**Foundation**

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<th>Goal of Project</th>
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<td>Improve the overall health of state agency employees by 1. identifying and addressing employee motivation and rationale behind participation rates in health and wellness activities 2. and by encouraging stairwell use through improvements to stairwells and signage</td>
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**Project Profile**

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<th>Steps (January 2012 – July 2012)</th>
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<td>• Team participated in ASTHO/NNPHI Community Guide Training &amp; Strategy Workshop</td>
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**Survey Assessment**

1) Inventoried existing worksite wellness programs in state agencies  
2) The state health agency and the Employee Retirement System of Texas met to gather information on current & future resources for worksite wellness  
3) Developed an online survey to assess awareness and participation in existing worksite wellness programs  
4) Distributed survey to employees of one pilot state agency, followed by distributing survey to employees at three state agencies  
5) Collected and analyzed data to inform which worksite wellness programs had high participation, and collected information to determine barriers, incentives and marketing strategies for wellness programs

**Increasing and Measuring Stairwell Use**

1) Key team members met with the Texas Facilities Commission to request feedback and approval of the stairwell signage package  
2) Staff researched vendors for signage development process  
3) Printed stairwell signage and contracted with vendor to improve stairwells  
4) Identified and installed infrared sensor to monitor stair usage  
5) Collected baseline data on stairwell usage  
6) Signs were posted; Data is continually collected to monitor use

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**Outcomes**

• Improved stairwells and signage  
  • This model can be replicated across external programs aiming to implement similar activities  
  • Evaluation plan in place to collect data and monitor effectiveness of intervention  
  • Survey developed and distributed; results are informing plans for worksite wellness programs to overcome barriers, enhance incentives and marketing to increase participation

**Resources Developed**

• Guidance and sample materials for other organizations who plan to post signage and make improvements to stairwells  
• Documented process for coordinating changes to state agency facilities

**Lessons Learned**

• Making improvements takes constant coordination and communication  
• Using the Community Guide during this project increased understanding of the resource and strategies it provides  
• Coordinating a survey across state agencies can be challenging but results are useful in decision making

**Future Actions**

• Survey results are informing how and why employees use wellness programs to inform policy and programming  
• Increasing general use of the Community Guide

**Community Guide**

**Community Guide Intervention Selected:** *Obesity Prevention and Control: Worksites Programs*

WHY? To address the heightened rates of obesity in the state of Texas  
HOW? The team used the Community Guide to select the “StairWELL” intervention at businesses to encourage more stairwell use by employees supplemented with an evaluation plan to assess awareness and use of existing worksite wellness programs offered.

**Use of Total Funding ($10,000)**

• Texas Department of State Health Services costs of stairwell improvements and signage: 100%

**State Team Members**

**Department of State Health Services:** Luanne Southern, Deputy Commissioner, Adolfo Valadez, Assistant Commissioner for Prevention and Preparedness Services  
**Texas Medical Association:** Margaret Mendez, Public Health Director  
**Texas Senate Committee on Health and Human Services:** Jordan Head, Public Health Policy Analyst  
**Texas Health Institute:** Camille Miller, CEO, Sherry Wilkie-Conway, Chief Operating Officer, Liza Creel, Director of Community and Collaborative Projects, Susan Griffin, Community Development Specialist, Elise Huebner, Graduate Student Intern  
Team Contact: LCreel@texashealthinstitute.org