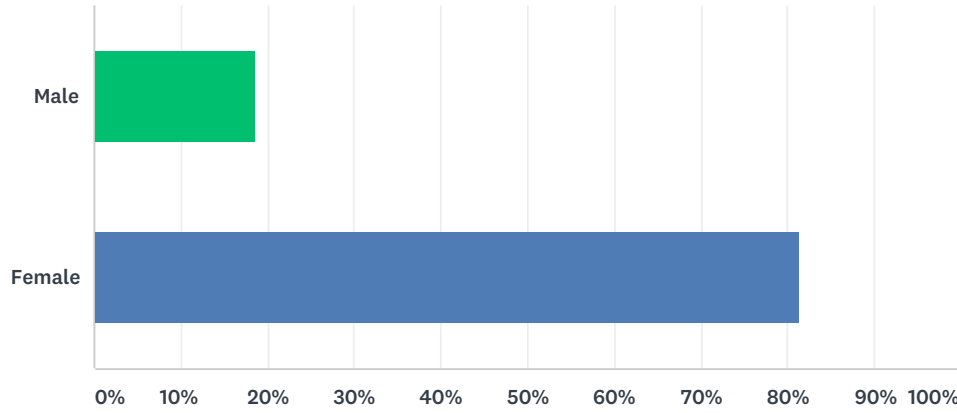


### Q1 Gender

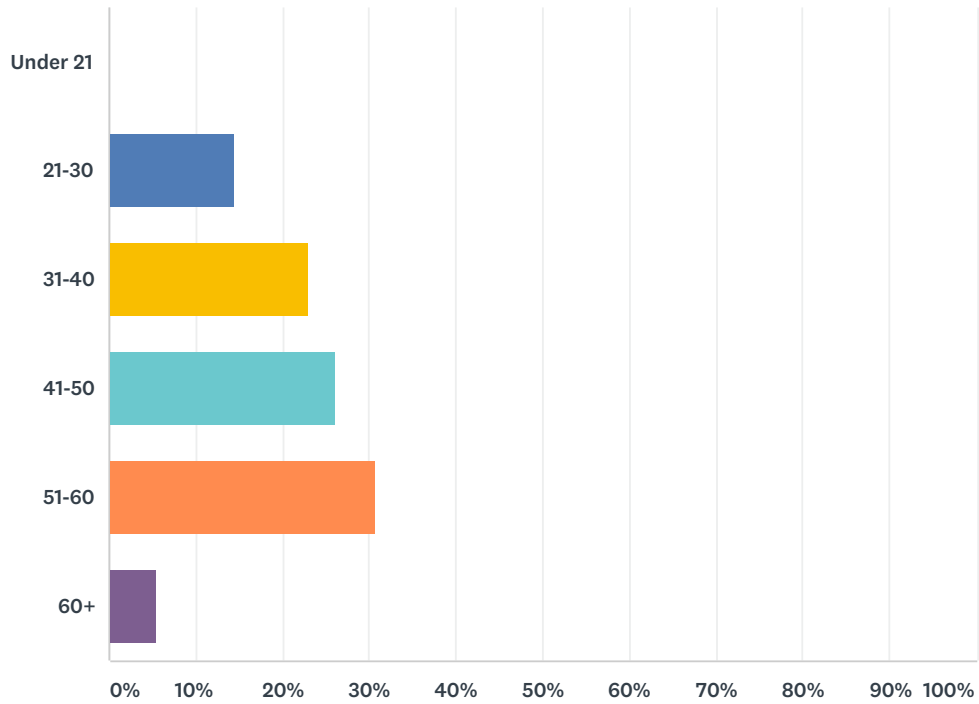
Answered: 221 Skipped: 0



ANSWER CHOICES	RESPONSES	
Male	18.55%	41
Female	81.45%	180
TOTAL		221

## Q2 Age Group: (Please indicate the age group to which you belong.)

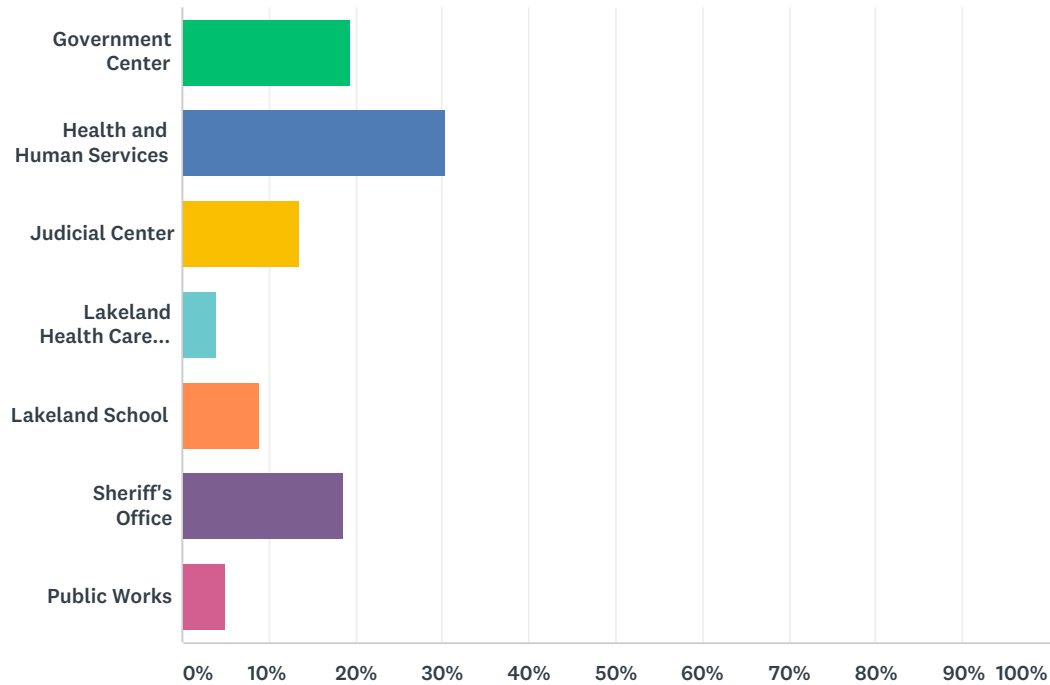
Answered: 221 Skipped: 0



ANSWER CHOICES	RESPONSES	
Under 21	0.00%	0
21-30	14.48%	32
31-40	23.08%	51
41-50	26.24%	58
51-60	30.77%	68
60+	5.43%	12
<b>TOTAL</b>		<b>221</b>

### Q3 Please indicate your worksite location:

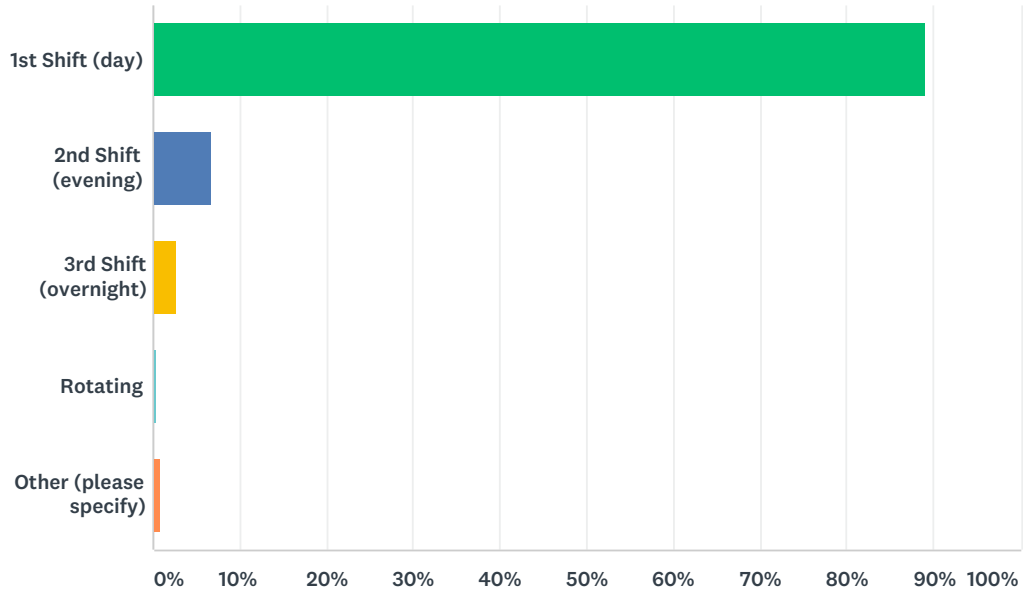
Answered: 221 Skipped: 0



ANSWER CHOICES	RESPONSES	
Government Center	19.46%	43
Health and Human Services	30.32%	67
Judicial Center	13.57%	30
Lakeland Health Care Center	4.07%	9
Lakeland School	9.05%	20
Sheriff's Office	18.55%	41
Public Works	4.98%	11
<b>TOTAL</b>		<b>221</b>

### Q4 What shift do you work?

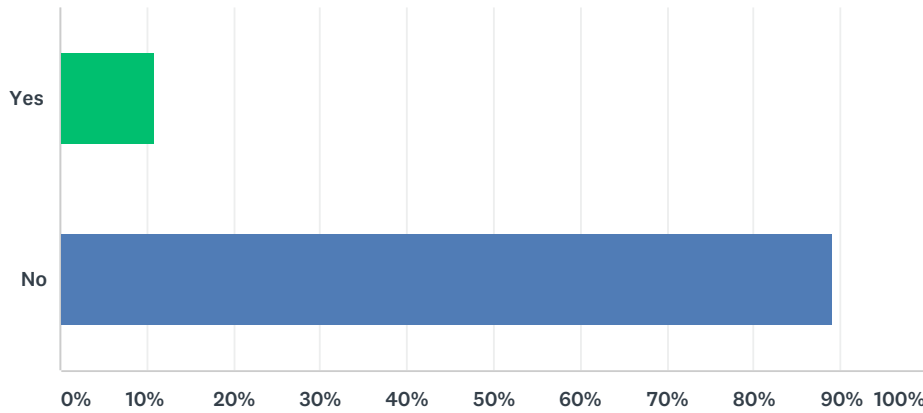
Answered: 221 Skipped: 0



ANSWER CHOICES	RESPONSES	
1st Shift (day)	89.14%	197
2nd Shift (evening)	6.79%	15
3rd Shift (overnight)	2.71%	6
Rotating	0.45%	1
Other (please specify)	0.90%	2
<b>TOTAL</b>		<b>221</b>

### Q5 Would you be interested in participating on the wellness council?

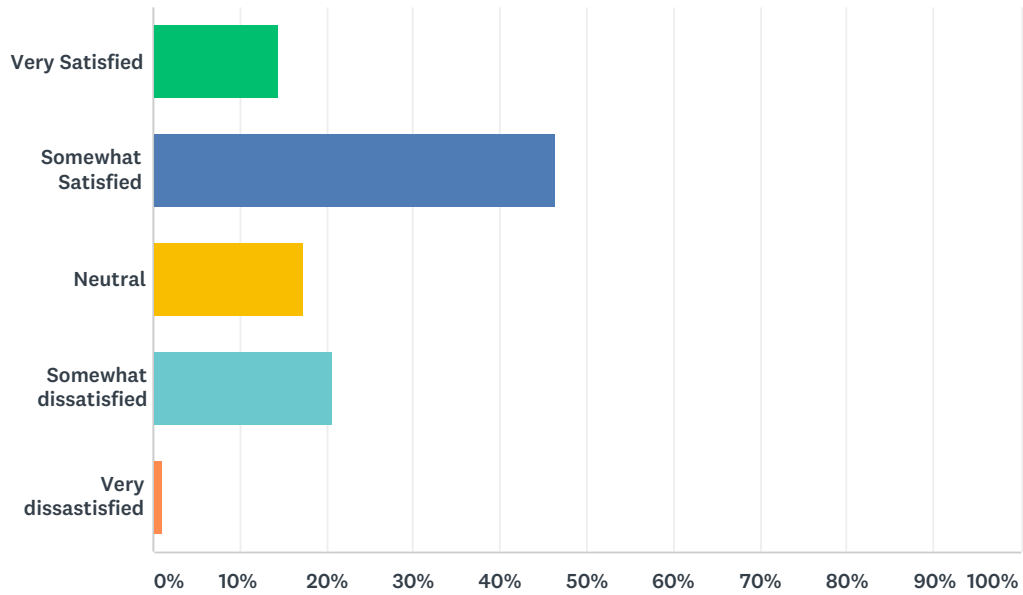
Answered: 221 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	10.86%	24
No	89.14%	197
TOTAL		221

## Q6 How satisfied are you with your current state of health?

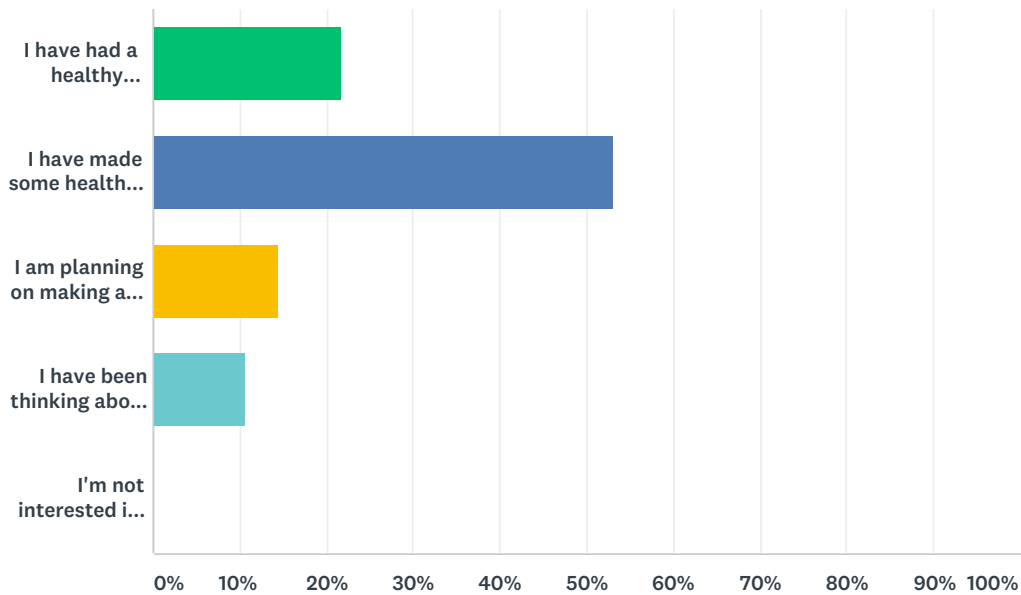
Answered: 207 Skipped: 14



ANSWER CHOICES	RESPONSES	
Very Satisfied	14.49%	30
Somewhat Satisfied	46.38%	96
Neutral	17.39%	36
Somewhat dissatisfied	20.77%	43
Very dissatisfied	0.97%	2
<b>TOTAL</b>		<b>207</b>

### Q7 Have you recently given serious thought to making a positive lifestyle change? What category would you place yourself?

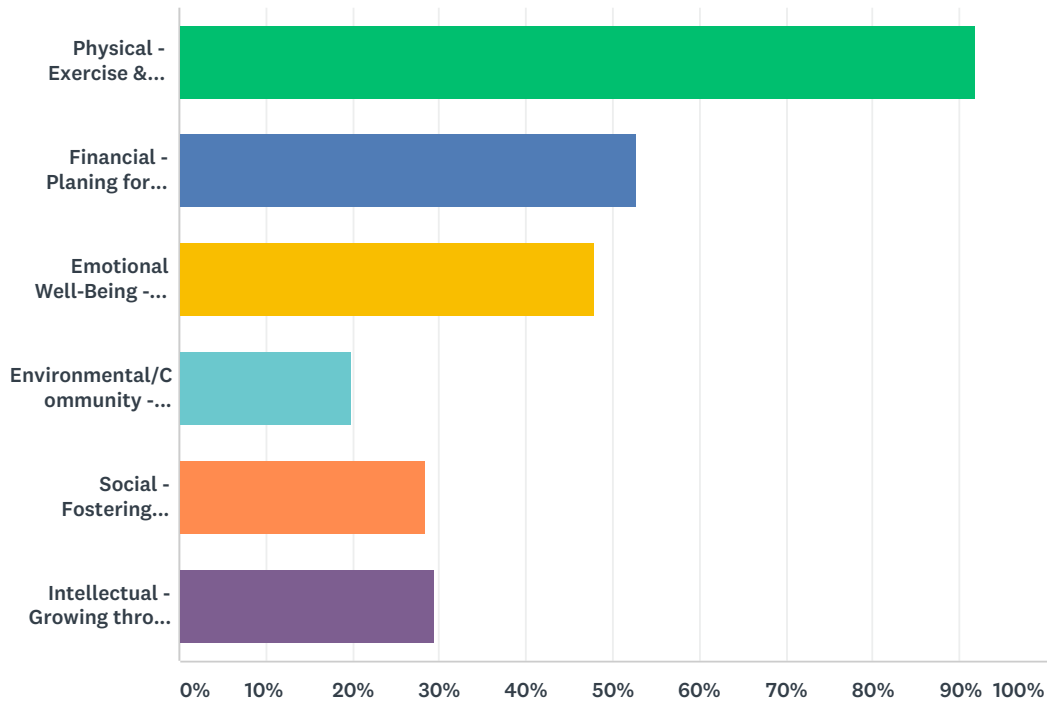
Answered: 207 Skipped: 14



ANSWER CHOICES	RESPONSES	
I have had a healthy lifestyle for years	21.74%	45
I have made some health behavior changes but I still have trouble following through	53.14%	110
I am planning on making a health behavior change within the next 6 months	14.49%	30
I have been thinking about changing some of my health behaviors	10.63%	22
I'm not interested in pursuing a healthy lifestyle	0.00%	0
<b>TOTAL</b>		<b>207</b>

**Q8 Wellness has many dimensions. In the next year, what specific dimensions of wellness will you focus on to make positive changes?  
Please select all that apply.**

Answered: 207 Skipped: 14

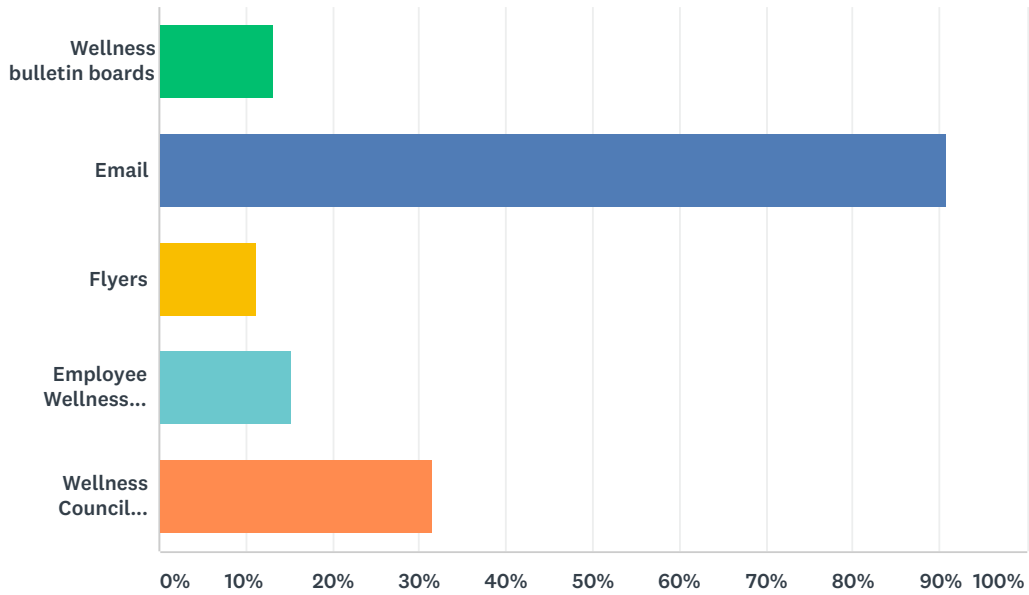


ANSWER CHOICES	RESPONSES	
Physical - Exercise & nutrition, changing habits	91.79%	190
Financial - Planning for future & stability	52.66%	109
Emotional Well-Being - Work/Life Balance	47.83%	99
Environmental/Community - Preserving the earth & creating a positive environment	19.81%	41
Social - Fostering healthy relationships	28.50%	59
Intellectual - Growing through learning & creativity	29.47%	61
Total Respondents: 207		



### Q9 How do you prefer to receive wellness-related information? Please select all that apply.

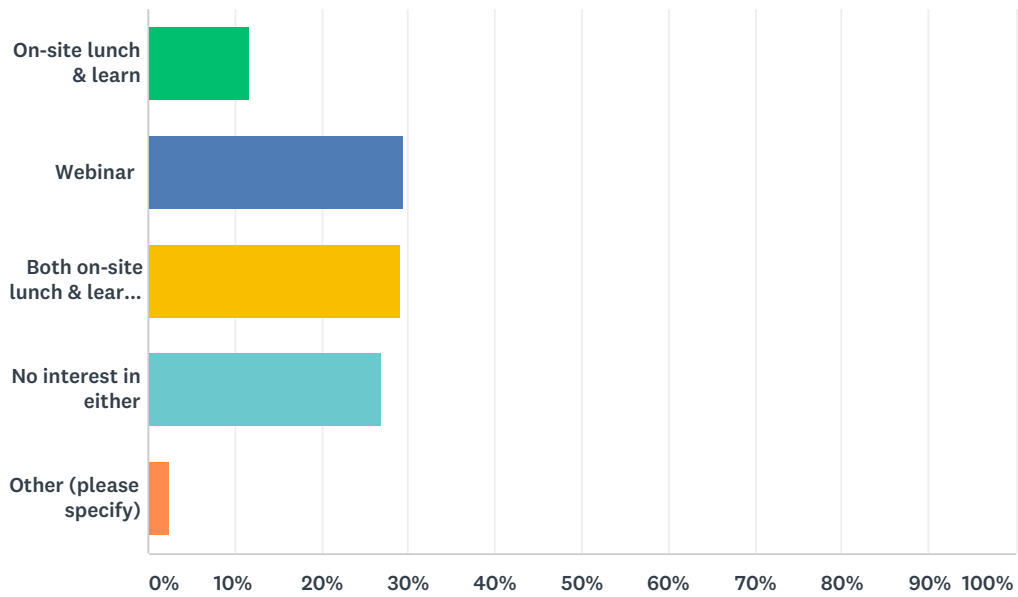
Answered: 196 Skipped: 25



ANSWER CHOICES	RESPONSES	
Wellness bulletin boards	13.27%	26
Email	90.82%	178
Flyers	11.22%	22
Employee Wellness Council Website	15.31%	30
Wellness Council e-newsletter	31.63%	62
Total Respondents: 196		

### Q10 Would you prefer on-site lunch & learns or an online webinar to view at a time & place that is convenient for you?

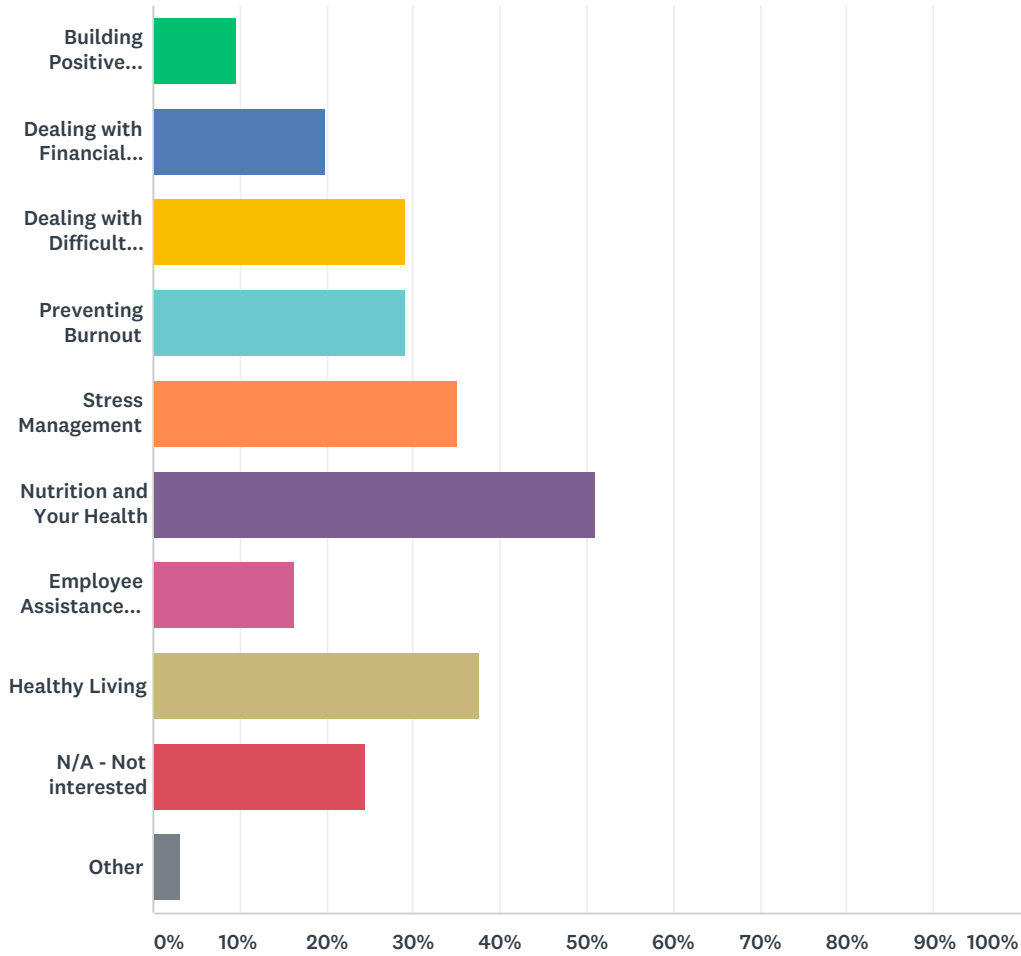
Answered: 196 Skipped: 25



ANSWER CHOICES	RESPONSES	
On-site lunch & learn	11.73%	23
Webinar	29.59%	58
Both on-site lunch & learn and webinar	29.08%	57
No interest in either	27.04%	53
Other (please specify)	2.55%	5
<b>TOTAL</b>		<b>196</b>

### Q11 What topics would you like to have presented at the Lunch 'n' Learns or online webinars you could view at your convenience? (Select Up to 4 Topics)

Answered: 196 Skipped: 25

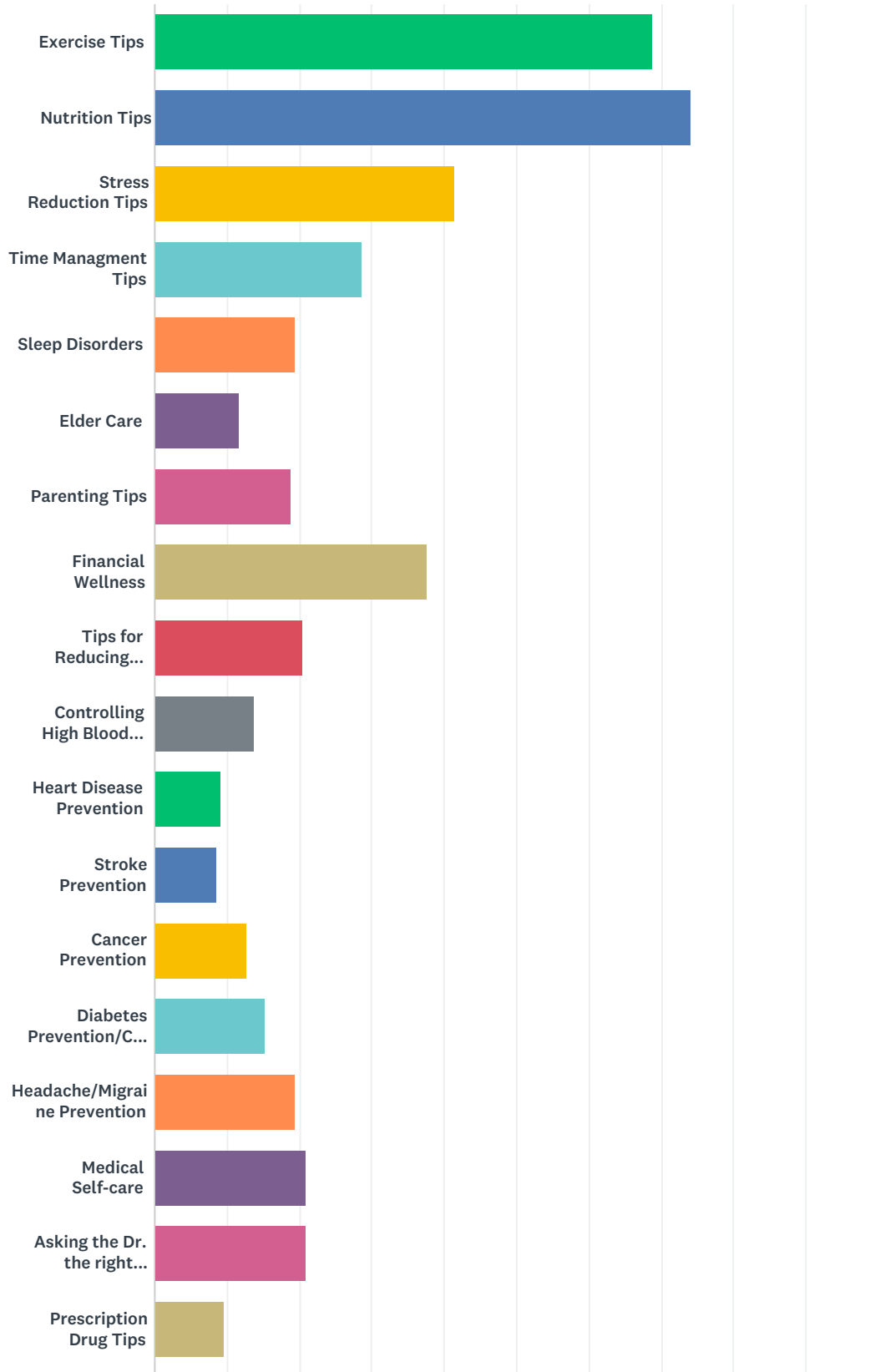


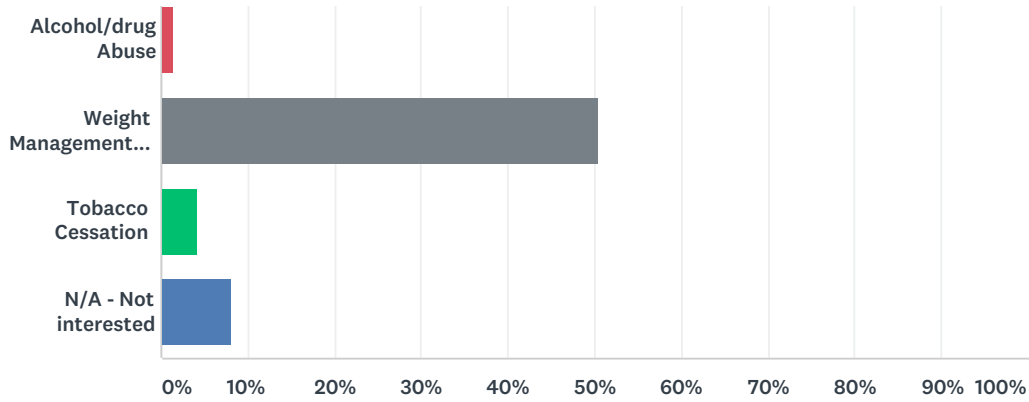
ANSWER CHOICES	RESPONSES	
Building Positive Self-Esteem	9.69%	19
Dealing with Financial Stress	19.90%	39
Dealing with Difficult People	29.08%	57
Preventing Burnout	29.08%	57
Stress Management	35.20%	69
Nutrition and Your Health	51.02%	100
Employee Assistance Program Resources	16.33%	32
Healthy Living	37.76%	74
N/A - Not interested	24.49%	48
Other	3.06%	6

Total Respondents: 196

### Q12 If you could receive written information for the health topics listed below, which would you select? (Select up to 10 topics)

Answered: 196 Skipped: 25

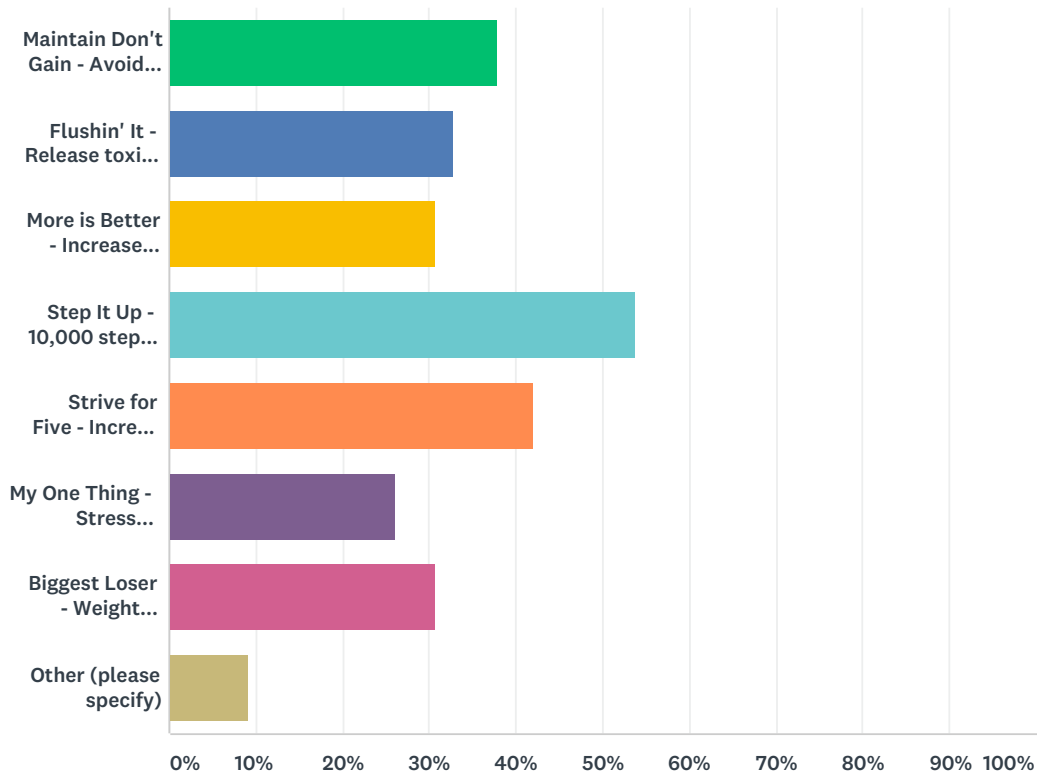




ANSWER CHOICES	RESPONSES	
Exercise Tips	68.88%	135
Nutrition Tips	73.98%	145
Stress Reduction Tips	41.33%	81
Time Management Tips	28.57%	56
Sleep Disorders	19.39%	38
Elder Care	11.73%	23
Parenting Tips	18.88%	37
Financial Wellness	37.76%	74
Tips for Reducing Cholesterol	20.41%	40
Controlling High Blood Pressure	13.78%	27
Heart Disease Prevention	9.18%	18
Stroke Prevention	8.67%	17
Cancer Prevention	12.76%	25
Diabetes Prevention/Control	15.31%	30
Headache/Migraine Prevention	19.39%	38
Medical Self-care	20.92%	41
Asking the Dr. the right questions	20.92%	41
Prescription Drug Tips	9.69%	19
Alcohol/drug Abuse	1.53%	3
Weight Management Techniques	50.51%	99
Tobacco Cessation	4.08%	8
N/A - Not interested	8.16%	16
Total Respondents: 196		

### Q13 Listed below are campaigns we have offered in the past few years. Of these campaigns, which would you participate in if we offered it again?

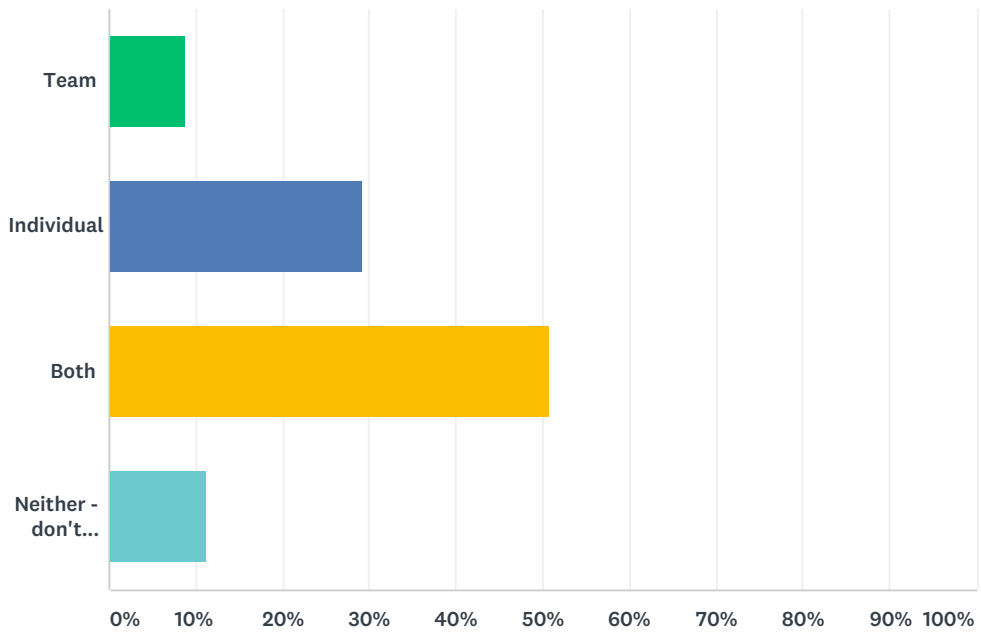
Answered: 195 Skipped: 26



ANSWER CHOICES	RESPONSES	
Maintain Don't Gain - Avoid the weight gain over the holidays	37.95%	74
Flushin' It - Release toxins by increasing fruit, veggies, water & whole grains	32.82%	64
More is Better - Increase fruit & vegetable consumption	30.77%	60
Step It Up - 10,000 step program with step tracking device	53.85%	105
Strive for Five - Increase physical activity	42.05%	82
My One Thing - Stress management by focusing on YOU, finding that "one thing" that will help you	26.15%	51
Biggest Loser - Weight management through healthy eating & exercise	30.77%	60
Other (please specify)	9.23%	18
Total Respondents: 195		

### Q14 Do you prefer wellness campaigns that require a team to participate or individual participation?

Answered: 195 Skipped: 26

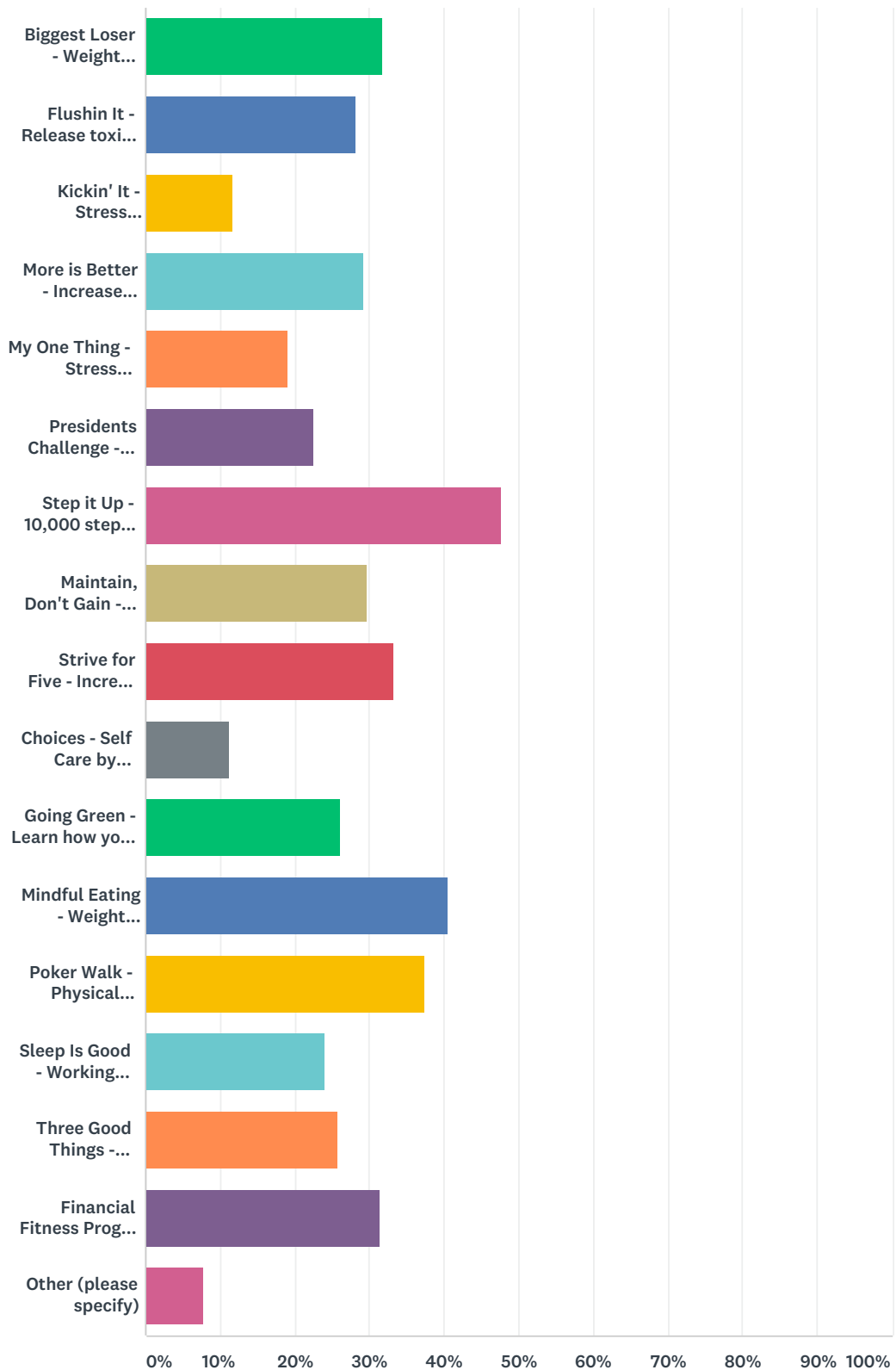


ANSWER CHOICES	RESPONSES	
Team	8.72%	17
Individual	29.23%	57
Both	50.77%	99
Neither - don't participate	11.28%	22
<b>TOTAL</b>		<b>195</b>



# Q15 Please select the campaigns you would like to see offered in the next year:

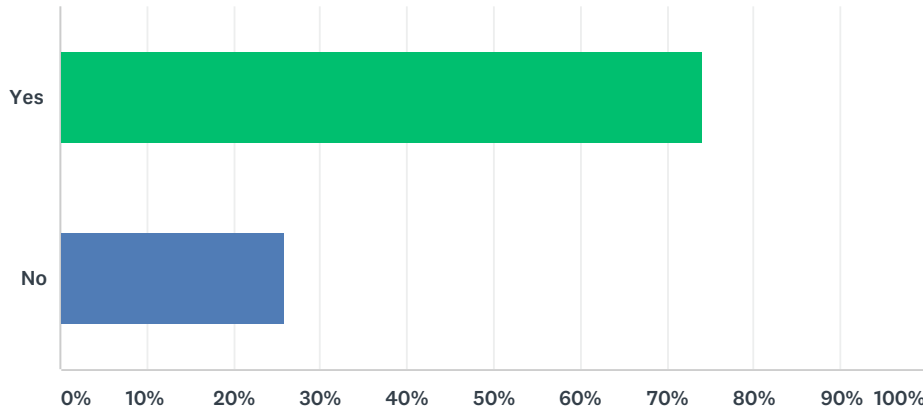
Answered: 195 Skipped: 26



ANSWER CHOICES	RESPONSES	
Biggest Loser - Weight management through healthy eating & exercise	31.79%	62
Flushin It - Release toxins by increasing Fruits & Veggies, H2O & Whole Grains	28.21%	55
Kickin' It - Stress management through remove a bad habit	11.79%	23
More is Better - Increase fruits and vegetables consumption	29.23%	57
My One Thing - Stress management by focusing on YOU, finding that "one thing" that will help you	18.97%	37
Presidents Challenge - Increase exercise in varying capacities, example plank/crunch/squat progressive challenge	22.56%	44
Step it Up - 10,000 step program with step tracking device.	47.69%	93
Maintain, Don't Gain - Avoid the weight gain over the holidays	29.74%	58
Strive for Five - Increase physical exercise	33.33%	65
Choices - Self Care by focusing on decreasing risks	11.28%	22
Going Green - Learn how you can live a greener life	26.15%	51
Mindful Eating - Weight management by paying close attention to what you are eating & how it makes you feel.	40.51%	79
Poker Walk - Physical activity with some added fun!	37.44%	73
Sleep Is Good - Working towards creating a healthy sleep routine	24.10%	47
Three Good Things - Improve emotional tone of life	25.64%	50
Financial Fitness Program - Improve financial well-being	31.28%	61
Other (please specify)	7.69%	15
Total Respondents: 195		

**Q16 Do you currently participate in the Wellness Program? Remember, the wellness program includes the fitness classes, flu shots, wellness campaigns (Step It Up, Maintain Don't Gain, etc.), Get Fit 5K, biometric screening, etc.**

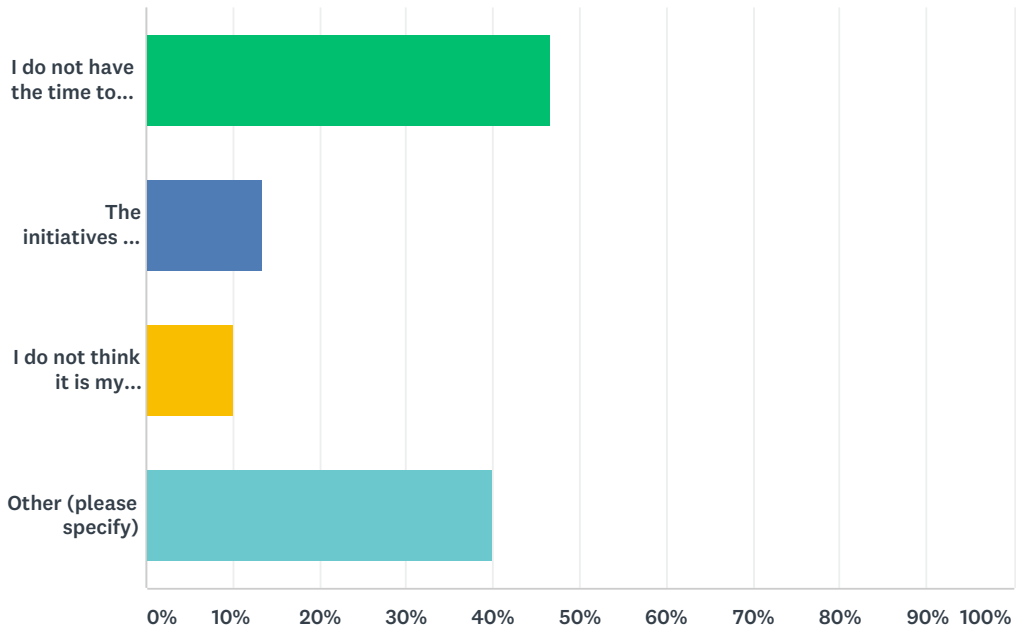
Answered: 178 Skipped: 43



ANSWER CHOICES	RESPONSES	
Yes	74.16%	132
No	25.84%	46
TOTAL		178

### Q17 If you do not participate, why not?

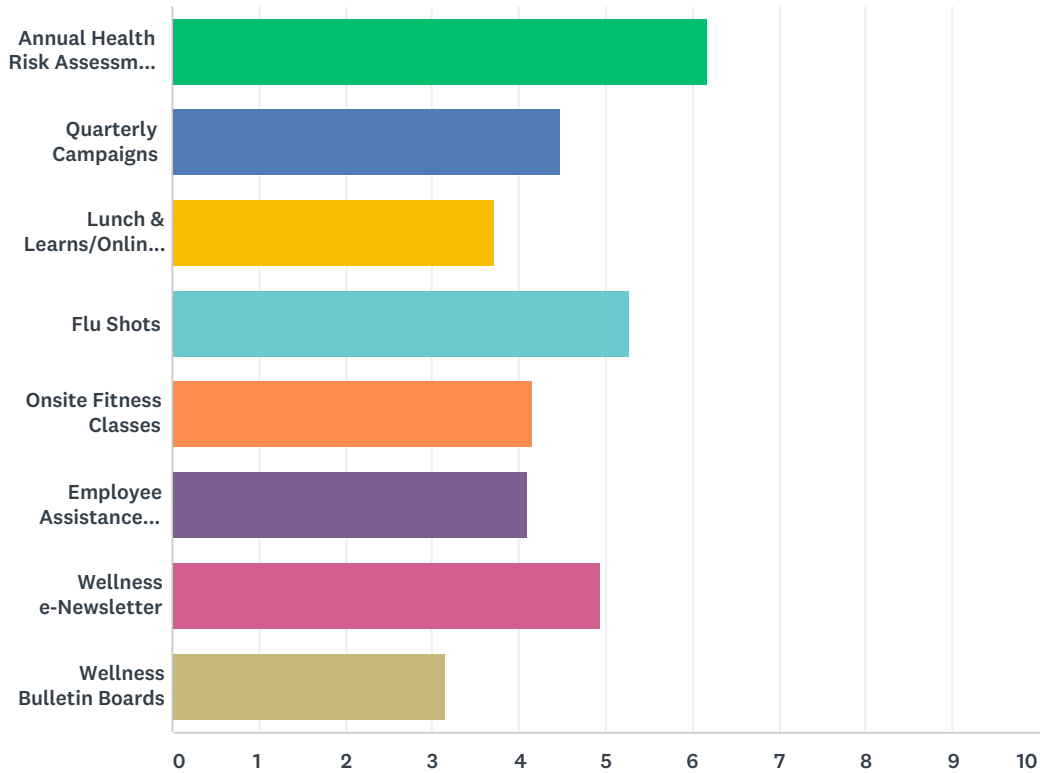
Answered: 60 Skipped: 161



ANSWER CHOICES	RESPONSES	
I do not have the time to participate in the initiatives	46.67%	28
The initiatives do not interest me	13.33%	8
I do not think it is my employers responsibility to help me live a healthy lifestyle	10.00%	6
Other (please specify)	40.00%	24
Total Respondents: 60		

**Q18 Of the offerings listed below, please rank in order of how beneficial they are to you. Using a scale of 1-8, start with 1 as being the most beneficial and rank each as 2, 3, 4, etc. until you get to number 8 which is least beneficial.**

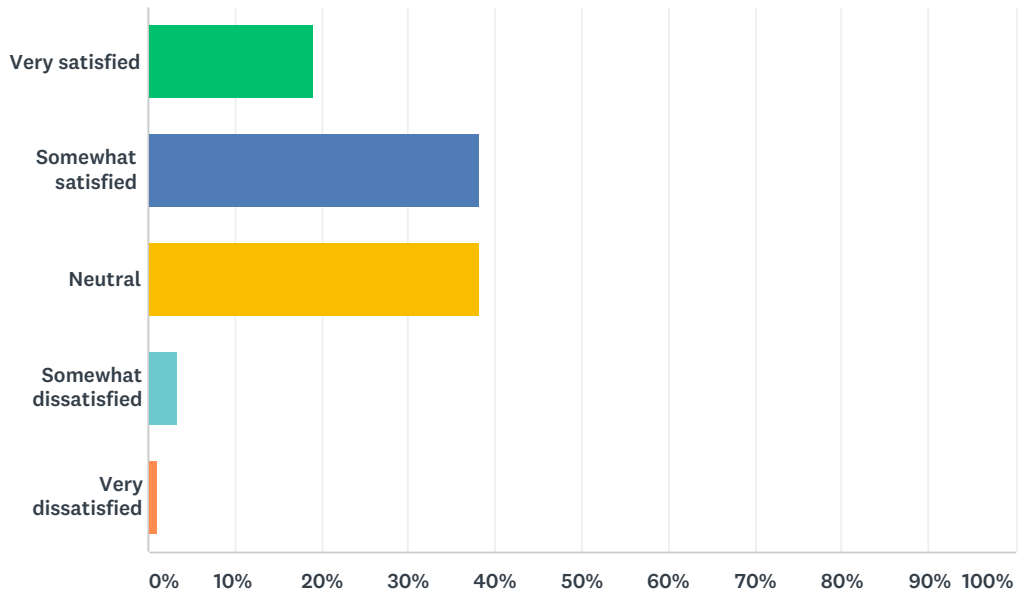
Answered: 178 Skipped: 43



	1	2	3	4	5	6	7	8	TOTAL	SCORE
Annual Health Risk Assessment (biometric screen, questionnaire & results review)	45.51% 81	17.42% 31	9.55% 17	5.62% 10	4.49% 8	2.81% 5	4.49% 8	10.11% 18	178	6.17
Quarterly Campaigns	3.93% 7	16.85% 30	16.85% 30	12.92% 23	14.04% 25	15.17% 27	10.11% 18	10.11% 18	178	4.47
Lunch & Learns/Online Webinars	3.93% 7	3.37% 6	12.36% 22	14.61% 26	16.85% 30	19.66% 35	14.04% 25	15.17% 27	178	3.72
Flu Shots	26.40% 47	24.72% 44	7.87% 14	7.30% 13	4.49% 8	2.81% 5	7.30% 13	19.10% 34	178	5.28
Onsite Fitness Classes	10.11% 18	10.11% 18	8.43% 15	16.85% 30	10.67% 19	11.24% 20	20.79% 37	11.80% 21	178	4.16
Employee Assistance Program (EAP)	2.25% 4	8.43% 15	19.10% 34	12.92% 23	15.17% 27	17.42% 31	16.85% 30	7.87% 14	178	4.11
Wellness e-Newsletter	7.87% 14	14.04% 25	17.42% 31	20.22% 36	17.42% 31	12.36% 22	9.55% 17	1.12% 2	178	4.94
Wellness Bulletin Boards	0.00% 0	5.06% 9	8.43% 15	9.55% 17	16.85% 30	18.54% 33	16.85% 30	24.72% 44	178	3.15

### Q19 Please rate your overall satisfaction with the wellness program.

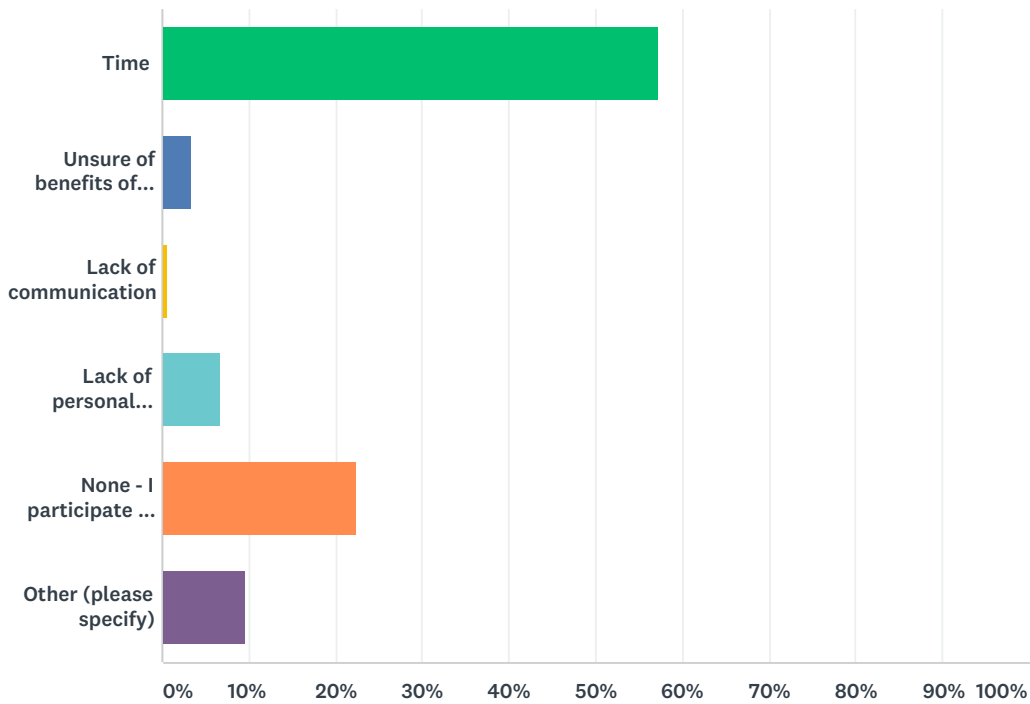
Answered: 178 Skipped: 43



ANSWER CHOICES	RESPONSES	
Very satisfied	19.10%	34
Somewhat satisfied	38.20%	68
Neutral	38.20%	68
Somewhat dissatisfied	3.37%	6
Very dissatisfied	1.12%	2
<b>TOTAL</b>		<b>178</b>

## Q20 What do you see as your biggest barrier in participating in the wellness program?

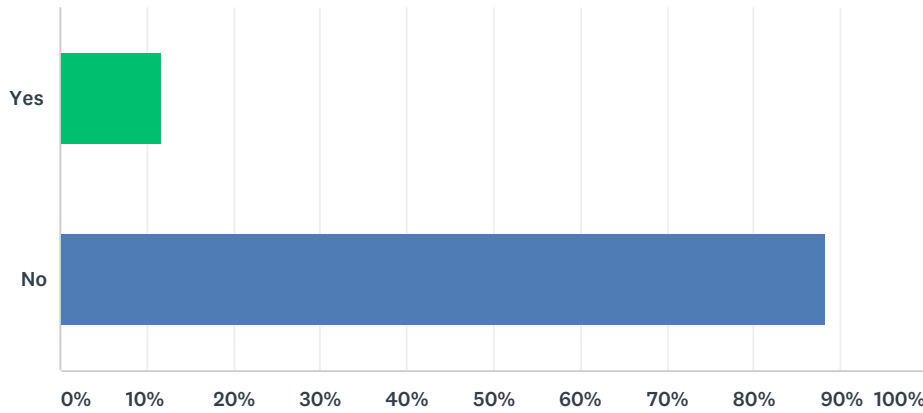
Answered: 178 Skipped: 43



ANSWER CHOICES	RESPONSES	
Time	57.30%	102
Unsure of benefits of participation	3.37%	6
Lack of communication	0.56%	1
Lack of personal interest	6.74%	12
None - I participate in various aspects of the wellness program	22.47%	40
Other (please specify)	9.55%	17
<b>TOTAL</b>		<b>178</b>

### Q21 Did you participate in our annual Get Fit 5K Run/Walk?

Answered: 178 Skipped: 43

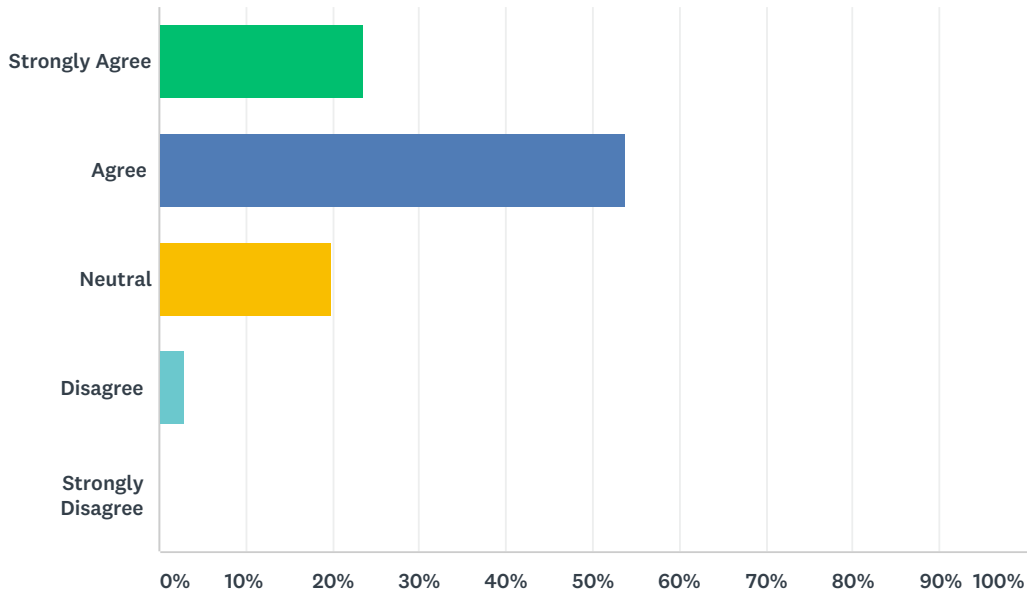


ANSWER CHOICES	RESPONSES	
Yes	11.80%	21
No	88.20%	157
TOTAL		178



## Q22 Do you believe our organization cares about employee health and wellness?

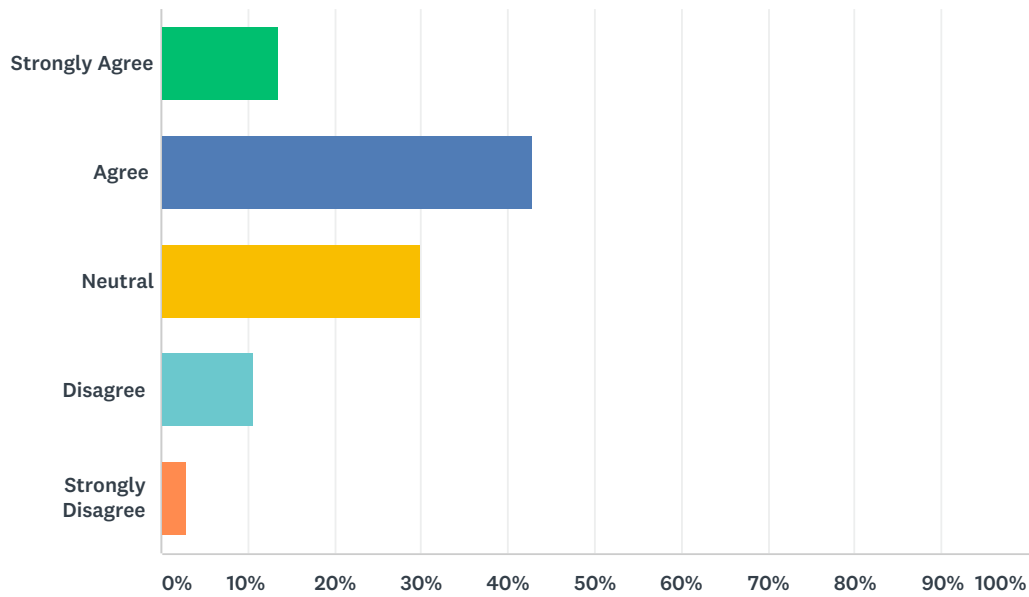
Answered: 177 Skipped: 44



ANSWER CHOICES	RESPONSES	
Strongly Agree	23.73%	42
Agree	53.67%	95
Neutral	19.77%	35
Disagree	2.82%	5
Strongly Disagree	0.00%	0
<b>TOTAL</b>		<b>177</b>

## Q23 Do you believe our managers support employees in making healthy lifestyle behaviors?

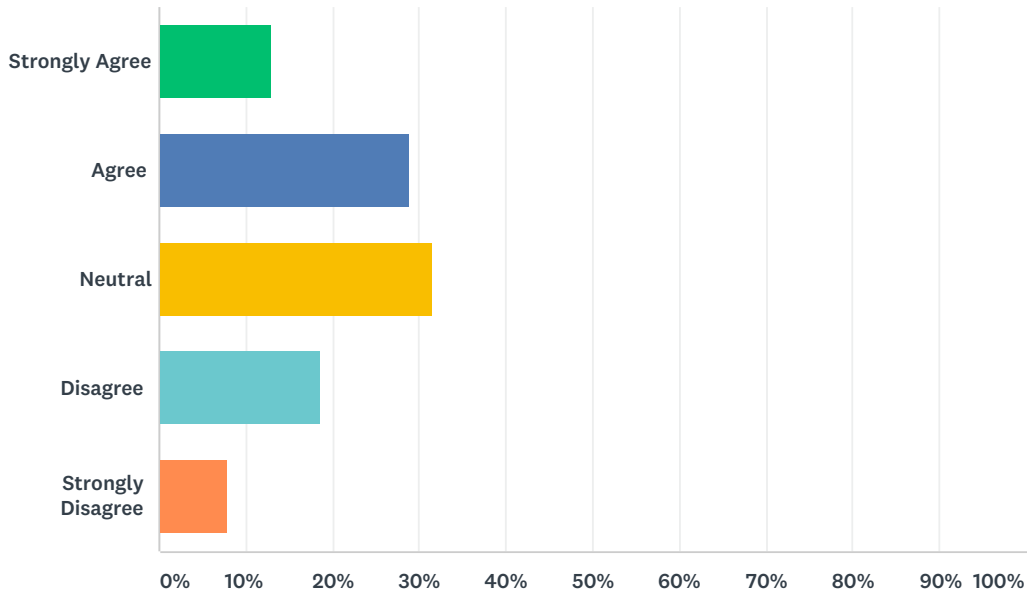
Answered: 177 Skipped: 44



ANSWER CHOICES	RESPONSES	
Strongly Agree	13.56%	24
Agree	42.94%	76
Neutral	29.94%	53
Disagree	10.73%	19
Strongly Disagree	2.82%	5
<b>TOTAL</b>		<b>177</b>

## Q24 Are you encouraged to take adequate time for lunch, away from your desk/work area?

Answered: 177 Skipped: 44



ANSWER CHOICES	RESPONSES	
Strongly Agree	12.99%	23
Agree	28.81%	51
Neutral	31.64%	56
Disagree	18.64%	33
Strongly Disagree	7.91%	14
TOTAL		177

**Q25 We want to hear from YOU! Please list any positive (or negative) comments regarding the impact of the current wellness program. List any suggestions on how we can improve the current program or things you would like to implemented. Your input is an important element to the success of the program.**

Answered: 37 Skipped: 184

Q26 Do you have a personal success story that you wish to share? Did our annual biometric screening catch a health condition early? Have our campaigns or fitness classes changed your health behaviors? We will keep the name anonymous, but would love to hear your story. If you would prefer to email or talk to someone to share your story, please contact Becky Kligora in HR at [bkligora@co.walworth.wi.us](mailto:bkligora@co.walworth.wi.us) or at 262-741-7950.

Answered: 11 Skipped: 210