



## Wellness Roundtable Evaluation

### [Description]

The Wellness Roundtable is a series of statewide training and networking opportunities for child care professionals relating to health and wellness practices. The first Wellness Roundtable of this year was launched in Springfield on July 20<sup>th</sup>. This Wellness Roundtable’s topic is Staff Wellness, and it will be implemented at other three Wellness Roundtables across the state during August and September.

This Wellness Roundtable session focused on strategies and activities for motivating and engaging child care staff in practicing personal wellness for professional success. Outcomes and benefits anticipated were that participants will be equipped with tools and resources to implement new wellness practices in their own lives. The aim was to impact overall health for child care staff so that they are better able to respond to the needs of the children in their care, and serve as healthy role models.

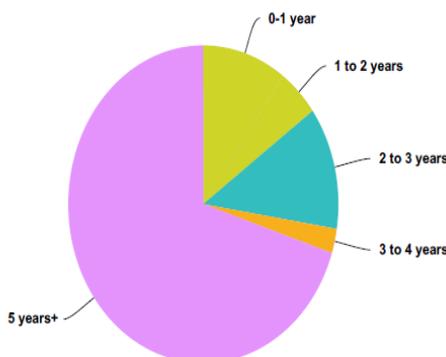
The learning objectives for this Wellness Roundtables were following:

- Understand the impact of personal wellness on child care professionals.
- Apply concrete strategies for workplace wellness (i.e. self-assessments, mindfulness practices, peer-to-peer coaching)
- Child care staff will learn tools and activities that encourage their adoption of healthy practices in their personal and professional lives.
- Feel confident about engaging staff and families in demonstrating healthy change via social media

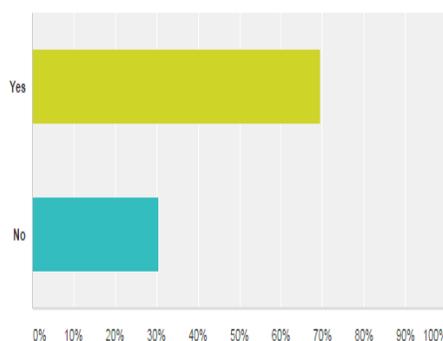
### [Who Attended]

A total of 40 child care workers representing 15 child care facilities participated in this Wellness Roundtable event. The majority of the participants were from center-based facilities serving 150 or fewer children. Nearly 70% of the participants represented facilities that were Eat Smart certified, and about 64% were MOve Smart certified. In terms of characteristics of the child care workers, 70% of the participants have worked over 5 years at the child care settings. Regarding their roles, about 70% of the participants were teachers or assistant teachers, and the second most represented role was center directors which was about 23%.

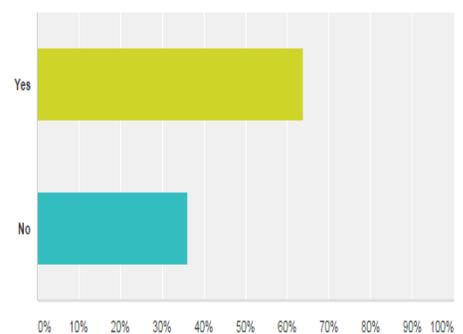
Number of years working in child care settings:



Is your facility Eat Smart certified?

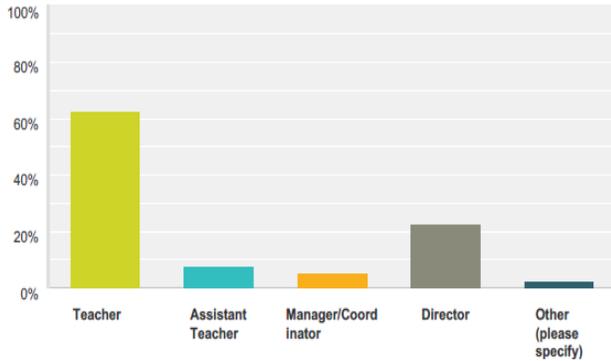


Is your facility MOve Smart certified?

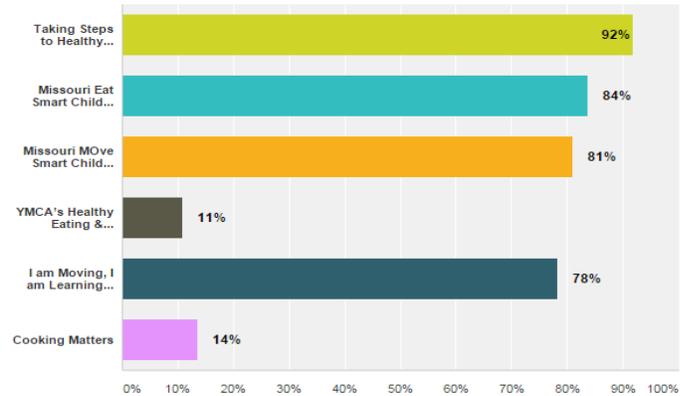


In terms of the participating center’s affiliations with health related trainings, most of the centers have participated in the Taking Steps to Healthy Success (TSHS) program (92%). Along with TSHS, many of the centers have received trainings for Missouri Eat Smart and MOve Smart programs (84%, 81%). In terms of physical activity, 29 centers were participating in I am Moving, I am Learning (IMIL) program (78%). Other programs such as Cooking Matters and YMCA’s Healthy Eating & Physical Activity (HEPA) were also engaged in some centers (14%, 11%).

**What is your current role at the center?**



**Has your facility participated in any of the following trainings**



**[What They Learned]**

- 1. I feel confident using peer coaching to reach my own wellness goals. [97.5%] (Strongly agree or agree)**
- 2. I will likely use the stress management & self-care strategies shared today. [100%] (Strongly agree or agree)**
- 3. I learned new tips and tools to promote wellness among my colleagues and staff. [95%] (Strongly agree or agree)**

**Core concepts learned:**



**A light bulb went off for me when...**

- We talked about taking time for ourselves.
- Talking in our groups about time management
- We discussed work challenges & came up with solutions
- We had to write our goals and how to achieve them
- I wrote down what was hindering my goals

**Topics for future Wellness Roundtable?**

- Eating healthy meal plans/ideas
- Ways to add physical activity & nutrition habits to daily routine
- Ideas for physical wellness
- Stress management & positive interactions with parents
- A more comprehensive program plan for the center