



THE SELECTED ABSTRACTS

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204 A worksite intervention to promote a healthy lifestyle among employees: a process evaluation

D. Wierenga¹, Engbers¹, van Empelen¹, van Mechelen²

¹TNO, Leiden, Nederland

²VU University Medical Centre, Amsterdam, Nederland

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Abstract

Objectives: Despite effectiveness of worksite health promotion programs (WHPPs), their implementation in practice is often unsuccessful. Since most research still focusses on effect evaluations, key determinants of implementation are often not identified nor reported. Therefore we aim to systematically evaluate the degree of adoption and implementation of implemented lifestyle interventions in a controlled trial by assessing recruitment, reach, dose delivered, dose received, fidelity, satisfaction and context.

Methods: An Academic Hospital (AH) and an University of Applied Science (UAS) participated in this study. Within each company one intervention and one control department was assigned. Each company used an implementation strategy to develop and implement a WHPP consisting of several lifestyle interventions. Data on the implementation process were gathered using an adapted version of the framework of Steckler and Linnan. Data was collected after six and twelve months using questionnaires, semi-structured interviews and monitoring records.

Results: Preliminary results show that the recruitment methods, such as email-updates (76%), were received by the majority respondents. The project reached 97.7% of the AH and 96.5% of the UAS employees. Respectively, 76.5% (AH) and 85.7% (UAS) of the interventions that were planned were also delivered and few adaptations were made. On average respondents participated in 1.5 [range 1-5] (AH) and 2.0 [range 1-3] (UAS) of the lifestyle-interventions at T1 and 0.9 [range 1-8] (AH) and 2.1 [range 1-8] (UAS) at T2. Satisfaction with the WHPP was graded positive in both companies. Perception of contextual determinants changed significantly ($p < 0.05$) from neutral at T1 to positive at T2 in both companies.

Conclusion: This study showed high rates of recruitment, reach, dose delivered and fidelity and good satisfaction levels. Lower rates were found for dose received in both companies. Overall, adoption and implementation was successful. Furthermore, perception of the contextual determinants may give valuable insights in the future investigation of the implementation process.