

EMPLOYER TOOLKIT

How to develop and evaluate workplace health interventions

ANALYSE

Understanding the needs of the workforce population

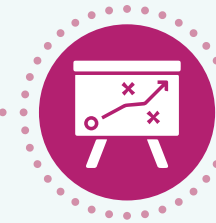
- Establish internal support
- Establish a steering group within the organisation
- Assess needs
- Set the goals and outcomes



PLAN

Identifying desired health and wellbeing outcomes

- Prioritise goals and desired outcomes
- Plan evaluation strategy
- Assign tasks within the steering group
- Identify role models and wellbeing champions
- Develop a communication strategy
- Consider who will implement the intervention



EVALUATE

Gathering evidence to assess if interventions are having a positive health outcome

- Decide what the evaluation should measure
- Gather information on the workplace health intervention
- Formulate key questions that the evaluation should answer
- Develop an evaluation design
- Review the organisational context
- Reflect on practice



IMPLEMENT

Developing appropriate health interventions

- Ensure clear organisational roles in organisation and steering group
- Pilot interventions
- Monitor progress

