



2018 Staff Wellness Survey Results

Total Responses: 32

1. What health needs do you have?
 - a. Weight/weight loss (8)
 - b. Nutrition (5)
 - i. Lettuce, fresh salads
 - ii. Healthy cooking
 - c. Exercise (2)
 - d. Sleep (2)
 - e. Stress (2)
 - f. Diabetes (2)
 - g. Hypertension
 - h. High Cholesterol
 - i. Lung cancer, learning to breathe again
 - j. Healthy Aging/Staying fit over 50
 - k. Overall wellness
 - i. Balance between diet & exercise
 - ii. Healthy habits
 - iii. Opportunities for improving health at work
 - l. Need candy in the vending machine

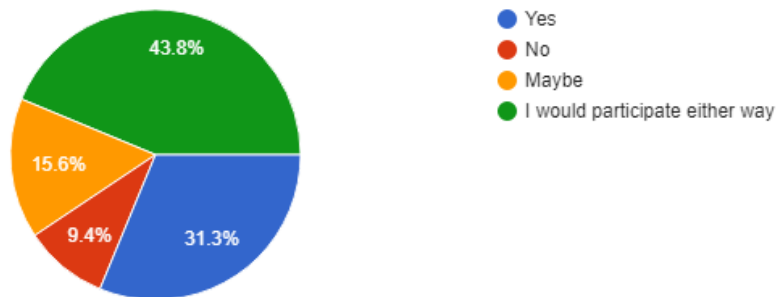
2. What wellness activities would you like for the SMCHD to host?
 - a. Exercise/fitness programs (25 - 78.1%)
 - b. Walking club (20 - 62.5%)
 - c. Weight loss/management programs (17 - 53.1%)
 - d. Lunch & Learns on wellness topics (13 - 40.6%)
 - e. Health screenings (BMI, blood pressure, etc.) (12 - 37.5%)
 - f. Health fairs (8 - 25%)
 - g. Wellness coaching (8 - 25%)
 - h. Monthly wellness seminars/workshops (7 - 21.9%)
 - i. Chronic disease self-management programs (Diabetes, Hypertension, etc.) (6 - 18.8%)
 - j. Write in answers:
 - i. "don't we do all of the above now?"
 - ii. "negotiated reduced gym memberships or partnering with CSM gym"

3. What topics would you like to learn more about?
 - a. Stress Management (17 - 53.1%)
 - b. Physical Activity (16 - 50%)
 - c. Nutrition (14 - 43.8%)
 - d. Women's Health (13 - 40.6%)
 - e. Diabetes (4)
 - f. Immunization Health (3)
 - g. Men's Health (3)
 - h. High Blood Pressure (2)
 - i. Menopause/pre-menopause (2)
 - j. I do not find workshops or seminars helpful (2)
 - k. Meditation
 - l. Sleep
 - m. Benefits of improving overall health/fitness on the aging process
 - n. Mixture - I have enjoyed the events that have occurred in the past (Evolve, at work exercises)

4.

Would you be more likely to participate in a wellness program if there were incentives offered?

32 responses

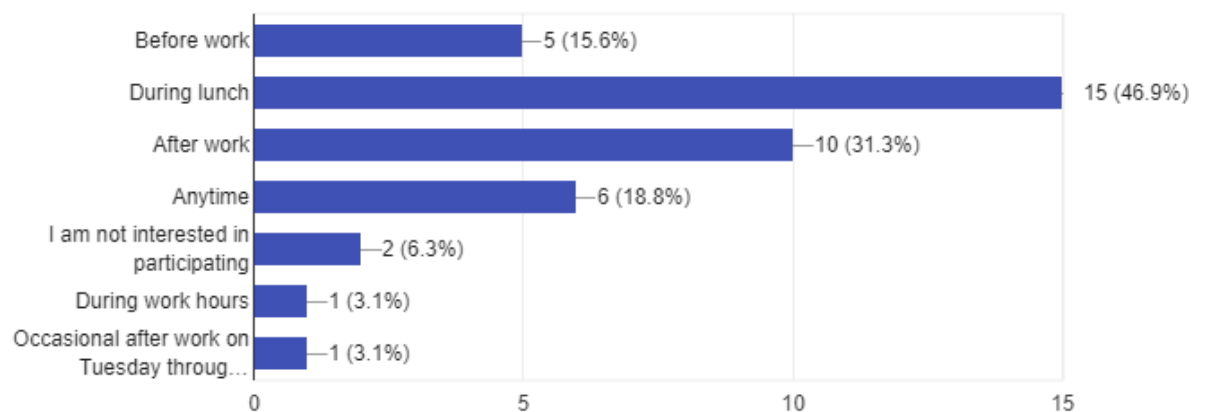


5. What kind of incentives would you like to be offered?
 - a. Not applicable/necessary/don't know (12)
 - b. Gift cards (9)
 - i. Membership or free class at community gyms or wellness studios (6) - SPICE, Evolve, SALT
 - ii. Tickets to local events (Concerts @ Marine Museum)
 - iii. The Good Earth Shop/healthy food places (2)
 - iv. 5\$
 - c. Paid time off/leave (4)
 - d. Cash
 - e. Recipes
 - f. Walking Group at Lunchtime (3)
 - i. Allowed as part of workday/time to exercise at work (2)
 - ii. Walking meetings
 - g. Printed Materials/Books
 - h. Prizes (3)
 - i. Herbal Neck Pillow
 - ii. Teas
 - iii. Toe Socks
 - iv. Fitbit
 - v. Items useful to healthy eating and physical activity
 - vi. good/not cheap
 - vii. T-shirts
 - viii. Gym gear
 - i. Healthy snacks/fruits
 - j. Candy (2)

6.

What time of the day would be best for you to participate in wellness activities?

32 responses

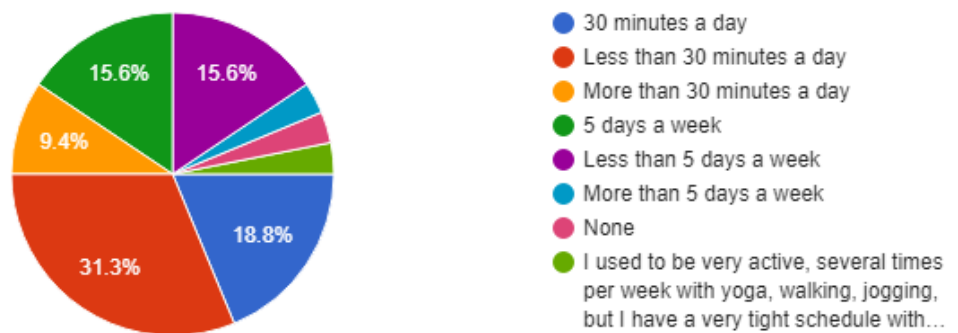


7. What potential barriers prevent you from participating in wellness activities?
 - a. Inconvenient times (15 - 46.9%)
 - b. I'm just too busy (10 - 31.3%)
 - c. I do not have any barriers (9 - 28.1%)
 - d. Pressure to get my work done (8 - 25%)
 - e. Confidentiality (concern about others knowing about my personal health) (7 - 21.9%)
 - f. Privacy (my employer should not be involved in my personal health)
 - g. single mom who does it all
 - h. I am not interested
 - i. Work

8.

In general, how much time do you spend doing physical activity?

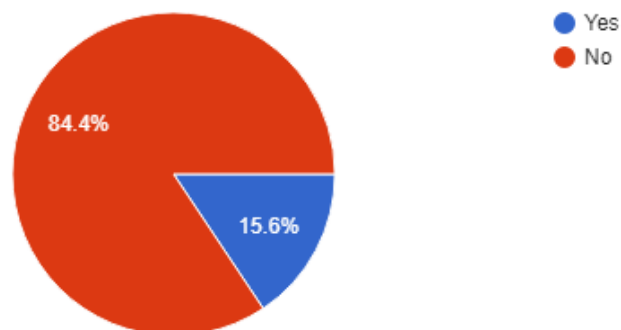
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9.

Do you currently have a gym membership?

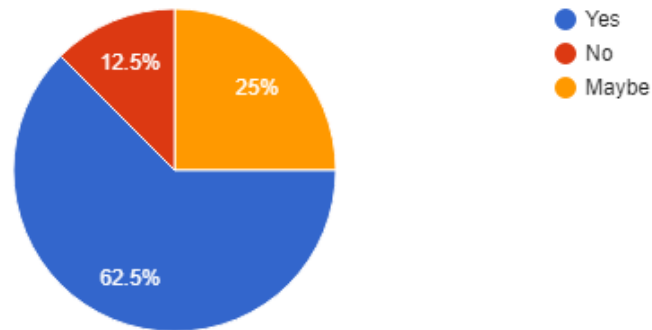
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10.

If we were able to offer a discounted membership to the Wellness & Aquatics Center at the College of Southern Maryland, would you be interested?

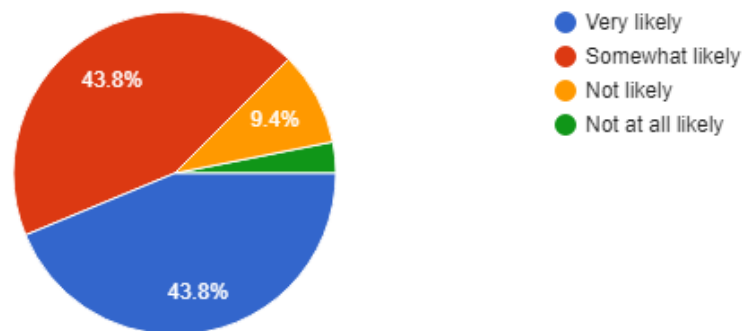
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11.

Would you buy healthy snacks if they were available at work? (e.g. visiting farmers market, healthy vending, etc.?)

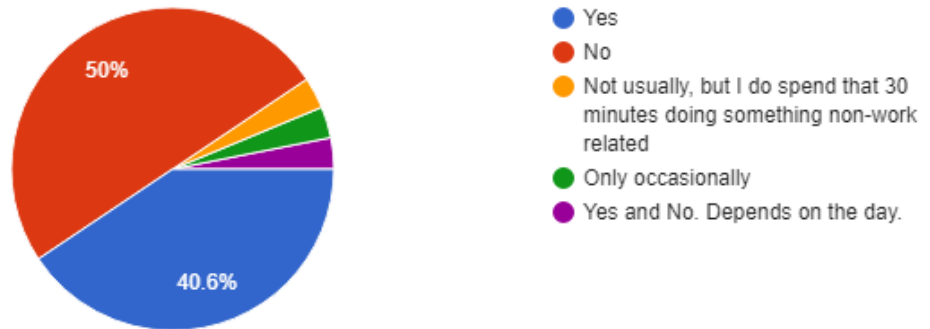
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12.

Do you usually take your lunch break away from your desk/computer?

32 responses



13. Do you have any additional comments or suggestions for the Wellness Committee to consider when planning upcoming activities?

- a. No
- b. Sometimes I need a piece of chocolate from being stressed out - put it back into the vending machines!!!
- c. I am not much of an aquatic fitness person, but I would participate in Hatha Yoga and use the equipment at the CSM rec center if available after work.
- d. I appreciate your efforts
- e. Onsite exercise programs after working hours