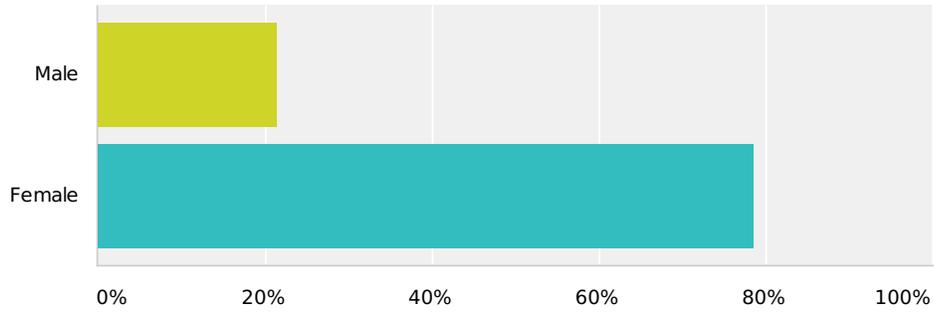


Q1 Gender

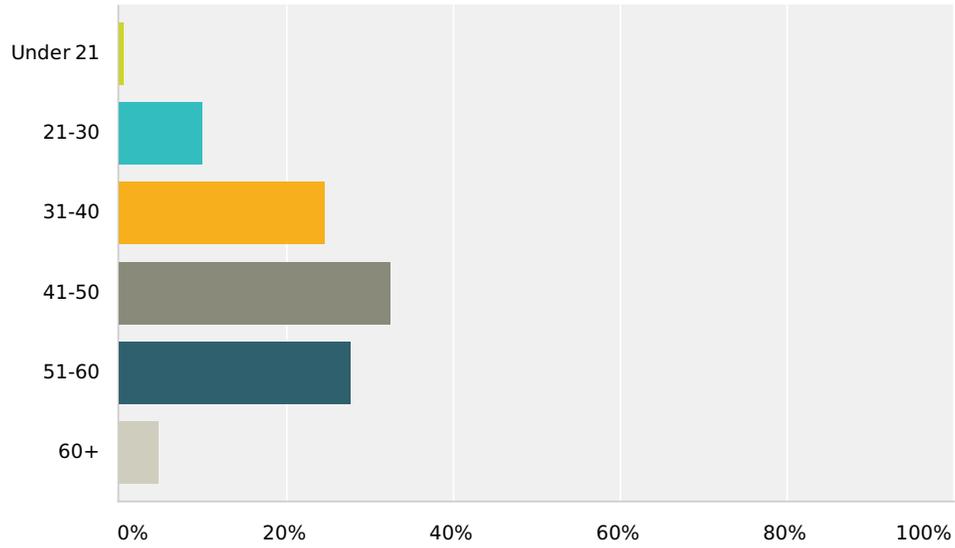
Answered: 191 Skipped: 0



Answer Choices	Responses
Male	21.47% 41
Female	78.53% 150
Total	191

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

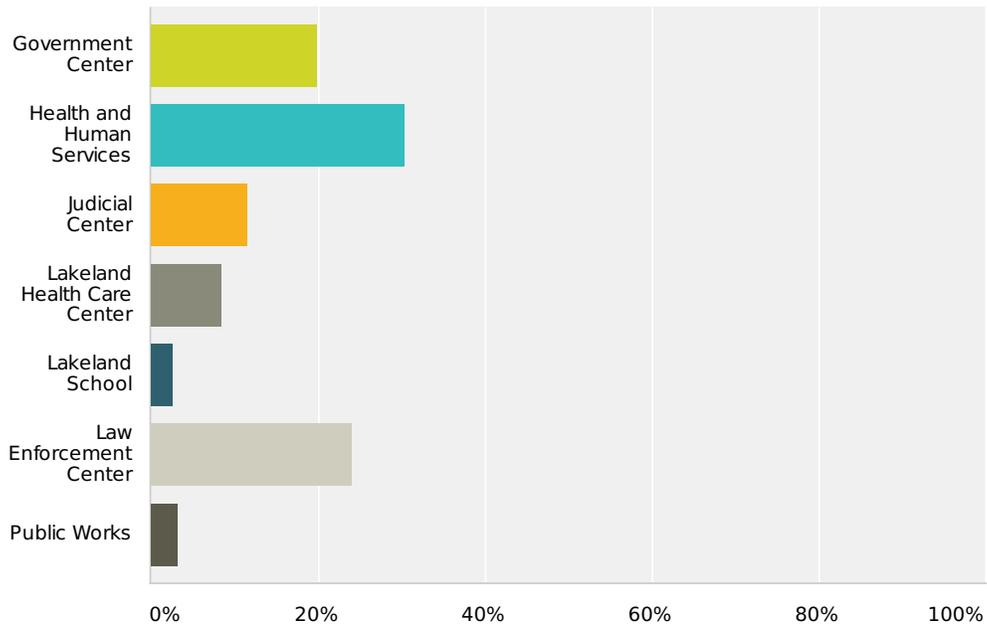
Answered: 191 Skipped: 0



Answer Choices	Responses	
Under 21	0.52%	1
21-30	9.95%	19
31-40	24.61%	47
41-50	32.46%	62
51-60	27.75%	53
60+	4.71%	9
Total		191

Q3 Please indicate your worksite location:

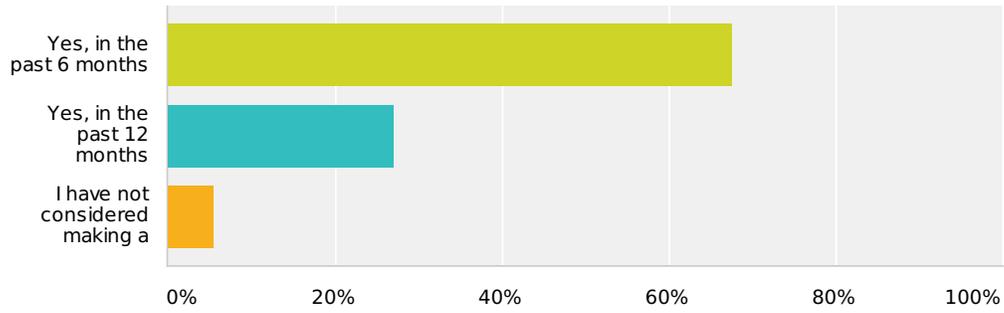
Answered: 191 Skipped: 0



Answer Choices	Responses
Government Center	19.90% 38
Health and Human Services	30.37% 58
Judicial Center	11.52% 22
Lakeland Health Care Center	8.38% 16
Lakeland School	2.62% 5
Law Enforcement Center	24.08% 46
Public Works	3.14% 6
Total	191

Q4 Have you recently given serious thought to making a personal positive lifestyle change? (i.e. lose weight, eat healthier, reduce stress, stop smoking, become more physically active)

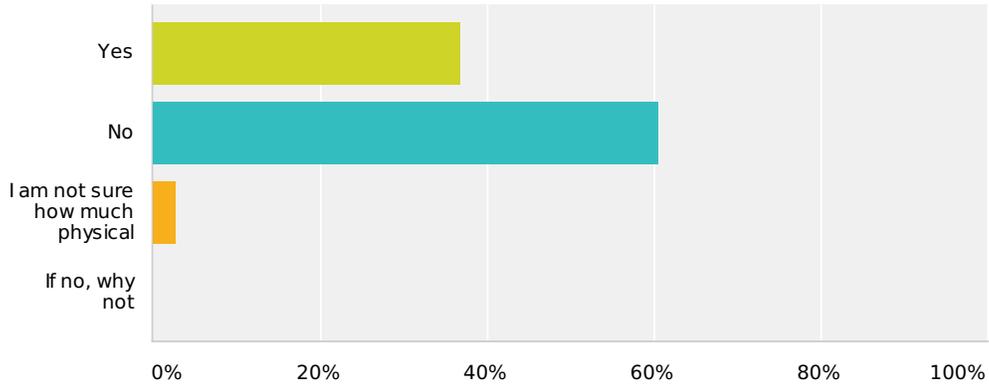
Answered: 185 Skipped: 6



Answer Choices	Responses
Yes, in the past 6 months	67.57% 125
Yes, in the past 12 months	27.03% 50
I have not considered making a positive lifestyle change in the past 12 months	5.41% 10
Total	185

Q5 Are you able to get as much physical activity as you feel is appropriate to better your health?

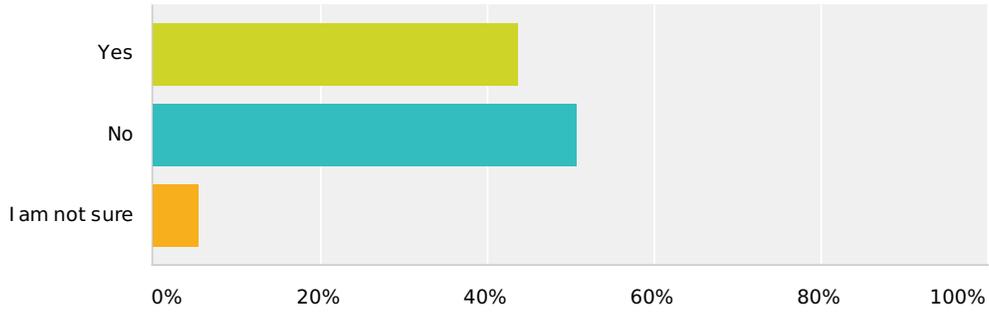
Answered: 185 Skipped: 6



Answer Choices	Responses
Yes	36.76% 68
No	60.54% 112
I am not sure how much physical activity I need to stay healthy	2.70% 5
If no, why not (75)	
Total	185

Q6 Do you find that you eat as nutritionally as you feel is appropriate to better your health?

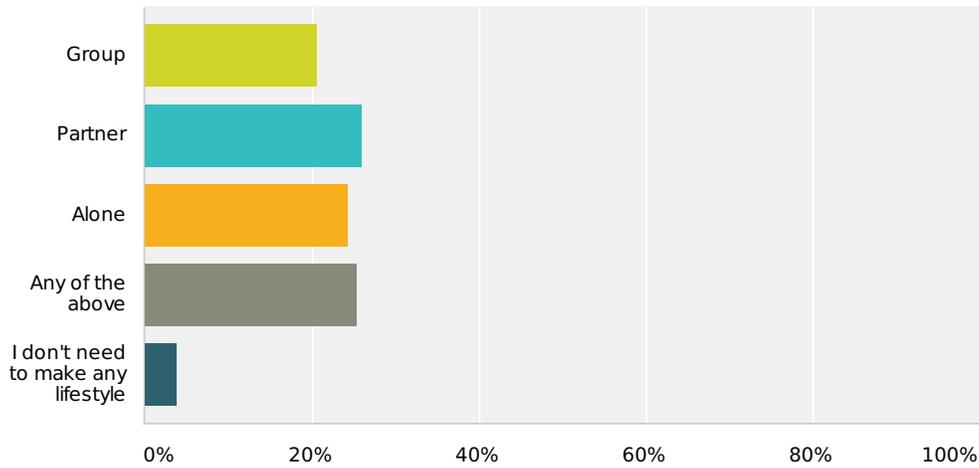
Answered: 185 Skipped: 6



Answer Choices	Responses
Yes	43.78% 81
No	50.81% 94
I am not sure	5.41% 10
Total	185

Q7 Making important lifestyle changes is rarely easy for anyone. Still, some people have a better chance for success when they are with a partner or in a group. Others have a better chance working by themselves. Which style best fits you?

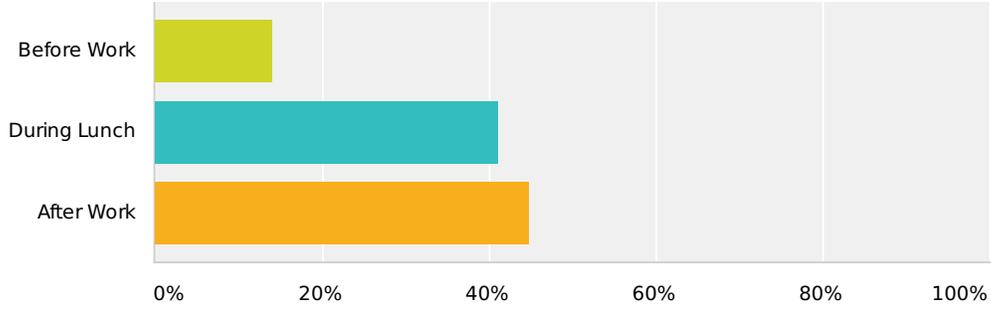
Answered: 185 Skipped: 6



Answer Choices	Responses	
Group	20.54%	38
Partner	25.95%	48
Alone	24.32%	45
Any of the above	25.41%	47
I don't need to make any lifestyle changes	3.78%	7
Total		185

Q8 If you are able to participate, what time of day works best for you to participate in information based wellness programs (i.e. 30-60 min. lunch-n-learns etc.)

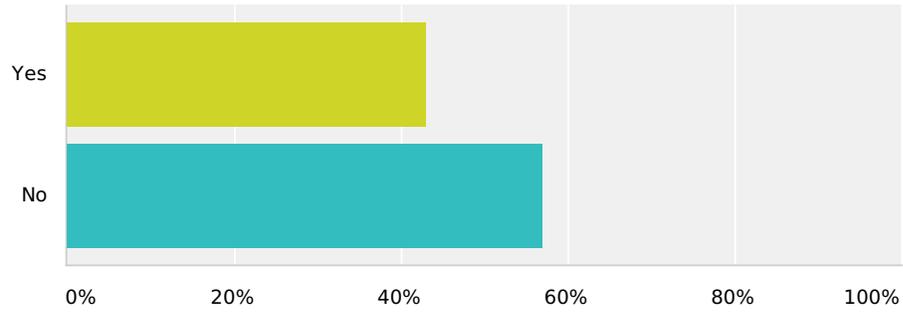
Answered: 185 Skipped: 6



Answer Choices	Responses	
Before Work	14.05%	26
During Lunch	41.08%	76
After Work	44.86%	83
Total		185

Q9 Do you currently participate in the Wellness Program?

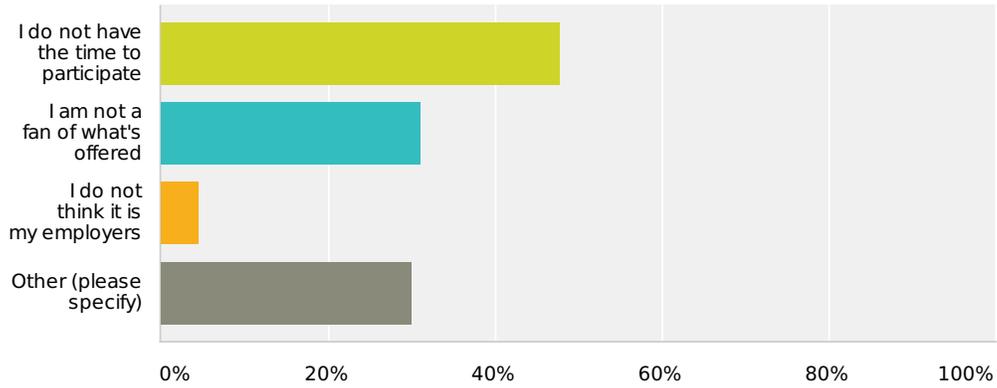
Answered: 165 Skipped: 26



Answer Choices	Responses	
Yes	43.03%	71
No	56.97%	94
Total		165

Q10 If No, why do you not participate?

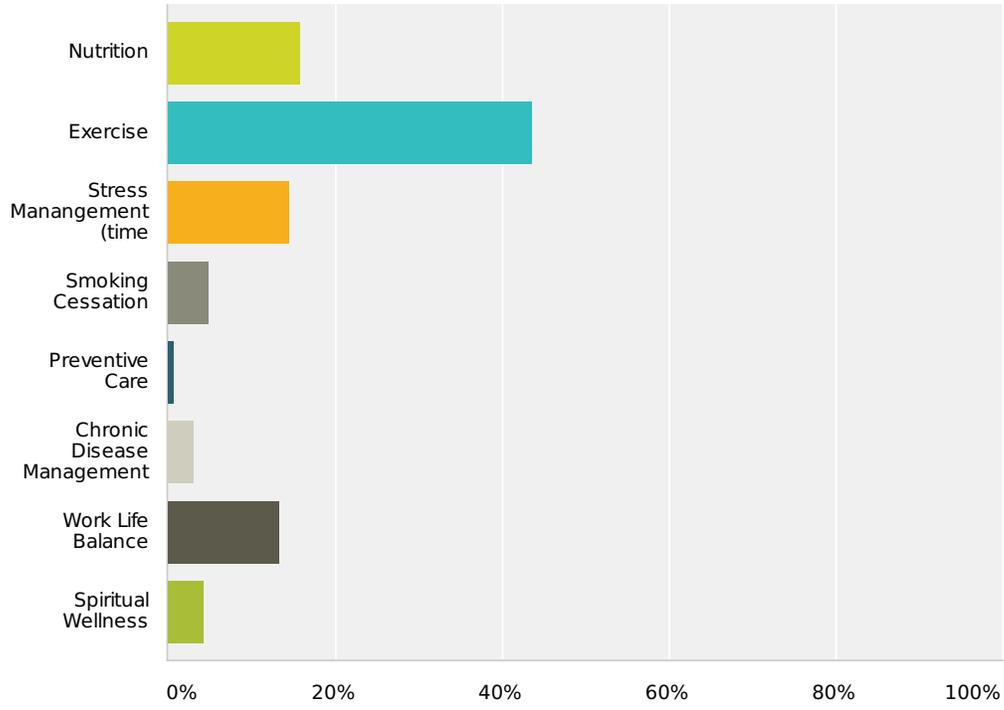
Answered: 90 Skipped: 101



Answer Choices	Responses
I do not have the time to participate in the initiatives	47.78% 43
I am not a fan of what's offered	31.11% 28
I do not think it is my employers responsibility to help me live a healthy lifestyle	4.44% 4
Other (please specify) (27)	
Total Respondents: 90	

Q11 In the next year, what specific areas do you want to focus on in terms of improving your health and wellness? (check up to 3 answers)

Answered: 165 Skipped: 26

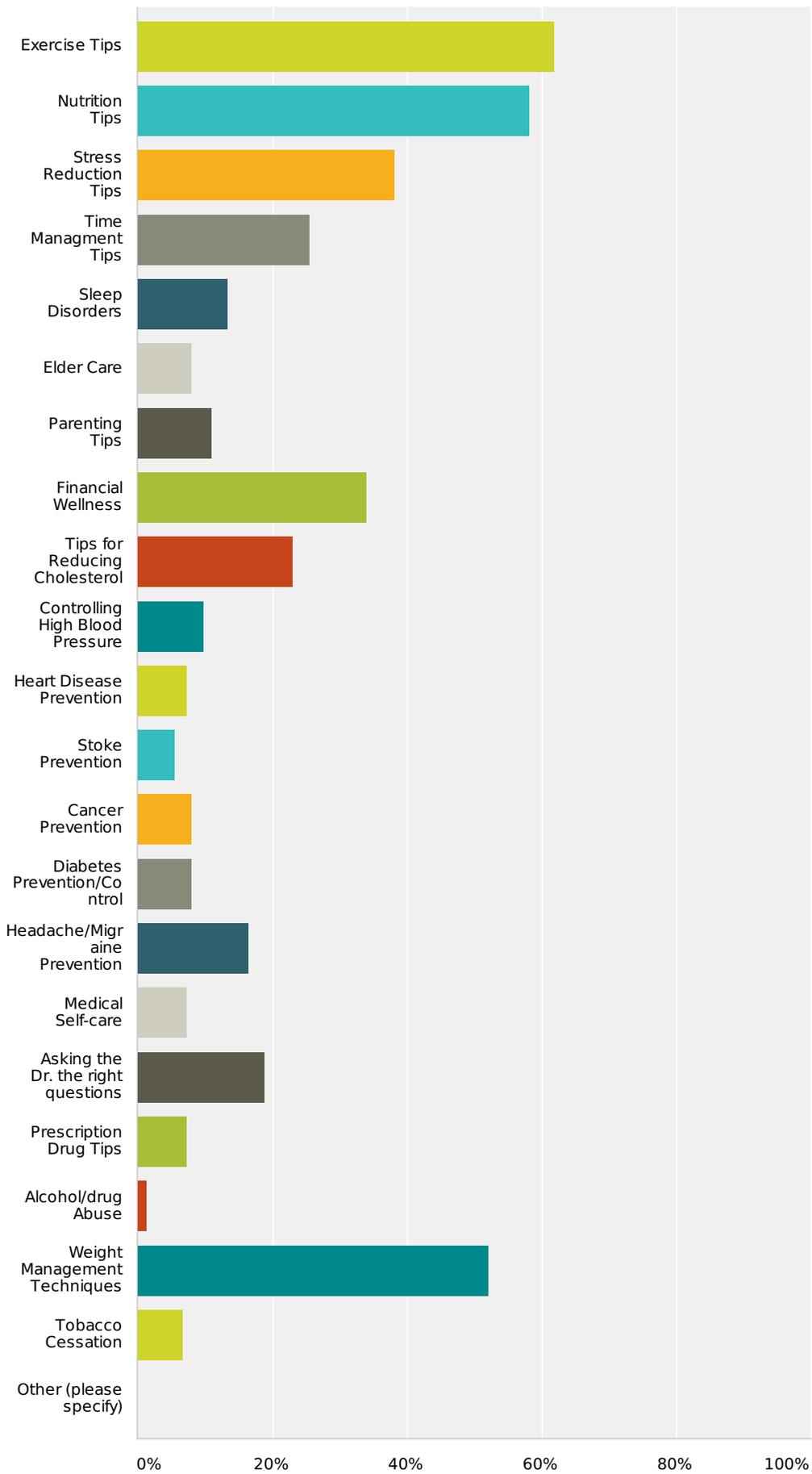


Answer Choices	Responses
Nutrition	15.76% 26
Exercise	43.64% 72
Stress Management (time management, financial wellness, etc)	14.55% 24
Smoking Cessation	4.85% 8
Preventive Care	0.61% 1
Chronic Disease Management (controlling blood pressure, heart disease, etc)	3.03% 5
Work Life Balance	13.33% 22
Spiritual Wellness	4.24% 7
Total	165

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

Answered: 165 Skipped: 26

Walworth County - Employee Wellness Interest Survey



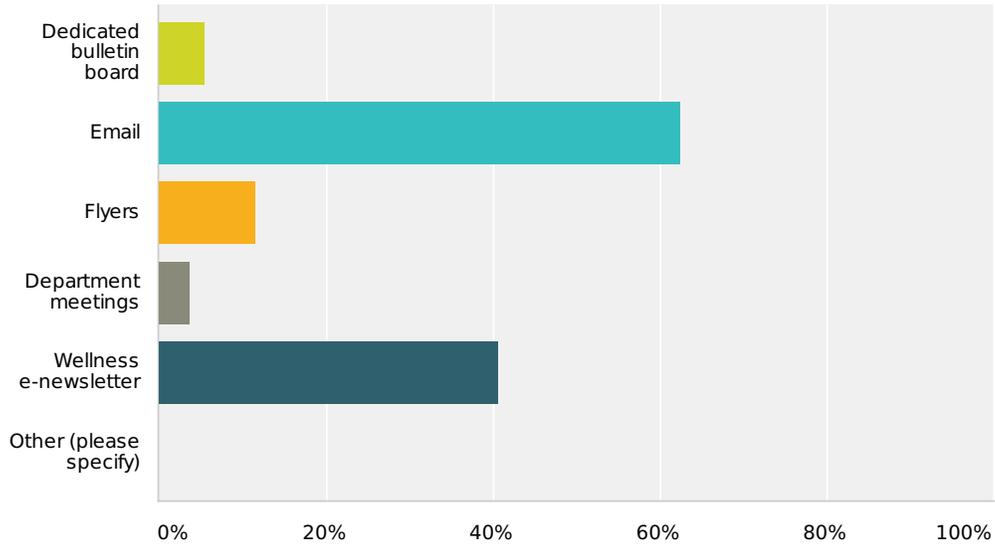
Walworth County - Employee Wellness Interest Survey

Exercise Tips	61.82%	102
Nutrition Tips	58.18%	96
Stress Reduction Tips	38.18%	63
Time Managment Tips	25.45%	42
Sleep Disorders	13.33%	22
Elder Care	7.88%	13
Parenting Tips	10.91%	18
Financial Wellness	33.94%	56
Tips for Reducing Cholesterol	23.03%	38
Controlling High Blood Pressure	9.70%	16
Heart Disease Prevention	7.27%	12
Stoke Prevention	5.45%	9
Cancer Prevention	7.88%	13
Diabetes Prevention/Control	7.88%	13
Headache/Migraine Prevention	16.36%	27
Medical Self-care	7.27%	12
Asking the Dr. the right questions	18.79%	31
Prescription Drug Tips	7.27%	12
Alcohol/drug Abuse	1.21%	2
Weight Management Techniques	52.12%	86
Tobacco Cessation	6.67%	11
Other (please specify) (10)		

Total Respondents: 165

Q13 What is your preferred way to receive wellness-related information?

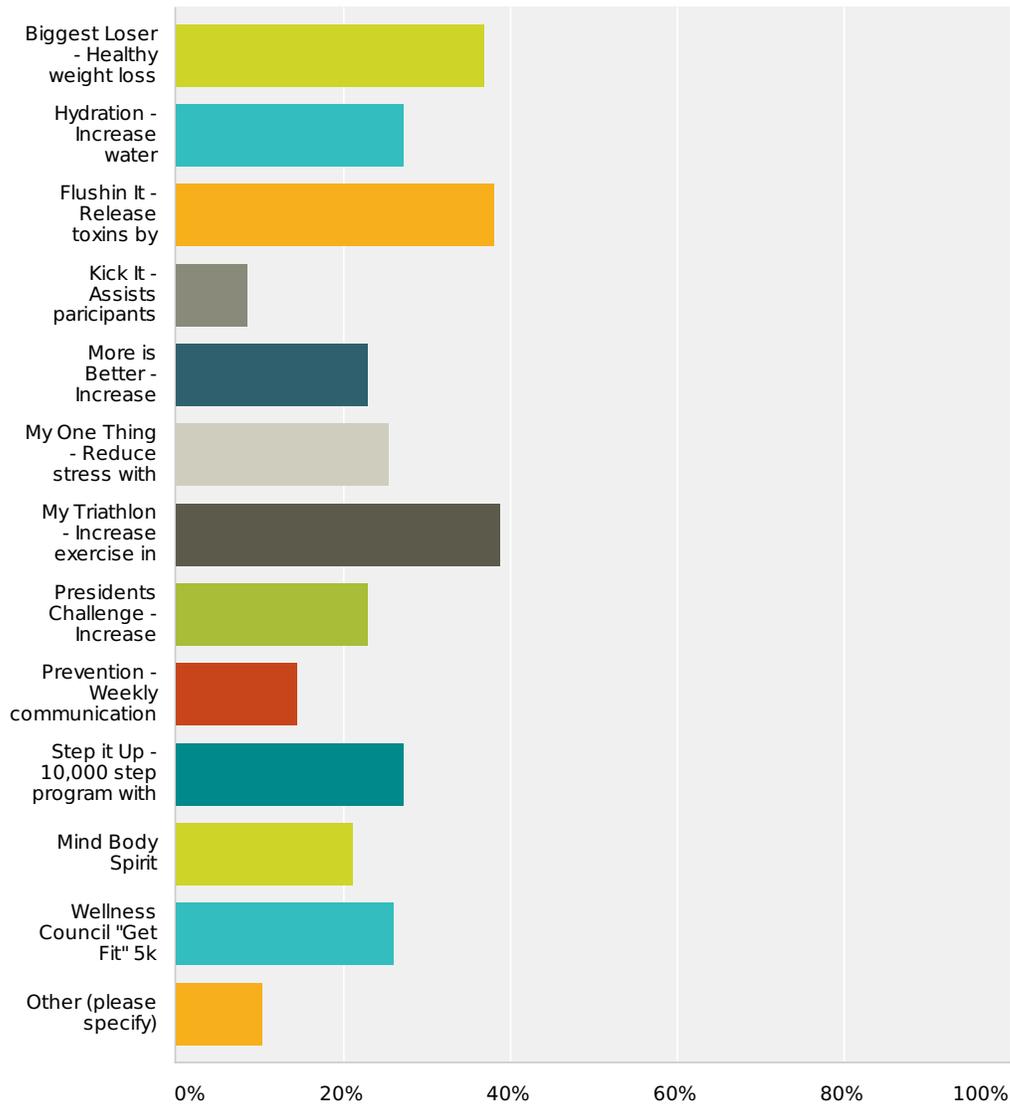
Answered: 165 Skipped: 26



Answer Choices	Responses
Dedicated bulletin board	5.45% 9
Email	62.42% 103
Flyers	11.52% 19
Department meetings	3.64% 6
Wellness e-newsletter	40.61% 67
Other (please specify) (2)	
Total Respondents: 165	

Q14 Which campaigns would you like to see offered in the next year:

Answered: 165 Skipped: 26



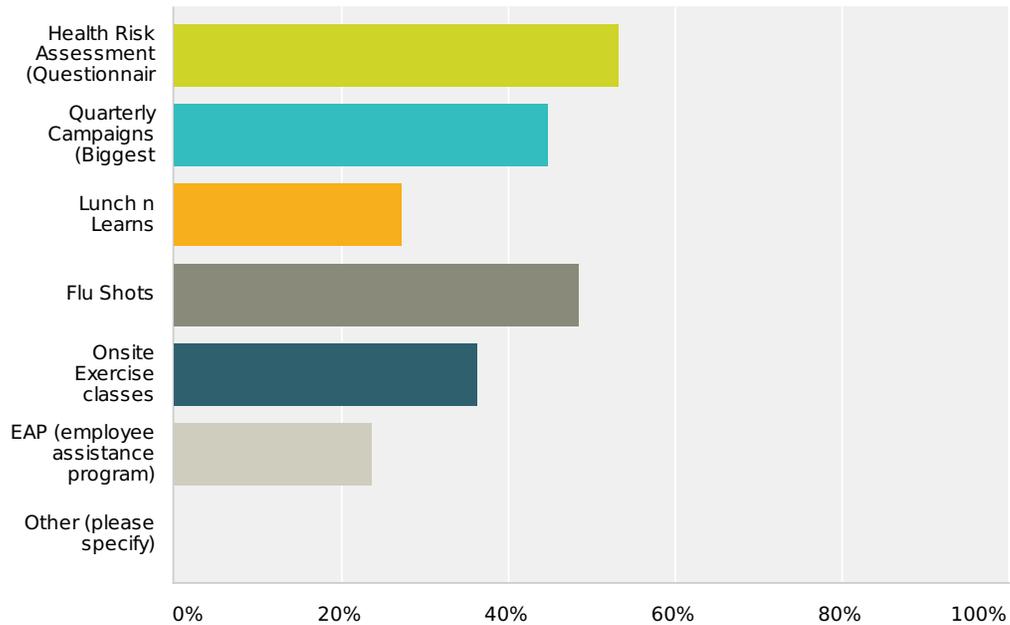
Answer Choices	Responses
Biggest Loser - Healthy weight loss program	36.97% 61
Hydration - Increase water consumption	27.27% 45
Flushin It - Release toxins by increasing Fruits & Veggies, H2O & Whole Grains	38.18% 63
Kick It - Assists participants in kicking a bad habit	8.48% 14
More is Better - Increase fruits and vegetables consumption	23.03% 38
My One Thing - Reduce stress with your life	25.45% 42
My Triathlon - Increase exercise in varying capacities	38.79% 64
Presidents Challenge - Increase exercise in varying capacities	23.03% 38
Prevention - Weekly communication based campaign	14.55% 24
Step it Up - 10,000 step program with pedometer	27.27% 45
Mind Body Spirit	21.21% 35

Wellness Council "Get Fit" 5k Run/Walk	26.06%	43
Other (please specify) (17)		

Total Respondents: 165

Q15 Select the top 3 offerings that are most beneficial to you from the following list:

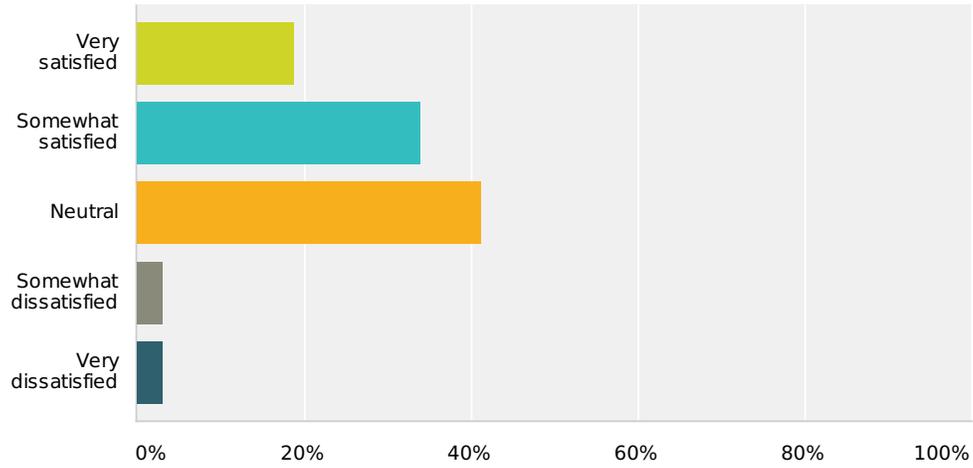
Answered: 165 Skipped: 26



Answer Choices	Responses
Health Risk Assessment (Questionnaire, Biometric Screen and Results Review)	53.33% 88
Quarterly Campaigns (Biggest Lower, Step it up, etc)	44.85% 74
Lunch n Learns	27.27% 45
Flu Shots	48.48% 80
Onsite Exercise classes	36.36% 60
EAP (employee assistance program)	23.64% 39
Other (please specify) (8)	
Total Respondents: 165	

Q16 Please rate your overall satisfaction with the wellness program.

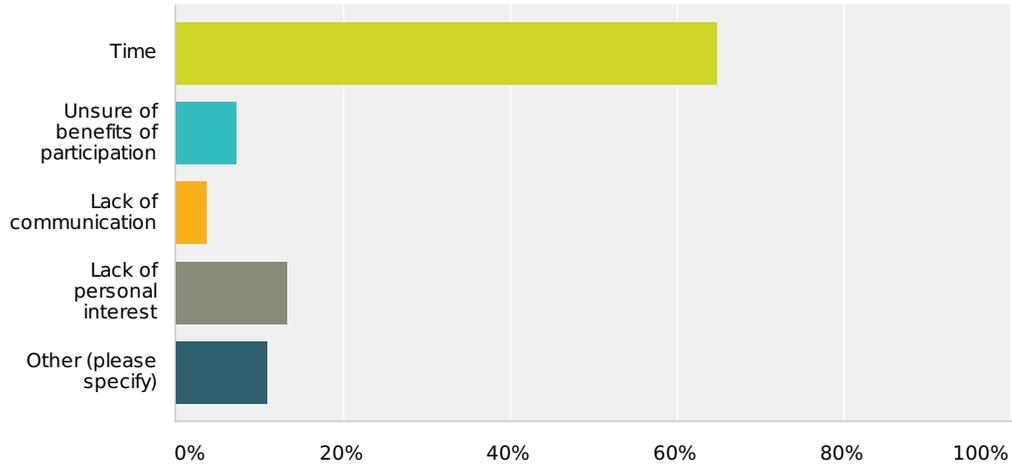
Answered: 165 Skipped: 26



Answer Choices	Responses
Very satisfied	18.79% 31
Somewhat satisfied	33.94% 56
Neutral	41.21% 68
Somewhat dissatisfied	3.03% 5
Very dissatisfied	3.03% 5
Total	165

Q17 What do you see as your biggest barrier in participating to the wellness program?

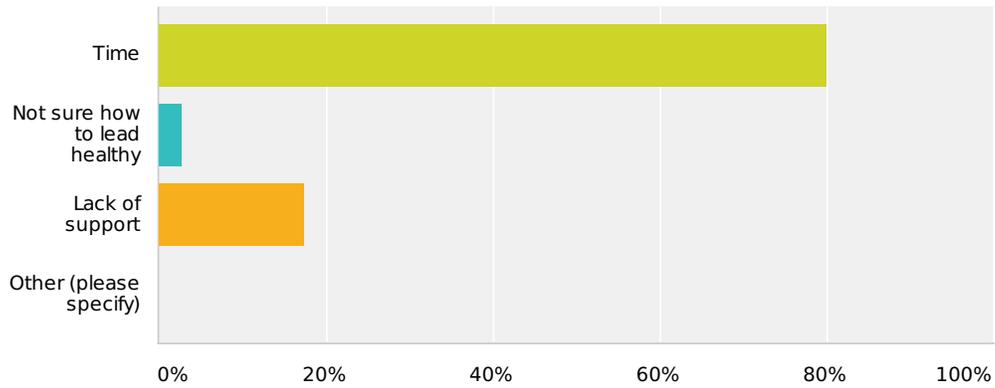
Answered: 165 Skipped: 26



Answer Choices	Responses
Time	64.85% 107
Unsure of benefits of participation	7.27% 12
Lack of communication	3.64% 6
Lack of personal interest	13.33% 22
Other (please specify) (18)	
Total	165

Q18 What do you see as your biggest barrier in leading a healthy lifestyle?

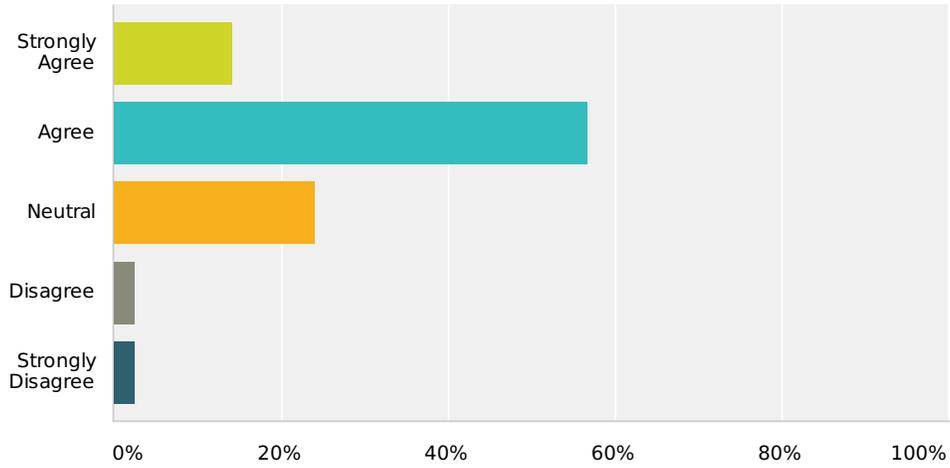
Answered: 150 Skipped: 41



Answer Choices	Responses
Time	80% 120
Not sure how to lead healthy lifestyle	2.67% 4
Lack of support	17.33% 26
Other (please specify) (28)	
Total	150

Q19 Do you believe our organization cares about employee health and wellness?

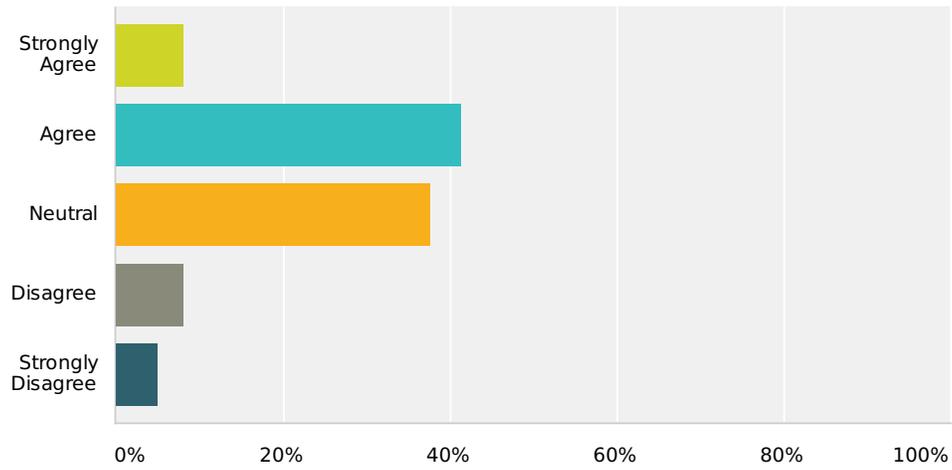
Answered: 162 Skipped: 29



Answer Choices	Responses
Strongly Agree	14.20% 23
Agree	56.79% 92
Neutral	24.07% 39
Disagree	2.47% 4
Strongly Disagree	2.47% 4
Total	162

Q20 Do you believe our managers support employees in making healthy lifestyle behaviors?

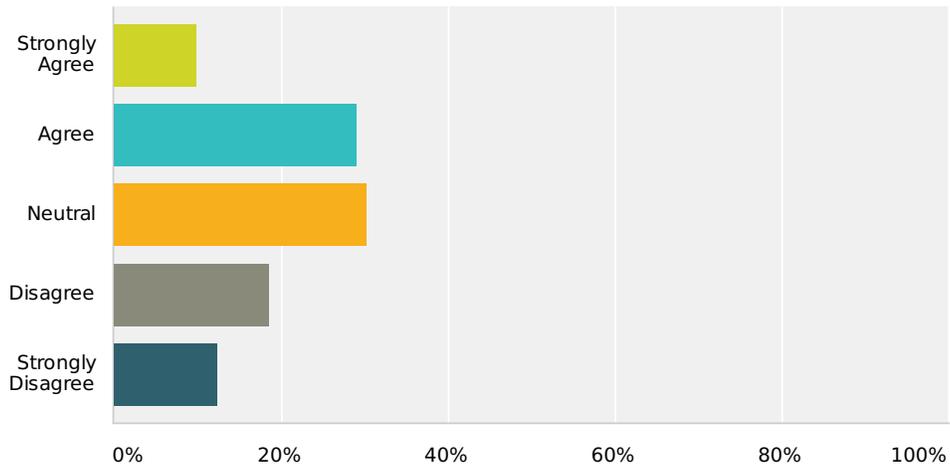
Answered: 162 Skipped: 29



Answer Choices	Responses
Strongly Agree	8.02% 13
Agree	41.36% 67
Neutral	37.65% 61
Disagree	8.02% 13
Strongly Disagree	4.94% 8
Total	162

Q21 Are you encouraged to take adequate time for lunch away from your desk?

Answered: 162 Skipped: 29



Answer Choices	Responses
Strongly Agree	9.88% 16
Agree	29.01% 47
Neutral	30.25% 49
Disagree	18.52% 30
Strongly Disagree	12.35% 20
Total	162

**Q22 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: 49 Skipped: 142