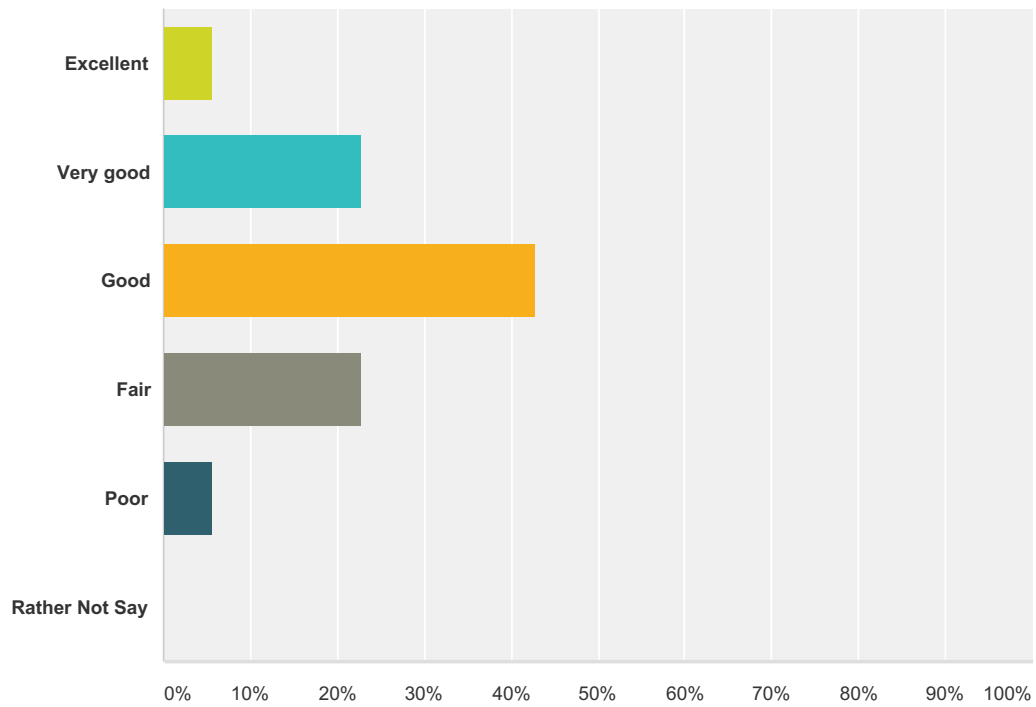


### Q1 In general, how would you rate your overall health?

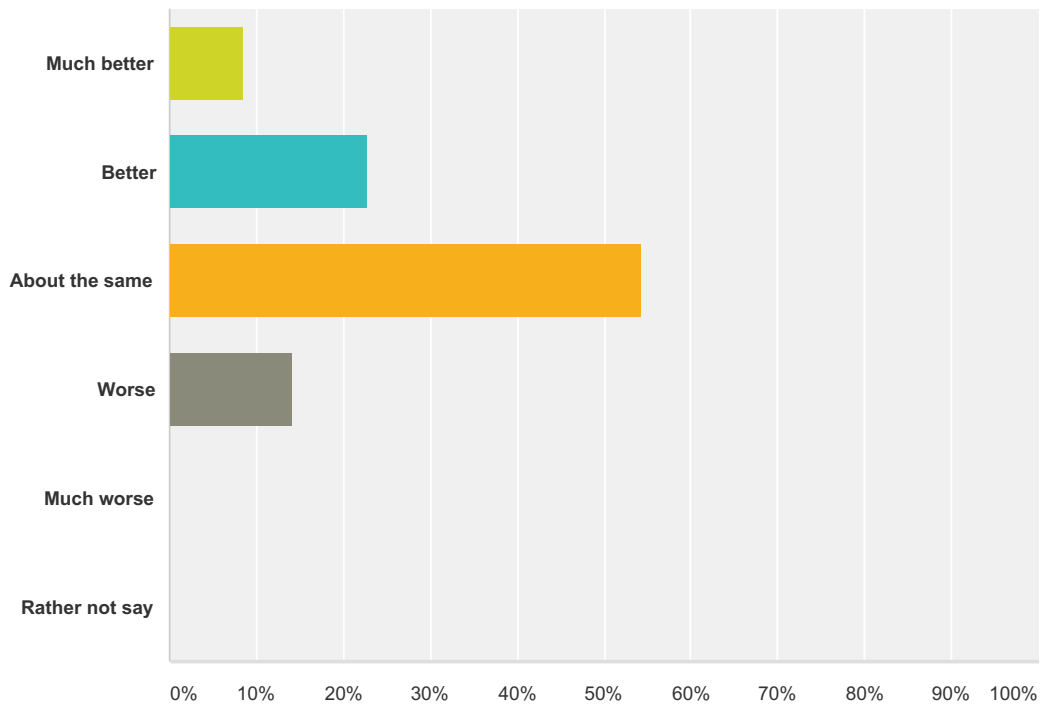
Answered: 35 Skipped: 0



Answer Choices	Responses	
Excellent	5.71%	2
Very good	22.86%	8
Good	42.86%	15
Fair	22.86%	8
Poor	5.71%	2
Rather Not Say	0.00%	0
<b>Total</b>		<b>35</b>

## Q2 Compared to this time last year, how does your overall health compare?

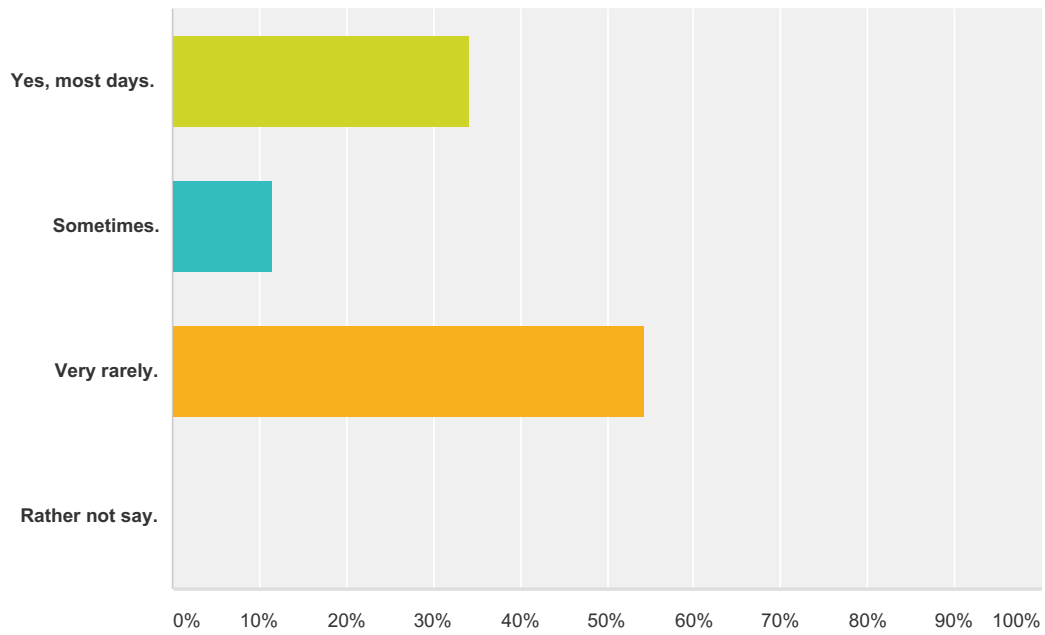
Answered: 35 Skipped: 0



Answer Choices	Responses
Much better	8.57% 3
Better	22.86% 8
About the same	54.29% 19
Worse	14.29% 5
Much worse	0.00% 0
Rather not say	0.00% 0
<b>Total</b>	<b>35</b>

### Q3 Do you step away from your work-space to take a lunch break?

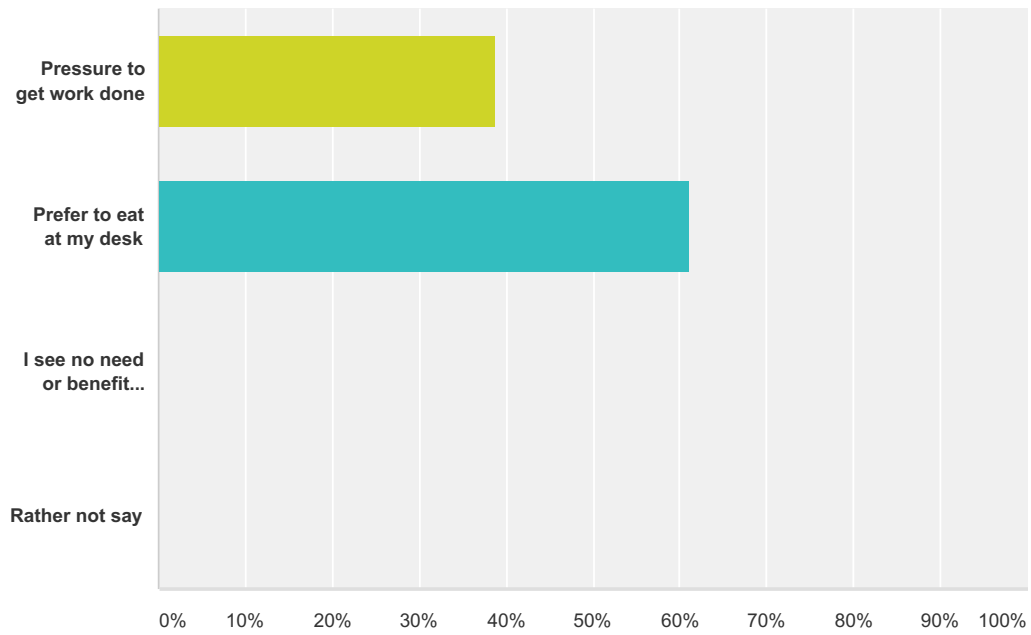
Answered: 35 Skipped: 0



Answer Choices	Responses	
Yes, most days.	34.29%	12
Sometimes.	11.43%	4
Very rarely.	54.29%	19
Rather not say.	0.00%	0
<b>Total</b>		<b>35</b>

### Q4 Why don't you regularly step away from your work-space to take a lunch break?

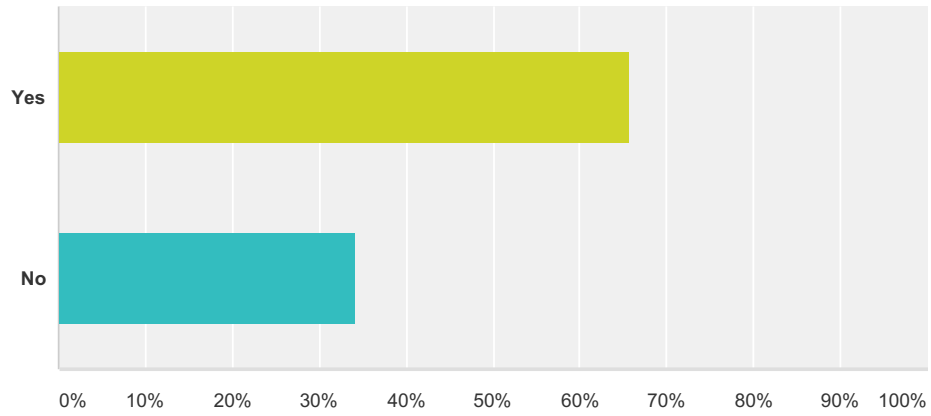
Answered: 18 Skipped: 17



Answer Choices	Responses
Pressure to get work done	38.89% 7
Prefer to eat at my desk	61.11% 11
I see no need or benefit doing so	0.00% 0
Rather not say	0.00% 0
<b>Total</b>	<b>18</b>

**Q5 Did you participate in a USC Wellness activity over the past 12 months? (i.e. Yoga, Walking Group, Intramural Sports, Wellness Fair, Healthy Pot Luck.)**

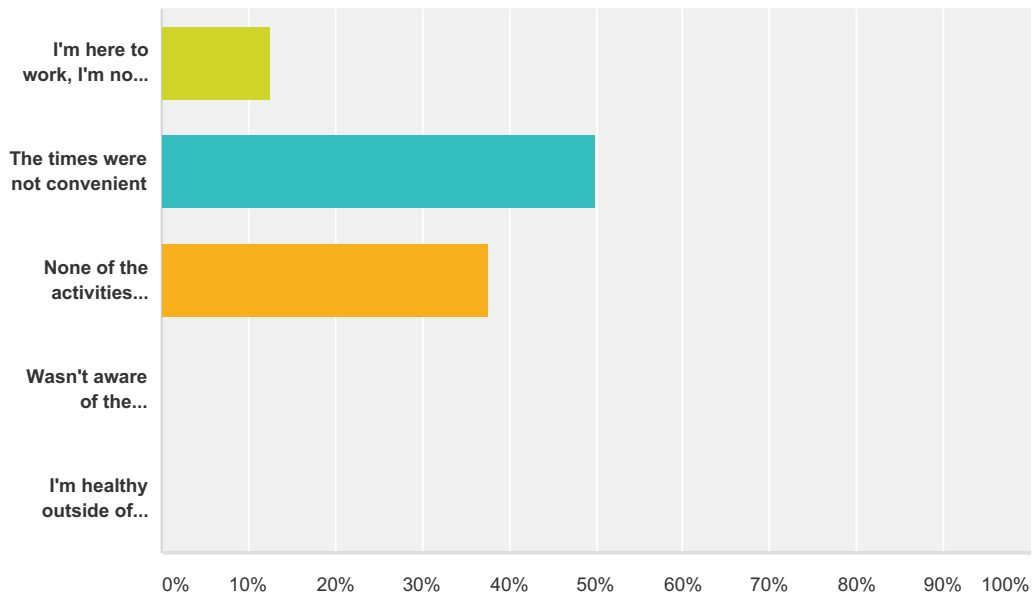
Answered: 35 Skipped: 0



Answer Choices	Responses
Yes	65.71% 23
No	34.29% 12
<b>Total</b>	<b>35</b>

### Q6 What is the primary reason that you didn't participate?

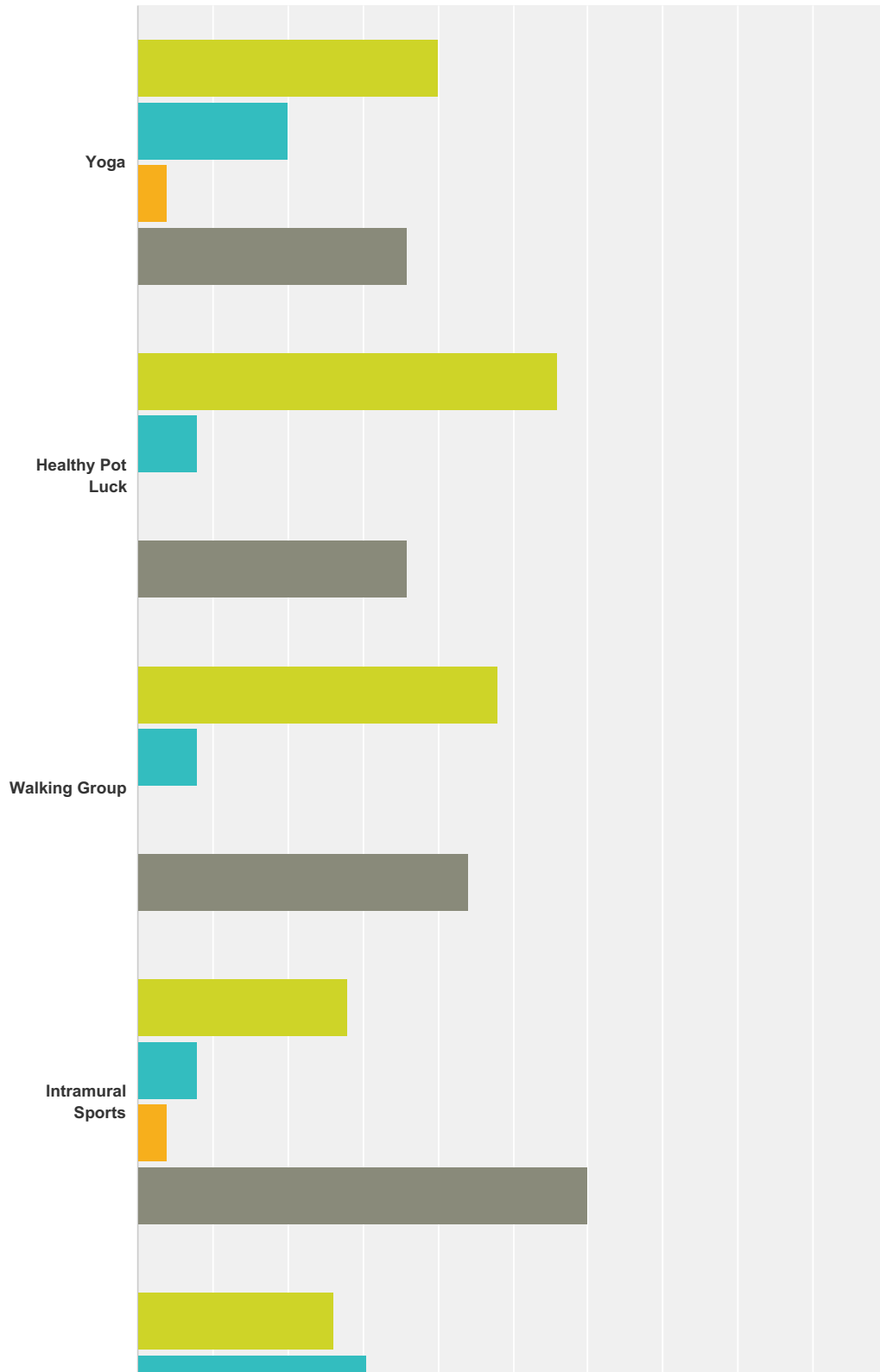
Answered: 8 Skipped: 27



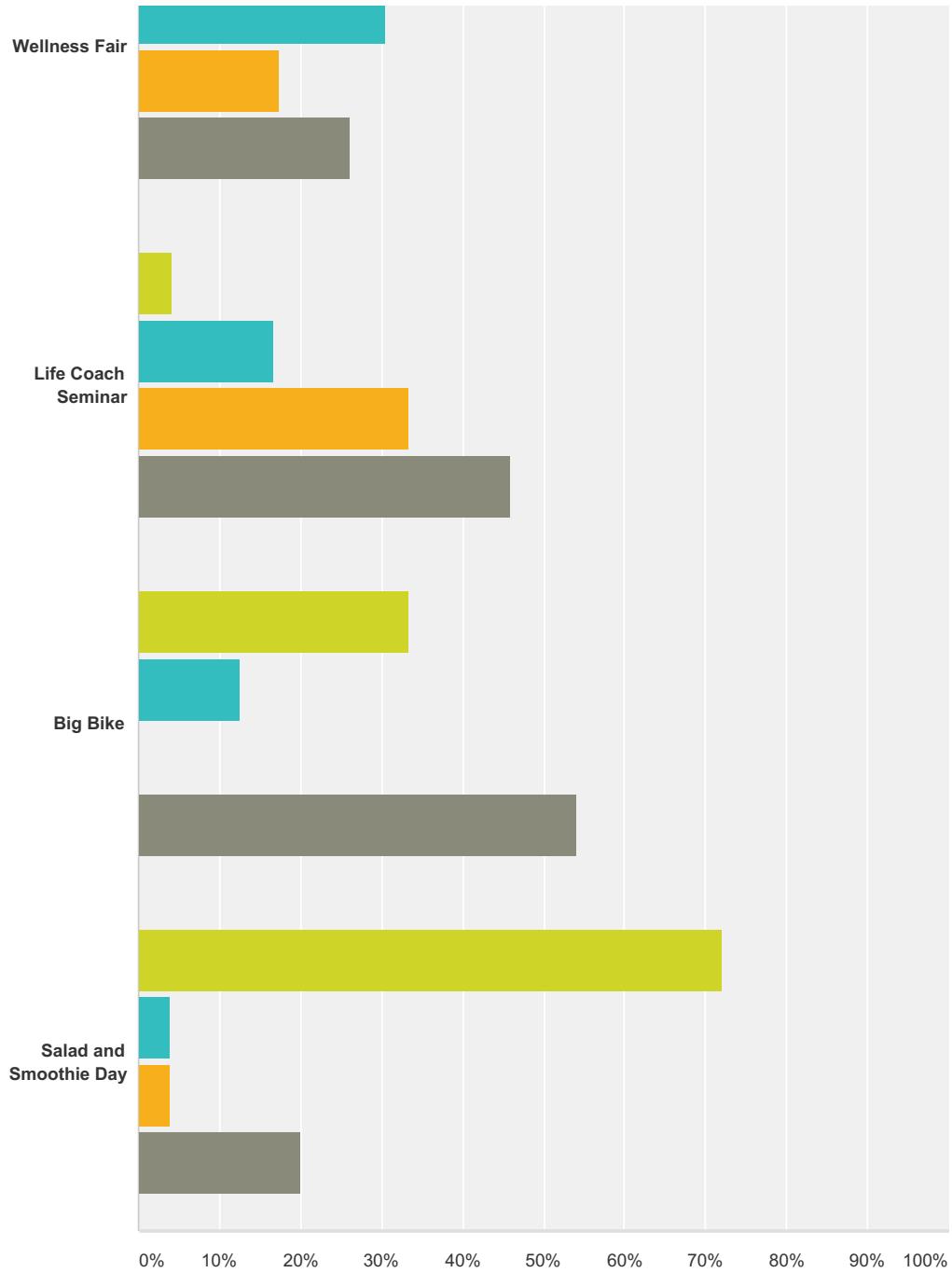
Answer Choices	Responses	
I'm here to work, I'm not interested in doing wellness activities with my coworkers	12.50%	1
The times were not convenient	50.00%	4
None of the activities interested me	37.50%	3
Wasn't aware of the activities	0.00%	0
I'm healthy outside of work, so don't see the need to participate	0.00%	0
<b>Total</b>		<b>8</b>

**Q7 Based on your participation, please rank how valuable you found the activity.  
PLEASE be honest - we want our programming to be relevant and effective.**

Answered: 25 Skipped: 10



## Wellness Survey 2015-16



■ Very valuable, I will likely participate again     
 ■ It was ok, I might participate again  
■ Didn't find it valuable, I will not participate again     
 ■ N/A - I didn't participate in this activity

	Very valuable, I will likely participate again	It was ok, I might participate again	Didn't find it valuable, I will not participate again	N/A - I didn't participate in this activity	Total
Yoga	40.00% 10	20.00% 5	4.00% 1	36.00% 9	25
Healthy Pot Luck	56.00% 14	8.00% 2	0.00% 0	36.00% 9	25

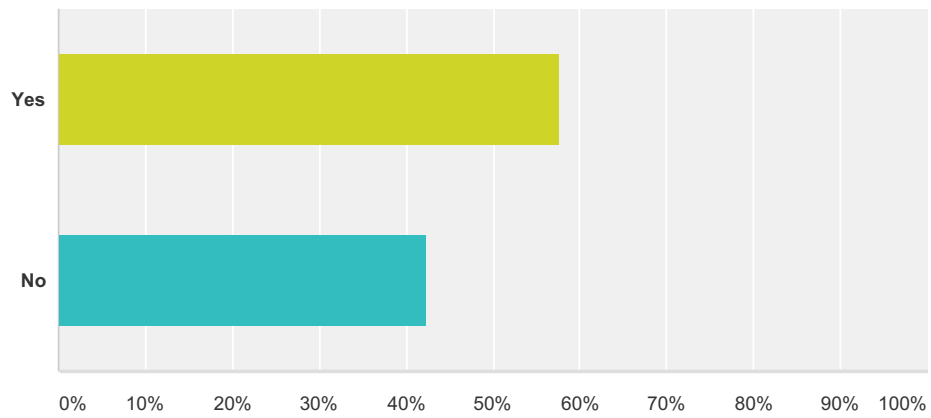


## Wellness Survey 2015-16

Walking Group	<b>48.00%</b> 12	<b>8.00%</b> 2	<b>0.00%</b> 0	<b>44.00%</b> 11	25
Intramural Sports	<b>28.00%</b> 7	<b>8.00%</b> 2	<b>4.00%</b> 1	<b>60.00%</b> 15	25
Wellness Fair	<b>26.09%</b> 6	<b>30.43%</b> 7	<b>17.39%</b> 4	<b>26.09%</b> 6	23
Life Coach Seminar	<b>4.17%</b> 1	<b>16.67%</b> 4	<b>33.33%</b> 8	<b>45.83%</b> 11	24
Big Bike	<b>33.33%</b> 8	<b>12.50%</b> 3	<b>0.00%</b> 0	<b>54.17%</b> 13	24
Salad and Smoothie Day	<b>72.00%</b> 18	<b>4.00%</b> 1	<b>4.00%</b> 1	<b>20.00%</b> 5	25

### Q8 Did you participate in the Wellness Bingo Card program?

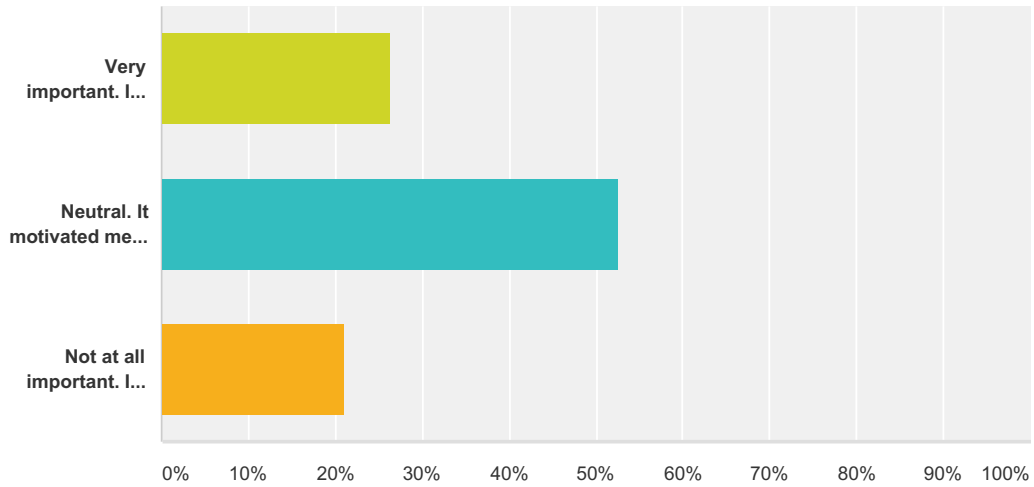
Answered: 33 Skipped: 2



Answer Choices	Responses	
Yes	57.58%	19
No	42.42%	14
<b>Total</b>		<b>33</b>

**Q9 When thinking of what motivated you to participate in Wellness activities, how important was earning stamps to access the additional Wellness benefit \$ in your decision to participate?**

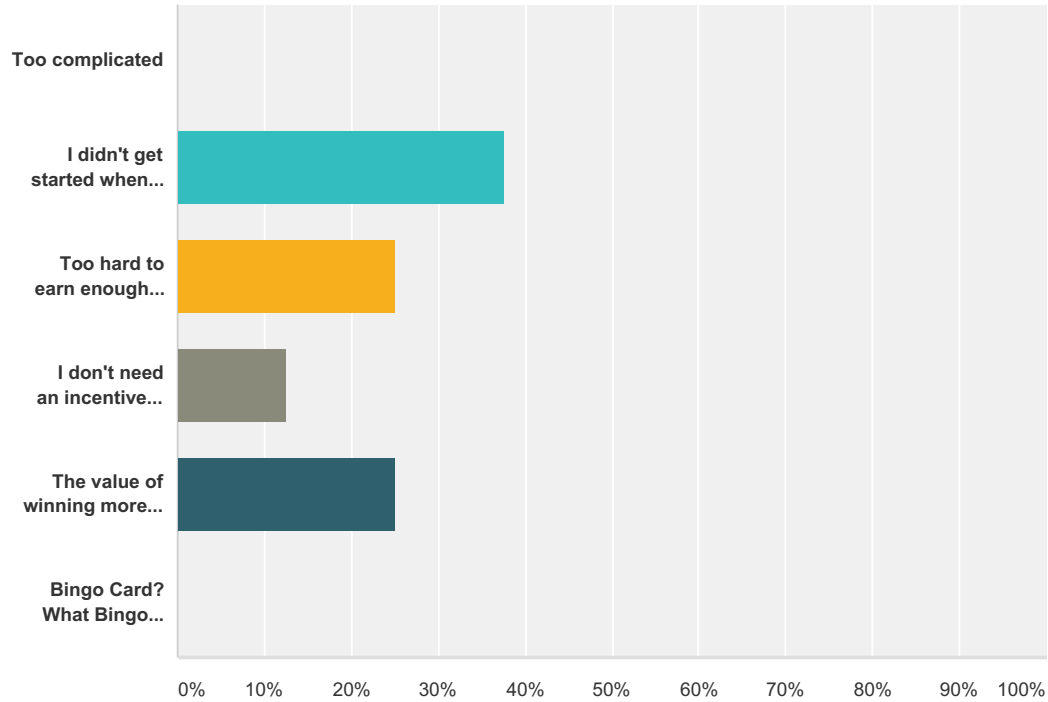
Answered: 19 Skipped: 16



Answer Choices	Responses
Very important. I probably wouldn't have participated in as many activities without the incentive.	26.32% 5
Neutral. It motivated me, but wasn't a large influence.	52.63% 10
Not at all important. I would have participated in Wellness activities without the program.	21.05% 4
<b>Total</b>	<b>19</b>

### Q10 Why didn't you participate in the Wellness Bingo Card program. (Rank most important reason.)

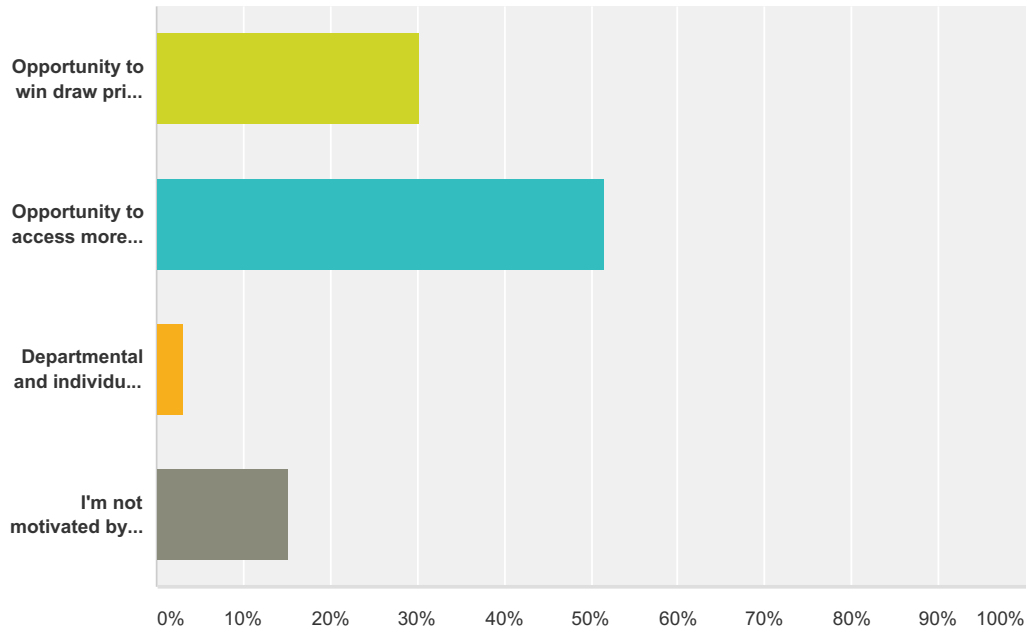
Answered: 8 Skipped: 27



Answer Choices	Responses
Too complicated	0.00% 0
I didn't get started when the program launched, so felt like I'd never earn enough stamps	37.50% 3
Too hard to earn enough stamps to get the additional benefit \$	25.00% 2
I don't need an incentive to participate in Wellness activities	12.50% 1
The value of winning more Wellness money just wasn't worth the trouble	25.00% 2
Bingo Card? What Bingo Card? Had no idea about the program.	0.00% 0
<b>Total</b>	<b>8</b>

**Q11 The Wellness Committee is considering a number of options to create incentives for you to participate in activities. Of the following options, what would motivate you the most?**

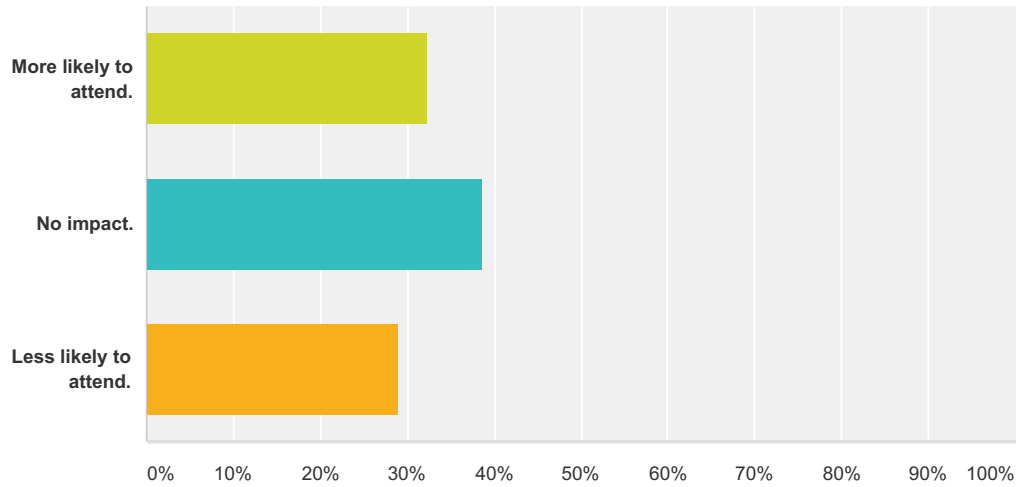
Answered: 33 Skipped: 2



Answer Choices	Responses
Opportunity to win draw prizes (get a ballot for participating, you could win a FitBit, gift certificate, etc.)	30.30% 10
Opportunity to access more Wellness Benefit dollars (you participate in enough activities, you are guaranteed additional benefit dollars)	51.52% 17
Departmental and individual competitions (bragging rights and prizes)	3.03% 1
I'm not motivated by incentives	15.15% 5
<b>Total</b>	<b>33</b>

**Q12 Traditionally, Wellness programming occurs during the work day. If the committee offered an opportunity before or after work that interested you, what impact would it have on your participation?**

Answered: 31 Skipped: 4

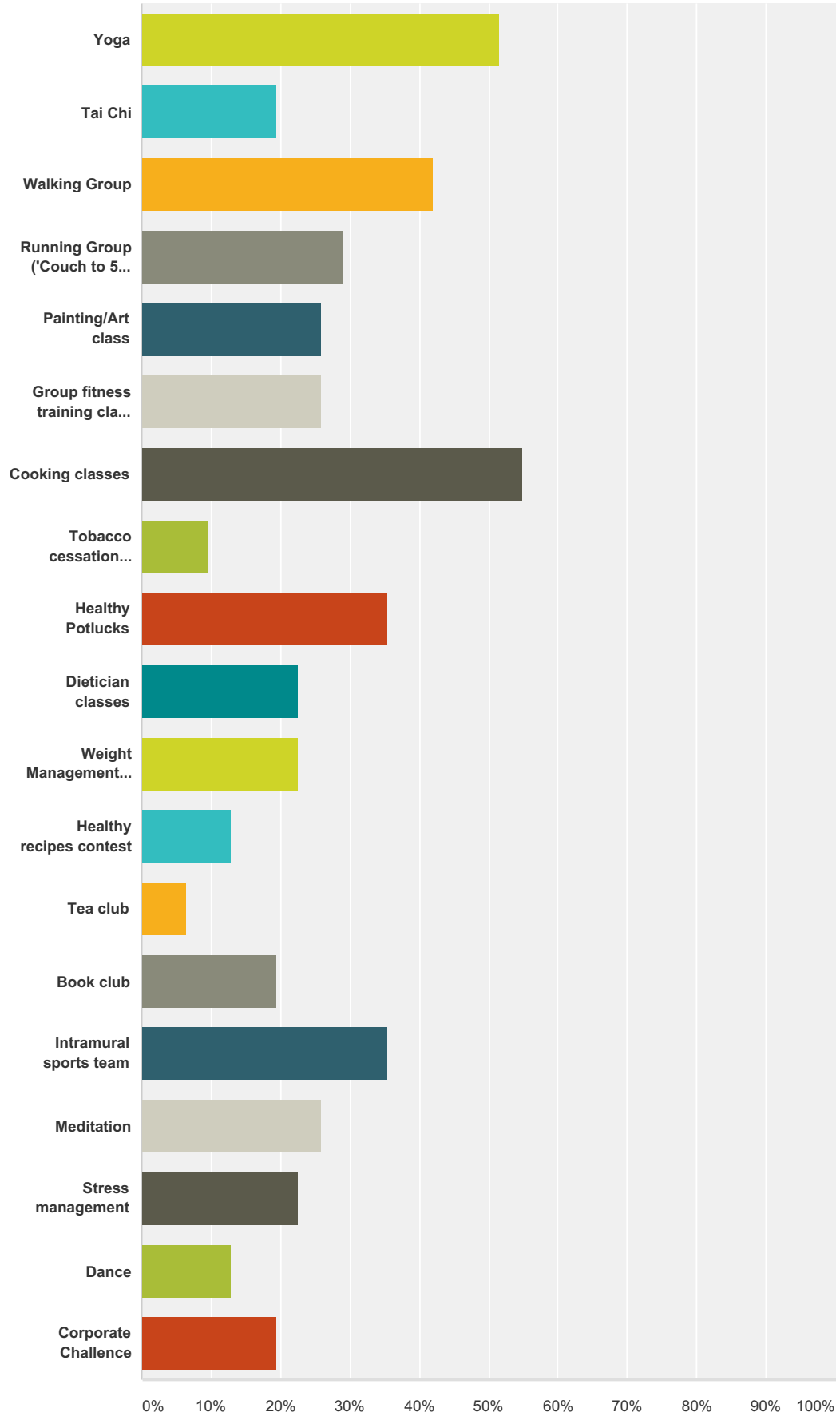


Answer Choices	Responses
More likely to attend.	32.26% 10
No impact.	38.71% 12
Less likely to attend.	29.03% 9
<b>Total</b>	<b>31</b>

**Q13 Of the following wellness activities, please rank which opportunities are of the greatest interest to you. (Select your top 5.)**

Answered: 31 Skipped: 4

# Wellness Survey 2015-16



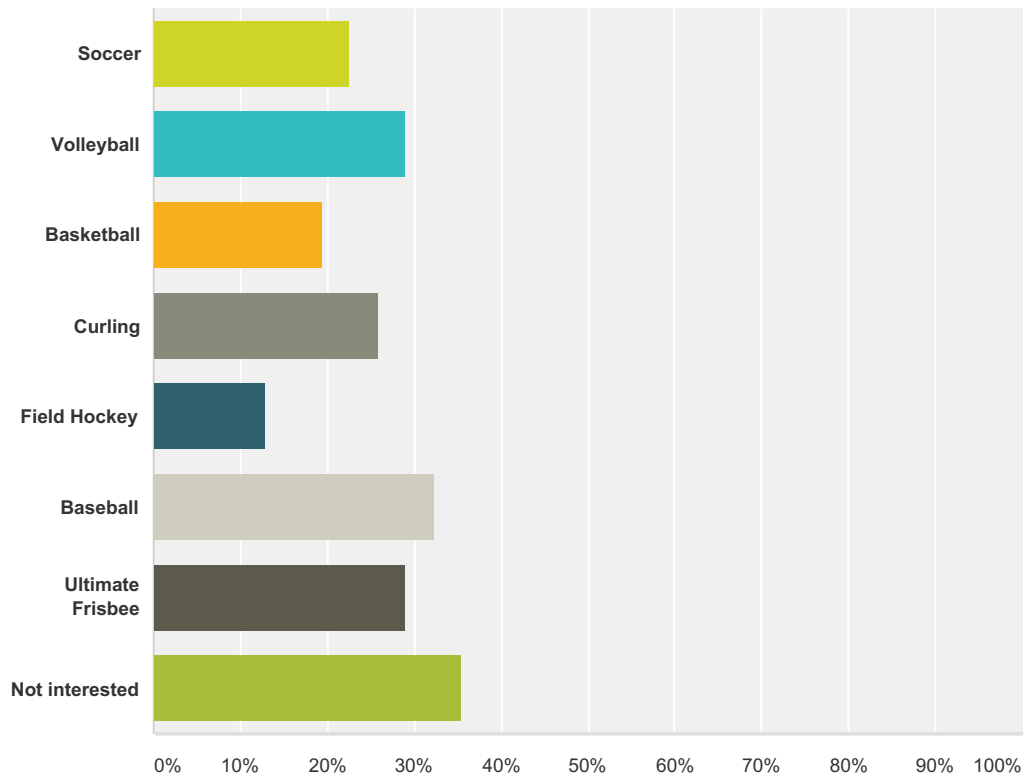


## Wellness Survey 2015-16

Answer Choices	Responses	
Yoga	51.61%	16
Tai Chi	19.35%	6
Walking Group	41.94%	13
Running Group ('Couch to 5k') w goal of training to run a 5k	29.03%	9
Painting/Art class	25.81%	8
Group fitness training class (boot camp, etc.)	25.81%	8
Cooking classes	54.84%	17
Tobacco cessation classes	9.68%	3
Healthy Potlucks	35.48%	11
Dietician classes	22.58%	7
Weight Management classes	22.58%	7
Healthy recipes contest	12.90%	4
Tea club	6.45%	2
Book club	19.35%	6
Intramural sports team	35.48%	11
Meditation	25.81%	8
Stress management	22.58%	7
Dance	12.90%	4
Corporate Challenge	19.35%	6
<b>Total Respondents: 31</b>		

**Q14 We're planning on organizing an Intramural Sports team again next year, which will compete in a recreational league outside of work hours. What sports would you be willing to play? (Check all that apply.)**

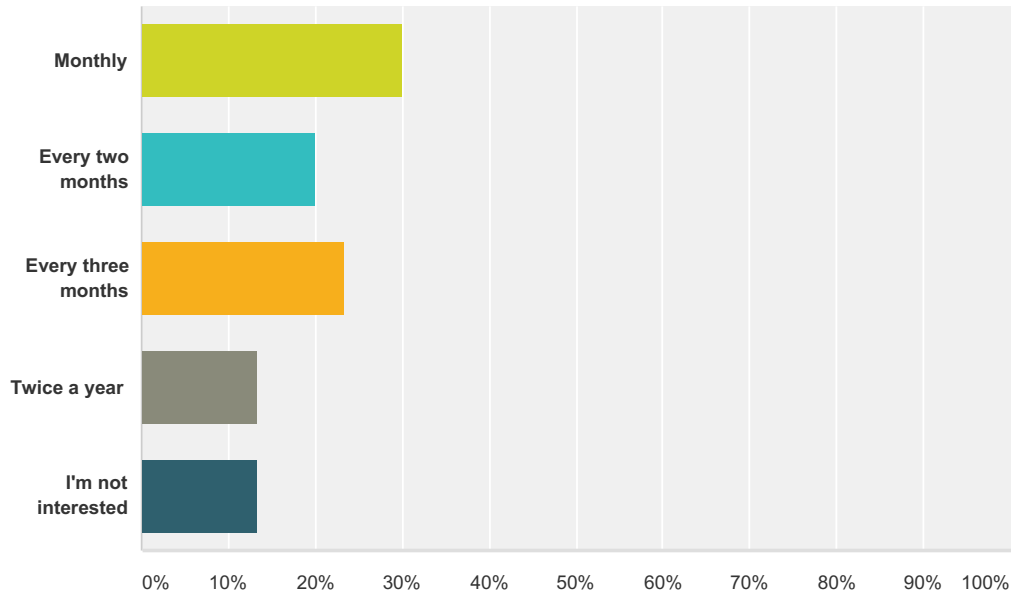
Answered: 31 Skipped: 4



Answer Choices	Responses
Soccer	22.58% 7
Volleyball	29.03% 9
Basketball	19.35% 6
Curling	25.81% 8
Field Hockey	12.90% 4
Baseball	32.26% 10
Ultimate Frisbee	29.03% 9
Not interested	35.48% 11
<b>Total Respondents: 31</b>	

**Q15 Last year there was great demand for cooking classes. If we organized classes this year, how often would you be likely to participate? Classes would likely be after 5pm.**

Answered: 30 Skipped: 5



Answer Choices	Responses	Count
Monthly	30.00%	9
Every two months	20.00%	6
Every three months	23.33%	7
Twice a year	13.33%	4
I'm not interested	13.33%	4
<b>Total</b>		<b>30</b>

**Q16 Any additional comments or suggestions you'd like to share?**

Answered: 8 Skipped: 27