



Be Ready

PREPARE. PLAN. STAY INFORMED.

health matters

EDUCATE ENGAGE EMPOWER CREATING A CULTURE OF WELLNESS



Be Ready - June 2010

Program Guidelines

- Improve your emergency tools, kits, supplies, or action plans each day during June.
- Think about, review, or discuss some aspect of emergency planning or preparation.



TOTAL PARTICIPANTS: 3,673

ONLINE REPORTING: 3,484 reporting, 3,334 compliant

ONLINE SURVEYS COMPLETED: 1,278, 35%

SURVEY RESPONSES

Did you enjoy this approach to improving health and safety?

90% YES 10% NO

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Be Ready?

88% YES 12% NO

Will you participate in the next program – Back To Basics?

99% YES 1% NO

1-POOR, 2-FAIR, 3-GOOD, 4-VERY GOOD, 5-EXCELLENT

Emails	3.57
Recipes	3.38
Website & Tracking	3.71
Overall Program	3.60

PERSONAL BEHAVIOR BEFORE PROGRAM

Emergency tools, kits, and supplies	3.03
Emergency planning or preparation	3.01
Productivity work/home	3.27
Overall well-being	3.33

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Reading food labels	3.58	18% ▲
Emergency tools, kits, and supplies	3.59	19% ▲
Productivity work/home	3.56	9% ▲
Overall well-being	3.60	8% ▲

COMMENTS FROM CESSNA EMPLOYEES

Keep up the good work. You make improving your health fun and easy.

I am one of the several emergency preparedness team for the state of Kansas and the information you gave and suggested were great. This class was great to become aware. Thanks!

I really liked this program on emergency planning. After having our 1st child this year, my husband and I have been more focused on safety/planning so this was perfect timing.

Good advice on practical preparedness around the home.

I have always had a Emergency kit, but so many things I had not thought about. Very good program.

I LOSSED 40 LBS SINCE THE FIRST OF JUNE MY GOAL IS TO LOSE 15 MORE LBS BY THE END OF JULY TO MEET MY GOAL FOR FOR THE YEAR AND TRY TO MAINTAIN FOR THE REST OF THE YEAR.

I didn't realize how unprepared for an emergency I was until I went looking for common First Aid things we should have on hand every day. I did stock up!

Great!

I appreciate Cessna's Plane Healthy Courses.

I found out through Plane Healthy that www.redcross.org has very good information for emergency reference materials. Throughout the program I read the importance of performing emergency drills and acquiring some basic emergency supply kits. I purchased a first aid kit, portable fire extinguishers (One in the garage and another in the kitchen)and supplies of H2O and can foods. This is a very informative program. Thanks.

Makes you aware of the importance of being prepared for emergencies.

Take too much of this stuff for granted, as in, the need is very remote.

I thought we had everything in order in case of an emergency but this program showed me that I was not as prepared as I thought I was! We added items to our shelter area and now I know I am prepared in case of an emergency. Thanks!

The program gave me ideas that I would not have thought about before. Provided good advice.

Learned a lot since these programs have started. I feel and look better and have more energy. I have lost 54 lbs. I liked the last program on emergency preparedness and have learned things that I never gave much thought to. Thanks!

This really brought the obvious to surface. Good to see options and make you think ahead.

Great program!

Good information put some of the ideas into action in my home.

Neat idea.

I'll do nearly anything for \$600.

Very good program with reminders and good ideas as we live in hurricane and tornado country.

Great course! Thank you for tips on emergency planning.

This program gave me many ideas that I hadn't thought of.

I thought I knew a lot about being prepared, but I learned a lot from this course! Some of the suggestions I had never thought about...made me think. Passed it onto my family.

This program helped my family to review our emergency plans and make changes.

I was hit by a tornado in 1999 that completely destroyed my home. From that experience of losing my wallet, credit cards, etc. I am very aware of being prepared.

I felt the information presented was extremely useful. Thank you for providing it. Rob P.

Became more aware of the things I need and the things I have.

My children now understand what to do in case of an emergency.

This is great now I have a list at my finger tips for each hurricane season.

It was good to think about these things and take some actions.

This program made me aware of things that I had not thought of before.

Excellent information. Even though I haven't completed all the suggestions I definitely have a game plan now.

My wife really got into this one. She enjoyed many of the tips that I forwarded home. Thank You for the heads up.

Personally, I am a poor planner and just couldn't get into this program. It was not a bad program, just one I didn't follow thru with.

Awesome for awareness.

Eating healthier and overall wellness is good

Making emergency kits for the car and home were very helpful.

There were a few things that I had not thought about and that's having supplies put back for the dogs. I enjoyed this session.

We were already incorporating many of the ideas given during this program. This program helped to reinforce those actions.

This was a great program to participate on.

I believe that our family is now better prepared to deal with emergency situations.

I had just begun emergency preparations so this was extremely helpful!

Great ideas!

Keep up the good work!