

Wellness

Employee Interest Survey Results

Completed Surveys 168

		Answer	%		Answer	%		Answer	%	
<b>I am interested in:</b>		<b>1. little or no interest</b>			<b>2. some interest</b>			<b>3. very interested</b>		
1.	Learning more about healthy food choices.	43	25.60%		62	36.90%		59	35.10%	
2.	Learning how to incorporate fruits and vegetables into my diet.	50	29.80%		68	40.50%		48	28.60%	
3.	Learning about healthier food choices and portions to help manage my weight.	50	29.80%		51	30.40%		65	38.70%	
4.	Participating in "tasting" events to sample healthy foods.	36	21.40%		42	25.00%		89	53.00%	
5.	Having healthy snacks available for purchase at work.	18	10.70%		32	19.00%		116	69.00%	
6.	learning more about the benefits of physical activity and how it can influence my health.	55	32.70%		55	32.70%		46	27.40%	
7.	increasing my physical activity level.	29	17.30%		44	26.20%		81	48.20%	
8.	walking to increase physical activity.	35	20.80%		43	25.60%		88	52.40%	
9.	participating in team activities.	69	41.10%		48	28.60%		47	28.00%	
10.	learning ways to cope with feelings of stress.	41	24.40%		58	34.50%		67	39.90%	
11.	time management skills.	71	42.30%		63	37.50%		32	19.00%	
12.	improving my communication skills.	54	32.10%		70	41.70%		42	25.00%	
13.	learning skills to cope with change.	69	41.10%		63	37.50%		34	20.20%	
14.	organized social events with my co-workers. Events might be holiday party or summer picnic.	48	28.60%		69	41.10%		49	29.20%	
15.	participating in wellness activities within my regular work schedule.	27	16.10%		55	32.70%		74	44.00%	
16.	participating in wellness activities before work.	82	48.80%		44	26.20%		31	18.50%	
17.	participating in wellness activities after work.	72	42.90%		58	34.50%		36	21.40%	
18.	10-15 minute activities that I can do two to three times a day.	29	17.30%		62	36.90%		74	44.00%	
19.	activities that last 30-60 minutes.	59	35.10%		61	36.30%		47	28.00%	
20.	health information that I can read, listen to, or watch on my own.	50	29.80%		63	37.50%		53	31.50%	
21.	participating with a group to learn more about wellness.	67	39.90%		56	33.30%		31	18.50%	
22.	working in a tobacco-free environment.	43	25.60%		19	11.30%		92	54.80%	
23.	working with others to reduce second-hand smoke in my workplace.	56	33.30%		27	16.10%		78	46.40%	

<b>Please complete questions 24-27 only if you currently use tobacco.</b>										
<b>Completed Surveys=</b>		<b>1. little or no interest</b>			<b>2. some interest</b>			<b>3. very interested</b>		
24.	getting information about quitting tobacco use.	34	81.00%		3	7.10%		5	11.90%	
25.	attending information sessions or classes about quitting tobacco use.	34	81.00%		4	9.50%		4	9.50%	
26.	using my meal break time to learn about quitting the use of tobacco.	37	88.10%		1	2.40%		4	9.50%	
27.	using time before or after work to learn about quitting the use of tobacco.	35	83.30%		3	7.10%		4	9.50%	