	X		X	X		X	43/36
	Agriculture	X		X		X	X	X	X	X			42
	Pollution Control	X		X			X	X	X	X			40
Committed	Revenue	X					X		X				
	Human Services	x		X			X		X				
	Judicial	X	X						X				39



	Office of Higher Education	X	X	X					X				35
	Labor and Industry	X	X	X	X		X		X	X		X	34
	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
	Public Safety	X	X	X					X	X			28
	Lottery	X	X	X		X			X	X			
	Various MNSCU	X	X	X			X		X				
	Management & Budget	X	X	X					X	X			
Emerging	Administrative Hearings	X	X				X		X				
	Admin.	X				X	X	X					26
	Housing & Finance	X											
	Education	X											
	Enterprise Technology	X							X				



	Employment & Economic Development	X											
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Don't Know:

Attorney General
 Historical Society
 Human Rights
 Military Affairs

Perpich Center for the Arts
 Veterans Affairs
 MN Zoo

- ⁱ As reported by Agency Wellness Champion and/or Check for Health environment assessment.
- ⁱⁱ Health benefits available at no cost to eligible employees include: health and dental insurance, Employee Assistance Program (EAP), health assessment and coaching.
- ⁱⁱⁱ Have a committee that meets regularly with wellness as part of its mission. (#4)
- ^{iv} Communicate health messages via at least two media, e.g. intranet and posters. (#8)
- ^v 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)
- ^{vi} This may be explicit or perceived, as in responses within the Check for Health assessment. (#1, 67, 68)
- ^{vii} 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)
- ^{viii} 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)
- ^{ix} (#7, 32, 33, 47, 49, 58, 60)
- ^x HR staff member with time dedicated to employee wellbeing, on wellness committee and/or new employees routinely informed of wellness benefits. (#1, 52)
- ^{xi} Work time to dedicate to employee wellbeing, Informal or formal (i.e. in work plan). (#5)
- ^{xii} (#6)
- ^{xiii} Check for Health environment assessment tool was completed in Jan 2011. Total possible score is 71.

