

## Health and Wellness Survey Results

### *Demographics*

300 people were surveyed about their views towards various aspects of health and wellness. Of the 300 people who started the survey, 277 participants completed the entire survey. There were 206 (69.1%) participants who reported their gender as female, and 92 (30.9%) respondents who reported their gender as male. 2 participants did not respond to this item. Also, the largest age group (120 individuals or 40.3%) responding to the survey reported their age as 50 to 59. Of the remaining individuals, 81 participants (27.2%) were 40 to 49, 59 participants (19.8%) were 30 to 39, 21 participants (7.0%) were 60 or older, 15 participants (5.0%) were 25 to 29, and 2 participants (0.7%) were 18 to 24. 2 individuals did not report their age. Tenure on the job varied between participants as well, with 115 respondents (38.6%) reporting that they've been employed with SCSU from 0 to 5 years. However, the next largest group with 101 respondents (33.9%) reported that they've worked at SCSU for 16 years or more. 55 individuals (18.5%) reported they've been employed at the University for 6 to 10 years, and 27 individuals (9.1%) have worked at SCSU for 11 to 15 years. 2 participants neglected to provide this information. Finally, many areas of employment within SCSU were represented, with 111 of the respondents (37.8%) reporting that they were faculty members, followed by 93 participants (31.6%) employed as office support/office managers, 37 respondents (12.6%) as directors or managers, 25 individuals (8.5%) as providing technical services, 18 participants (6.1%) as administrators, and finally, 10 respondents (3.4%) as GMWs. 6 individuals did not respond to this item.

### *Effect of Work on Health*

Three of the items on the survey addressed how the SCSU employee's job and work environment affected their health. The items addressed how stressful the employee viewed his/her job as well as any affects that the employee's work environment had on them. The results are below. The most frequently chosen response is in bold. 298 people responded to the question regarding stress, 273 people responded to the work environment item, and 88 people answered the follow-up question.

#### **-Question: How would you describe the stress level of your job?**

Low: 4.7%  
Low to Medium: 37.2%  
**Medium to High: 48.7%**  
High: 9.4%

#### **-Question: Is your work environment causing you any mental or physical pain?**

Yes: 29.3%  
**No: 70.7%**

#### **-Follow up Question: If yes, check all that apply.**

**Anxiety: 68.2 %**  
Back Pain: 44.3%  
Other: 29.5%  
Depression: 22.7%  
Musculoskeletal: 13.6%

Below is a list of what the participants who responded with “Other” specified:

Stress (6 responses)  
Poor, non-ergonomically correct work station (5 responses)  
Neck/shoulder tension (3 responses)  
Wrist/arm pain (3 responses)  
Headaches (2 responses)  
Carpal Tunnel  
Poor lighting  
Cold office  
General tension  
Limited restroom facilities for women  
Osteoarthritis and osteoporosis  
Sadness and a feeling of lack of supervisory/management support

### ***Overall Health***

One item on the Health and Wellness Survey addressed SCSU employee overall health. 288 total participants responded to this item.

#### **-Question: How would you rate your overall health?**

Not healthy: 1.0%  
Somewhat healthy: 36.1%  
**Healthy: 54.5%**  
Extremely healthy: 8.3%

### ***Healthy Food Choices***

Two of the items on the survey addressed healthy food choices available on campus and whether knowledge of nutrition content would impact employee food selection. 286 participants responded to the item regarding healthy vending machines, while 284 people answered the question regarding nutrition labels. The results are as follows:

#### **-Question: If healthy vending machines were available on campus, how likely would you purchase snacks from them (i.e. fresh fruit, low calorie snack bars, fruit drinks, etc)?**

**Not likely: 36.4%**  
Somewhat likely: 30.1%  
Likely: 19.6%  
Very likely: 14.0%

#### **-Question: Would having nutrition labels readily accessible at campus food locations impact your food choices?**

Not all at: 28.5%  
**Somewhat: 39.8%**  
Significantly: 21.8%  
Very significantly: 9.9%

### ***Physical Activity***

There were four items on the survey that dealt with employees' physical activity, both at work and outside of work hours. The number of respondents for each item varied, with 231 participants responding to what physical activity they do during free time at work, 272 respondents replying to what prevents them from engaging in physical activity at work, 243 participants responding to what would help them become more physically active while at work, and finally, 283 people replying to what physical activities they engage in outside of work hours.

**-Question: When you are at work, what physical activity do you do during your free time (lunch hours and breaks)? Check all that apply.**

**Walk: 58.9%**  
Other: 32.0%  
Stretch: 19.0%  
Relaxation techniques: 14.3%  
Yoga: 9.1%  
Cardio: 6.9%  
Jog: 5.6%  
Swim: 4.8%  
Lift weights: 4.8%  
Take a fitness class: 1.7%

Below is a list of what the participants who responded with "Other" specified:

No time- I'm very busy during the day and generally eat lunch while working (21 responses)  
None (19 responses)  
I eat my lunch (5 responses)  
Run errands (4 responses)  
Play basketball (2 responses)  
Study for class (2 responses)  
I try to take steps vs. the elevator when reporting to work, going to lunch, running errands, etc (2 responses)  
Exercise at a senior gym off campus--much cheaper and more convenient  
I used to walk, but my new job requires a lot of walking.  
Pretend I'm in a happy place  
Weight Watchers  
Bike  
Catch up on personal email  
Meet friends for lunch or coffee  
Hockey  
Play cards  
I install cabling so I am constantly climbing ladders, steps etc. I need to relax during lunch and breaks.  
Teach fitness classes  
Fret  
Occasional 10 minute walk  
Racquetball  
I go to the gym before work, or I can't get it in.  
Call family  
Bowling/Underground activities  
Watch TV or read

Leave campus to give brain time to relax

I arrive to work one hour early in order to run, do cardio. It would be nice to have a fitness class at 6:30am.

Meditation

**-Question: What is preventing you from doing physical activity while you are at work? (Check all that apply)**

**Workload: 59.9%**

Weather: 32.0%

Other: 30.5%

Place to work out: 23.2%

Lack of energy: 13.2%

Current health conditions: 4.8%

Recovering from an injury: 4.0%

Supervisor Support: 3.3%

Below is a list of what the participants who responded with "Other" specified:

Lack of free time/too much to do (23 responses)

I workout before and/or after work (10 responses)

Not enough time to work out, cool down, and shower during breaks (8 responses)

Not a convenient place to work out, since Halenbeck is way across campus (6 responses)

When its lunchtime, I want to eat, relax, and/or socialize, not work out (5 responses)

Other commitments/errands (5 responses)

My lack of desire/initiative (4 responses)

Inadequate locker room facility for faculty (4 responses)

Free time doesn't line up with activities that are offered (2 responses)

Take classes during lunch (2 responses)

I like to walk outside, weather permitting (2 responses)

Cost to use gym at SCSU (2 responses)

Wii fit

Home responsibilities at noon

Other things are more fun

I don't want to come in super early to work out

Lack of energy comes from working 2 jobs

Trying to play catch-up with work tasks as well as maintain my daily work load

Leg and feet problems

Don't think about it

The new open yoga 5 days a week is more flexible with scheduling so I can try to get there two days/week at least - which works better then set MW or TTH schedule.

Building guidelines

Don't know of a faculty basketball group

The field house, dome, and Rec Center are packed after work when I would prefer to work out

Nothing- I do run every lunch time

Balance between work, school, and family consumes time

Having to change clothes

Need to shower afterwards and don't have membership to campus gym

Don't feel comfortable working out where students are "watching"

**-Question: What would help you to participate more to get physically active while you are at work?  
(Check all that apply).**

**Easy access to facilities: 62.1%**

Choices for working out at different places on campus: 42.4%

Incentives: 30.0%

Other: 26.3%

Management support: 21.0%

Coworker support: 15.6%

Clear goals and communication about how to get physically active: 11.5%

Below is a list of what the participants who responded with “Other” specified:

More time at lunch/more manageable workload (27 responses)

Memberships/fees waived or reduced (6 responses)

I prefer to work out after I leave campus (4 responses)

Non-noon hours to work out (2 responses)

A workout buddy to motivate me/ colleagues with similar fitness interests (2 responses)

A place to work out that students don't have access to (2 responses)

After work activity hours (5 or 6 PM)

Rearranging work schedule to get an earlier lunch break

I don't know

More efficient office support

Just need to make the time

Women's locker room is too far away from the fitness center, making it difficult to get a quick workout in

Flexible hours that allow for a workout (at employee's discretion, not supervisor's)

Unlikely that I will

Regular time to get away to participate

Better changing/showering facilities

Better hours

Availability of pool

More fitness classes offered during noon hour

Nothing- I don't want to get all sweaty and then have to go back to work

My job is physical

Less expensive yoga classes and yoga offered very early in the morning

Tell all supervisors, because they just don't get it

Offer low impact programs such as yoga, meditation, or Tai Chi

It is already SO AVAILABLE - I just joined the current Fitness Challenge through Rec Sports which will culminate in the 5K run

Being able to get around better

**-Question: When you are not at work, what physical activity do you do? (Check all that apply)**

**Walk: 84.0%**

Housework: 62.4%

Bike: 43.9%

Garden: 40.8%

Cardio: 21.6%

Yoga: 18.1%

Run/jog: 18.1%

Other: 17.8%  
Health club: 17.4%  
Exercise tapes: 14.3%  
Swim: 12.9%  
Golf: 12.5%  
Hunt: 8.0%  
Team sports: 6.6%

Below is a list of what the participants who responded with “Other” specified:

Weight lifting/strength training (9 responses)  
Cross country ski and/or alpine ski (9 responses)  
Wii fit (4 responses)  
Play with my kids (3 responses)  
Elliptical (2 responses)  
Lawn work (2 responses)  
Sailing (2 responses)  
Ice skating (2 responses)  
Martial arts (2 responses)  
Bike to and from work year round (2 responses)  
Care for horses (lift bales and water buckets, etc.)  
Balance ball with weights  
Walk the dog  
Clean office buildings as a second job  
Any outdoor activity  
Treadmill at home  
Stretching exercises  
Referee soccer  
Fitness classes at my health club  
Rollerblading  
Bowling  
Biking in the spring and summer only  
Disc golf  
Curves  
Nordic track  
Nordic walking  
Music  
Reading  
Crafts  
None  
Calisthenics  
Coaching  
Tai Chi  
Take care of farm  
Anything I can

### ***Walking Club***

There were two items on the survey that addressed whether SCSU employees would be interested in joining a walking club, and if so, what times and locations would be most convenient for them. The results of this feedback are described in more detail below. 261 participants in the survey responded to

the item addressing whether they'd be interested in joining such a club, and 76 respondents offered feedback regarding when and where the walking club should be held.

**-Question: Would you be interested in joining a walking club here at SCSU?**

Yes: 39.1%

No: **60.9%**

**-Question: If yes, what time or location works for you? Comments?**

During the noon hour/lunch break (10 responses)

After work (4:30 or 5:00 PM) (6 responses)

Noon near Centennial Hall (4 responses)

Lunch hours or after work (4 responses)

Early morning (before work) or evening (after work) (4 responses)

11:30 AM (4 responses)

Morning in the field house or near the fitness center (2 responses)

Friday evenings

Anytime other than early morning or over the noon hour

Thursday mornings in Halenbeck

OOB in the Quarry Center

4:00 PM Monday through Wednesday

After 3:00 PM in the central campus area

Centennial Hall after work

After work or during the noon hour at the northern or middle part of campus

Halenbeck in the afternoon

Halenbeck before work or during lunch

The Riverwalk or a cool area like the walking track in the dome or the Hockey Center between

11am -2pm

Before work on Tuesdays and Thursdays

Yoga before 9AM on Mondays and Wednesdays

Lunch break indoors somewhere so weather isn't a factor

Mid-afternoon

Mondays, Wednesdays, and Fridays in the afternoon

Noon during the summer

Mondays after 3PM or Thursdays anytime

After 4:30 near Atwood

Atwood

Starting from central campus

For spring 2009: Monday anytime before 4:00 PM, Tuesday and Thursday between 11:30 AM

and 4:30 PM and Wednesdays between 11:00 AM and 2:00 PM

Early morning

It would have to be at flexible times

Centennial Hall

After 4:30 PM or during 1:00 PM-2:00 PM if facilities other than Halenbeck and the Rec center were used---some building in middle of campus

Monday and Wednesday before 10:00AM or after 3:00 PM and Thursdays from 12:00 PM to 1:00 PM

11:00AM near ECC

Midday near Stewart Hall

On campus

2:00 PM around the campus grounds during favorable weather. Bad weather days a building location that is close to the main part of campus, like Centennial Hall, the Performing Arts building, or the Administrative Services building  
Sports facilities on campus  
Indoors in winter or inclement weather and outdoors in spring/summer/fall  
Before work anywhere near or around campus  
Have a beginner's one that doesn't walk too fast

### ***Wellness Program Interest***

Two items on the survey assessed the interest level of SCSU employees towards participation in a comprehensive wellness program as well as surveyed which types of health promotion programs or services they'd be interested in participating in. 283 participants indicated their interest level regarding participating in a comprehensive wellness program at SCSU, while 256 participants responded to which programs or services they'd be interested in becoming involved with. Please see below for details.

**-Question: How interested are you in participating in a comprehensive wellness program here at SCSU?**

Uninterested: 13.8%  
**Somewhat interested: 45.9%**  
Interested: 29.0%  
Very interested: 11.3%

**-Question: Please indicate the following health promotion programs or sources you would be interested in. (Check all that apply)**

**Healthy eating/nutrition: 57.8%**  
Fitness classes: 46.1%  
Natural/alternative remedies: 42.2%  
Stress management: 38.7%  
Yoga/Pilates: 37.9%  
Fitness assessments: 36.7%  
Balancing work and home life: 28.9%  
Other (Please specify): 10.5%  
Tobacco session on quitting smoking: 2.3%

Below is a list of what the participants who responded with "Other" specified:

Swimming/scuba classes (2 responses)  
Programs should be free or have minimal costs associated with them (2 responses)  
Gym- machine and weights  
Ballroom dancing, combining colleague interaction with physical activity  
Type II Diabetes club that would meet regularly to exchange ideas about diet/ exercise  
Getting workgroups together to do an activity during work hours  
Fitness classes offered early (6:00 AM) in order to allow time to shower and get to work  
A workshop on how to work only 40 hours a week  
Access to the fitness center without cost  
Walking group  
Coaching/instruction  
Low impact exercise classes geared towards 40 to 55 year olds

Organized bicycling

"How to" brochures or information available on line: How to lift weights in a gym, stretch correctly, etc.

Ergonomics

Fitness classes for staff and faculty

“Something without a lot of sweat, because I still have to work”

A meditation room or center

Meditation

Allow flexible schedules to promote fitness activity (very difficult to do - ING direct is a rare example)

The campus fitness challenge- everything is already available and great!

Work out location that is not accessible to students

### ***Scheduling***

Two items surveyed respondents regarding which days of the week would be most convenient to attend health promotion programs and which times would be best for participating in fitness classes. 224 participants offered information about which day of the week would be best to attend health programs, while 238 participants replied to the question regarding what time of the day would be most convenient to attend fitness classes. These results are portrayed below.

**-Question: Which day(s) of the week would be most convenient to attend health promotion programs? (Check all that apply.)**

Monday: 46.4%

Tuesday: 50.9%

Wednesday: 51.8%

**Thursday: 56.7%**

Friday: 46.9%

**-Question: Which time(s) would be most convenient for you to attend fitness classes? (Check all that apply.)**

Before work: 26.9%

During break: 50.4%

**After work: 52.9%**

### ***Smoke Free Campus***

One item on the questionnaire surveyed respondents about whether they would like to see the campus go smoke free. 268 people responded to this item, and their results can be viewed below.

**-Question: Would you like to see the campus go “smoke free?”**

**Yes: 86.2%**

No: 13.8%