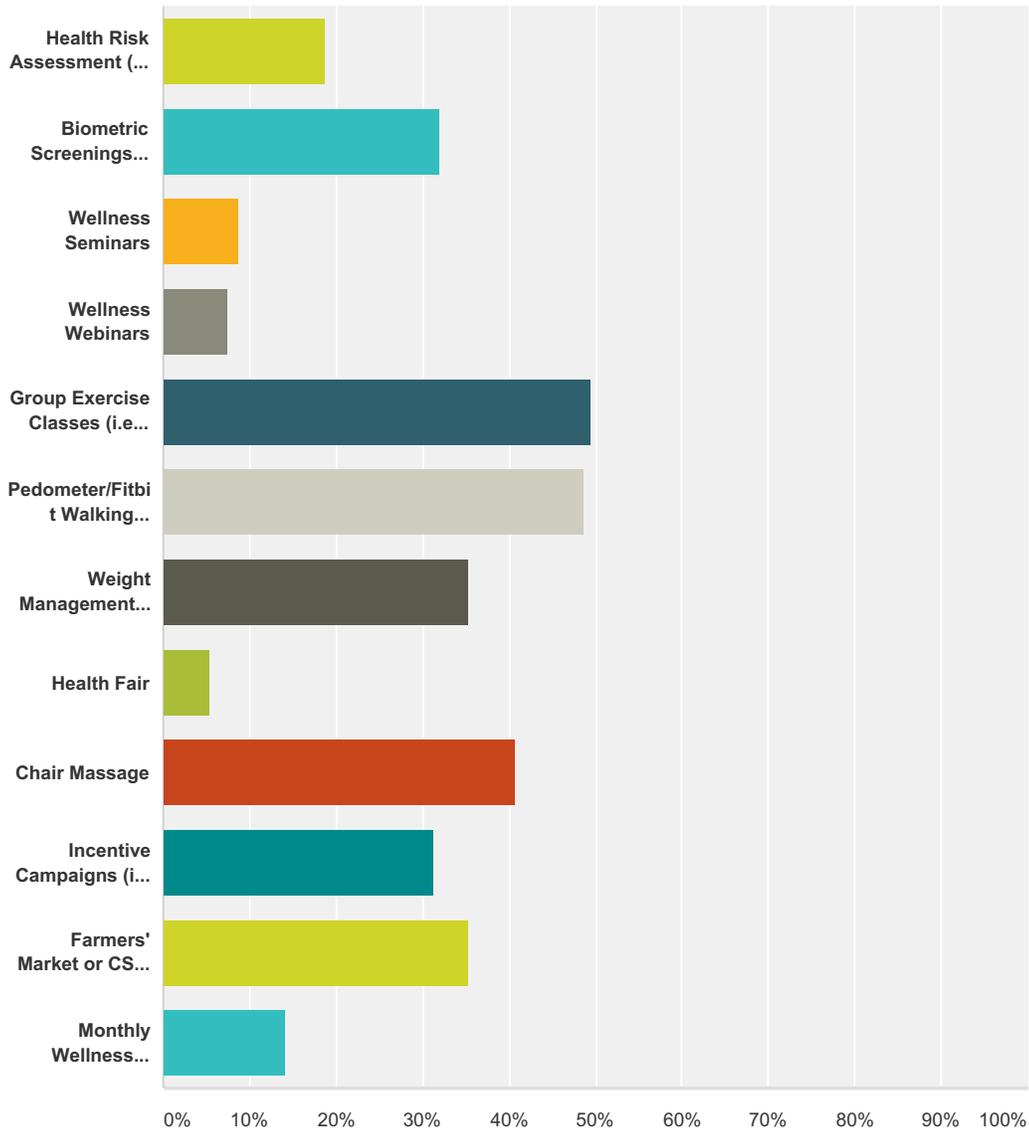


Q2 Which fitness and wellness programs would you like to see offered through your employer and that you would be likely to participate in? (check all that apply)

Answered: 309 Skipped: 16



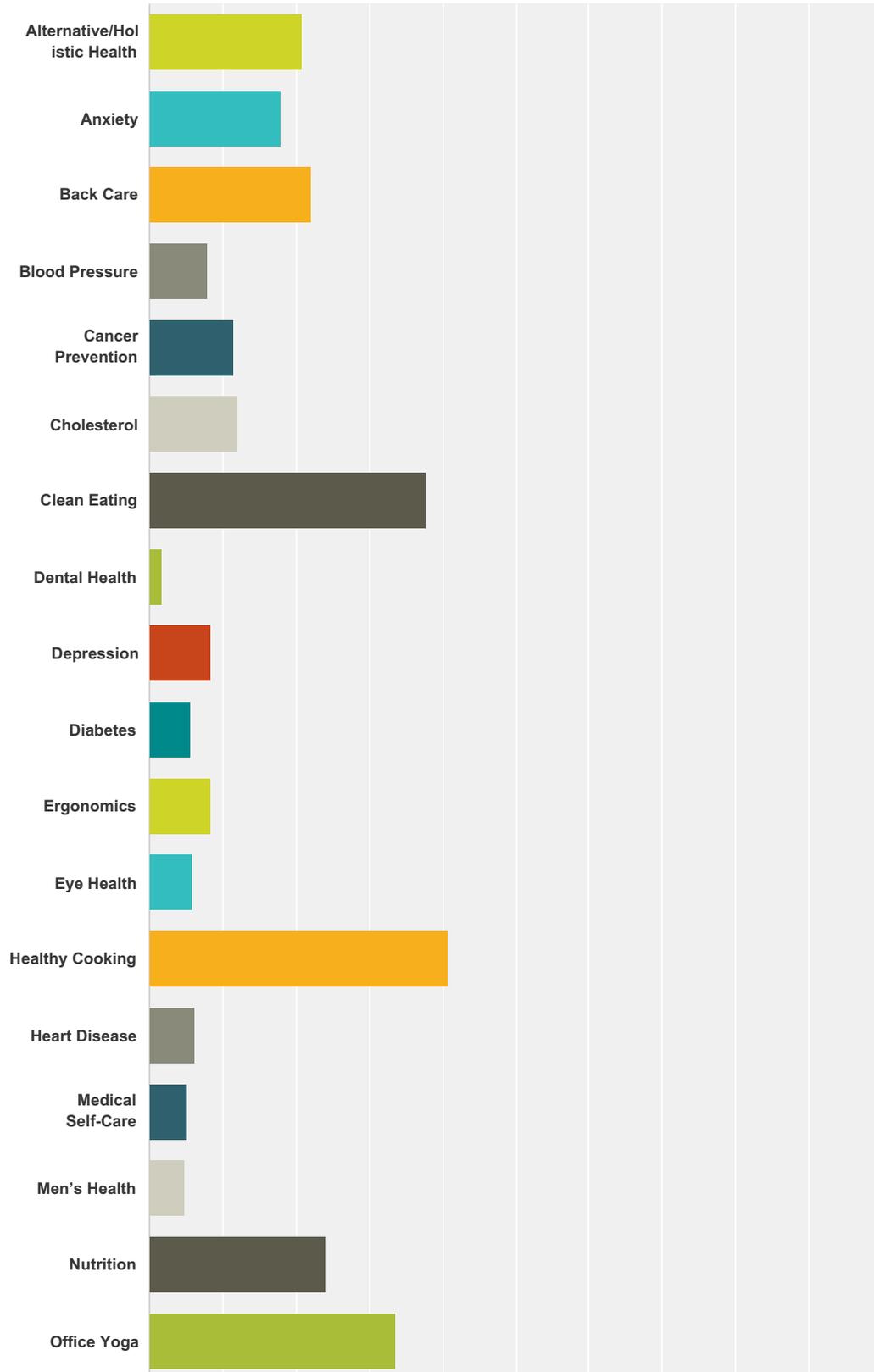
Answer Choices	Responses
Health Risk Assessment (a survey that assesses all areas of health and generates a comprehensive health report for each participant)	18.77% 58
Biometric Screenings (cholesterol, blood pressure, height/weight)	32.04% 99
Wellness Seminars	8.74% 27
Wellness Webinars	7.44% 23
Group Exercise Classes (i.e. yoga, Pilates, body sculpt)	49.51% 153

Farmington Area Public Schools Employee Health Needs and Interests Survey 2015

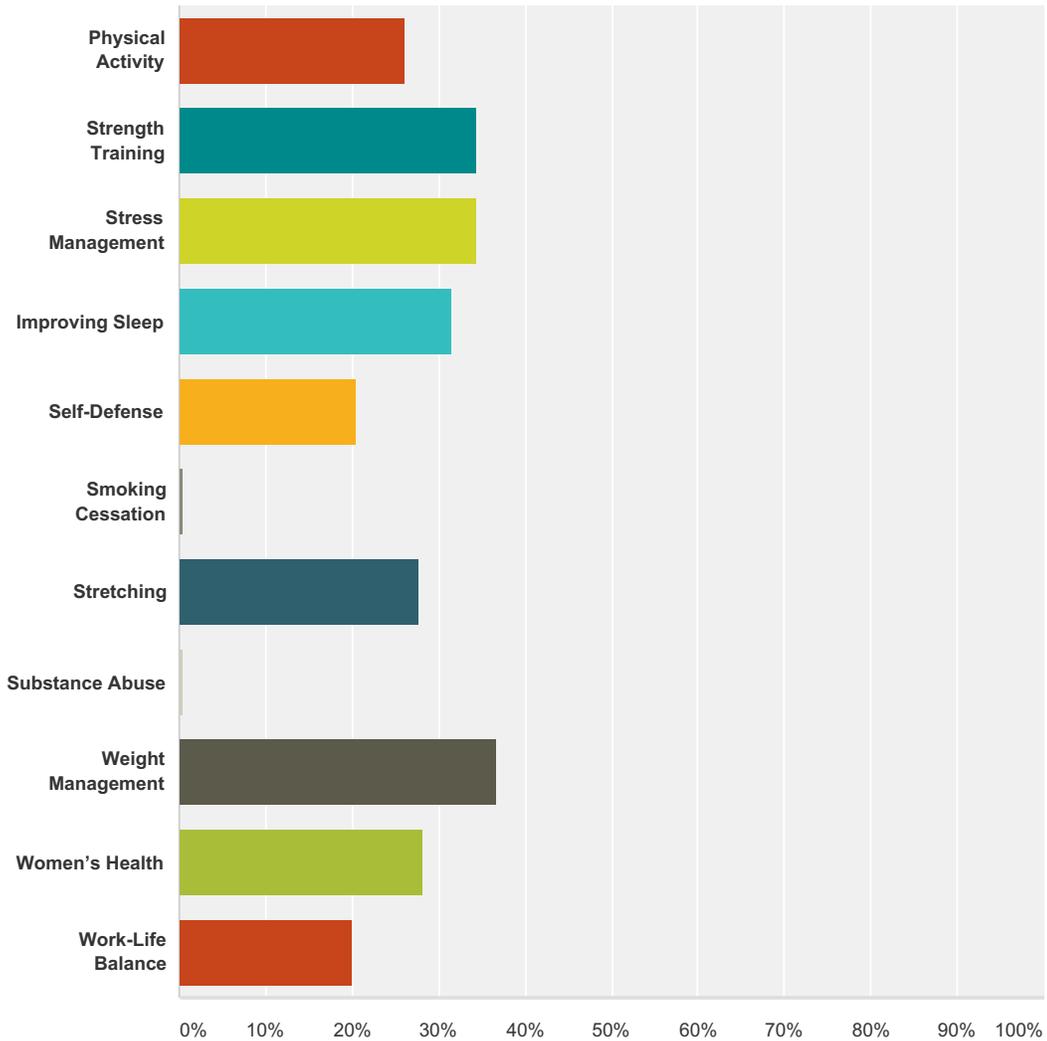
Pedometer/Fitbit Walking Program	48.54%	150
Weight Management Program	35.28%	109
Health Fair	5.50%	17
Chair Massage	40.78%	126
Incentive Campaigns (i.e. physical activity/nutrition programs encouraging/rewarding healthy behaviors)	31.39%	97
Farmers' Market or CSA (Community Supported Agriculture)	35.28%	109
Monthly Wellness Newsletter	14.24%	44
Total Respondents: 309		

Q3 If offered as a wellness seminar or class, which topics below would you be most likely to attend? (check all that apply)

Answered: 288 Skipped: 37



Farmington Area Public Schools Employee Health Needs and Interests Survey 2015



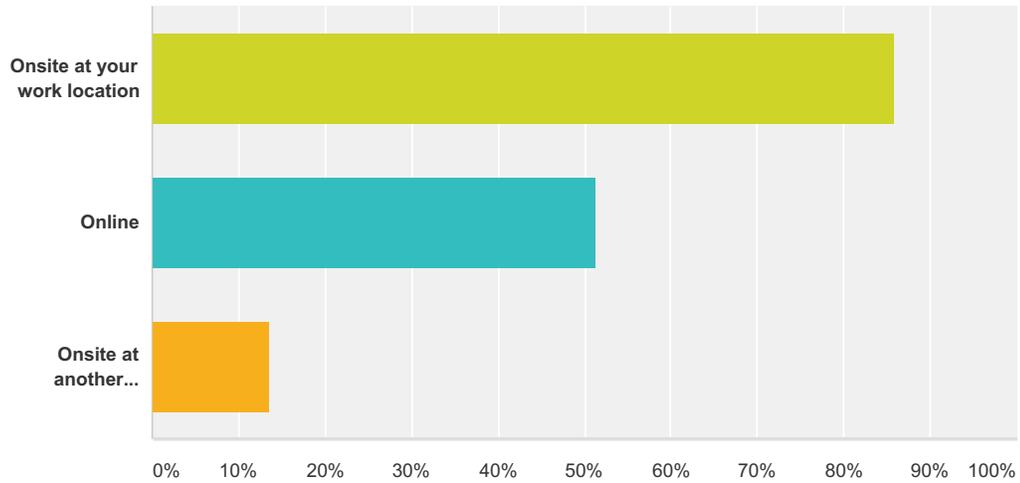
Answer Choices	Responses
Alternative/Holistic Health	20.83% 60
Anxiety	18.06% 52
Back Care	22.22% 64
Blood Pressure	7.99% 23
Cancer Prevention	11.46% 33
Cholesterol	12.15% 35
Clean Eating	37.85% 109
Dental Health	1.74% 5
Depression	8.33% 24
Diabetes	5.56% 16
Ergonomics	8.33% 24
Eye Health	5.90% 17

Farmington Area Public Schools Employee Health Needs and Interests Survey 2015

Healthy Cooking	40.63%	117
Heart Disease	6.25%	18
Medical Self-Care	5.21%	15
Men's Health	4.86%	14
Nutrition	23.96%	69
Office Yoga	33.68%	97
Physical Activity	26.04%	75
Strength Training	34.38%	99
Stress Management	34.38%	99
Improving Sleep	31.60%	91
Self-Defense	20.49%	59
Smoking Cessation	0.35%	1
Stretching	27.78%	80
Substance Abuse	0.35%	1
Weight Management	36.81%	106
Women's Health	28.13%	81
Work-Life Balance	20.14%	58
Total Respondents: 288		

Q4 If you were to participate in a wellness program, which delivery mode(s) would make it more likely for you to participate? (check all that apply)

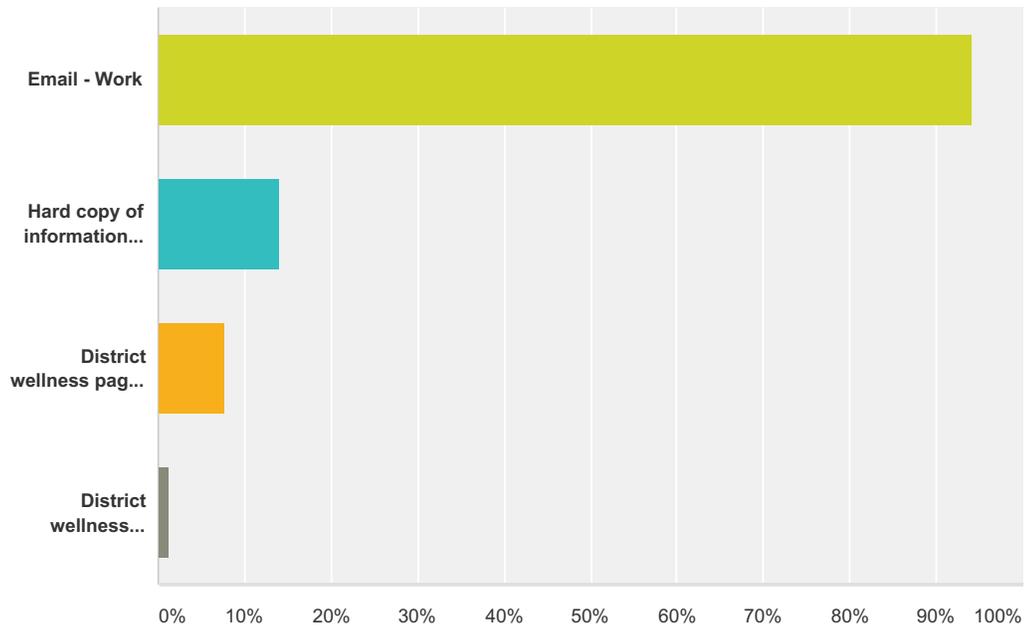
Answered: 310 Skipped: 15



Answer Choices	Responses
Onsite at your work location	85.81% 266
Online	51.29% 159
Onsite at another district building	13.55% 42
Total Respondents: 310	

Q5 What are the best ways to communicate wellness program updates to you? (check all that apply)

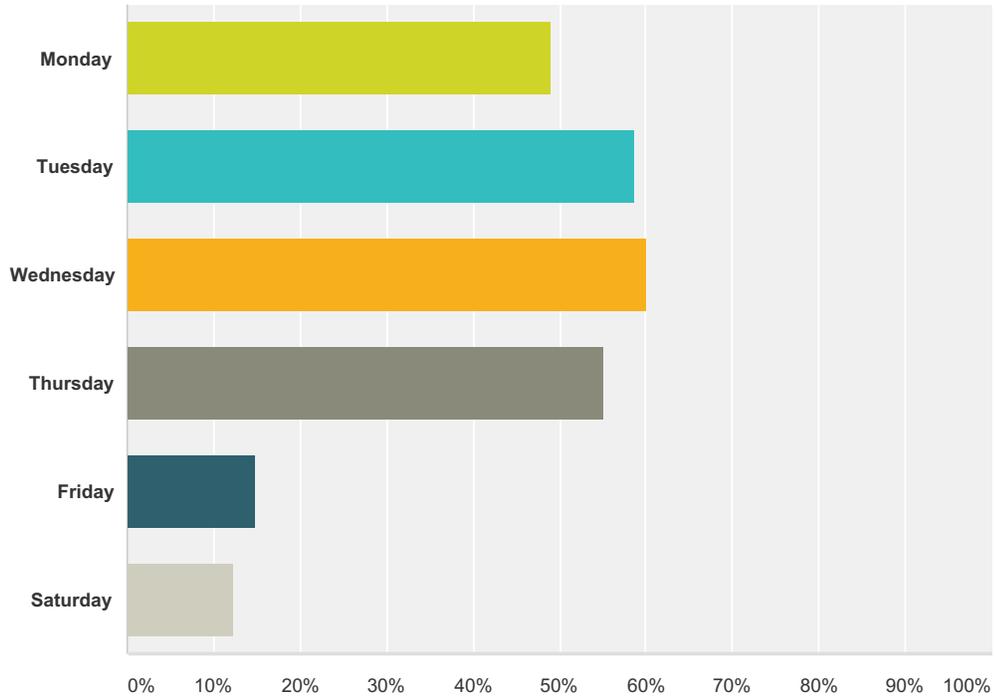
Answered: 321 Skipped: 4



Answer Choices	Responses
Email - Work	94.08% 302
Hard copy of information delivered to my staff mailbox	14.02% 45
District wellness page on website	7.79% 25
District wellness Twitter account	1.25% 4
Total Respondents: 321	

Q6 If you were to participate in a wellness program or class, what day of the week works best for you? (check all that apply)

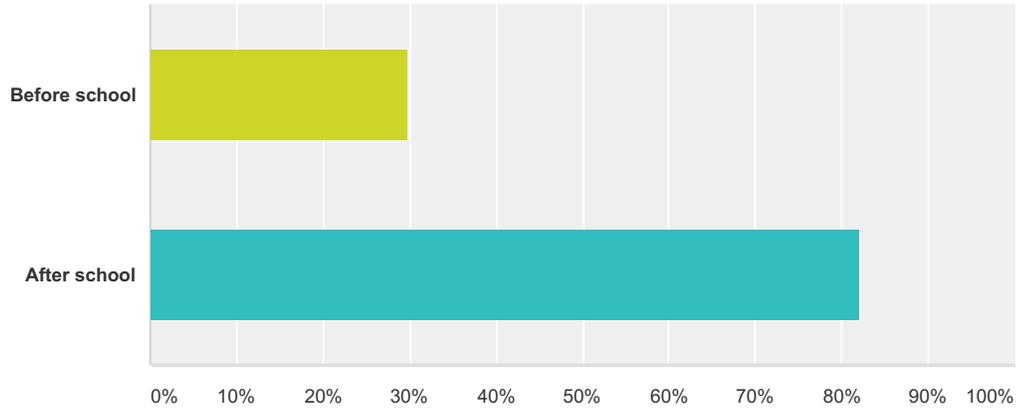
Answered: 298 Skipped: 27



Answer Choices	Responses	
Monday	48.99%	146
Tuesday	58.72%	175
Wednesday	60.07%	179
Thursday	55.03%	164
Friday	14.77%	44
Saturday	12.42%	37
Total Respondents: 298		

Q7 If you were to participate in a wellness program/class, what time of the day works best for you? (check all that apply)

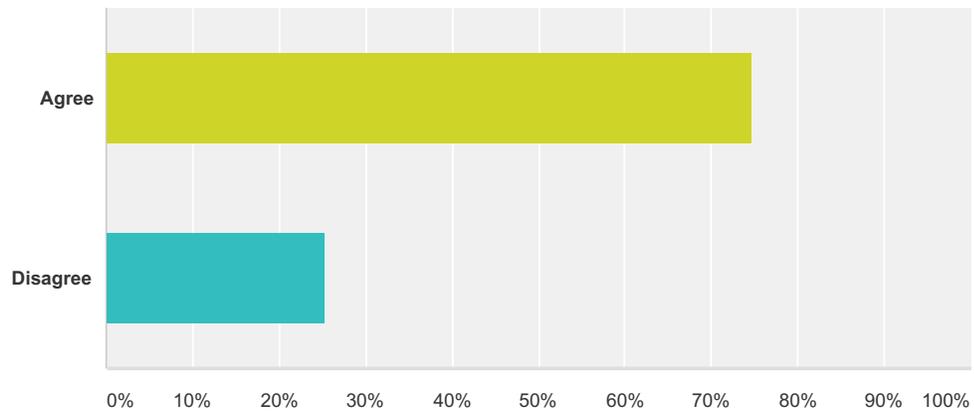
Answered: 305 Skipped: 20



Answer Choices	Responses
Before school	29.84% 91
After school	81.97% 250
Total Respondents: 305	

Q8 I believe that my employer cares about my health status.

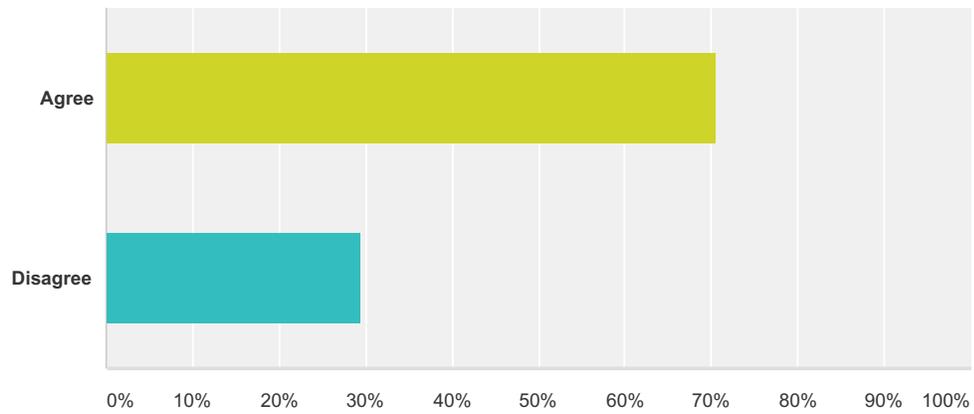
Answered: 301 Skipped: 24



Answer Choices	Responses
Agree	74.75% 225
Disagree	25.25% 76
Total	301

Q9 At my work location, I am encouraged to lead a healthy lifestyle.

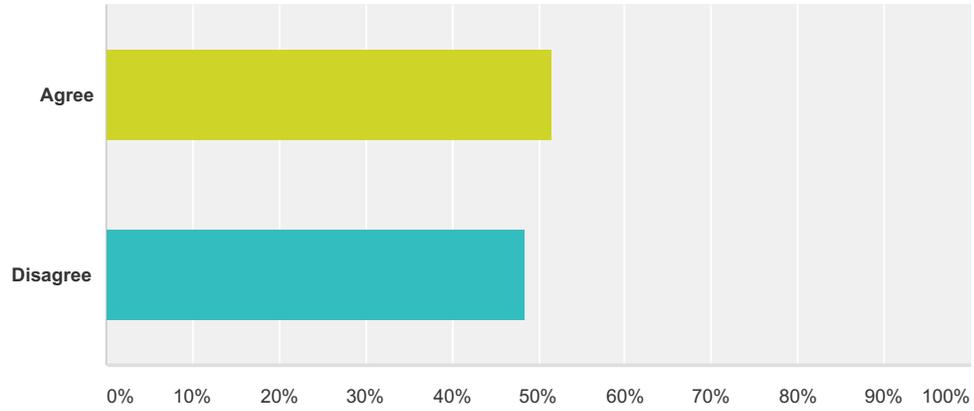
Answered: 298 Skipped: 27



Answer Choices	Responses
Agree	70.47% 210
Disagree	29.53% 88
Total	298

Q10 School District Administration model good health practices (examples: nutritious snacks for meetings, stretch breaks, etc).

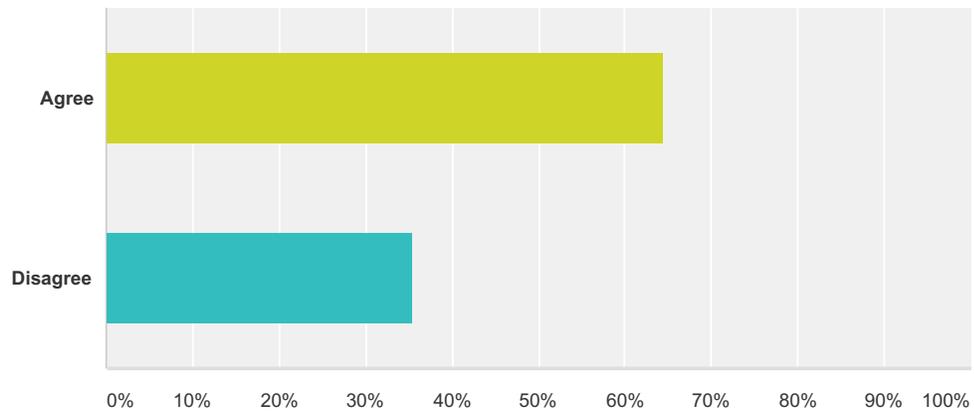
Answered: 287 Skipped: 38



Answer Choices	Responses
Agree	51.57% 148
Disagree	48.43% 139
Total	287

Q11 At my work location, there are low-fat/healthy food options available.

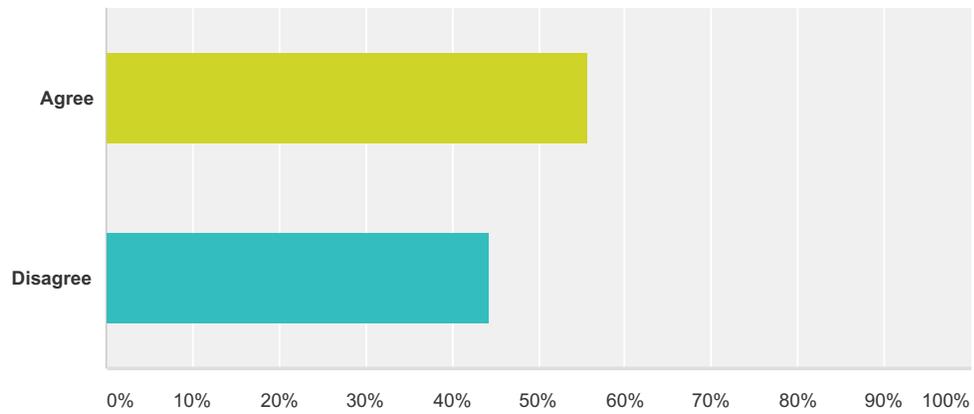
Answered: 287 Skipped: 38



Answer Choices	Responses	
Agree	64.46%	185
Disagree	35.54%	102
Total		287

Q12 At my work location, being physically active is promoted for staff.

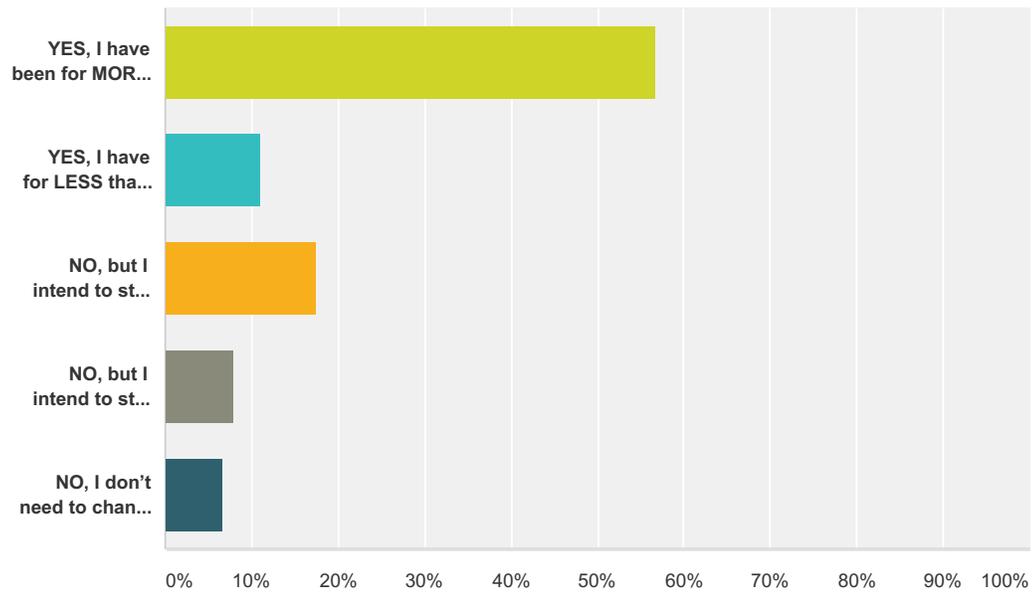
Answered: 291 Skipped: 34



Answer Choices	Responses
Agree	55.67% 162
Disagree	44.33% 129
Total	291

Q14 Do you follow a healthy diet?

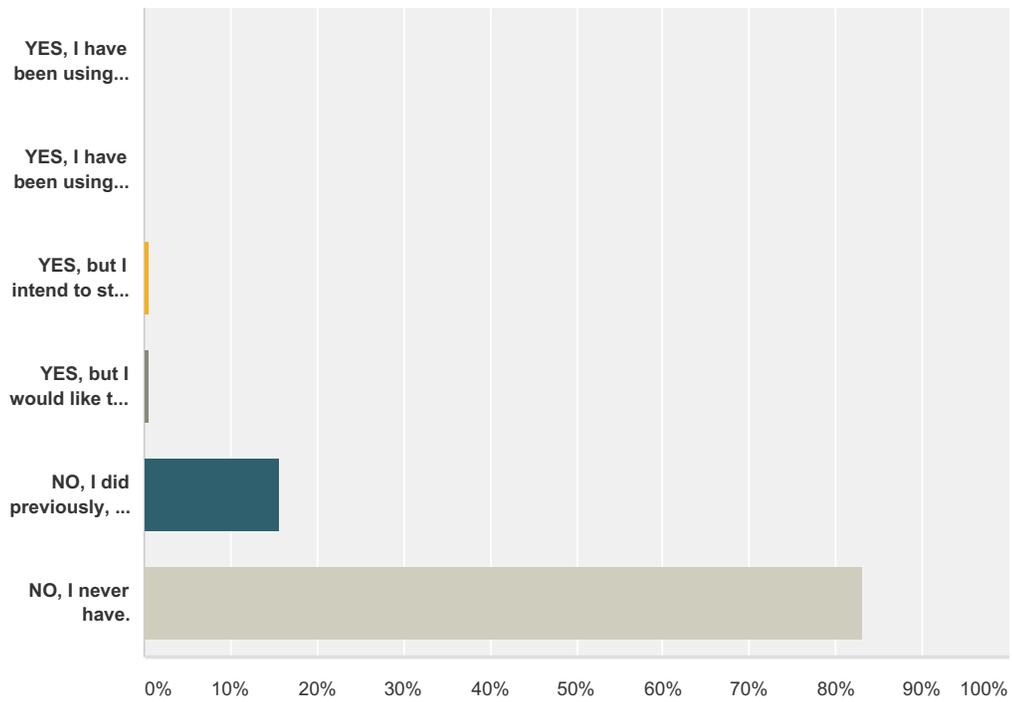
Answered: 315 Skipped: 10



Answer Choices	Responses
YES, I have been for MORE than 6 months.	56.83% 179
YES, I have for LESS than 6 months.	11.11% 35
NO, but I intend to start within the next 30 days.	17.46% 55
NO, but I intend to start within the next 6 months.	7.94% 25
NO, I don't need to change anything related to nutrition in my life.	6.67% 21
Total	315

Q15 Do you regularly use tobacco products?

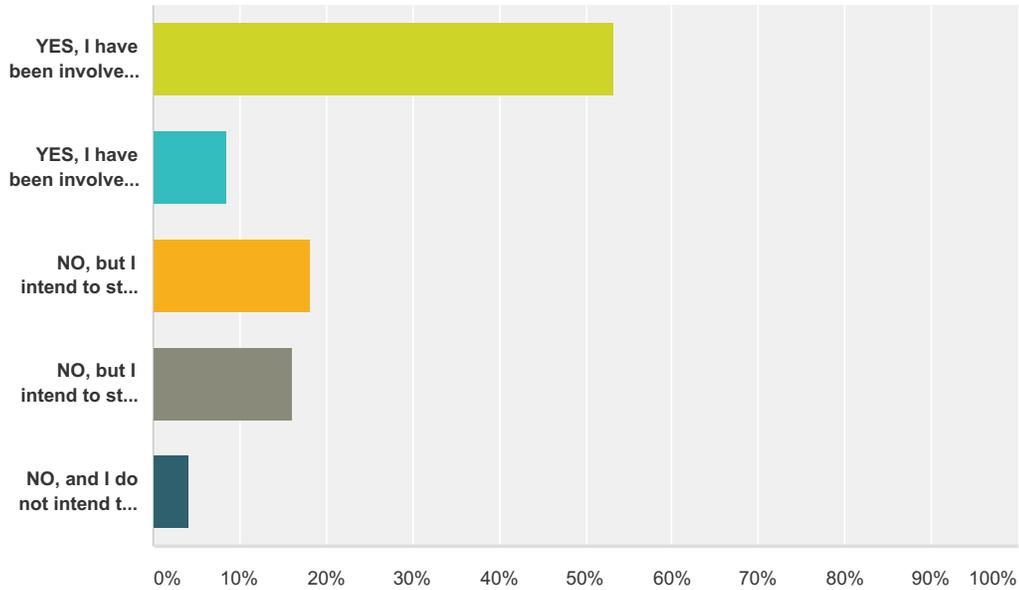
Answered: 321 Skipped: 4



Answer Choices	Responses
YES, I have been using tobacco products for MORE than 6 months.	0.00% 0
YES, I have been using tobacco products for LESS than 6 months.	0.00% 0
YES, but I intend to stop within the next 30 days.	0.62% 2
YES, but I would like to stop within the next 6 months.	0.62% 2
NO, I did previously, but have quit.	15.58% 50
NO, I never have.	83.18% 267
Total	321

Q16 Do you engage in at least 30 minutes of moderate physical activity (i.e. walking, sports, yardwork) for 5 or more days per week OR at least 20 minutes of vigorous physical activity (i.e. running, aerobics classes, cycling) for 3 or more days per week.

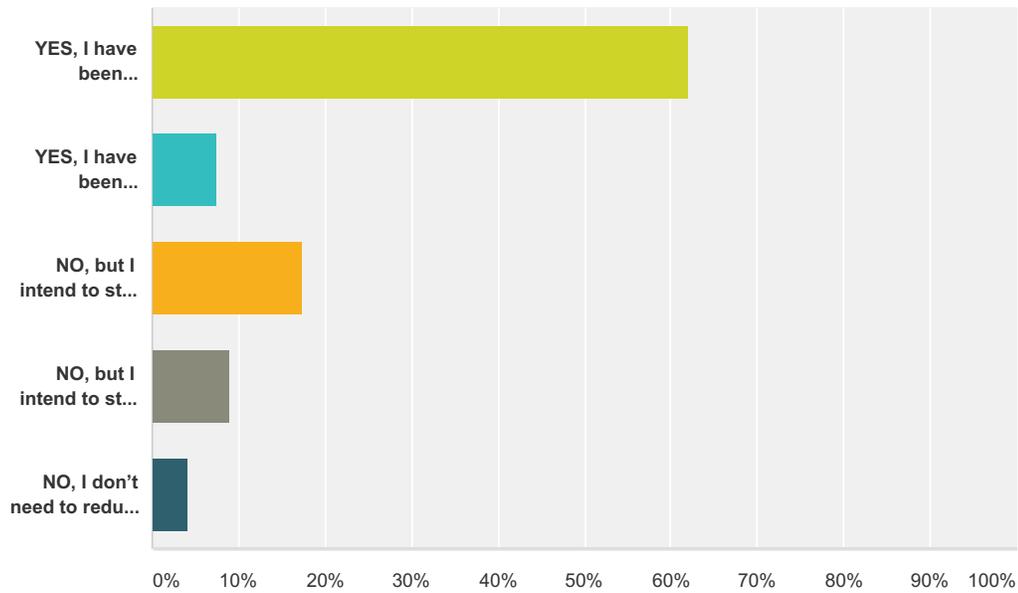
Answered: 318 Skipped: 7



Answer Choices	Responses	Count
YES, I have been involved in physical activity for MORE than 6 months.	53.14%	169
YES, I have been involved in physical activity for LESS than 6 months.	8.49%	27
NO, but I intend to start within the next 30 days.	18.24%	58
NO, but I intend to start within the next 6 months.	16.04%	51
NO, and I do not intend to start in the next 6 months	4.09%	13
Total		318

Q17 Do you effectively manage the stress in your life?

Answered: 310 Skipped: 15



Answer Choices	Responses	
YES, I have been effectively managing my stress for MORE than 6 months.	61.94%	192
YES, I have been effectively managing my stress for LESS than 6 months.	7.42%	23
NO, but I intend to start within the next 30 days.	17.42%	54
NO, but I intend to start within the next 6 months.	9.03%	28
NO, I don't need to reduce stress in my life.	4.19%	13
Total		310