

2012 Women's Wellness Program Review Summary

I. Participation

A. 34 reviews submitted: Middle River (1), Benson (1), Foley (1), Hibbing (2), Madelia (2), Aitkin (3), Rice (1), Monticello (1), Byron (1), Avon (1), Champlin (1), Columbia Heights/NE Mpls (1) Brainerd (1), New Ulm (2), AGI (1), St Francis (3), Anonymous (11)

B. What is the level of participation by your chapter's members during the last two years in the following areas?

	Low			High	
Local Projects	1 (2)	2 (3)	3 (8)	4 (17)	5 (4)
District Projects	1 (17)	2 (2)	3 (9)	4 (6)	5
State Projects	1 (5)	2 (1)	3 (8)	4 (19)	5(1)

C. Does your chapter participate in March for Babies?

No (17), only donate (5), yes (11)

D. What other foundations have your chapters participated in that the Women's Wellness SPM has supported?

No Answer (7), None (2), Unsure (2), Am. Cancer society (11), Am. Heart Association (6), Breast Cancer Foundations (3), Isaac's Journey (1), United Way (2)

*most common answer with Am. Cancer Society was Relay for Life

*most common answer with Am. Heart Association was Go Red for Women

E. Women's Wellness Retreat participation in the last two years. **often was

more than one answer per survey when answering both chapter/district and state retreats)
 state retreat (11) chapter/district retreat (7) yes (1) no (11)
 no answer (9) didn't know there was one (3)

F. Participation in the US Women of Today external programming area

Yes (9) No (13) No Answer (9) Unsure(1) Not Enough (2)

II. General questions/information

A. Does the information from the State Program Manager get passed to the members in your chapter? Yes (31) No (0) No Answer (3)

B. Who passes the information on? (19) LPM (1) PVP (7) President (7) Other Most common comment for "other" was State Delegate.

C. Area's strengths:

Keeping healthy challenges and ideas (8), Great chance to socialize (1), The CIPs(2), issues that appeal to all (6), Individualized focus (1), Speakers on Topics (1), Retreat(1), informing women (1), THE SPM (5), No Answer (8)

D. Area weaknesses? How can it be improved upon?

No Answer (25), March of Dimes is confusing in this area, should it go to youth of today?(3), Weak LPMs (1), More to do at the local level (1), Information is hard to get (1), Less health info, more on help of specific foundations (1), the women's wellness certification is too focused toward older women. Needs to have a more universal to all ages appeal. (2)

E. What information would you/do you consider useful to support this foundation?

No Answer (16), All/any of it (4), fundraising ideas (4), can info on this get out sooner? (2), CIPs (4), what people "out of state" without a foundation or walk nearby can do to help (2), general info on M.O.D. (2)

F. What other areas would you like to see promoted in this area?

No Answer (19), more on "me-time" (5), seems to always cover new ones/like what is already there (2), diabetes/hypertension/high cholesterol (1), really happy with what Tracy is doing this year (4), breast self-exams (1), pregnancy and drug use (1), laugh therapy (1)

G. Would you participate in or hold a Women's Wellness Retreat? Why/why not?

No (2) Yes (11) Maybe (14) No Answer (5) just circled "why" (2)

1. Comments :

It all depends on where it is held/date conflicts make it hard (3)

It was fabulous and fun.

Sounds fun! (3)

We did one once and signed members at it!

We would consider hosting one. (Foley member survey)

If it wasn't statewide.

They should be promoted more. (3)

We have had a wonderful time in previous years and always learn new things!

I don't know what it is. (2)

III. Final Thoughts

A. Do you feel Women's Wellness area should continue in our programming?

Yes (31) No (0) No Answer (2)

B. Comments, suggestions and ideas?

Our chapter is getting better on reporting this stuff. I am looking forward to more participation.

I like the certification changes

I would like more ideas on things to do in our community, so much is just inside the chapter, not reaching out. (4 similar comments)

WW SPM should help LL SPMs with certifications because some things may fall under WW promotion that could help get more certifications.