

**LAUGHTER – THE BEST MEDICINE!
FEBRUARY 2009
PROGRAM EVALUATION**

TOTAL PARTICIPANTS: 379
ONLINE SURVEYS COMPLETED: 160
ONLINE REPORTING: 240 – 222 compliant

SURVEY RESPONSES

Did you enjoy this approach to improving mental health and well-being?
89% YES 11% NO

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Laughter – The Best Medicine?
75% YES 25% NO

Will you participate in the next program – Iditarod Fitness Challenge?
97% YES 3% NO

STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails	3.75
Recipes	3.41
Website & Tracking	3.80
Program Incentives & Prizes	3.80
Overall Program	3.78

PERSONAL BEHAVIOR BEFORE PROGRAM

Time spent laughing	3.62
Mental health and well-being	3.56
Productivity work/home	3.58
Overall well-being	3.58

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Time spent laughing	3.95	9% increase
Mental health and well-being	3.85	7% increase
Productivity work/home	3.88	6% increase
Overall well-being	3.82	7% increase

COMMENTS FROM EMPLOYEES

I enjoyed all the wonderful emails which brightened my days!

I think that sharing a laugh with friends/family has positively affected them as much as me.

Noticed more district employees participating in this laughter...and everyone contributing to increased laughter. It was great to see more folks participating.

It really is fun making a point of sharing jokes and funny stories with friends at work as well as home... :)

I have a 3 year old so it is easy to get at least one good laugh a day.

Tracking is always fun to bubble.

Thanks for helping me to remember to laugh every day!

I enjoy these programs, we often share our ideas for them at work.

Fun - positive activity!

This was a good idea. I love to laugh and try to find humor in everything I can.

Made it a point to share stories and hooked up with friends who are light hearted and laughed a lot.

Enjoyed laughs twice, once when it happened and then again when reflecting on the day when reporting!

My friend sent me some of the funniest e-mails that brightened my day.

This was an easy and fun way to think about fitness.

I was more aware everyday of taking time to laugh.

Because this was the focus for the program at this point, I paid more attention to laughing and how this influenced me. When having a "bad patch", I moved myself toward finding something to be happy about. This was really helpful! Thanks!

I am laughing everyday with my students. One of my students makes it a point to make me laugh every day.

I loved having an assignment to laugh!

Kindergarten teachers always have many laughs every day!

I like the joke/story each day - got a chuckle with it. Great way to start the day.

It's a good idea.

I liked the recipes. It would be nice to print them in recipe card format.

I loved that this particular topic was addressed during February!!

More funnies please!

I love to laugh! This was great fun!

I really enjoy a good laugh, but the busy schedule does not time for entertainment (even a laugh now and then. This program opened my eyes, as to how, I can improve my productivity and well being!

Keep them coming and I will participate.

More prizes!! :)