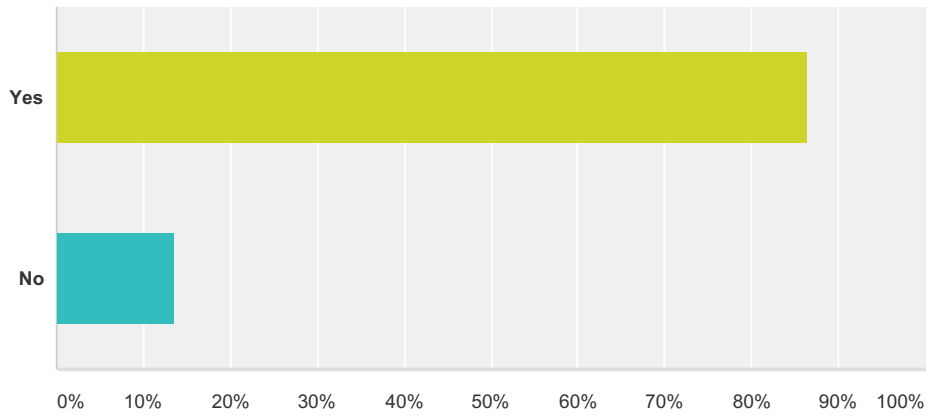


Q1 Would you participate in a wellness program if offered to you at work?

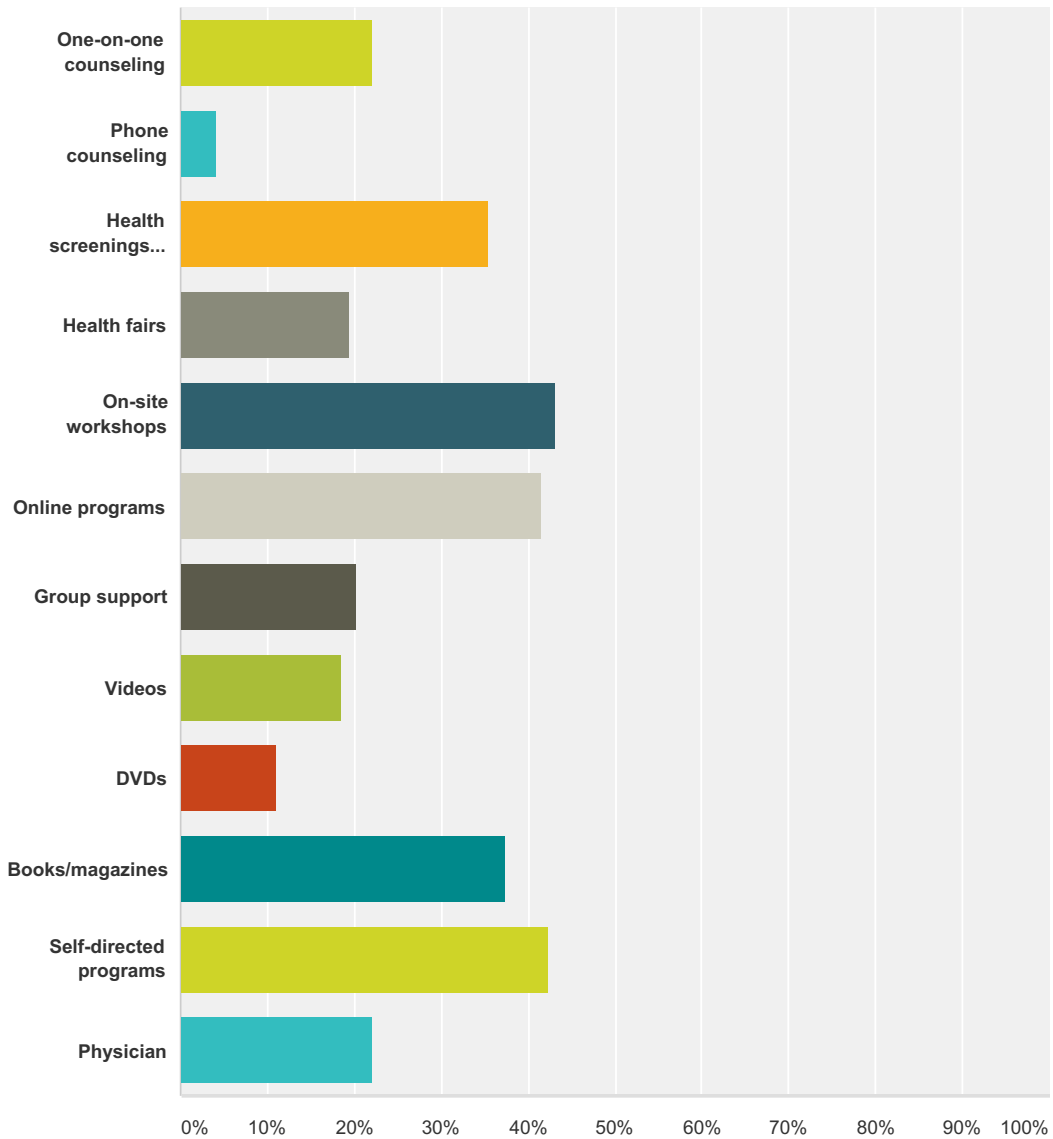
Answered: 118 Skipped: 0



Answer Choices	Responses
Yes	86.44% 102
No	13.56% 16
Total	118

Q2 How do you like to learn about health and lifestyle information? (Please select all answers that apply.)

Answered: 118 Skipped: 0



Answer Choices	Responses	
One-on-one counseling	22.03%	26
Phone counseling	4.24%	5
Health screenings (i.e. blood pressure)	35.59%	42
Health fairs	19.49%	23
On-site workshops	43.22%	51
Online programs	41.53%	49

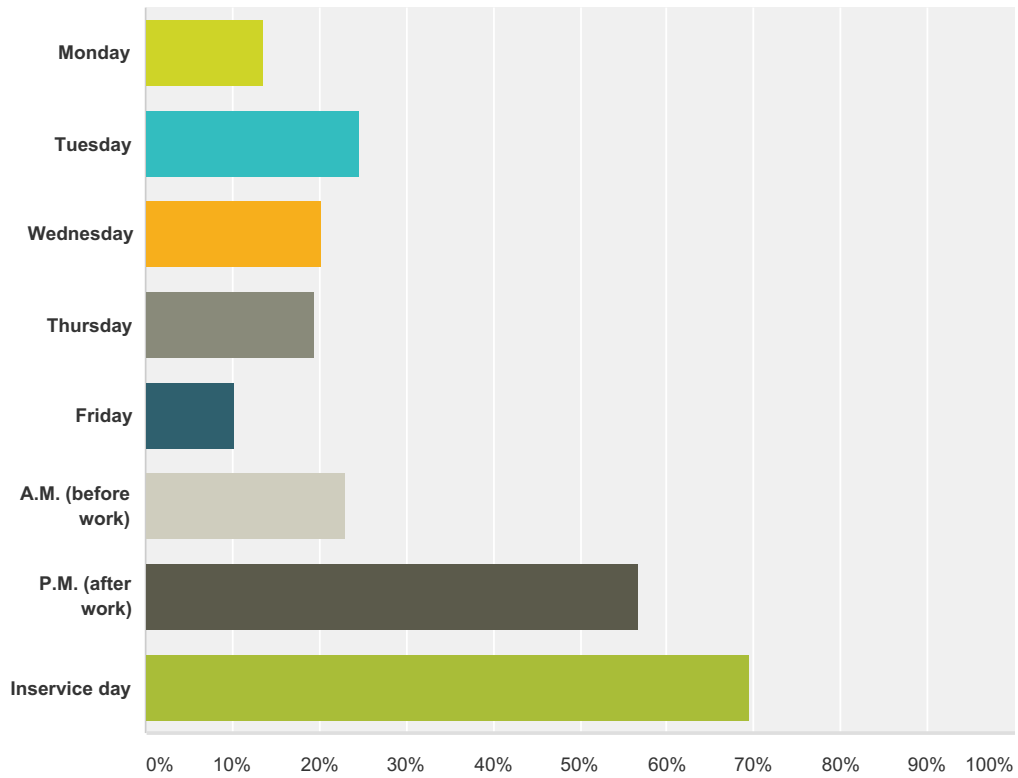
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Group support	20.34%	24
Videos	18.64%	22
DVDs	11.02%	13
Books/magazines	37.29%	44
Self-directed programs	42.37%	50
Physician	22.03%	26
Total Respondents: 118		

#	Other (please specify)	Date
	There are no responses.	

**Q3 What time of day would you be most likely to participate in a wellness program?
(Please select all answers that apply.)**

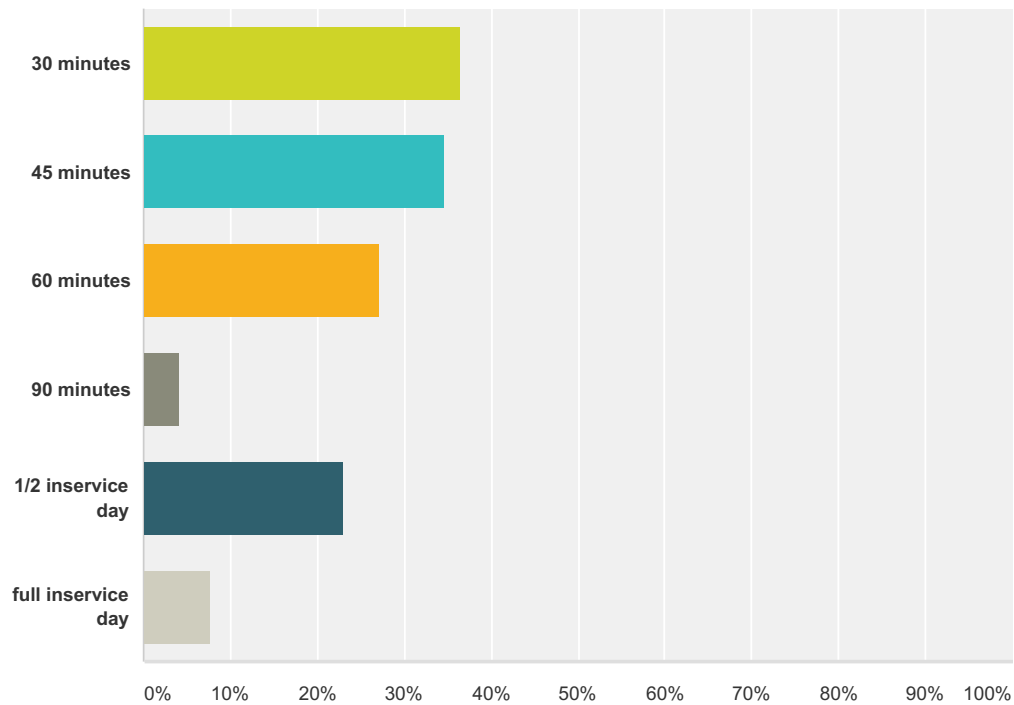
Answered: 118 Skipped: 0



Answer Choices	Responses
Monday	13.56% 16
Tuesday	24.58% 29
Wednesday	20.34% 24
Thursday	19.49% 23
Friday	10.17% 12
A.M. (before work)	22.88% 27
P.M. (after work)	56.78% 67
Inservice day	69.49% 82
Total Respondents: 118	

Q4 How long should a wellness activity last?

Answered: 118 Skipped: 0



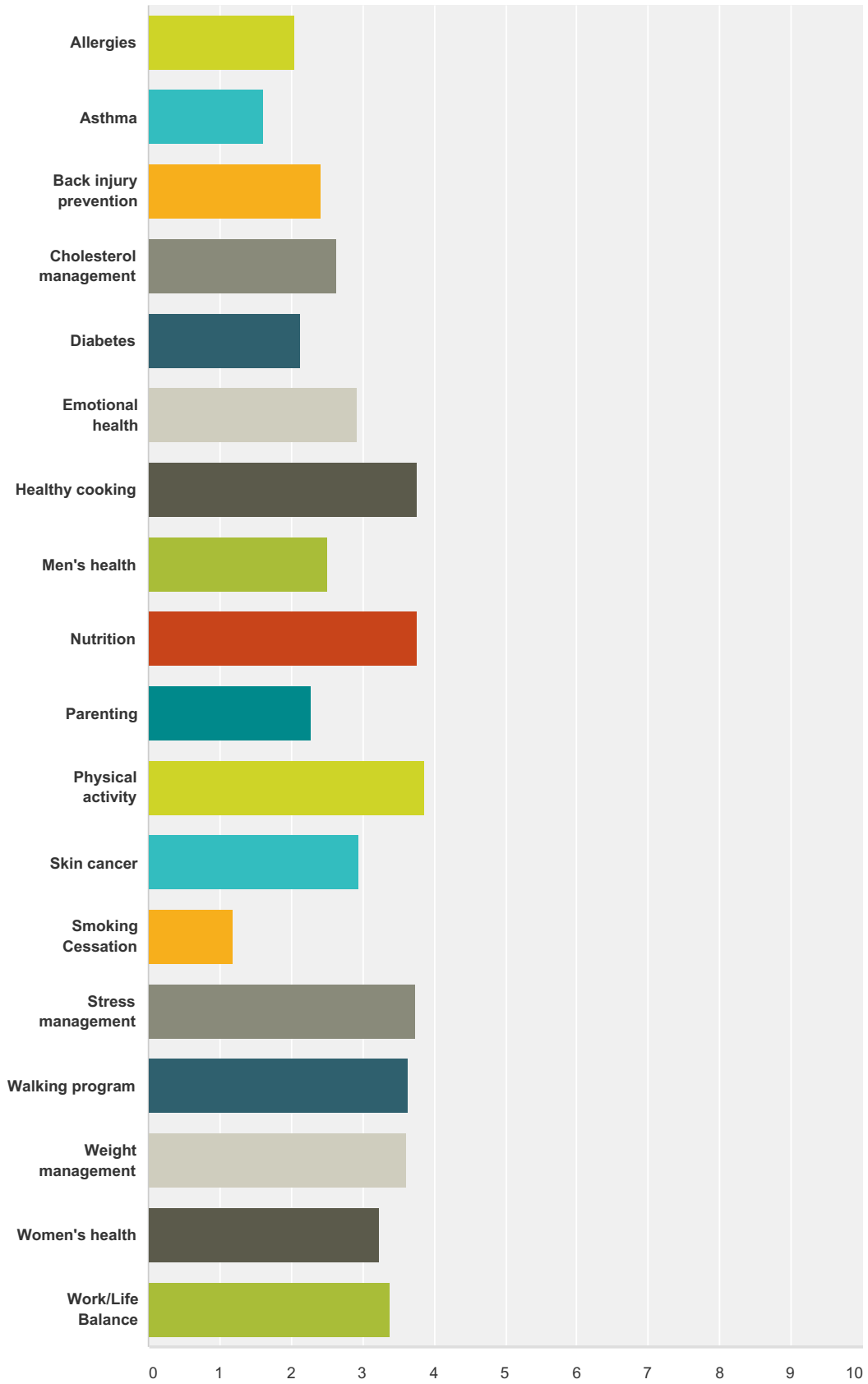
Answer Choices	Responses
30 minutes	36.44% 43
45 minutes	34.75% 41
60 minutes	27.12% 32
90 minutes	4.24% 5
1/2 inservice day	22.88% 27
full inservice day	7.63% 9
Total Respondents: 118	

#	Other (please specify)	Date
1	depends on the activity (it made me check a box)	12/8/2016 3:05 PM
2	Depends on the activity	12/6/2016 3:57 PM
3	Maybe the last friday of each month doing something health related where teachers can attend when they have time. Like during a prep or lunch.	12/5/2016 9:44 AM
4	depending on topic	12/5/2016 9:39 AM

Q5 Using the scale below, please rate how interested you are in each wellness topic. The more specific information we receive from you, the more tailored our wellness program can be to your needs and wants.

Answered: 118 Skipped: 0

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	Not Interested	(no label)	Somewhat Interested	(no label)	Very Interested	Total	Weighted Average
Allergies	52.54%	9.32%	25.42%	5.93%	6.78%	118	2.05
	62	11	30	7	8		

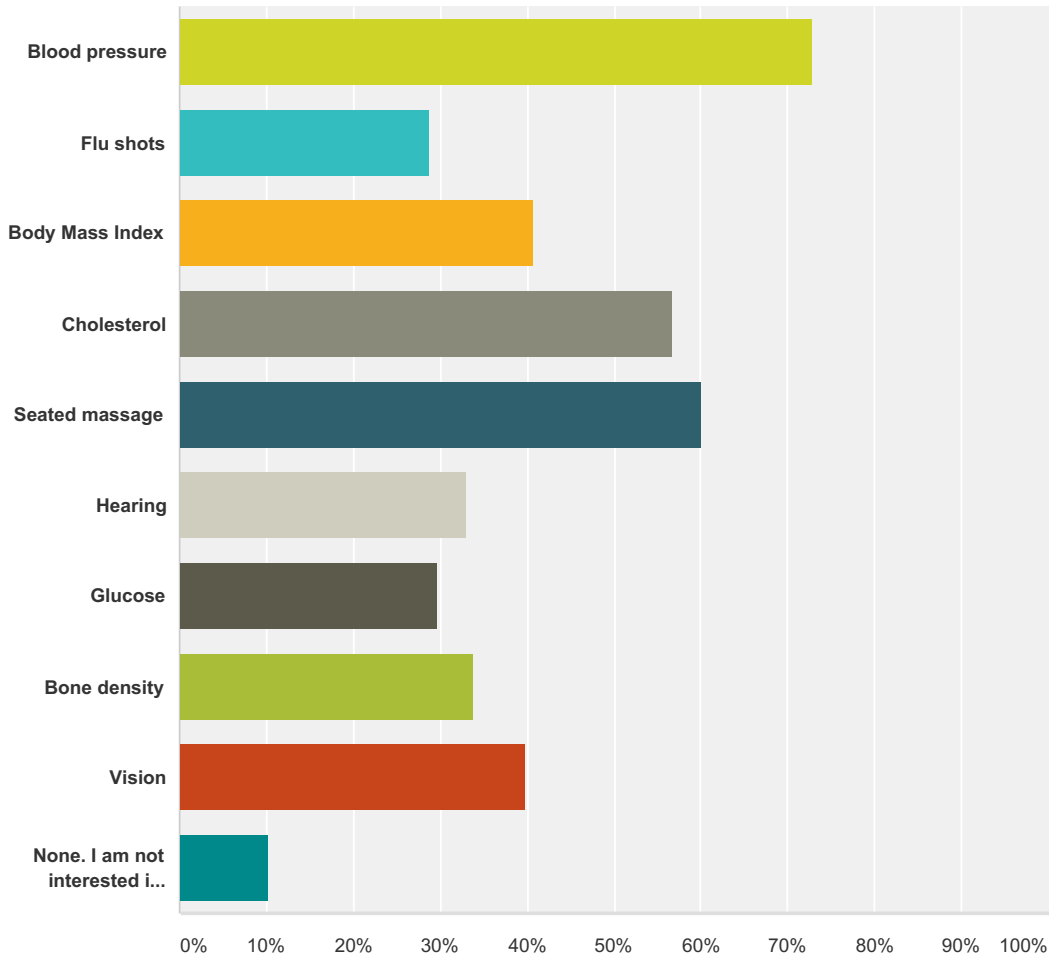
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Asthma	68.64% 81	11.02% 13	14.41% 17	2.54% 3	3.39% 4	118	1.61
Back injury prevention	35.59% 42	13.56% 16	30.51% 36	14.41% 17	5.93% 7	118	2.42
Cholesterol management	31.36% 37	11.86% 14	32.20% 38	11.86% 14	12.71% 15	118	2.63
Diabetes	48.31% 57	11.02% 13	24.58% 29	11.86% 14	4.24% 5	118	2.13
Emotional health	18.64% 22	11.86% 14	37.29% 44	22.03% 26	10.17% 12	118	2.93
Healthy cooking	9.32% 11	2.54% 3	27.12% 32	24.58% 29	36.44% 43	118	3.76
Men's health	44.92% 53	5.08% 6	17.80% 21	18.64% 22	13.56% 16	118	2.51
Nutrition	6.78% 8	3.39% 4	30.51% 36	25.42% 30	33.90% 40	118	3.76
Parenting	42.37% 50	14.41% 17	24.58% 29	10.17% 12	8.47% 10	118	2.28
Physical activity	5.93% 7	2.54% 3	22.88% 27	36.44% 43	32.20% 38	118	3.86
Skin cancer	21.19% 25	10.17% 12	35.59% 42	18.64% 22	14.41% 17	118	2.95
Smoking Cessation	87.29% 103	8.47% 10	3.39% 4	0.85% 1	0.00% 0	118	1.18
Stress management	10.17% 12	3.39% 4	24.58% 29	27.12% 32	34.75% 41	118	3.73
Walking program	15.25% 18	4.24% 5	21.19% 25	19.49% 23	39.83% 47	118	3.64
Weight management	12.71% 15	5.08% 6	25.42% 30	22.03% 26	34.75% 41	118	3.61
Women's health	25.42% 30	6.78% 8	20.34% 24	13.56% 16	33.90% 40	118	3.24
Work/Life Balance	16.10% 19	5.08% 6	27.97% 33	26.27% 31	24.58% 29	118	3.38

#	Other (please specify)	Date
1	Yoga, Meditation	12/13/2016 9:04 AM
2	no.	12/9/2016 1:34 PM
3	meditation	12/5/2016 10:33 AM
4	yoga	12/5/2016 9:27 AM
5	massage	12/5/2016 8:07 AM

Q6 Please indicate in which screening test(s) you would participate if offered at your worksite (your screening results would be confidential).

Answered: 118 Skipped: 0



Answer Choices	Responses	Count
Blood pressure	72.88%	86
Flu shots	28.81%	34
Body Mass Index	40.68%	48
Cholesterol	56.78%	67
Seated massage	60.17%	71
Hearing	33.05%	39
Glucose	29.66%	35
Bone density	33.90%	40
Vision	39.83%	47
None. I am not interested i...		

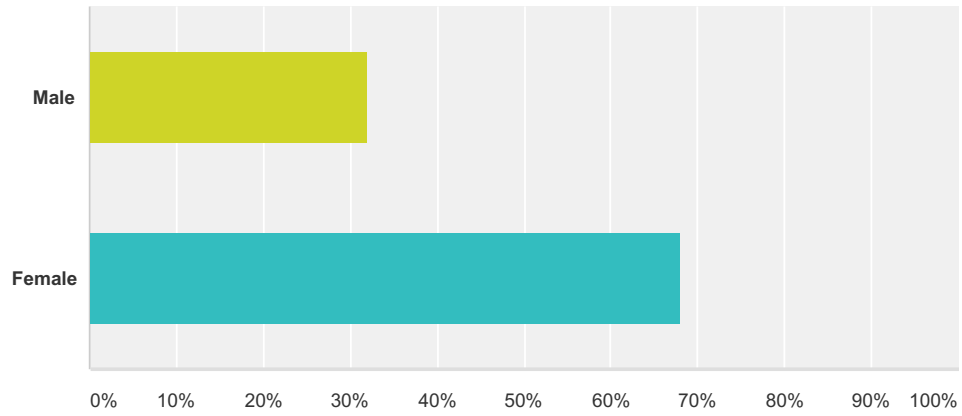
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None. I am not interested in screenings at this time.	10.17%	12
Total Respondents: 118		

#	Other (please specify)	Date
1	no.	12/9/2016 1:34 PM
2	N/A	12/5/2016 1:09 PM
3	yoga, meditation	12/5/2016 7:29 AM

Q7 Please indicate your gender. Note: This question is voluntary (this information will be helpful to better tailor wellness program offerings).

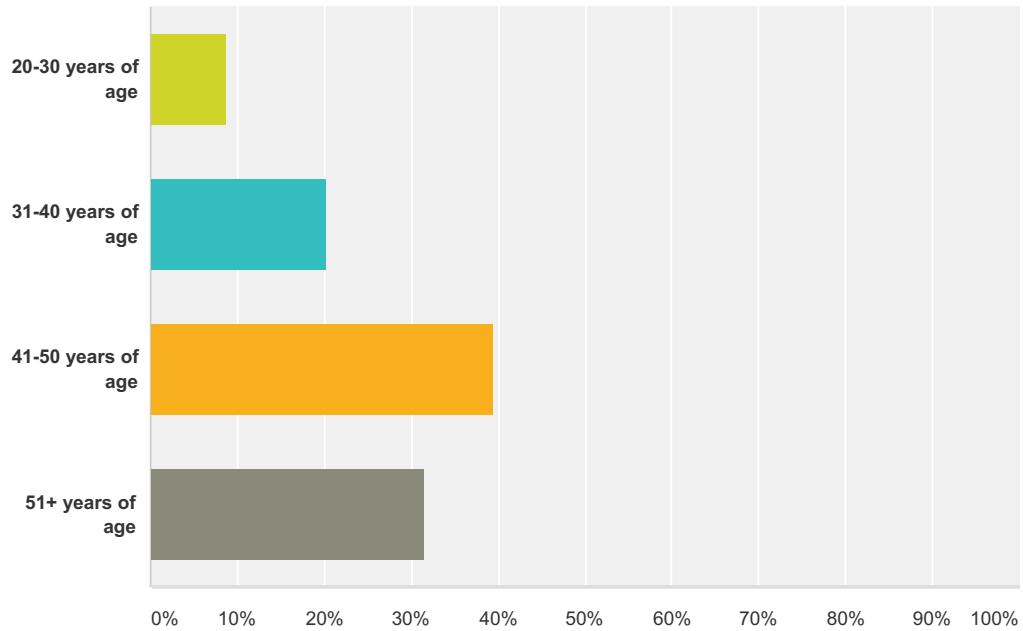
Answered: 113 Skipped: 5



Answer Choices	Responses
Male	31.86% 36
Female	68.14% 77
Total	113

**Q8 Please indicate your age range. Note:
This question is voluntary (this information
will be helpful to better tailor wellness
program offerings.**

Answered: 114 Skipped: 4



Answer Choices	Responses
20-30 years of age	8.77% 10
31-40 years of age	20.18% 23
41-50 years of age	39.47% 45
51+ years of age	31.58% 36
Total	114

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Q9 Would you be willing to help plan and promote workplace wellness activities? If yes, please be sure to include your name in the comment box below so that we may contact you in the future.

Answered: 118 Skipped: 0

#	Responses	Date
1	no	12/13/2016 9:04 AM
2	no	12/13/2016 8:03 AM
3	yes Karla Fryslin	12/12/2016 1:54 PM
4	Yes, Michael Baclawski	12/12/2016 11:58 AM
5	no	12/9/2016 2:57 PM
6	Eric Snyder	12/9/2016 1:48 PM
7	no.	12/9/2016 1:34 PM
8	no	12/9/2016 11:56 AM
9	no	12/9/2016 11:26 AM
10	no	12/9/2016 10:00 AM
11	I am an avid exerciser; however, I am not sure how to plan wellness activities.	12/9/2016 9:32 AM
12	no	12/9/2016 8:11 AM
13	no	12/9/2016 8:06 AM
14	No	12/9/2016 7:37 AM
15	Not at this time.	12/9/2016 7:03 AM
16	No	12/9/2016 6:49 AM
17	No	12/9/2016 6:36 AM
18	No	12/8/2016 10:44 PM
19	No	12/8/2016 9:41 PM
20	Prob not	12/8/2016 8:11 PM
21	No	12/8/2016 6:51 PM
22	Not at this time	12/8/2016 4:49 PM
23	No	12/8/2016 4:22 PM
24	Not at this time	12/8/2016 3:44 PM
25	No	12/8/2016 3:33 PM
26	no	12/8/2016 3:24 PM
27	no	12/8/2016 3:22 PM
28	no	12/8/2016 3:17 PM
29	No	12/8/2016 3:16 PM
30	No	12/8/2016 3:14 PM
31	Possibly - -depending on the activity and when it takes place	12/8/2016 3:05 PM
32	No	12/8/2016 3:03 PM

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33	no	12/8/2016 2:59 PM
34	no	12/8/2016 2:58 PM
35	Possibly	12/8/2016 2:54 PM
36	Not really	12/8/2016 2:54 PM
37	no	12/8/2016 2:54 PM
38	Not at this time	12/7/2016 10:44 AM
39	Ascani and yes	12/6/2016 5:01 PM
40	no	12/6/2016 3:57 PM
41	possibly.	12/6/2016 9:34 AM
42	no	12/6/2016 8:58 AM
43	No	12/6/2016 8:53 AM
44	Donna Tercha	12/6/2016 8:16 AM
45	Not at this time.	12/6/2016 7:57 AM
46	no	12/6/2016 6:50 AM
47	Marcia Rich	12/5/2016 10:29 PM
48	No	12/5/2016 8:59 PM
49	I would help plan Deb Elek	12/5/2016 6:25 PM
50	Not at the present time.	12/5/2016 5:59 PM
51	No	12/5/2016 3:39 PM
52	Not at this time	12/5/2016 3:24 PM
53	no	12/5/2016 3:02 PM
54	No	12/5/2016 3:00 PM
55	no	12/5/2016 2:40 PM
56	No	12/5/2016 2:35 PM
57	Not at this time.	12/5/2016 2:28 PM
58	no	12/5/2016 1:55 PM
59	no thank you	12/5/2016 1:21 PM
60	no	12/5/2016 1:19 PM
61	no	12/5/2016 1:09 PM
62	Yes, Shelley Keffer	12/5/2016 12:30 PM
63	no	12/5/2016 11:55 AM
64	No	12/5/2016 11:54 AM
65	Depends on the activity and/or subject	12/5/2016 11:39 AM
66	no	12/5/2016 11:37 AM
67	no	12/5/2016 11:37 AM
68	no	12/5/2016 11:06 AM
69	no	12/5/2016 11:01 AM
70	No	12/5/2016 10:44 AM
71	No	12/5/2016 10:36 AM
72	no	12/5/2016 10:35 AM

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73	Yes. See below	12/5/2016 10:33 AM
74	no	12/5/2016 10:02 AM
75	Not at this time	12/5/2016 9:55 AM
76	no	12/5/2016 9:55 AM
77	no	12/5/2016 9:50 AM
78	no	12/5/2016 9:48 AM
79	no	12/5/2016 9:48 AM
80	Barbara Resto, I would participate in planning.	12/5/2016 9:44 AM
81	no	12/5/2016 9:39 AM
82	yes Claire Murawski	12/5/2016 9:39 AM
83	no	12/5/2016 9:39 AM
84	No thanks.	12/5/2016 9:33 AM
85	No	12/5/2016 9:28 AM
86	no	12/5/2016 9:28 AM
87	No	12/5/2016 9:27 AM
88	No	12/5/2016 9:14 AM
89	Wendy Laubenstein	12/5/2016 9:01 AM
90	No	12/5/2016 8:53 AM
91	no	12/5/2016 8:53 AM
92	No	12/5/2016 8:50 AM
93	No	12/5/2016 8:46 AM
94	if needed, Lindsey will	12/5/2016 8:41 AM
95	No	12/5/2016 8:40 AM
96	no	12/5/2016 8:40 AM
97	No	12/5/2016 8:38 AM
98	No	12/5/2016 8:38 AM
99	yes- Jen Churetta	12/5/2016 8:31 AM
100	No	12/5/2016 8:26 AM
101	Nadia Ross	12/5/2016 8:24 AM
102	No	12/5/2016 8:20 AM
103	Not at this time.	12/5/2016 8:14 AM
104	no	12/5/2016 8:14 AM
105	No	12/5/2016 8:14 AM
106	YES! Molly LaVigne	12/5/2016 8:10 AM
107	No	12/5/2016 8:10 AM
108	no	12/5/2016 8:10 AM
109	Jami Gallo	12/5/2016 8:07 AM
110	No	12/5/2016 8:01 AM
111	No	12/5/2016 7:56 AM
112	no	12/5/2016 7:56 AM
113	no	12/5/2016 7:50 AM

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114	no	12/5/2016 7:49 AM
115	no	12/5/2016 7:43 AM
116	no thanks	12/5/2016 7:29 AM
117	-	12/5/2016 7:24 AM
118	no	12/5/2016 7:22 AM

Q10 Are you able to provide/lead any staff wellness activities? If yes, please be sure to include your name and any activities/workshops you would be capable of providing/leading in the comment box below.

Answered: 71 Skipped: 47

#	Responses	Date
1	no	12/13/2016 9:04 AM
2	better eating choices, exercise and activities	12/12/2016 1:54 PM
3	Yes, anything activity related would be excellent.	12/12/2016 11:58 AM
4	no	12/9/2016 2:57 PM
5	No, I coach basketball and baseball and run the Varsity "C" Club and those 3 take up just too much extra time in addition to my job as a guidance counselor.	12/9/2016 1:48 PM
6	no.	12/9/2016 1:34 PM
7	no	12/9/2016 11:56 AM
8	no	12/9/2016 11:26 AM
9	I can help with some, but I am by no means an expert.	12/9/2016 9:32 AM
10	no	12/9/2016 8:11 AM
11	no	12/9/2016 8:06 AM
12	No	12/9/2016 7:37 AM
13	No	12/9/2016 6:49 AM
14	No	12/9/2016 6:36 AM
15	No	12/8/2016 9:41 PM
16	No	12/8/2016 3:33 PM
17	no	12/8/2016 3:24 PM
18	no	12/8/2016 3:22 PM
19	no	12/8/2016 3:17 PM
20	No	12/8/2016 3:16 PM
21	No	12/8/2016 3:14 PM
22	no, sorry.	12/8/2016 3:05 PM
23	No	12/8/2016 3:03 PM
24	no	12/8/2016 2:58 PM
25	No	12/8/2016 2:54 PM
26	no	12/8/2016 2:54 PM
27	possible lead an activity	12/6/2016 9:34 AM
28	no	12/6/2016 8:58 AM

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29	Donna Tercha - have conducted sessions in the past on stress management, the Wholeness Wheel. Willing to lead sessions related to nutrition and promoting balance in life/work. Also willing to be coordinator for groups that are self-motivated (examples are that I was a building-level coordinator for Drop 10 in 10 and 10,000 steps when we did them in the past.)	12/6/2016 8:16 AM
30	Not at this time	12/5/2016 3:24 PM
31	no	12/5/2016 3:02 PM
32	no	12/5/2016 2:40 PM
33	No.	12/5/2016 2:28 PM
34	no	12/5/2016 1:55 PM
35	no	12/5/2016 1:09 PM
36	Stress Management	12/5/2016 12:30 PM
37	no	12/5/2016 11:55 AM
38	No	12/5/2016 11:39 AM
39	no	12/5/2016 11:37 AM
40	no	12/5/2016 11:37 AM
41	no	12/5/2016 11:06 AM
42	No	12/5/2016 10:36 AM
43	no	12/5/2016 10:35 AM
44	I can teach a meditation session. Mark Schultheis	12/5/2016 10:33 AM
45	Oh heck no	12/5/2016 9:55 AM
46	no	12/5/2016 9:50 AM
47	no	12/5/2016 9:39 AM
48	no	12/5/2016 9:39 AM
49	No, sorry.	12/5/2016 9:33 AM
50	No	12/5/2016 9:28 AM
51	no	12/5/2016 9:28 AM
52	No	12/5/2016 9:14 AM
53	No	12/5/2016 8:53 AM
54	No	12/5/2016 8:50 AM
55	No	12/5/2016 8:46 AM
56	No	12/5/2016 8:40 AM
57	no	12/5/2016 8:40 AM
58	No	12/5/2016 8:38 AM
59	No	12/5/2016 8:38 AM
60	BP- Jen Churetta	12/5/2016 8:31 AM
61	No	12/5/2016 8:26 AM
62	Nutrition. I have a BS in Nutrition	12/5/2016 8:24 AM
63	Not at this time.	12/5/2016 8:14 AM
64	no	12/5/2016 8:14 AM
65	Molly LaVigne- walking	12/5/2016 8:10 AM
66	no	12/5/2016 8:10 AM
67	No	12/5/2016 8:01 AM

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68	No	12/5/2016 7:56 AM
69	no	12/5/2016 7:50 AM
70	no	12/5/2016 7:49 AM
71	no	12/5/2016 7:22 AM

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Q11 Please share any additional comments, suggestions, and/or ideas related to promoting workplace health/wellness.

Answered: 30 Skipped: 88

#	Responses	Date
1	All of this is needed. Change of pace for staff, and helping them to ALSO be the best version of themselves as they can be. If we are all healthy, we are operating at the highest level we are capable of, and thats simply a good thing for everyone.	12/12/2016 11:58 AM
2	no	12/9/2016 2:57 PM
3	none	12/9/2016 11:56 AM
4	n/a	12/9/2016 11:26 AM
5	N/A	12/9/2016 9:32 AM
6	I would enjoy a walking or low impact aerobic or zhumba class in the gym from 3:45-4:30 after school.	12/9/2016 8:06 AM
7	None	12/9/2016 6:49 AM
8	no	12/8/2016 3:24 PM
9	none	12/8/2016 3:17 PM
10	Having small group activities planned for us to participate together and play a sport, go for a quick jog, or do something exhilarating right before or right after the school day would be best. This would help motivate each other and get people to participate because it would be preplanned with coworkers they get along with so everyone would want to go and do the activities.	12/8/2016 3:14 PM
11	sounds like a good idea. Possibly offering gym membership discounts too.	12/6/2016 9:34 AM
12	none	12/6/2016 8:58 AM
13	Living a healthy life a personal choice.	12/6/2016 8:53 AM
14	Great idea	12/5/2016 6:25 PM
15	Would love to see a zumba class in our CMS gym and pay per class like once a week	12/5/2016 3:24 PM
16	no	12/5/2016 1:55 PM
17	-Wellness inservice with groupings to sign up for (e.g., walking track, volleyball, massages, etc.)	12/5/2016 1:09 PM
18	none at the moment	12/5/2016 11:06 AM
19	None	12/5/2016 10:36 AM
20	none	12/5/2016 9:39 AM
21	Thanks.	12/5/2016 9:33 AM
22	n/a	12/5/2016 9:28 AM
23	No	12/5/2016 8:53 AM
24	No	12/5/2016 8:46 AM
25	n/a	12/5/2016 8:40 AM
26	It would be great to have the workout room/gym available to just the staff during designated hours after school or in the evening hours.	12/5/2016 8:26 AM
27	Strides Program, Zumba, Yoga	12/5/2016 8:14 AM
28	none at this time	12/5/2016 8:14 AM
29	n/a	12/5/2016 8:10 AM
30	N/A	12/5/2016 8:01 AM