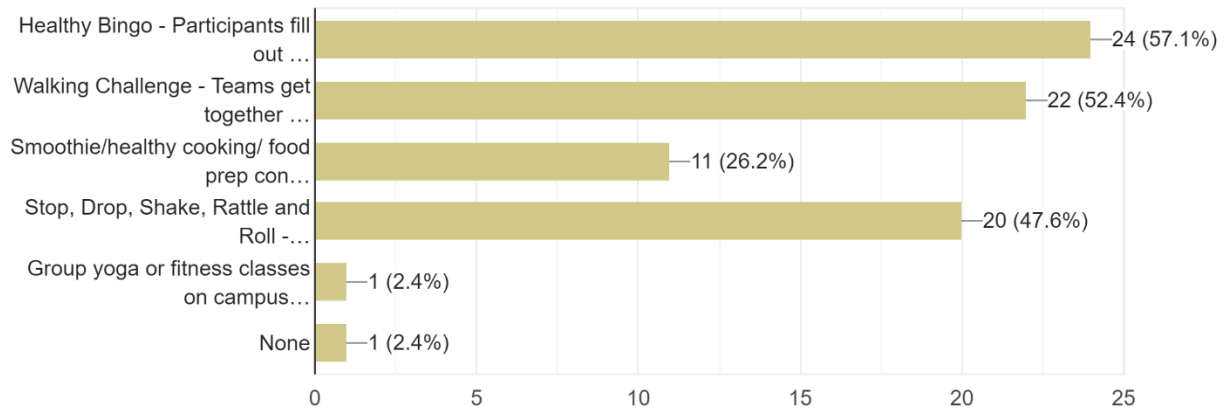


Wellness Survey Results November 2018

(48 total responses)

What prize based competitions are you interested in participating in?

42 responses



1. Healthy Bingo
2. Walking Challenge
3. Stop, Drop, Shake Rattle and Roll
4. Smoothie/healthy cooking competitions
5. Other: Group yoga/fitness classes

What other prize-based competitions would you be interested in participating in?

don't have a different idea but if you do departments they might need to be combined or divided up based on proximity if they are to all stop and gather once per day

Something over the holidays

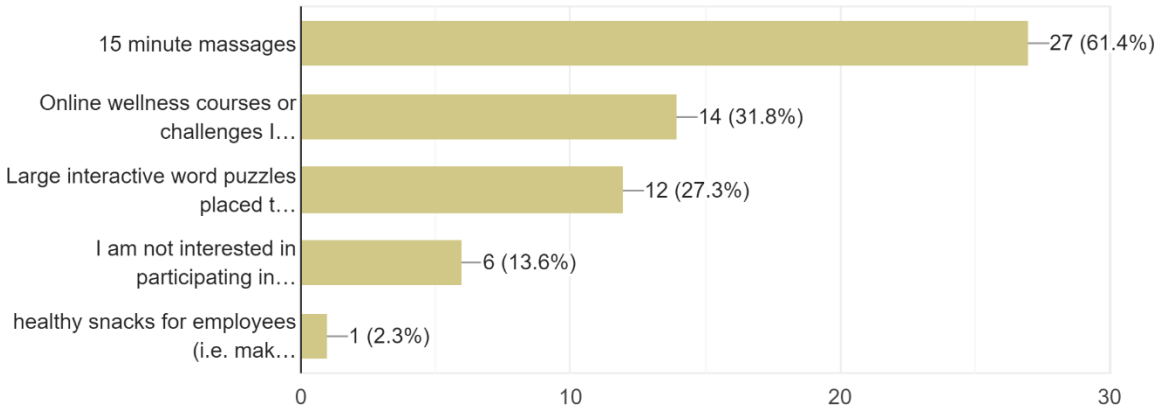
None

N/A

Meditation

Please select what you would like to see implemented on campus?

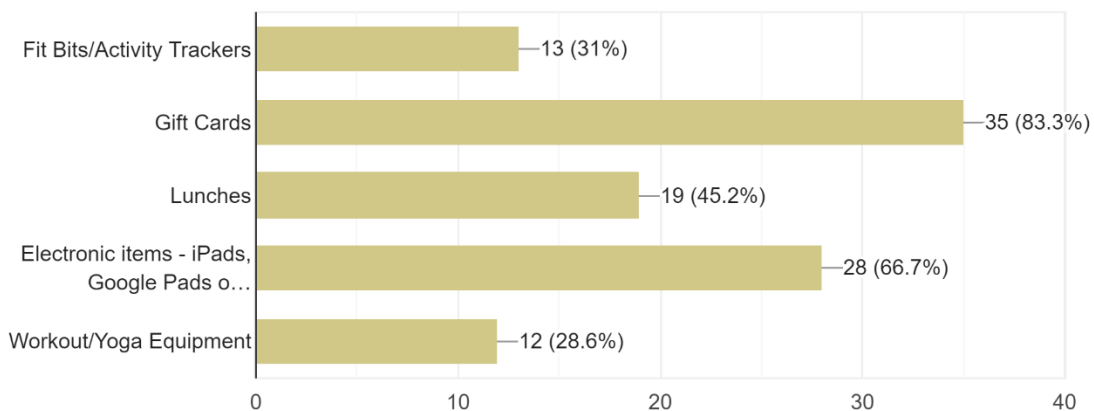
44 responses



1. 15 min massages
2. Online courses or challenges I can participate at from my desk
3. Large interactive puzzles placed around campus
4. Other: healthy snacks for employees (i.e. make your own trail mix) and break times (no meetings allowed to ensure employees can step away), mental wellness initiative (mindfulness, stress relief, time management, work-life balance,)

What types of prizes are you most interested in winning?

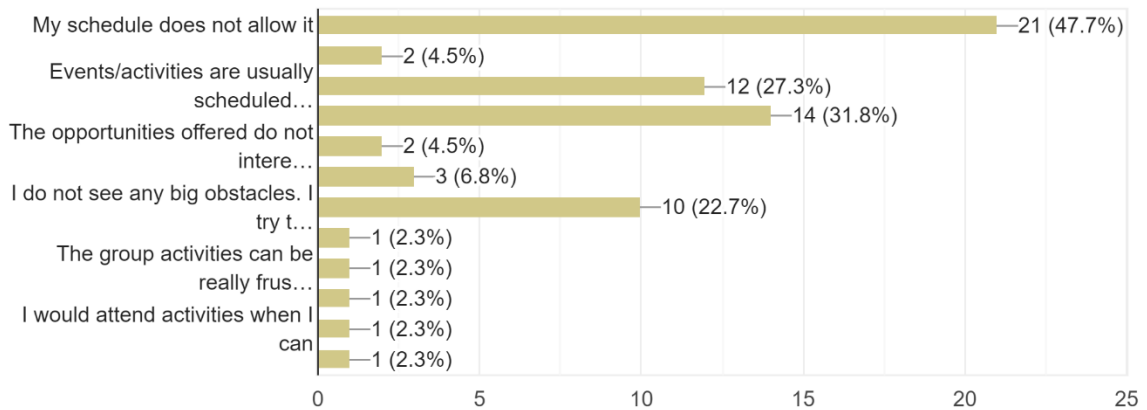
42 responses



1. Gift cards
2. Electronic Items
3. Lunches

The biggest obstacle I face when it comes to attending events and activities such as workshops, lunch and learns, w... are (you may select more than one):

44 responses



1. My schedule doesn't allow it
2. I feel my workload would suffer
3. Events/activities are usually scheduled at times I cannot be away from my desk
4. I do not see any big obstacles. I try to attend all that interest me and work around my schedule or with my supervisor to make it happen
5. I am not really interested in joining work-site activities I prefer to do these types of things on my personal time.
6. I do not feel my supervisor is supportive
7. The opportunities offered do not interest me
8. Other: Complicated challenges: it feels hard to track info daily in a team setting, or fill out a paper with soothing I do daily, such as drink water. Any aps that could be used?,
9. Other: The group activities can be really frustrating...just like group projects as a student...LOL. I would rather have individual contests
10. Other: I would attend activities when I can
11. Other: I will participate in the future!

What other suggestions do you have for the wellness committee?

Maybe less team-based ones. If someone on the team doesn't participate, then it ends up fizzling out. Or smaller teams.

Thanks for all you do!

I don't like competitions per se, such as the "number of steps" that are hard to track (different step monitoring devices come up w/different totals for the same distance; unreliable data; must purchase monitoring device), but I enjoy group activities. Also, I would find daily required activities (like the movement activity) too challenging to keep up with, especially if the entire team has to be present to complete it (vacation days? travel for work?); three times a week maybe?

Focus on big picture - how to create a more mentally well workplace to address employee dissatisfaction, lack of engagement and feeling valued.

Can a "lunch" prize be something like pizza? Or does it have to be healthy?

N/A

I love that SCNM (HR) actively tries to get us involved in healthy activities. I commend and support these efforts wholeheartedly and encourage my staff to participate. For me, I feel so overwhelmed and inundated with work, it is really tough to pull myself away. I will try more to be involved.

Your doing a great job!