

# Employee Wellness Survey

Fall 2014

# Completed by 277 Participants

## ▶ Gender:

- ▶ Male: 48%
- ▶ Female: 51%

## ▶ Age:

- ▶ 39 & Under: 17%
- ▶ 40-54: 31%
- ▶ 55 and over: 51%

# 1. Check the topics that you would like the employee wellness commit to focus on.

- ▶ Exercise: 62%
- ▶ Stress: 46%
- ▶ Diet: 46%
- ▶ Weight Control: 44%
- ▶ Devotional Life: 25%
- ▶ Green Living: 24%
- ▶ Cognitive Function: 23%
- ▶ Time Management: 21%
- ▶ Depression: 16%
- ▶ Diabetes: 16%
- ▶ Cancer: 14%
- ▶ Financial Management: 13%
- ▶ Service: 13%
- ▶ Conflict Resolution: 11%
- ▶ Career Enhancement: 6%

2. In a typical week, how many days do you exercise for at least 30 minutes and do so hard enough to break into a sweat as you exercise?

- ▶ 0 Days: 10%
- ▶ 1-2 Days: 33%
- ▶ 3-4 Days: 35%
- ▶ 5 or more days: 22%

### 3. Indicate where you typically workout or where you would prefer to workout.

- ▶ Hulsey Wellness Center: 32%
- ▶ Some other Fitness Center: 4%
- ▶ Inside Home: 20%
- ▶ Outdoors: 42%
- ▶ Other: 1%

## 4. What is the one area of your life pertaining to health that you are most unhappy with?

The following represents the number of people who mentioned the following items:

- ▶ Weight/Body: 76
- ▶ Exercise/Fitness: 36
- ▶ Stress: 26
- ▶ Diet: 20
- ▶ Balance/Time Management: 12
- ▶ Sleep: 9
- ▶ Bodily injuries or problems: 5
- ▶ Work/Job: 5
- ▶ Diabetes: 3
- ▶ Depression: 2
- ▶ Aging: 2
- ▶ High Blood Pressure: 2
- ▶ Spiritual Wellbeing: 1

## 5. Write out any suggestions you have for the Employee Wellness Committee.

The following represents the number of people who mentioned the following items:

- ▶ Currently happy with the program: 38
- ▶ More incentives/Money Incentives: 6
- ▶ More group exercise classes: 5
- ▶ More group activities/Social gatherings: 4
- ▶ More people running stations/shorter lines: 3
- ▶ More blood test: 3
- ▶ Training or individual support: 3