

2013 Health Status Survey

At the end of the fall 2013 semester, Health Promotion and Wellness administered its Health Status Survey to Illinois State University faculty, staff, and graduate students. Of the 6,951 individuals that were in these three groups, 5,225 (75.2%) opted into survey research participation and were eligible to be recruited; of this total, 840 responded to the survey (giving a 16.1% response rate). Regarding [demographic information](#), the average age of respondents was 43.2 years, and the majority¹ of respondents was female. The majority of respondents also did not have a disability under the ADA and identified as heterosexual. In addition, the majority of respondents was White or Caucasian and was married/in a civil union/in a domestic partnership. In terms of their employment, the majority of respondents was full-time employees, and the two most frequently-selected primary appointment types were Administrative/Professional and Civil Service-Hourly. The typical shift for the majority of respondents was 8:00 AM - 4:30 PM. An executive summary (organized by survey section) is provided below. Following the executive summary are tables and figures with the responses for each survey item.

Executive Summary

Physical Activity

On average², respondents performed moderate-intensity cardio or aerobic exercise for at least 30 minutes on two of the past seven days, but they did not perform the other listed activities. Respondents also indicated that they on average were somewhat satisfied with both their current levels of energy and how their bodies look.

Medical Care and Self-Care

On average, respondents always follow regular dental exam and cleaning guidelines as recommended by their dentists, while they most of the time wear sunscreen of at least SPF 15 or clothing as a sun block when in the sun for more than one hour on a sunny day. Female respondents on average reported that they sometimes examine their breasts at least once per month for unusual changes or lumps, but they always receive routine mammograms as prescribed by their health care provider and have a Pap test once per year or as often as recommended by their health care providers. Male respondents, however, on average reported that they sometimes examine their testicles for unusual changes or lumps at least once every month. The majority of respondents' blood pressures is within normal ranges and thus does not take prescription medication to manage their blood pressure; similarly, the majority of respondents' cholesterol levels is within normal ranges and does not take prescription medication to manage their cholesterol levels.

Eating Habits

Respondents indicated that on average they consumed 1-2 servings each day of fruits and vegetables, whole grain food items, and dairy products or other foods fortified with calcium during the last week. The majority of respondents indicated that they were trying to lose weight, and the most frequently-selected methods used to lose weight within the last 12 months were eating less/reducing portion size and exercising. Of those who indicated they were trying to lose weight, maintain the same weight, or gain weight, feeling better and looking better were the most frequently-selected reasons for doing so.

Impact on Work Performance

The majority of respondents indicated that the listed items have not contributed to diminished performance and/or productivity at work within the last 12 months; however, respondents' lack of quality sleep; a stressful environment within their departments/units; their own personal illness, injury, or surgery; anxiety; and financial concerns were the most frequently-selected items that have contributed to diminished performance and/or productivity at work.

Substance Use and Unintentional Injury

On average, respondents wore a helmet when riding a bicycle, motorcycle, or scooter most of the time within the last 12 months, and they rarely did the other listed activities. The majority of respondents has never used cigarettes, other tobacco products, marijuana, or a prescription drug not prescribed to them;

¹ Majority indicates the larger/largest percentage of responses to the survey item.

² Average indicates the median response that is included in the survey item tables.

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however, the majority of respondents indicated that they have used alcohol on 1-2 days within the last 30 days. In addition, the majority of respondents has one or more functioning smoke detectors and carbon monoxide detectors in their homes.

Stress, Emotional and Social Health

On average, respondents indicated that within the last 12 months, they rarely have felt overwhelming anxiety, experienced difficulty coping with stressful events or situations, experienced difficulty falling asleep, or experienced difficulty staying asleep. They also sometimes have felt overwhelmed by all they had to do, but on average, they never experienced the other listed issues. Of those to which the items applied, the majority of respondents' gambling, Internet use, over-spending, and prescription drug use have not caused a problem in their lives. The majority of respondents also has not ever been diagnosed with the listed conditions, although the most frequently-selected conditions with which respondents have been diagnosed were depression and anxiety.

Sexual Health

On average, respondents most of the time have felt comfortable with their levels of sexual activity and have felt their needs for sexual activity were satisfied without conflicting with other needs in their lives.

Work Life Balance and Engagement

On average, respondents agreed with most of the listed items; however, respondents indicated that they were neutral regarding whether they felt their jobs have become more stressful, and they strongly agreed that they felt safe from violence in the workplace. Respondents on average indicated that a sense of spirituality or spiritual practice in their lives, or thinking of their lives as part of a larger spiritual force, was important and that it is very important to model positive health and wellness behaviors to students.

Progress towards Healthier Living

Regarding using alcohol moderately or not at all, being physically active, eating healthfully, living an overall healthy lifestyle, losing or maintaining weight, and managing stress levels, the majority of respondents indicated that they have done this on a regular basis and have for at least six months. They also responded that on average, they feel very confident in achieving and maintaining a healthy lifestyle in using alcohol moderately or not at all and managing high blood pressure, but they are somewhat confident regarding the other listed items.

Needs Assessment

The topics in which respondents were most interested in receiving information were healthy meals/eating for families, exercise/physical activity levels, weight loss, and stress management/relaxation techniques; respondents most frequently reported receiving information from the University on exercise/physical activity levels, stress management/relaxation techniques, and balance between work and life. The majority of respondents has not participated in a program or activity sponsored by Health Promotion and Wellness within the past 12 months and does not utilize supervisor approved time away from work or release-time to participate in such programs or activities. The most frequently-selected ways respondents prefer to receive health information at the worksite were through an online newsletter, email relay, and the Health Promotion and Wellness website; the most frequently-selected potential offerings in which respondents would participate were health screenings, cooking classes, and fitness assessment. The majority of respondents indicated that the lunch hour works best for their participation in programming sponsored by Health Promotion and Wellness, followed by after work. The most frequently-selected barriers to respondents' participation in programs and events were that presentations or programs are not offered at a time that fits their schedules, their work schedules do not allow participation, and their own lack of motivation.

Ergonomic Review

The majority of respondents have never had an ergonomic review of their seated work area. Of those who have, the majority was provided with recommendations for adjustments and the purchase of equipment to make the area safer and their issues were resolved with the ergonomic review and recommendations provided.

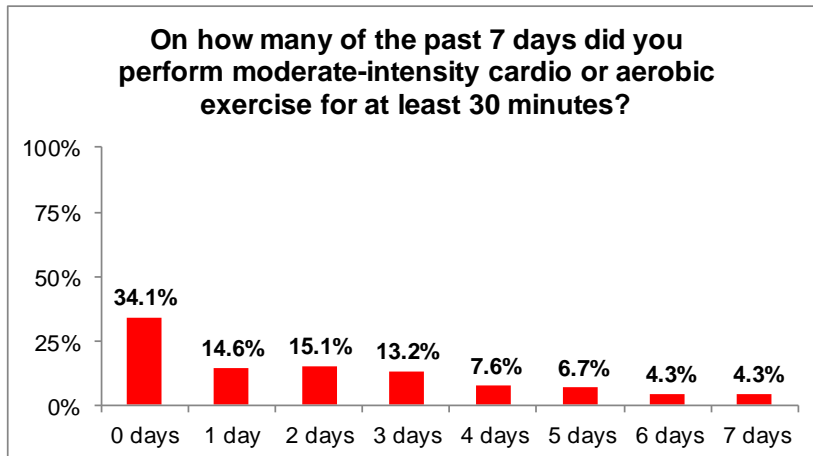
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Physical Activity

- 1a. On how many of the past 7 days did you perform moderate-intensity cardio or aerobic exercise for at least 30 minutes?

Response options	Frequency	Percent	Percent of respondents
0 days	284	33.8	34.1
1 day	122	14.5	14.6
2 days	126	15.0	15.1
3 days	110	13.1	13.2
4 days	63	7.5	7.6
5 days	56	6.7	6.7
6 days	36	4.3	4.3
7 days	36	4.3	4.3
Subtotal	833	99.2	100.0
No response	7	0.8	Mdn = 2 days
TOTAL	840	100.0	

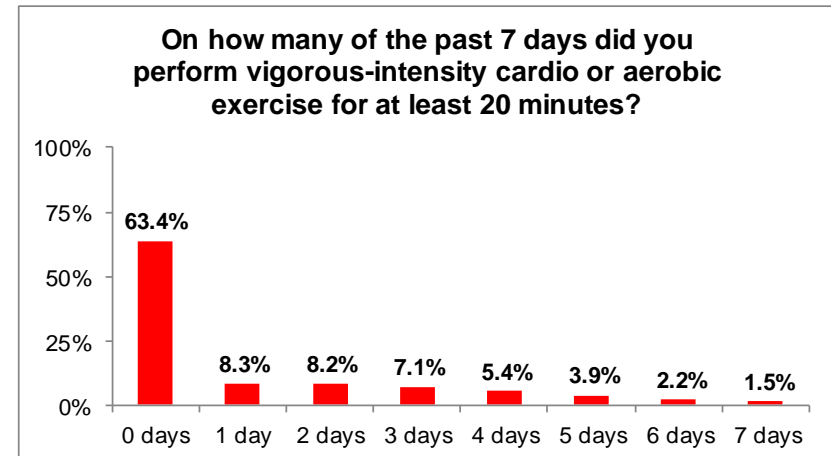
Note. Mdn is the median, which is the 50th percentile and represents an average score.



- 1b. On how many of the past 7 days did you perform vigorous-intensity cardio or aerobic exercise for at least 20 minutes?

Response options	Frequency	Percent	Percent of respondents
0 days	517	61.5	63.4
1 day	68	8.1	8.3
2 days	67	8.0	8.2
3 days	58	6.9	7.1
4 days	44	5.2	5.4
5 days	32	3.8	3.9
6 days	18	2.1	2.2
7 days	12	1.4	1.5
Subtotal	816	97.1	100.0
No response	24	2.9	Mdn = 0 days
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score.

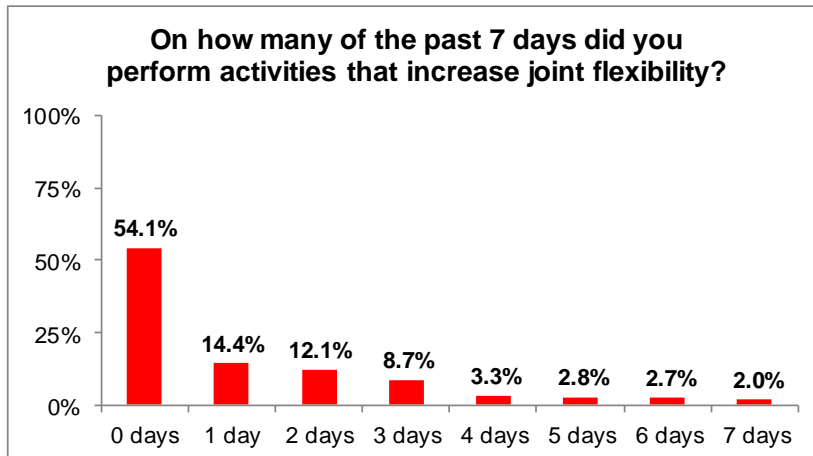


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1c. On how many of the past 7 days did you perform activities that increase joint flexibility?

Response options	Frequency	Percent	Percent of respondents
0 days	444	52.9	54.1
1 day	118	14.0	14.4
2 days	99	11.8	12.1
3 days	71	8.5	8.7
4 days	27	3.2	3.3
5 days	23	2.7	2.8
6 days	22	2.6	2.7
7 days	16	1.9	2.0
Subtotal	820	97.6	100.0
No response	20	2.4	Mdn = 0 days
TOTAL	840	100.0	

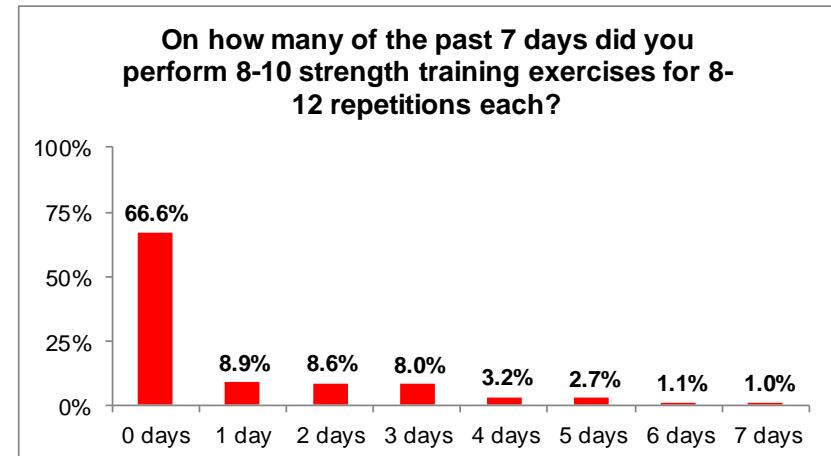
Note. Mdn is the median, which is the 50th percentile and represents an average score.



1d. On how many of the past 7 days did you perform 8-10 strength training exercises for 8-12 repetitions each?

Response options	Frequency	Percent	Percent of respondents
0 days	549	65.4	66.6
1 day	73	8.7	8.9
2 days	71	8.5	8.6
3 days	66	7.9	8.0
4 days	26	3.1	3.2
5 days	22	2.6	2.7
6 days	9	1.1	1.1
7 days	8	1.0	1.0
Subtotal	824	98.1	100.0
No response	16	1.9	Mdn = 0 days
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score.

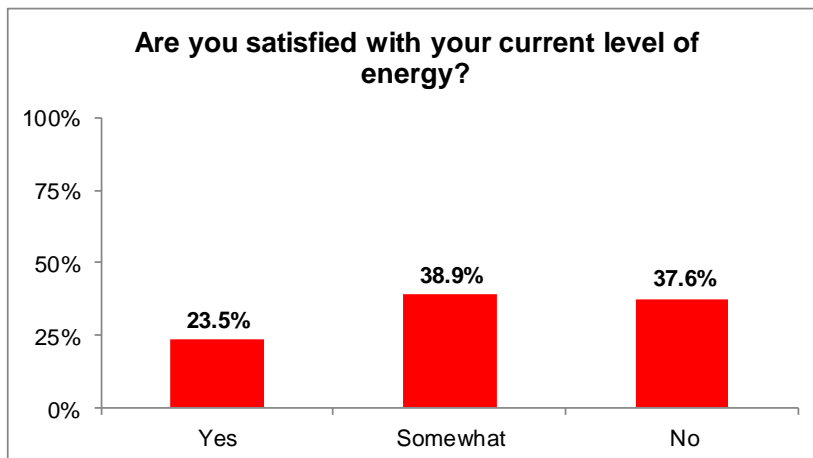


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2. Are you satisfied with your current level of energy?

Response options	Frequency	Percent	Percent of respondents
Yes	197	23.5	23.5
Somewhat	326	38.8	38.9
No	315	37.5	37.6
Subtotal	838	99.8	100.0
No response	2	0.2	Mdn = Somewhat
TOTAL	840	100.0	

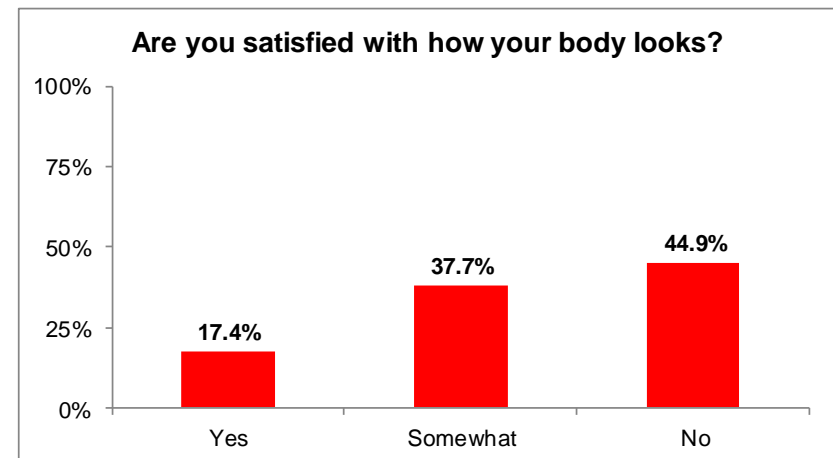
Note. *Mdn* is the median, which is the 50th percentile and represents an average score.



3. Are you satisfied with how your body looks?

Response options	Frequency	Percent	Percent of respondents
Yes	145	17.3	17.4
Somewhat	315	37.5	37.7
No	375	44.6	44.9
Subtotal	835	99.4	100.0
No response	5	0.6	Mdn = Somewhat
TOTAL	840	100.0	

Note. *Mdn* is the median, which is the 50th percentile and represents an average score.



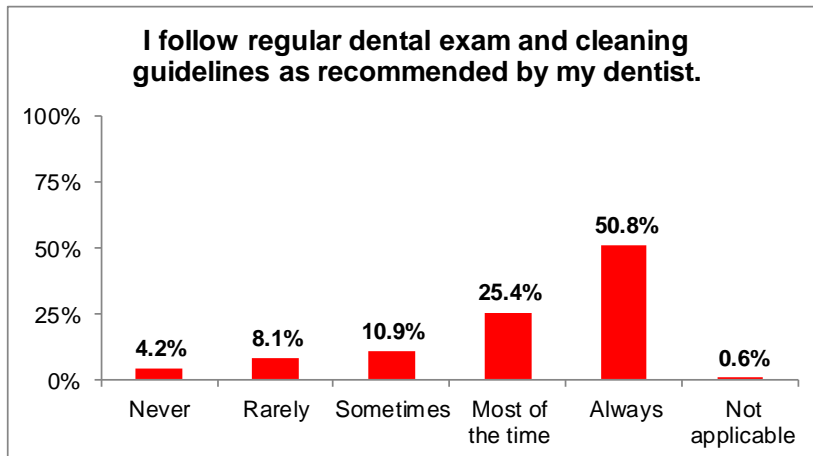
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Medical Care and Self-Care

4a. I follow regular dental exam and cleaning guidelines as recommended by my dentist.

Response options	Frequency	Percent	Percent of respondents
Never	34	4.0	4.2
Rarely	66	7.9	8.1
Sometimes	88	10.5	10.9
Most of the time	206	24.5	25.4
Always	412	49.0	50.8
Not applicable	5	0.6	0.6
Subtotal	811	96.5	100.0
No response	29	3.5	Mdn = Always
TOTAL	840	100.0	

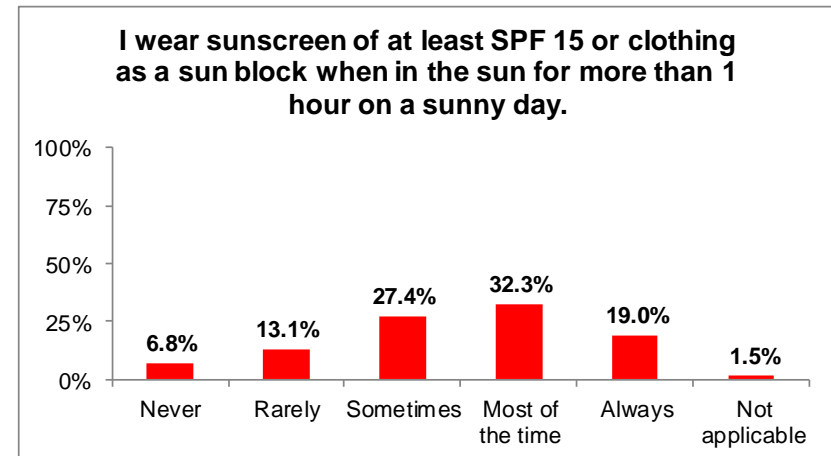
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



4b. I wear sunscreen of at least SPF 15 or clothing as a sun block when in the sun for more than 1 hour on a sunny day.

Response options	Frequency	Percent	Percent of respondents
Never	55	6.5	6.8
Rarely	106	12.6	13.1
Sometimes	222	26.4	27.4
Most of the time	262	31.2	32.3
Always	154	18.3	19.0
Not applicable	12	1.4	1.5
Subtotal	811	96.5	100.0
No response	29	3.5	Mdn = Most of the time
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

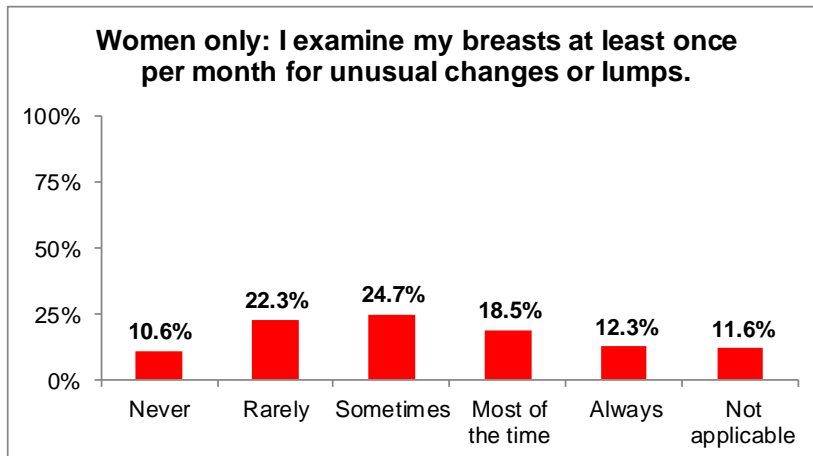


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4c. Women only: I examine my breasts at least once per month for unusual changes or lumps.

Response options	Frequency	Percent	Percent of respondents
Never	65	7.7	10.6
Rarely	136	16.2	22.3
Sometimes	151	18.0	24.7
Most of the time	113	13.5	18.5
Always	75	8.9	12.3
Not applicable	71	8.5	11.6
Subtotal	611	72.7	100.0
No response	229	27.3	Mdn = Sometimes
TOTAL	840	100.0	

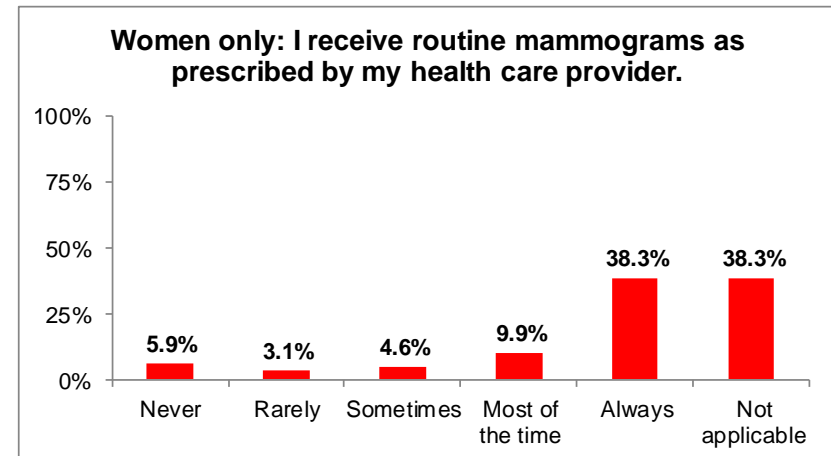
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



4d. Women only: I receive routine mammograms as prescribed by my health care provider.

Response options	Frequency	Percent	Percent of respondents
Never	36	4.3	5.9
Rarely	19	2.3	3.1
Sometimes	28	3.3	4.6
Most of the time	60	7.1	9.9
Always	233	27.7	38.3
Not applicable	233	27.7	38.3
Subtotal	609	72.5	100.0
No response	231	27.5	Mdn = Always
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

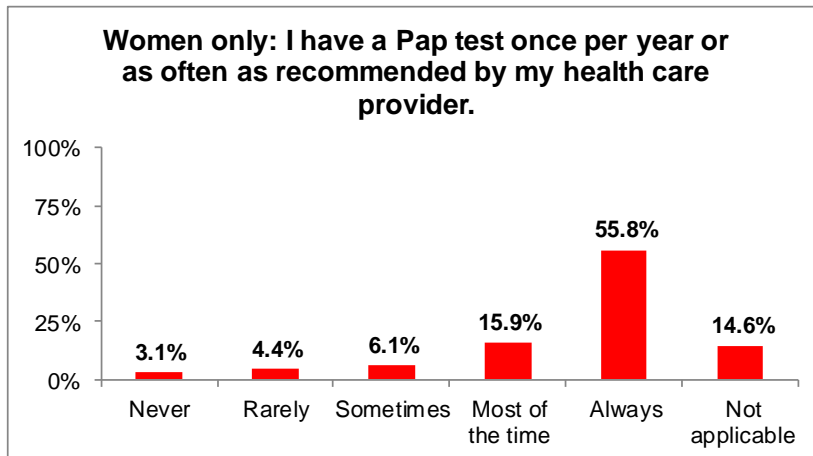


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4e. **Women only: I have a Pap test once per year or as often as recommended by my health care provider.**

Response options	Frequency	Percent	Percent of respondents
Never	19	2.3	3.1
Rarely	27	3.2	4.4
Sometimes	37	4.4	6.1
Most of the time	97	11.5	15.9
Always	340	40.5	55.8
Not applicable	89	10.6	14.6
Subtotal	609	72.5	100.0
No response	231	27.5	Mdn = Always
TOTAL	840	100.0	

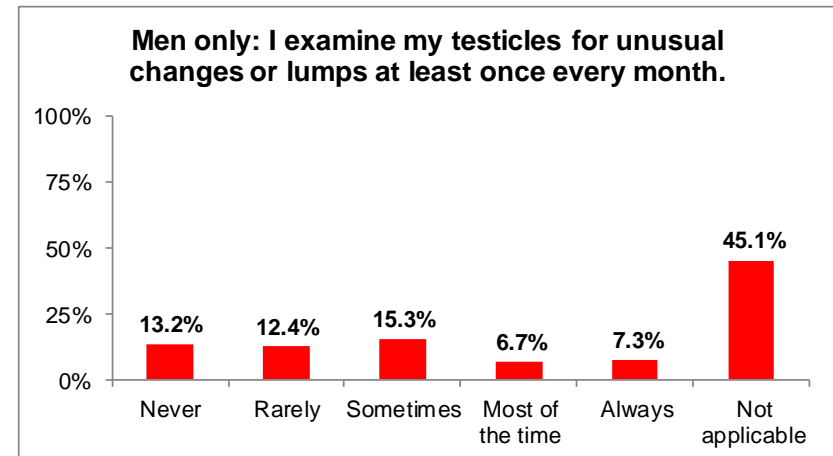
Note. *Mdn* is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



4f. **Men only: I examine my testicles for unusual changes or lumps at least once every month.**

Response options	Frequency	Percent	Percent of respondents
Never	63	7.5	13.2
Rarely	59	7.0	12.4
Sometimes	73	8.7	15.3
Most of the time	32	3.8	6.7
Always	35	4.2	7.3
Not applicable	215	25.6	45.1
Subtotal	477	56.8	100.0
No response	363	43.2	Mdn = Sometimes
TOTAL	840	100.0	

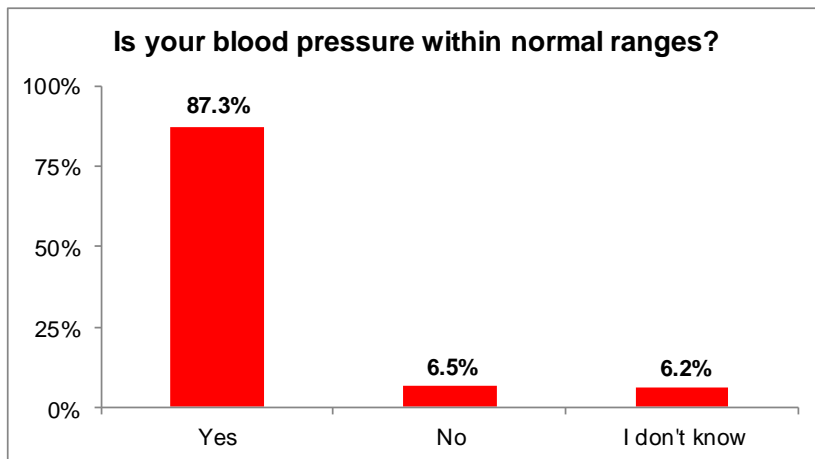
Note. *Mdn* is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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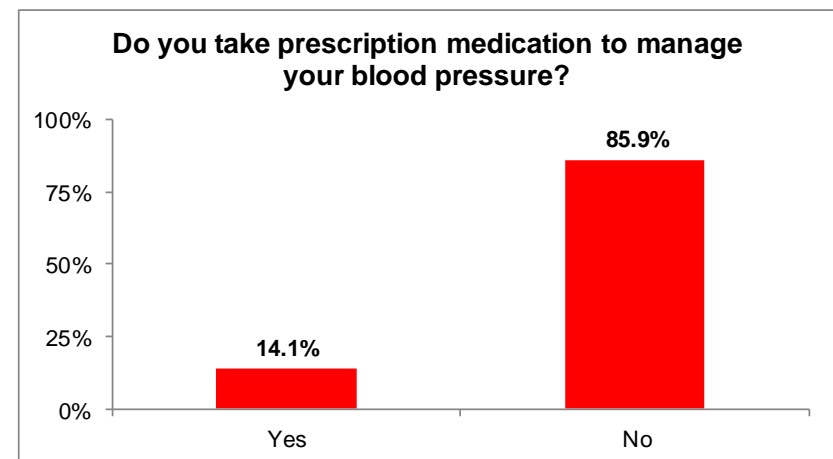
5. Is your blood pressure within normal ranges?

Response options	Frequency	Percent	Percent of respondents
Yes	717	85.4	87.3
No	53	6.3	6.5
I don't know	51	6.1	6.2
Subtotal	821	97.7	100.0
No response	19	2.3	
TOTAL	840	100.0	



6. Do you take prescription medication to manage your blood pressure?

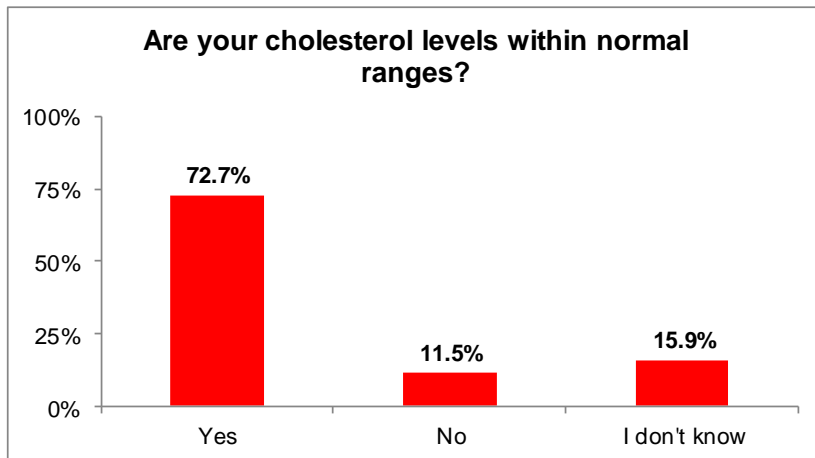
Response options	Frequency	Percent	Percent of respondents
Yes	115	13.7	14.1
No	701	83.5	85.9
Subtotal	816	97.1	100.0
No response	24	2.9	
TOTAL	840	100.0	



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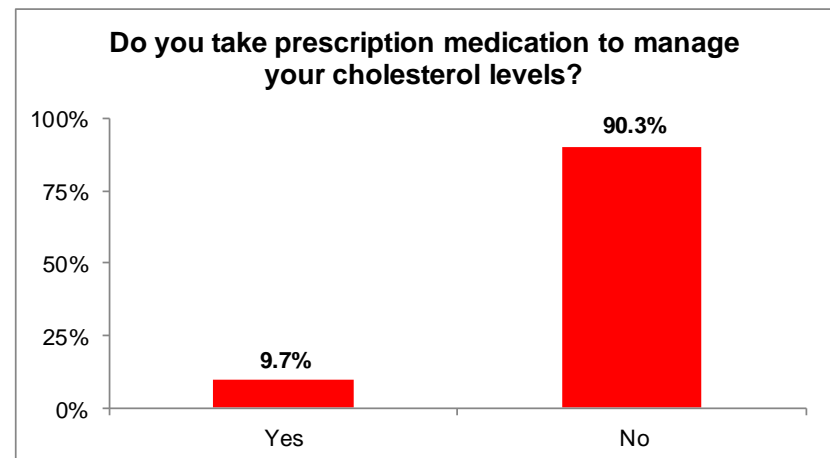
7. Are your cholesterol levels within normal ranges?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Yes	596	71.0	72.7
No	94	11.2	11.5
I don't know	130	15.5	15.9
Subtotal	820	97.6	100.0
No response	20	2.4	
TOTAL	840	100.0	



8. Do you take prescription medication to manage your cholesterol levels?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Yes	79	9.4	9.7
No	737	87.7	90.3
Subtotal	816	97.1	100.0
No response	24	2.9	
TOTAL	840	100.0	



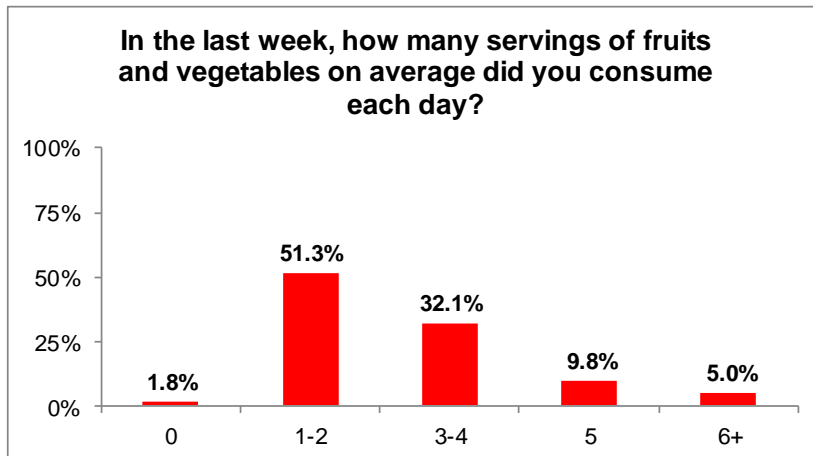
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Eating Habits

9a. In the last week, how many servings of fruits and vegetables on average did you consume each day?

Response options	Frequency	Percent	Percent of respondents
0	12	1.4	1.8
1-2	350	41.7	51.3
3-4	219	26.1	32.1
5	67	8.0	9.8
6+	34	4.0	5.0
Subtotal	682	81.2	100.0
No response	158	18.8	Mdn = 1-2
TOTAL	840	100.0	

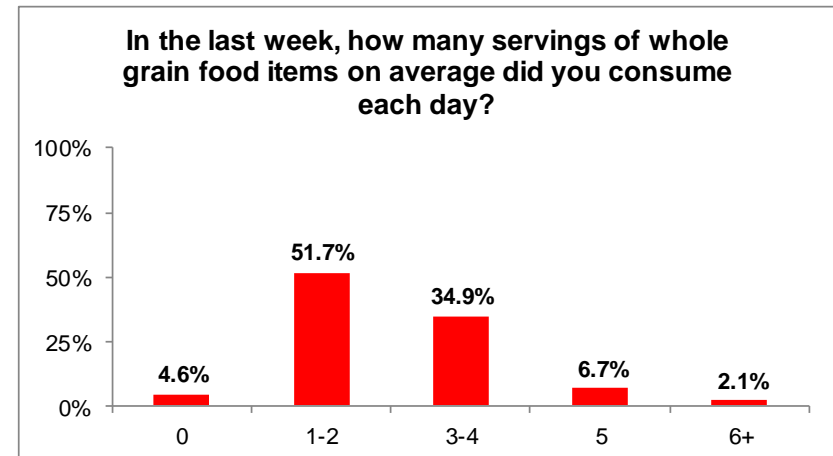
Note. Mdn is the median, which is the 50th percentile and represents an average score.



9b. In the last week, how many servings of whole grain food items on average did you consume each day?

Response options	Frequency	Percent	Percent of respondents
0	37	4.4	4.6
1-2	416	49.5	51.7
3-4	281	33.5	34.9
5	54	6.4	6.7
6+	17	2.0	2.1
Subtotal	805	95.8	100.0
No response	35	4.2	Mdn = 1-2
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score.

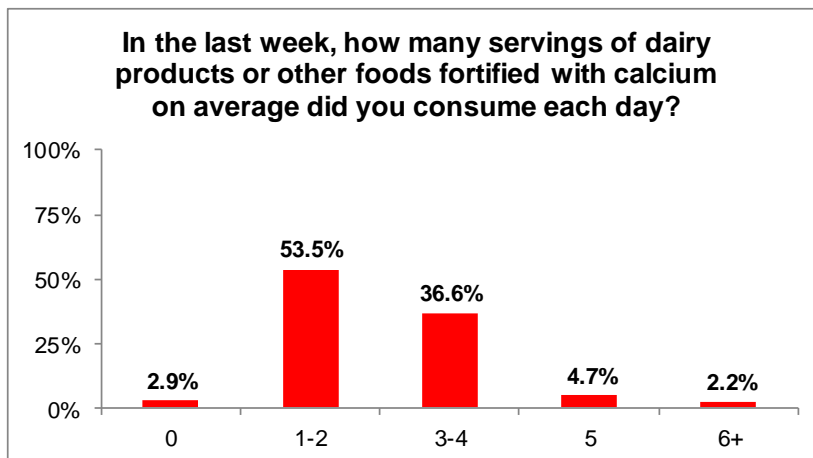


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- 9c. In the last week, how many servings of dairy products or other foods fortified with calcium on average did you consume each day?

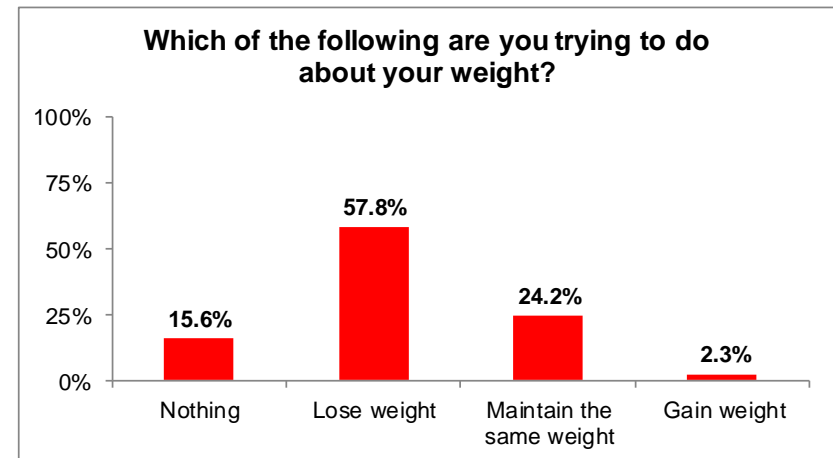
Response options	Frequency	Percent	Percent of respondents
0	23	2.7	2.9
1-2	431	51.3	53.5
3-4	295	35.1	36.6
5	38	4.5	4.7
6+	18	2.1	2.2
Subtotal	805	95.8	100.0
No response	35	4.2	Mdn = 1-2
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score.



10. Which of the following are you trying to do about your weight?

Response options	Frequency	Percent	Percent of respondents
Nothing	127	15.1	15.6
Lose weight	470	56.0	57.8
Maintain the same weight	197	23.5	24.2
Gain weight	19	2.3	2.3
Subtotal	813	96.8	100.0
No response	27	3.2	
TOTAL	840	100.0	



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11. Within the last 12 months, which of the following have you used to lose weight?

Note. Only those who selected 'Lose weight' ($n = 470$) in response to item 10 had the opportunity to respond to this item.

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>
Eating less, reducing portion size	419	89.1
Exercise	376	80.0
Diet pills	25	5.3
Laxatives/vomiting	2	0.4
Commercial weight loss program	41	8.7
Other	46	9.8

<i>Other, please specify</i>
Avoiding sugar
change what I eat
Changing diet and removing gluten
cut back on empty carbs. and calories
Dr. perscribed medication
eat differently: more veggies, less carbs in the evenings
eating habits--nutritional
Eating healthier
eating healthier foods
eating healthier-no gluten or refined sugars
Eliminating grains
Farrells Extreme Body Shaping 10 Week Program
Fell off the wagon the last 6 months or more
fewer carbs
food journal, pedometer
Food Tracking app for phone
getting more sleep

getting more sleep, eating better foods
Healthy eating
hypnosis
i just had a baby, so have not been trying to lose weight
I plan to start walking on a treadmill come January.
Insanity & T25
intermittent fasting
just had a baby, so i breastfeed
Limiting simple carb intake
log food, eat healthier
Low Carb (and it WORKS!)
Metformin
More healthy food choices
Not eating complex carbs and processed foods
Nursing
paleo diet / keto diet
Paleo lifestyle
Personal trainer/dietician
replacing empty calories with fresh fruits and veg
replacing unhealthy food choices with healthier ones
Seeing a nutritionist
shakeology
skip meals
smaller meals more often
therapist to change patterns
ViSalus meal supplement (shake)
weighing in every week
Weight Watchers
Wishing

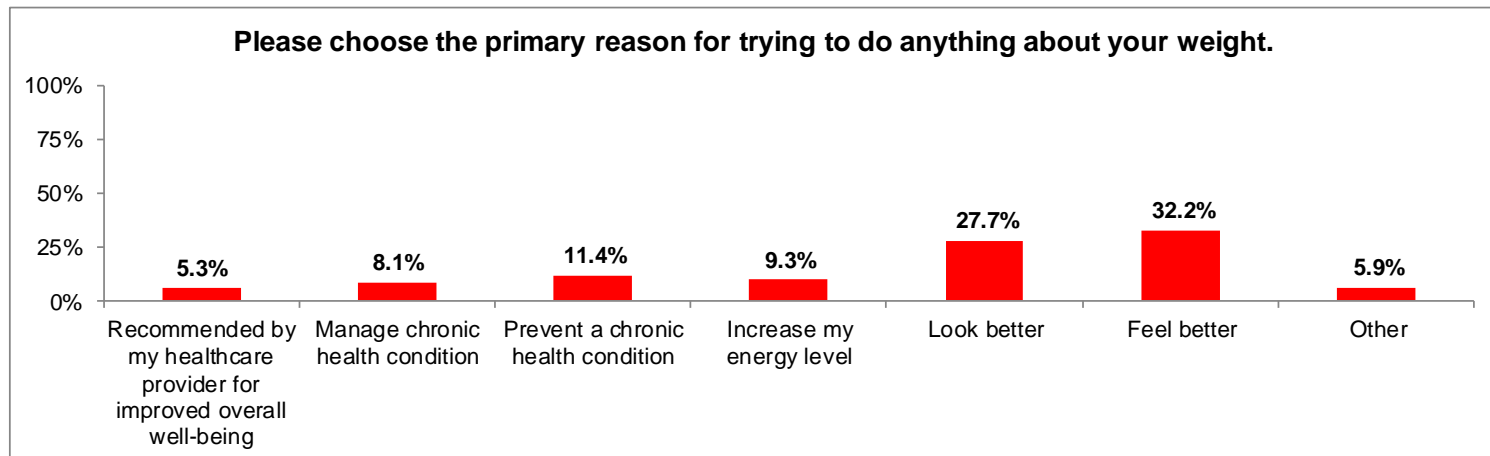
Note. $n = 46$ (100.0% of those who selected 'Other').

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12. Please choose the primary reason for trying to do anything about your weight.

Note. Only those who selected 'Lose weight' ($n = 470$), 'Maintain the same weight' ($n = 197$), or 'Gain weight' ($n = 19$) in response to item 10 had the opportunity to respond to this item.

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Recommended by my healthcare provider for improved overall well-being	36	5.2	5.3
Manage chronic health condition	55	8.0	8.1
Prevent a chronic health condition	77	11.2	11.4
Increase my energy level	63	9.2	9.3
Look better	187	27.3	27.7
Feel better	218	31.8	32.2
Other	40	5.8	5.9
Subtotal	676	98.5	100.0
No response	10	1.5	
TOTAL	686	100.0	



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<i>Other, please specify</i>
actually all of the above.
age
all of the above
All of the above
All of the above
Can't afford new clothes
combination of looking/feeling better about abs
Compete in obstacle course races as well as guide wading and canoe fishing river trips
cope with extended chemotherapy
for my family
happy with where I'm at weight wise
have clothes fit
I have dysmorphic body syndrome
i'm on the border of being underweight. i miss being fat and not getting cold in the fall.
Increase performance in running/triathlons
Look AND feel better
Look better and feel better
Lose baby weight
lose baby weight!
Lose Pregnancy Weight
Lose weight gained during pregnancy
lower bmi slightly
maintain a healthy lifestyle irrespective of doctor's orders
Maintain current weight despite complicated food sensitivities - tough to get enough calories.
maintain good health
Make up for unintended weight loss
My weight relies on my heavy schedule of activity and vegan regime.

not trying to do anything
pants to fit don't want to buy new
perform better at my hobbies
Pretty much all of the above. Plus, reduce stress on lower joints.
Reduce stress on my knees while running
Reduce the possiability of getting diabetes
Run better
Stay healthy
To be a positive role model for my son.
to gain more weight so i will not die young
training for 1/2 marathon. lose a little weight ... running easier
trying to gain weight to avoid chronic health problems
Trying to lose pregnancy weight

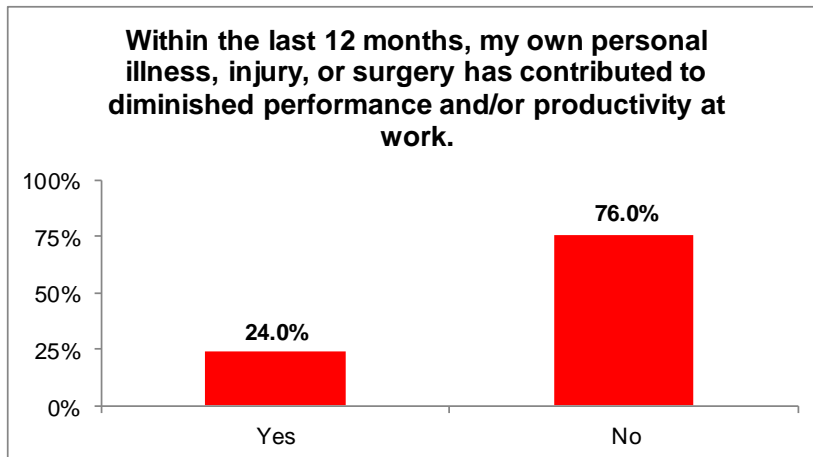
Note. $n = 40$ (100.0% of those who selected 'Other').

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Impact on Work Performance

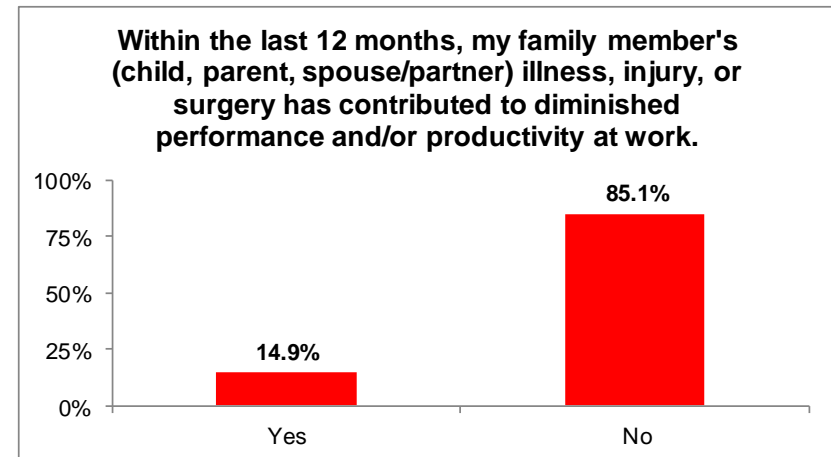
13a. Within the last 12 months, my own personal illness, injury, or surgery has contributed to diminished performance and/or productivity at work.

Response options	Frequency	Percent	Percent of respondents
Yes	194	23.1	24.0
No	614	73.1	76.0
Subtotal	808	96.2	100.0
No response	32	3.8	
TOTAL	840	100.0	



13b. Within the last 12 months, my family member's (child, parent, spouse/partner) illness, injury, or surgery has contributed to diminished performance and/or productivity at work.

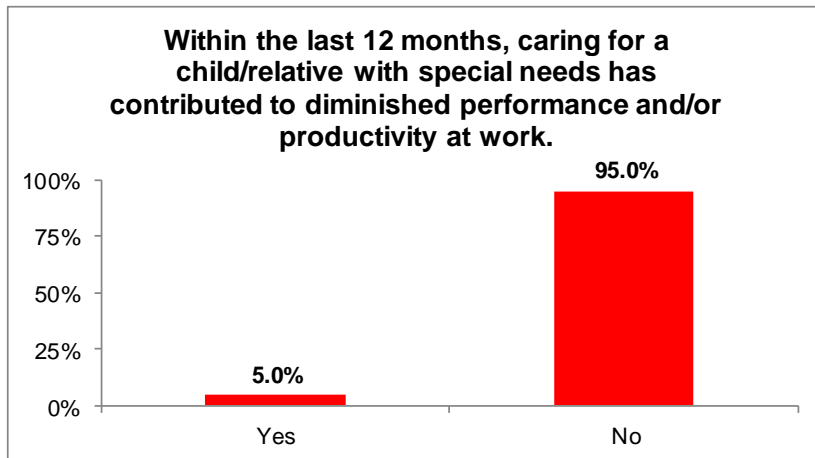
Response options	Frequency	Percent	Percent of respondents
Yes	120	14.3	14.9
No	685	81.5	85.1
Subtotal	805	95.8	100.0
No response	35	4.2	
TOTAL	840	100.0	



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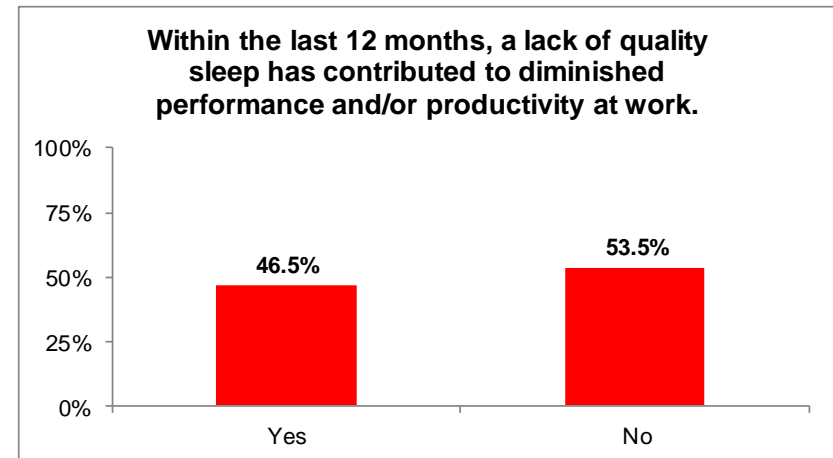
13c. Within the last 12 months, caring for a child/relative with special needs has contributed to diminished performance and/or productivity at work.

Response options	Frequency	Percent	Percent of respondents
Yes	40	4.8	5.0
No	764	91.0	95.0
Subtotal	804	95.7	100.0
No response	36	4.3	
TOTAL	840	100.0	



13d. Within the last 12 months, a lack of quality sleep has contributed to diminished performance and/or productivity at work.

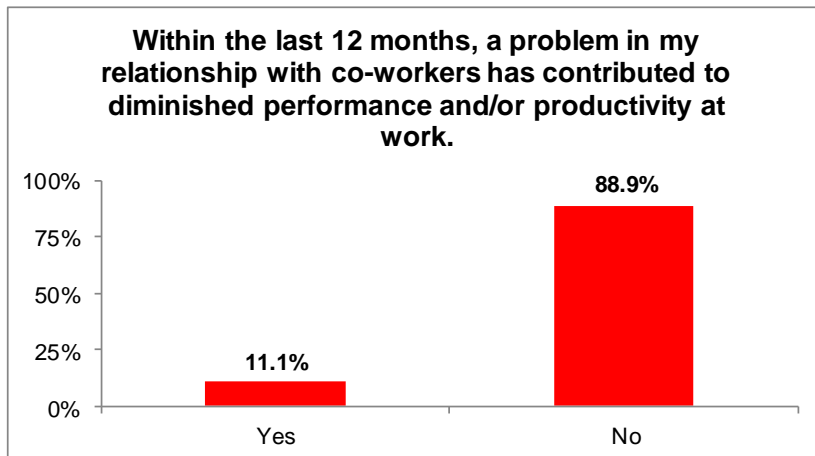
Response options	Frequency	Percent	Percent of respondents
Yes	375	44.6	46.5
No	432	51.4	53.5
Subtotal	807	96.1	100.0
No response	33	3.9	
TOTAL	840	100.0	



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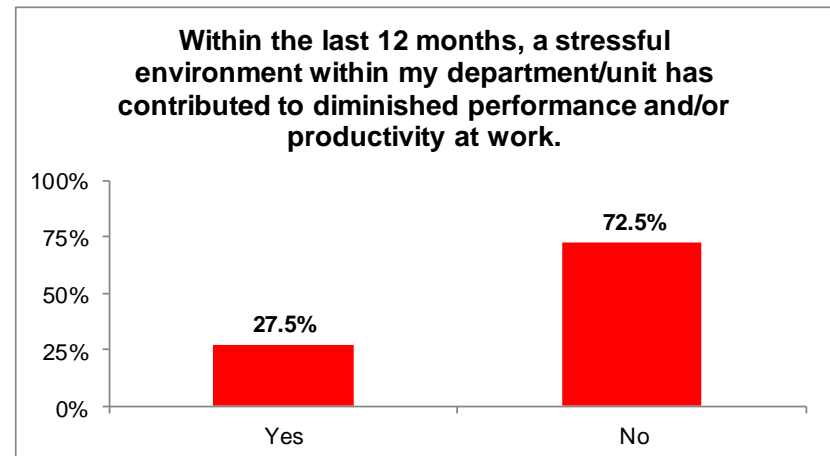
- 13e. Within the last 12 months, a problem in my relationship with co-workers has contributed to diminished performance and/or productivity at work.

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Yes	89	10.6	11.1
No	716	85.2	88.9
Subtotal	805	95.8	100.0
No response	35	4.2	
TOTAL	840	100.0	



- 13f. Within the last 12 months, a stressful environment within my department/unit has contributed to diminished performance and/or productivity at work.

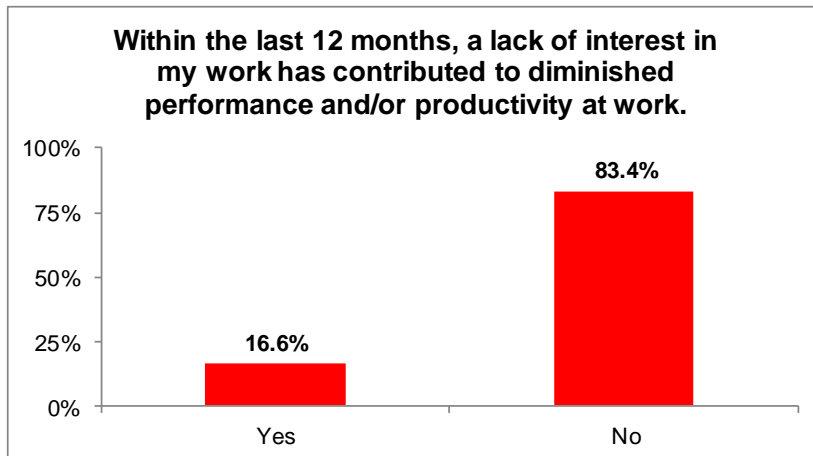
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Yes	222	26.4	27.5
No	585	69.6	72.5
Subtotal	807	96.1	100.0
No response	33	3.9	
TOTAL	840	100.0	



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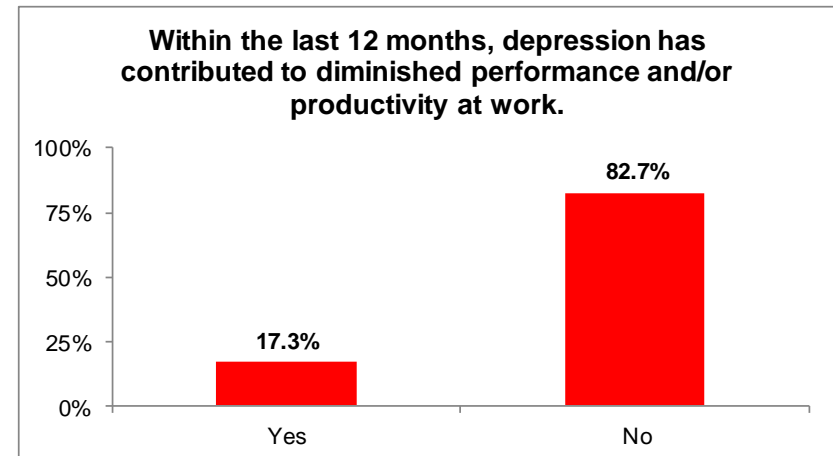
13g. Within the last 12 months, a lack of interest in my work has contributed to diminished performance and/or productivity at work.

Response options	Frequency	Percent	Percent of respondents
Yes	134	16.0	16.6
No	672	80.0	83.4
Subtotal	806	96.0	100.0
No response	34	4.0	
TOTAL	840	100.0	



13h. Within the last 12 months, depression has contributed to diminished performance and/or productivity at work.

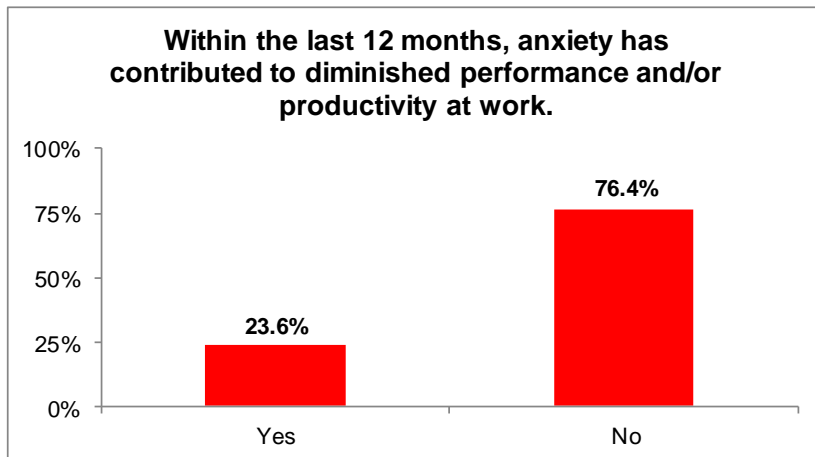
Response options	Frequency	Percent	Percent of respondents
Yes	139	16.5	17.3
No	664	79.0	82.7
Subtotal	803	95.6	100.0
No response	37	4.4	
TOTAL	840	100.0	



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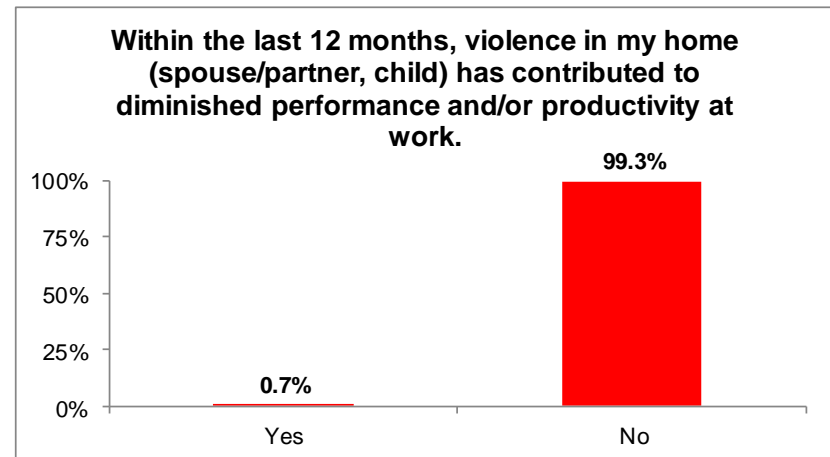
13i. Within the last 12 months, anxiety has contributed to diminished performance and/or productivity at work.

Response options	Frequency	Percent	Percent of respondents
Yes	188	22.4	23.6
No	609	72.5	76.4
Subtotal	797	94.9	100.0
No response	43	5.1	
TOTAL	840	100.0	



13j. Within the last 12 months, violence in my home (spouse/partner, child) has contributed to diminished performance and/or productivity at work.

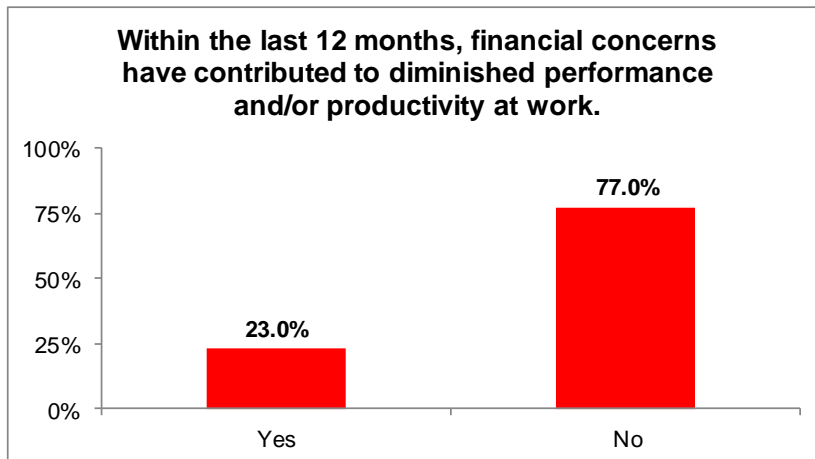
Response options	Frequency	Percent	Percent of respondents
Yes	6	0.7	0.7
No	796	94.8	99.3
Subtotal	802	95.5	100.0
No response	38	4.5	
TOTAL	840	100.0	



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- 13k. Within the last 12 months, financial concerns have contributed to diminished performance and/or productivity at work.

Response options	Frequency	Percent	Percent of respondents
Yes	184	21.9	23.0
No	615	73.2	77.0
Subtotal	799	95.1	100.0
No response	41	4.9	
TOTAL	840	100.0	



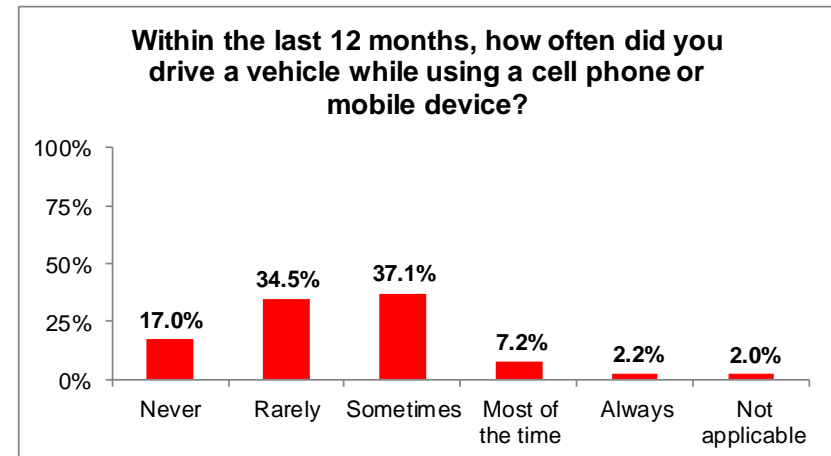
Substance Use and Unintentional Injury

- 14a. Within the last 12 months, how often did you drive a vehicle while using a cell phone or mobile device?

Response options	Frequency	Percent	Percent of respondents
Never	137	16.3	17.0
Rarely	277	33.0	34.5
Sometimes	298	35.5	37.1
Most of the time	58	6.9	7.2
Always	18	2.1	2.2
Not applicable	16	1.9	2.0
Subtotal	804	95.7	100.0
No response	36	4.3	
TOTAL	840	100.0	

Mdn = Rarely

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

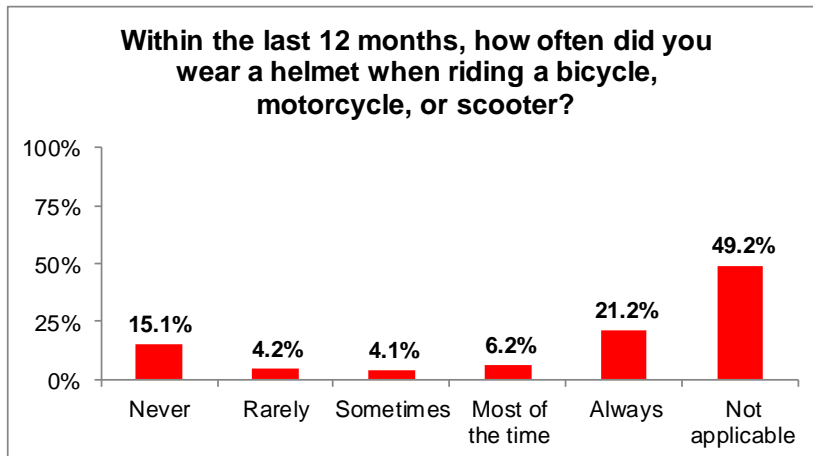


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14b. Within the last 12 months, how often did you wear a helmet when riding a bicycle, motorcycle, or scooter?

Response options	Frequency	Percent	Percent of respondents
Never	121	14.4	15.1
Rarely	34	4.0	4.2
Sometimes	33	3.9	4.1
Most of the time	50	6.0	6.2
Always	170	20.2	21.2
Not applicable	395	47.0	49.2
Subtotal	803	95.6	100.0
No response	37	4.4	Mdn = Most of the time
TOTAL	840	100.0	

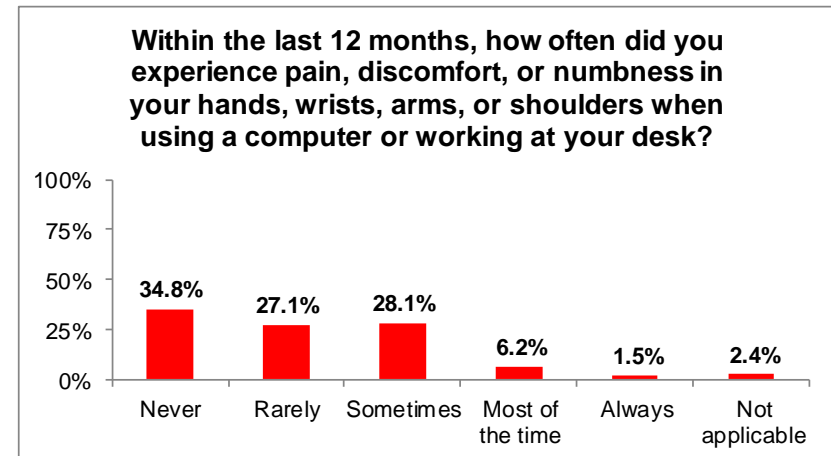
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



14c. Within the last 12 months, how often did you experience pain, discomfort, or numbness in your hands, wrists, arms, or shoulders when using a computer or working at your desk?

Response options	Frequency	Percent	Percent of respondents
Never	280	33.3	34.8
Rarely	218	26.0	27.1
Sometimes	226	26.9	28.1
Most of the time	50	6.0	6.2
Always	12	1.4	1.5
Not applicable	19	2.3	2.4
Subtotal	805	95.8	100.0
No response	35	4.2	Mdn = Rarely
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

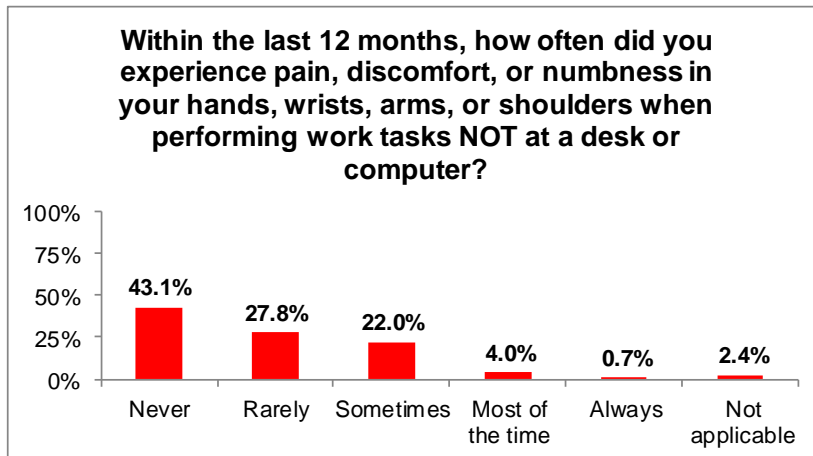


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- 14d. Within the last 12 months, how often did you experience pain, discomfort, or numbness in your hands, wrists, arms, or shoulders when performing work tasks NOT at a desk or computer?

Response options	Frequency	Percent	Percent of respondents
Never	346	41.2	43.1
Rarely	223	26.5	27.8
Sometimes	177	21.1	22.0
Most of the time	32	3.8	4.0
Always	6	0.7	0.7
Not applicable	19	2.3	2.4
Subtotal	803	95.6	100.0
No response	37	4.4	Mdn = Rarely
TOTAL	840	100.0	

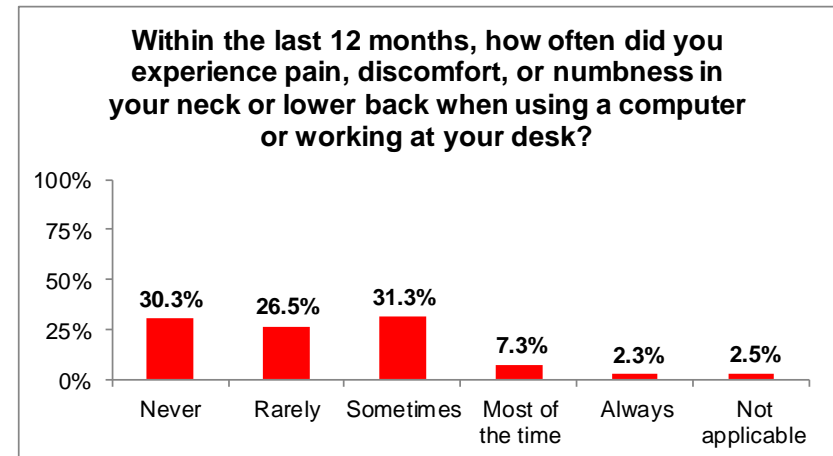
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



- 14e. Within the last 12 months, how often did you experience pain, discomfort, or numbness in your neck or lower back when using a computer or working at your desk?

Response options	Frequency	Percent	Percent of respondents
Never	242	28.8	30.3
Rarely	212	25.2	26.5
Sometimes	250	29.8	31.3
Most of the time	58	6.9	7.3
Always	18	2.1	2.3
Not applicable	20	2.4	2.5
Subtotal	800	95.2	100.0
No response	40	4.8	Mdn = Rarely
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

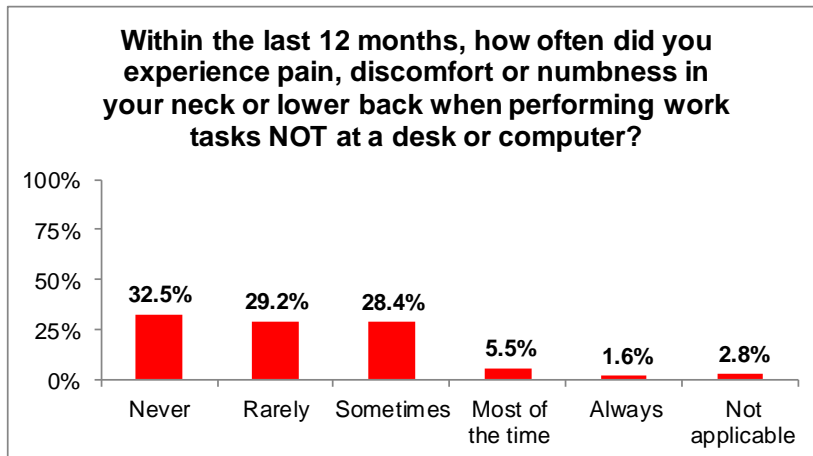


2013 Health Status Survey

- 14f. Within the last 12 months, how often did you experience pain, discomfort or numbness in your neck or lower back when performing work tasks NOT at a desk or computer?

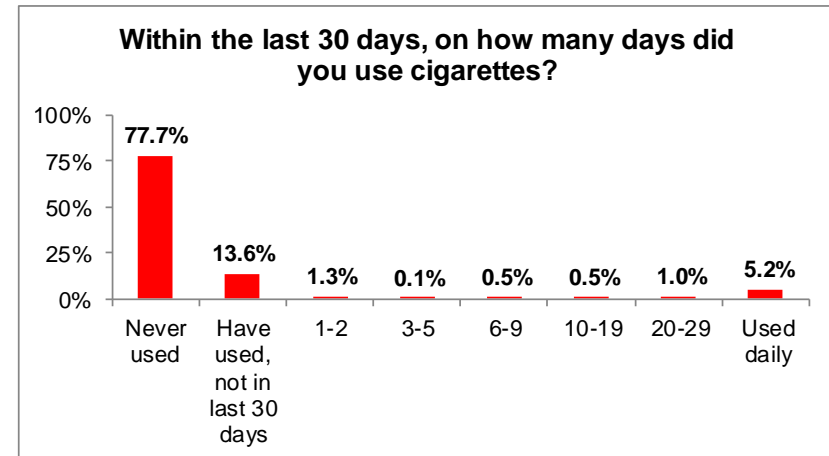
Response options	Frequency	Percent	Percent of respondents
Never	259	30.8	32.5
Rarely	233	27.7	29.2
Sometimes	227	27.0	28.4
Most of the time	44	5.2	5.5
Always	13	1.5	1.6
Not applicable	22	2.6	2.8
Subtotal	798	95.0	100.0
No response	42	5.0	Mdn = Rarely
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



- 15a. Within the last 30 days, on how many days did you use cigarettes?

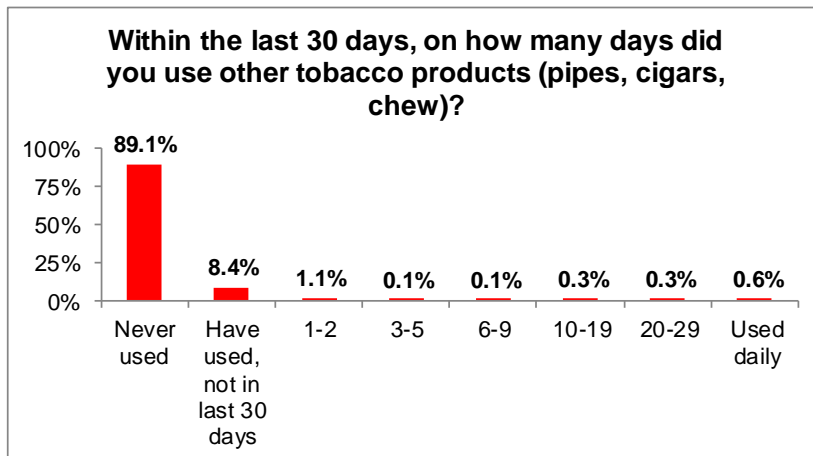
Response options	Frequency	Percent	Percent of respondents
Never used	598	71.2	77.7
Have used, not in last 30 days	105	12.5	13.6
1-2	10	1.2	1.3
3-5	1	0.1	0.1
6-9	4	0.5	0.5
10-19	4	0.5	0.5
20-29	8	1.0	1.0
Used daily	40	4.8	5.2
Subtotal	770	91.7	100.0
No response	70	8.3	
TOTAL	840	100.0	



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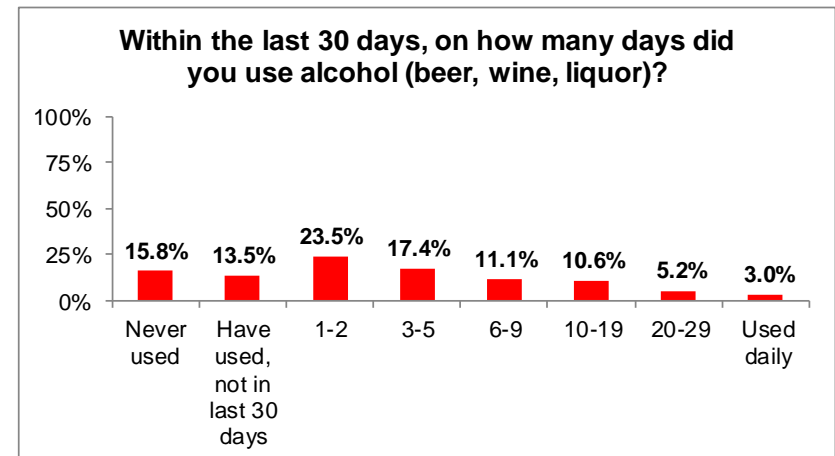
15b. Within the last 30 days, on how many days did you use other tobacco products (pipes, cigars, chew)?

Response options	Frequency	Percent	Percent of respondents
Never used	711	84.6	89.1
Have used, not in last 30 days	67	8.0	8.4
1-2	9	1.1	1.1
3-5	1	0.1	0.1
6-9	1	0.1	0.1
10-19	2	0.2	0.3
20-29	2	0.2	0.3
Used daily	5	0.6	0.6
Subtotal	798	95.0	100.0
No response	42	5.0	
TOTAL	840	100.0	



15c. Within the last 30 days, on how many days did you use alcohol (beer, wine, liquor)?

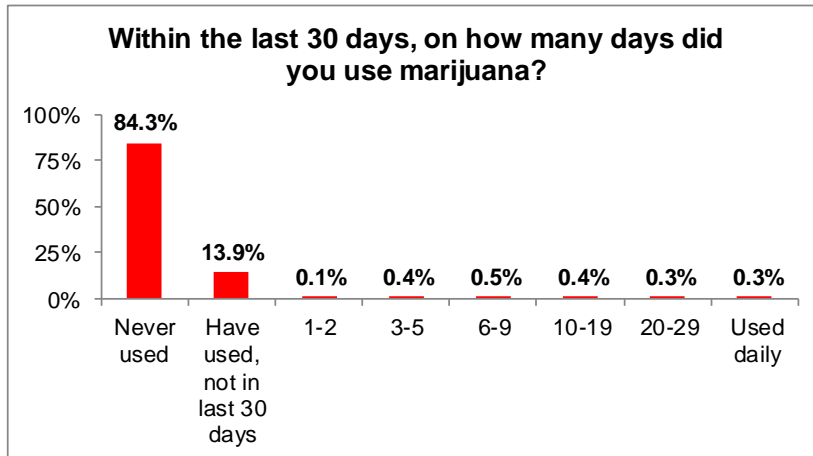
Response options	Frequency	Percent	Percent of respondents
Never used	127	15.1	15.8
Have used, not in last 30 days	109	13.0	13.5
1-2	189	22.5	23.5
3-5	140	16.7	17.4
6-9	89	10.6	11.1
10-19	85	10.1	10.6
20-29	42	5.0	5.2
Used daily	24	2.9	3.0
Subtotal	805	95.8	100.0
No response	35	4.2	
TOTAL	840	100.0	



2013 Health Status Survey

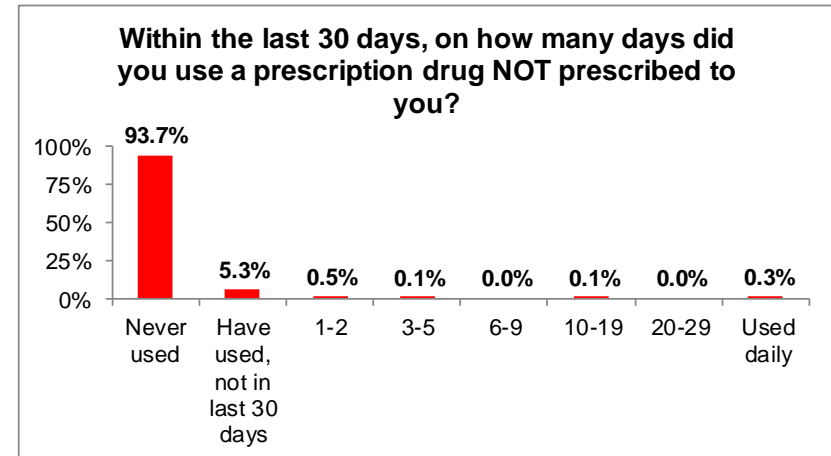
15d. Within the last 30 days, on how many days did you use marijuana?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Never used	674	80.2	84.3
Have used, not in last 30 days	111	13.2	13.9
1-2	1	0.1	0.1
3-5	3	0.4	0.4
6-9	4	0.5	0.5
10-19	3	0.4	0.4
20-29	2	0.2	0.3
Used daily	2	0.2	0.3
Subtotal	800	95.2	100.0
No response	40	4.8	
TOTAL	840	100.0	



15e. Within the last 30 days, on how many days did you use a prescription drug NOT prescribed to you?

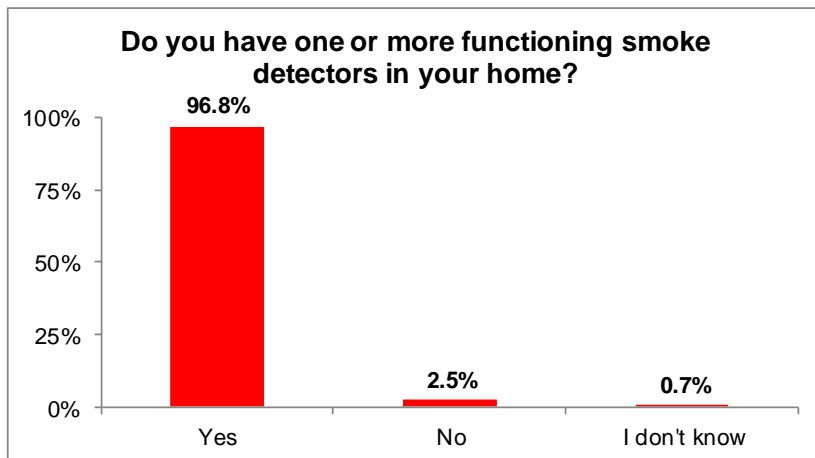
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Never used	748	89.0	93.7
Have used, not in last 30 days	42	5.0	5.3
1-2	4	0.5	0.5
3-5	1	0.1	0.1
6-9	0	0.0	0.0
10-19	1	0.1	0.1
20-29	0	0.0	0.0
Used daily	2	0.2	0.3
Subtotal	798	95.0	100.0
No response	42	5.0	
TOTAL	840	100.0	



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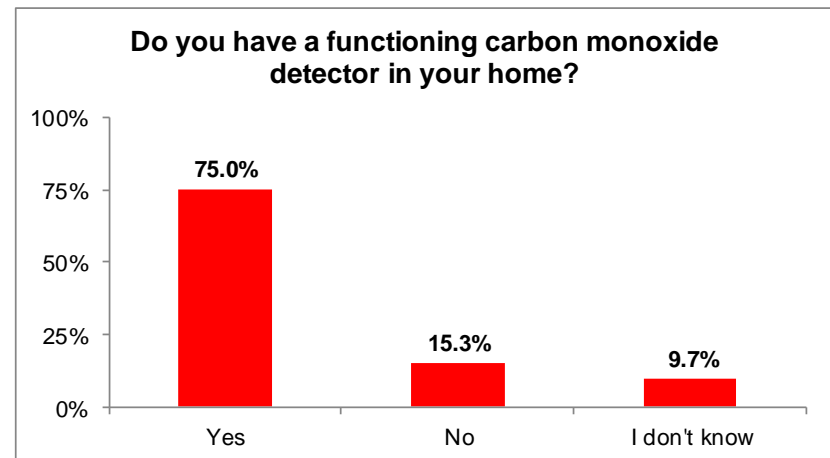
16. Do you have one or more functioning smoke detectors in your home?

Response options	Frequency	Percent	Percent of respondents
Yes	783	93.2	96.8
No	20	2.4	2.5
I don't know	6	0.7	0.7
Subtotal	809	96.3	100.0
No response	31	3.7	
TOTAL	840	100.0	



17. Do you have a functioning carbon monoxide detector in your home?

Response options	Frequency	Percent	Percent of respondents
Yes	606	72.1	75.0
No	124	14.8	15.3
I don't know	78	9.3	9.7
Subtotal	808	96.2	100.0
No response	32	3.8	
TOTAL	840	100.0	



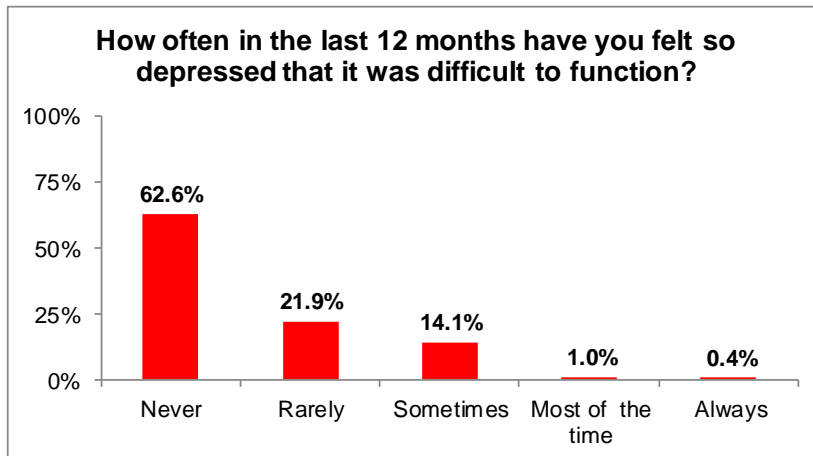
2013 Health Status Survey

Stress, Emotional and Social Health

18a. How often in the last 12 months have you felt so depressed that it was difficult to function?

Response options	Frequency	Percent	Percent of respondents
Never	500	59.5	62.6
Rarely	175	20.8	21.9
Sometimes	113	13.5	14.1
Most of the time	8	1.0	1.0
Always	3	0.4	0.4
Subtotal	799	95.1	100.0
No response	41	4.9	Mdn = Never
TOTAL	840	100.0	

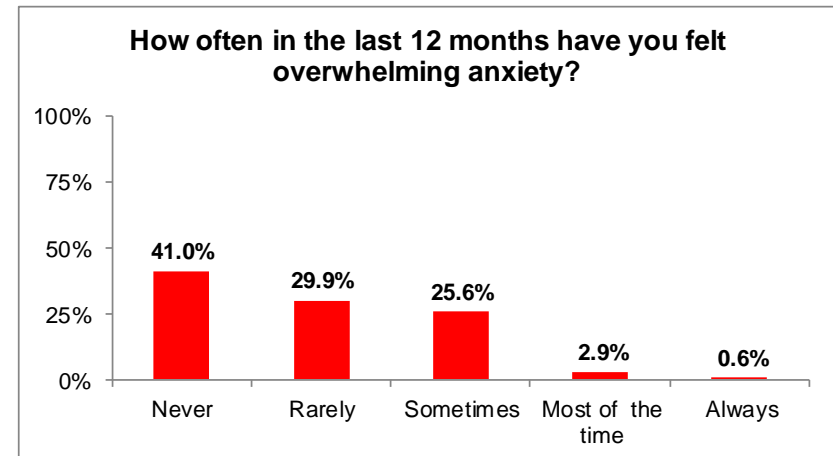
Note. Mdn is the median, which is the 50th percentile and represents an average score.



18b. How often in the last 12 months have you felt overwhelming anxiety?

Response options	Frequency	Percent	Percent of respondents
Never	327	38.9	41.0
Rarely	239	28.5	29.9
Sometimes	204	24.3	25.6
Most of the time	23	2.7	2.9
Always	5	0.6	0.6
Subtotal	798	95.0	100.0
No response	42	5.0	Mdn = Rarely
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score.

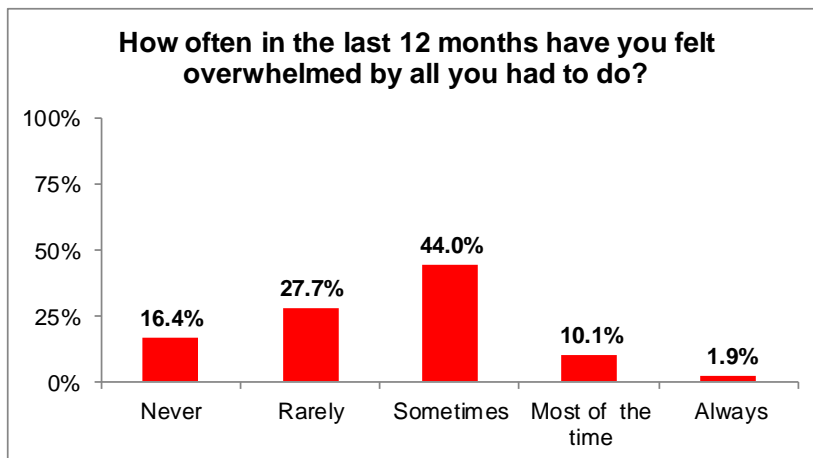


2013 Health Status Survey

18c. How often in the last 12 months have you felt overwhelmed by all you had to do?

Response options	Frequency	Percent	Percent of respondents
Never	130	15.5	16.4
Rarely	220	26.2	27.7
Sometimes	349	41.5	44.0
Most of the time	80	9.5	10.1
Always	15	1.8	1.9
Subtotal	794	94.5	100.0
No response	46	5.5	Mdn = Sometimes
TOTAL	840	100.0	

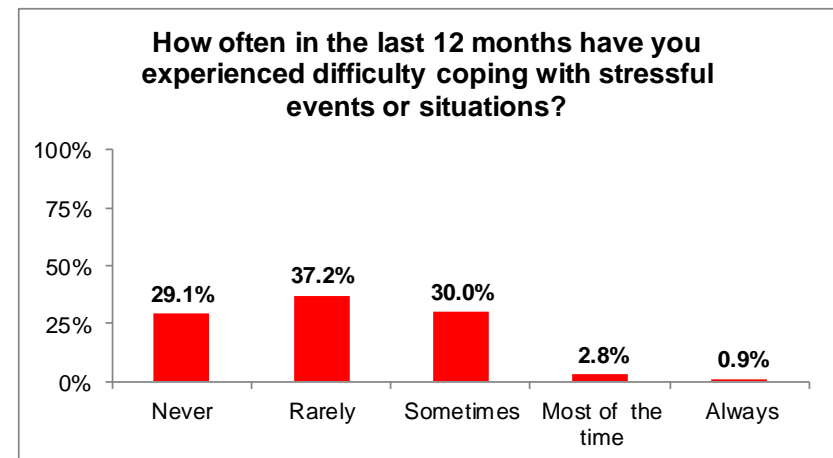
Note. Mdn is the median, which is the 50th percentile and represents an average score.



18d. How often in the last 12 months have you experienced difficulty coping with stressful events or situations?

Response options	Frequency	Percent	Percent of respondents
Never	232	27.6	29.1
Rarely	296	35.2	37.2
Sometimes	239	28.5	30.0
Most of the time	22	2.6	2.8
Always	7	0.8	0.9
Subtotal	796	94.8	100.0
No response	44	5.2	Mdn = Rarely
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score.

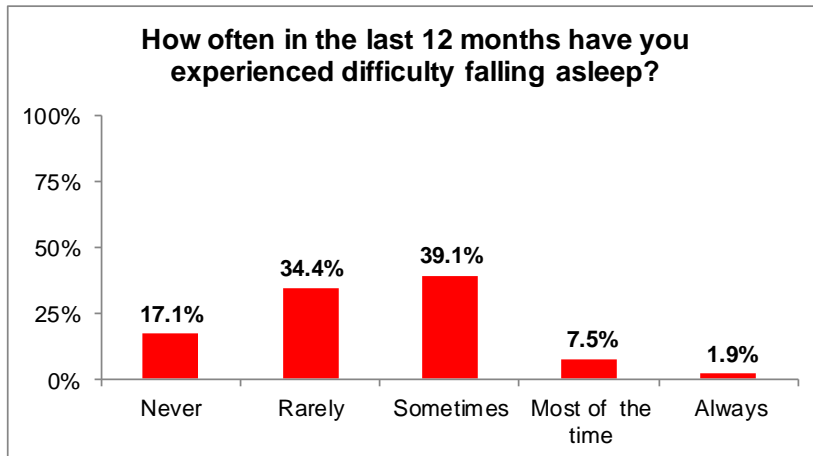


2013 Health Status Survey

18e. How often in the last 12 months have you experienced difficulty falling asleep?

Response options	Frequency	Percent	Percent of respondents
Never	136	16.2	17.1
Rarely	274	32.6	34.4
Sometimes	312	37.1	39.1
Most of the time	60	7.1	7.5
Always	15	1.8	1.9
Subtotal	797	94.9	100.0
No response	43	5.1	Mdn = Rarely
TOTAL	840	100.0	

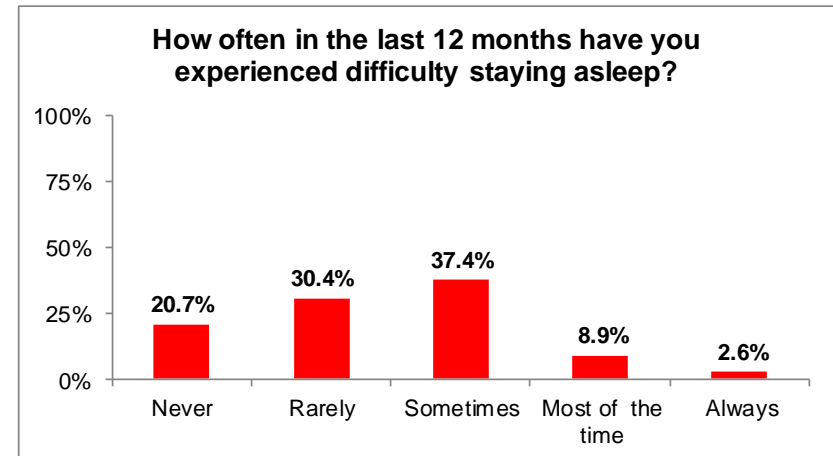
Note. Mdn is the median, which is the 50th percentile and represents an average score.



18f. How often in the last 12 months have you experienced difficulty staying asleep?

Response options	Frequency	Percent	Percent of respondents
Never	165	19.6	20.7
Rarely	242	28.8	30.4
Sometimes	298	35.5	37.4
Most of the time	71	8.5	8.9
Always	21	2.5	2.6
Subtotal	797	94.9	100.0
No response	43	5.1	Mdn = Rarely
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score.

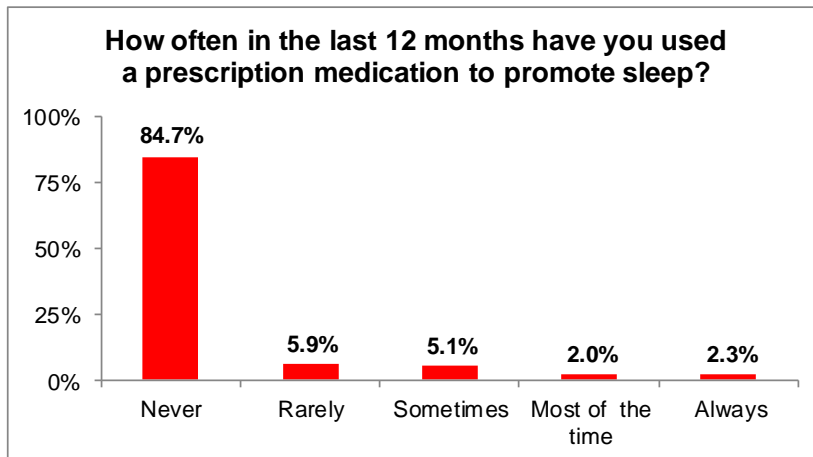


2013 Health Status Survey

18g. How often in the last 12 months have you used a prescription medication to promote sleep?

Response options	Frequency	Percent	Percent of respondents
Never	675	80.4	84.7
Rarely	47	5.6	5.9
Sometimes	41	4.9	5.1
Most of the time	16	1.9	2.0
Always	18	2.1	2.3
Subtotal	797	94.9	100.0
No response	43	5.1	Mdn = Never
TOTAL	840	100.0	

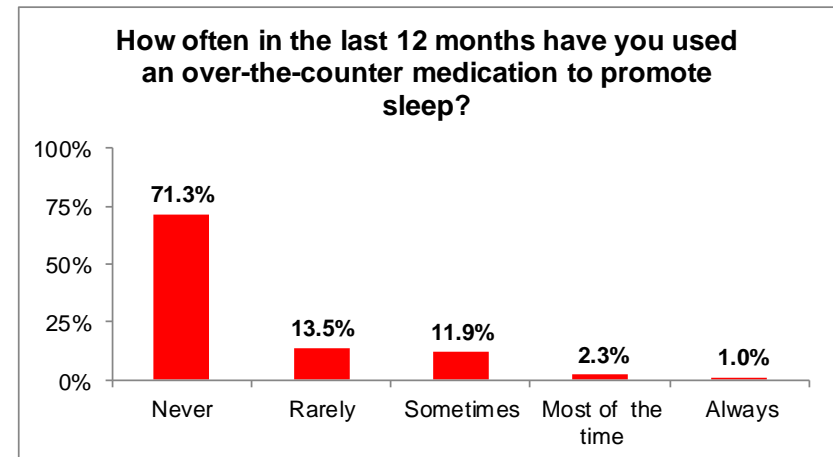
Note. Mdn is the median, which is the 50th percentile and represents an average score.



18h. How often in the last 12 months have you used an over-the-counter medication to promote sleep?

Response options	Frequency	Percent	Percent of respondents
Never	565	67.3	71.3
Rarely	107	12.7	13.5
Sometimes	94	11.2	11.9
Most of the time	18	2.1	2.3
Always	8	1.0	1.0
Subtotal	792	94.3	100.0
No response	48	5.7	Mdn = Never
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score.



2013 Health Status Survey

18i. How often in the last 12 months have you sought the assistance of a mental health professional?

Response options	Frequency	Percent	Percent of respondents
Never	625	74.4	79.2
Rarely	58	6.9	7.4
Sometimes	72	8.6	9.1
Most of the time	18	2.1	2.3
Always	16	1.9	2.0
Subtotal	789	93.9	100.0
No response	51	6.1	Mdn = Never
TOTAL	840	100.0	

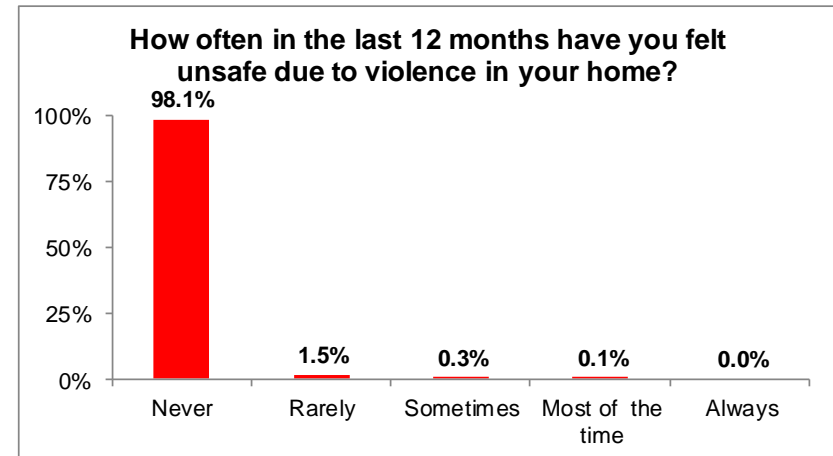
Note. Mdn is the median, which is the 50th percentile and represents an average score.



18j. How often in the last 12 months have you felt unsafe due to violence in your home?

Response options	Frequency	Percent	Percent of respondents
Never	775	92.3	98.1
Rarely	12	1.4	1.5
Sometimes	2	0.2	0.3
Most of the time	1	0.1	0.1
Always	0	0.0	0.0
Subtotal	790	94.0	100.0
No response	50	6.0	Mdn = Never
TOTAL	840	100.0	

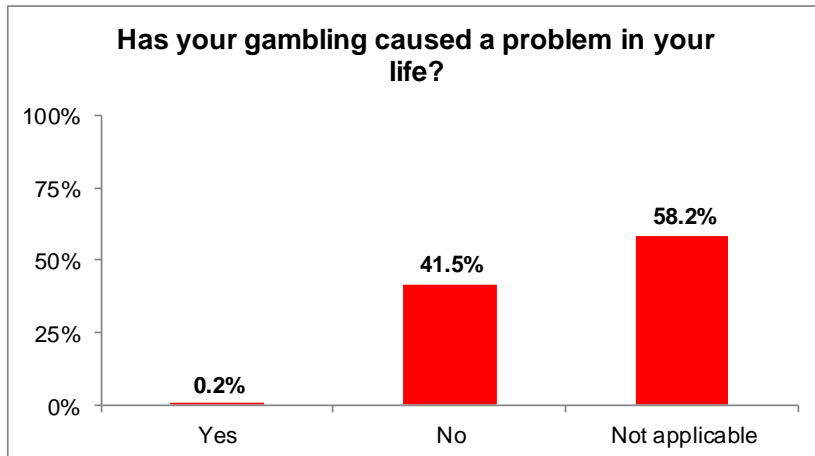
Note. Mdn is the median, which is the 50th percentile and represents an average score.



2013 Health Status Survey

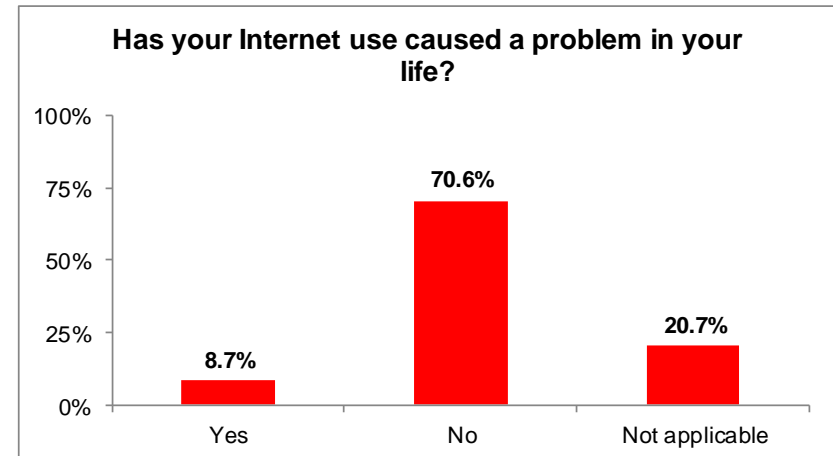
19a. Has your gambling caused a problem in your life?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Yes	2	0.2	0.2
No	333	39.6	41.5
Not applicable	467	55.6	58.2
Subtotal	802	95.5	100.0
No response	38	4.5	
TOTAL	840	100.0	



19b. Has your Internet use caused a problem in your life?

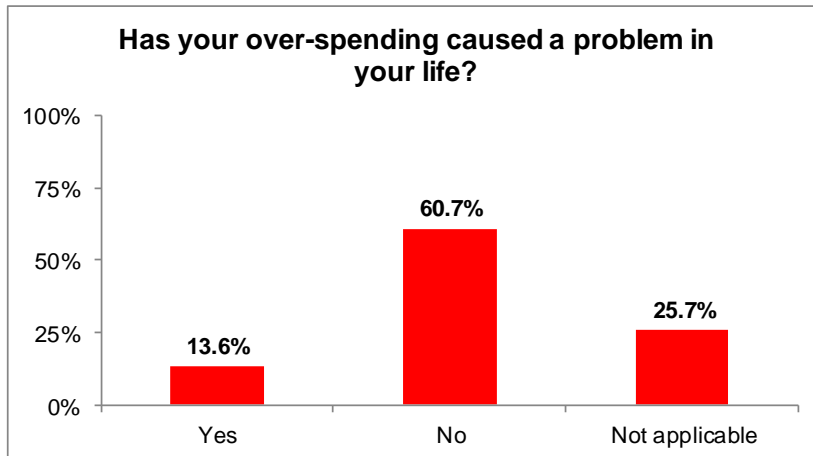
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Yes	69	8.2	8.7
No	562	66.9	70.6
Not applicable	165	19.6	20.7
Subtotal	796	94.8	100.0
No response	44	5.2	
TOTAL	840	100.0	



2013 Health Status Survey

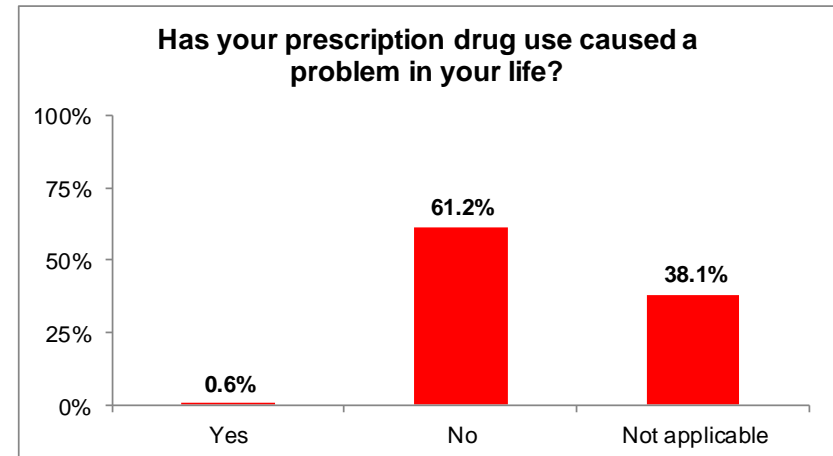
19c. Has your over-spending caused a problem in your life?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Yes	108	12.9	13.6
No	484	57.6	60.7
Not applicable	205	24.4	25.7
Subtotal	797	94.9	100.0
No response	43	5.1	
TOTAL	840	100.0	



19d. Has your prescription drug use caused a problem in your life?

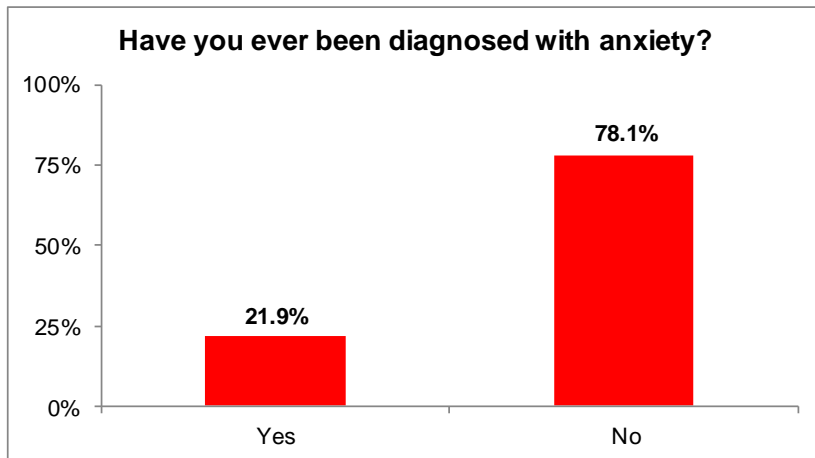
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Yes	5	0.6	0.6
No	488	58.1	61.2
Not applicable	304	36.2	38.1
Subtotal	797	94.9	100.0
No response	43	5.1	
TOTAL	840	100.0	



2013 Health Status Survey

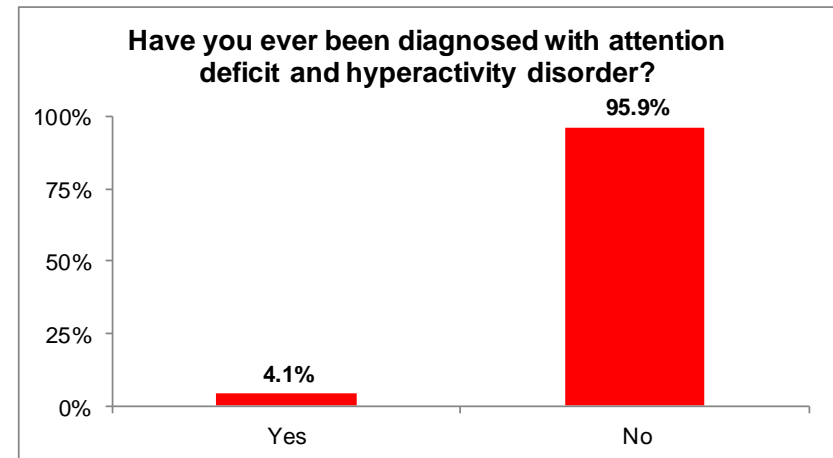
20a. Have you ever been diagnosed with anxiety?

Response options	Frequency	Percent	Percent of respondents
Yes	175	20.8	21.9
No	625	74.4	78.1
Subtotal	800	95.2	100.0
No response	40	4.8	
TOTAL	840	100.0	



20b. Have you ever been diagnosed with attention deficit and hyperactivity disorder?

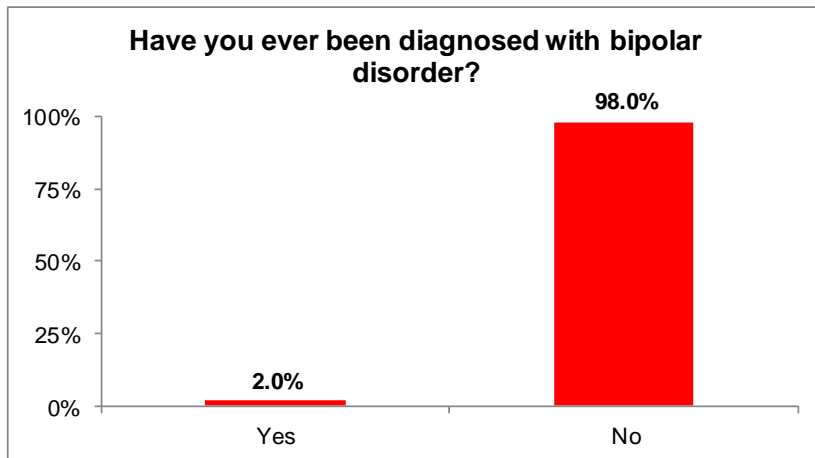
Response options	Frequency	Percent	Percent of respondents
Yes	33	3.9	4.1
No	763	90.8	95.9
Subtotal	796	94.8	100.0
No response	44	5.2	
TOTAL	840	100.0	



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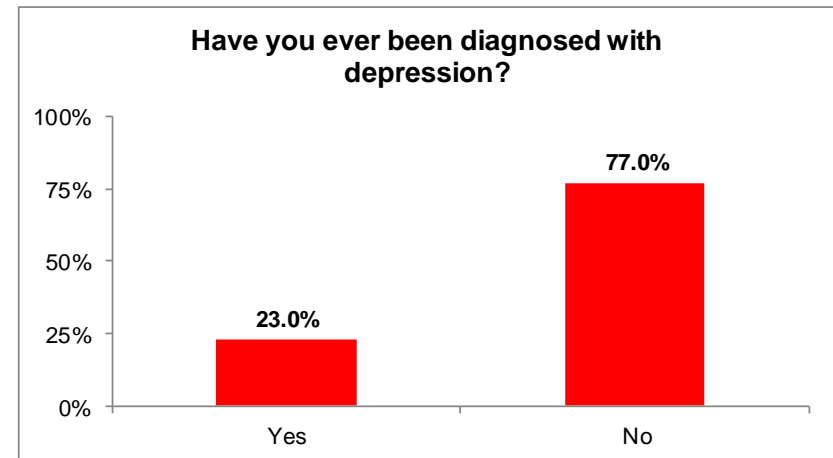
20c. Have you ever been diagnosed with bipolar disorder?

Response options	Frequency	Percent	Percent of respondents
Yes	16	1.9	2.0
No	779	92.7	98.0
Subtotal	795	94.6	100.0
No response	45	5.4	
TOTAL	840	100.0	



20d. Have you ever been diagnosed with depression?

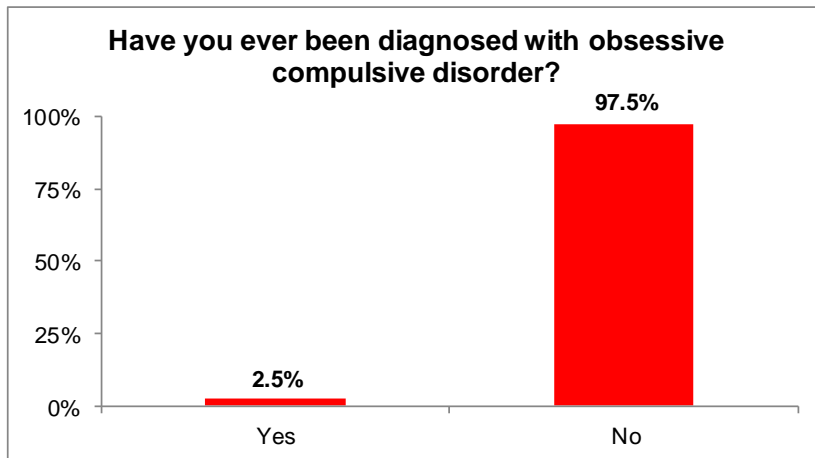
Response options	Frequency	Percent	Percent of respondents
Yes	183	21.8	23.0
No	612	72.9	77.0
Subtotal	795	94.6	100.0
No response	45	5.4	
TOTAL	840	100.0	



2013 Health Status Survey

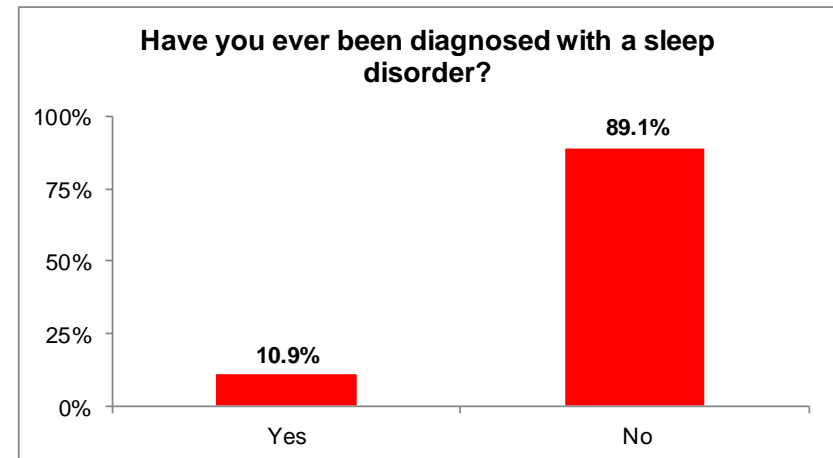
20e. Have you ever been diagnosed with obsessive compulsive disorder?

Response options	Frequency	Percent	Percent of respondents
Yes	20	2.4	2.5
No	778	92.6	97.5
Subtotal	798	95.0	100.0
No response	42	5.0	
TOTAL	840	100.0	



20f. Have you ever been diagnosed with a sleep disorder?

Response options	Frequency	Percent	Percent of respondents
Yes	87	10.4	10.9
No	711	84.6	89.1
Subtotal	798	95.0	100.0
No response	42	5.0	
TOTAL	840	100.0	



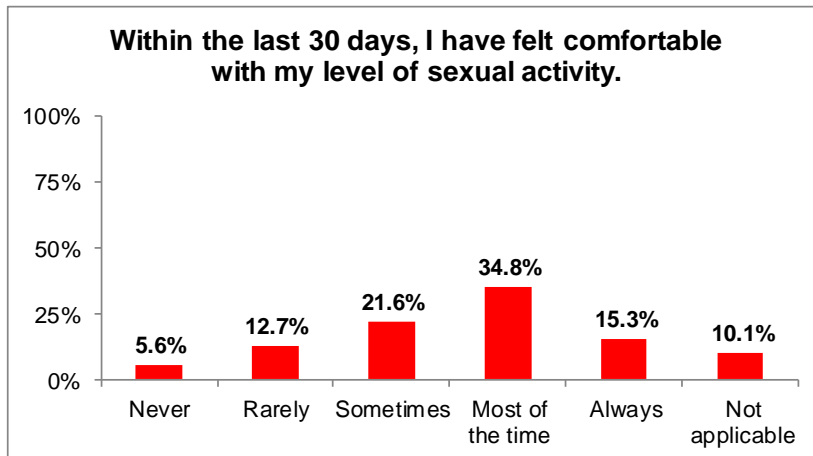
2013 Health Status Survey

Sexual Health

21a. Within the last 30 days, I have felt comfortable with my level of sexual activity.

Response options	Frequency	Percent	Percent of respondents
Never	43	5.1	5.6
Rarely	98	11.7	12.7
Sometimes	167	19.9	21.6
Most of the time	269	32.0	34.8
Always	118	14.0	15.3
Not applicable	78	9.3	10.1
Subtotal	773	92.0	100.0
No response	67	8.0	Mdn = Most of the time
TOTAL	840	100.0	

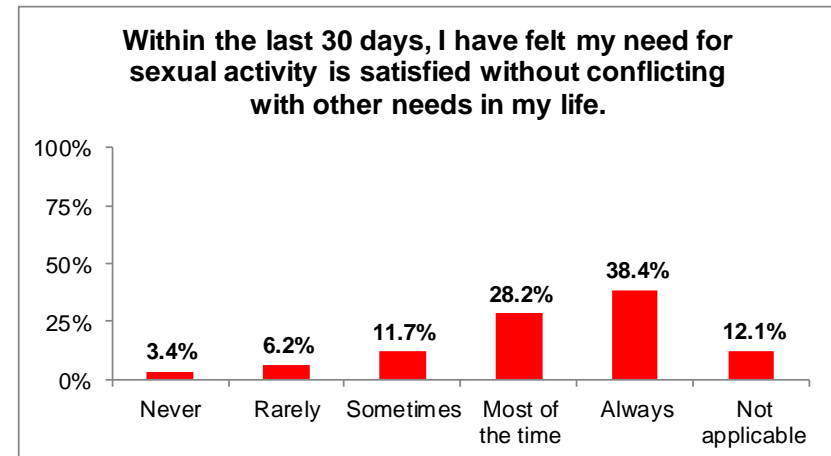
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



21b. Within the last 30 days, I have felt my need for sexual activity is satisfied without conflicting with other needs in my life.

Response options	Frequency	Percent	Percent of respondents
Never	26	3.1	3.4
Rarely	48	5.7	6.2
Sometimes	90	10.7	11.7
Most of the time	217	25.8	28.2
Always	295	35.1	38.4
Not applicable	93	11.1	12.1
Subtotal	769	91.5	100.0
No response	71	8.5	Mdn = Most of the time
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



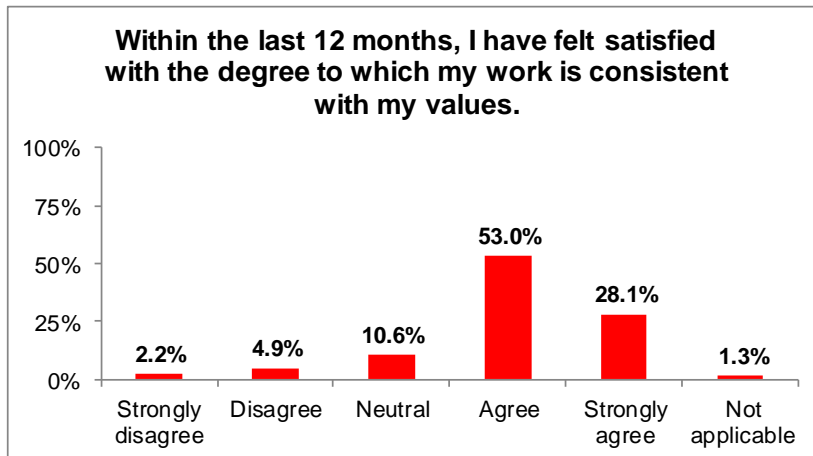
2013 Health Status Survey

Work Life Balance and Engagement

22a. Within the last 12 months, I have felt satisfied with the degree to which my work is consistent with my values.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	17	2.0	2.2
Disagree	38	4.5	4.9
Neutral	82	9.8	10.6
Agree	412	49.0	53.0
Strongly agree	218	26.0	28.1
Not applicable	10	1.2	1.3
Subtotal	777	92.5	100.0
No response	63	7.5	Mdn = Agree
TOTAL	840	100.0	

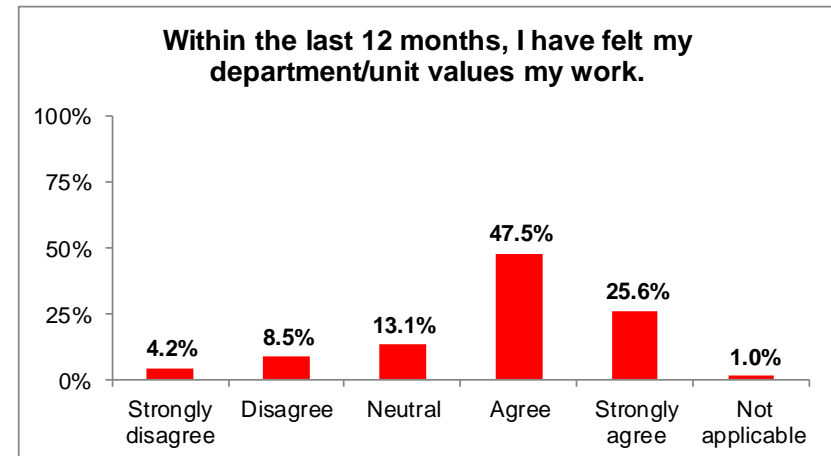
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



22b. Within the last 12 months, I have felt my department/unit values my work.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	33	3.9	4.2
Disagree	66	7.9	8.5
Neutral	102	12.1	13.1
Agree	369	43.9	47.5
Strongly agree	199	23.7	25.6
Not applicable	8	1.0	1.0
Subtotal	777	92.5	100.0
No response	63	7.5	Mdn = Agree
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

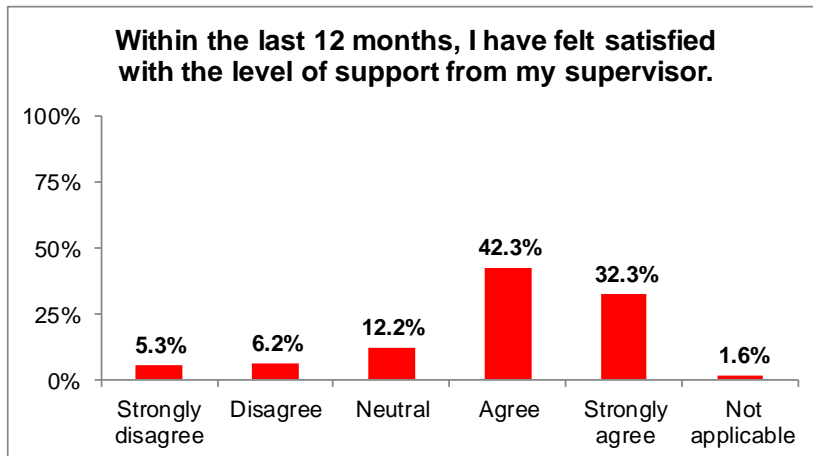


2013 Health Status Survey

22c. Within the last 12 months, I have felt satisfied with the level of support from my supervisor.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	41	4.9	5.3
Disagree	48	5.7	6.2
Neutral	94	11.2	12.2
Agree	326	38.8	42.3
Strongly agree	249	29.6	32.3
Not applicable	12	1.4	1.6
Subtotal	770	91.7	100.0
No response	70	8.3	Mdn = Agree
TOTAL	840	100.0	

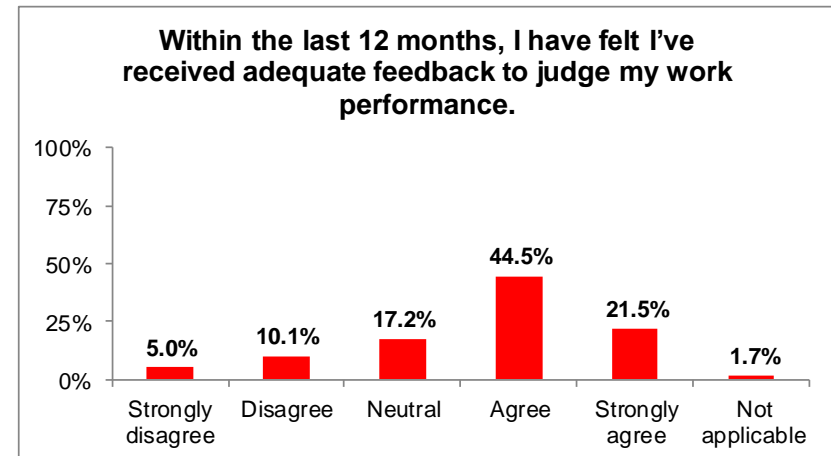
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



22d. Within the last 12 months, I have felt I've received adequate feedback to judge my work performance.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	39	4.6	5.0
Disagree	78	9.3	10.1
Neutral	133	15.8	17.2
Agree	344	41.0	44.5
Strongly agree	166	19.8	21.5
Not applicable	13	1.5	1.7
Subtotal	773	92.0	100.0
No response	67	8.0	Mdn = Agree
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



2013 Health Status Survey

22e. Within the last 12 months, I have felt the flow of communication within my department/unit clearly defines expectations so I know how to effectively do my job.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	54	6.4	7.0
Disagree	80	9.5	10.4
Neutral	124	14.8	16.1
Agree	357	42.5	46.2
Strongly agree	140	16.7	18.1
Not applicable	17	2.0	2.2
Subtotal	772	91.9	100.0
No response	68	8.1	Mdn = Agree
TOTAL	840	100.0	

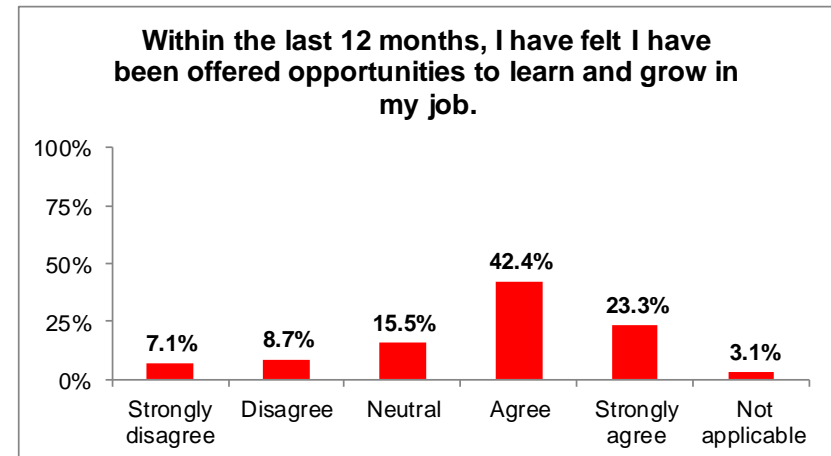
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



22f. Within the last 12 months, I have felt I have been offered opportunities to learn and grow in my job.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	55	6.5	7.1
Disagree	67	8.0	8.7
Neutral	120	14.3	15.5
Agree	328	39.0	42.4
Strongly agree	180	21.4	23.3
Not applicable	24	2.9	3.1
Subtotal	774	92.1	100.0
No response	66	7.9	Mdn = Agree
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



2013 Health Status Survey

22g. Within the last 12 months, I have felt my job has become more stressful.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	85	10.1	11.0
Disagree	179	21.3	23.2
Neutral	161	19.2	20.9
Agree	210	25.0	27.3
Strongly agree	111	13.2	14.4
Not applicable	24	2.9	3.1
Subtotal	770	91.7	100.0
No response	70	8.3	Mdn = Neutral
TOTAL	840	100.0	

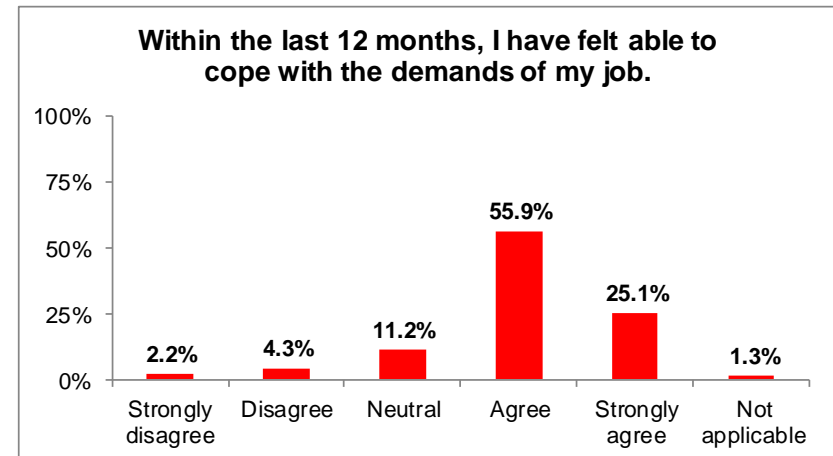
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



22h. Within the last 12 months, I have felt able to cope with the demands of my job.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	17	2.0	2.2
Disagree	33	3.9	4.3
Neutral	86	10.2	11.2
Agree	429	51.1	55.9
Strongly agree	193	23.0	25.1
Not applicable	10	1.2	1.3
Subtotal	768	91.4	100.0
No response	72	8.6	Mdn = Agree
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

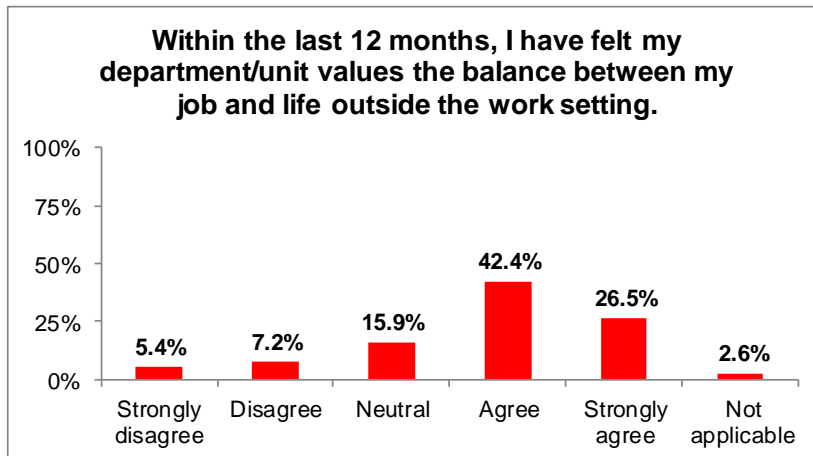


2013 Health Status Survey

22i. Within the last 12 months, I have felt my department/unit values the balance between my job and life outside the work setting.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	42	5.0	5.4
Disagree	56	6.7	7.2
Neutral	123	14.6	15.9
Agree	328	39.0	42.4
Strongly agree	205	24.4	26.5
Not applicable	20	2.4	2.6
Subtotal	774	92.1	100.0
No response	66	7.9	Mdn = Agree
TOTAL	840	100.0	

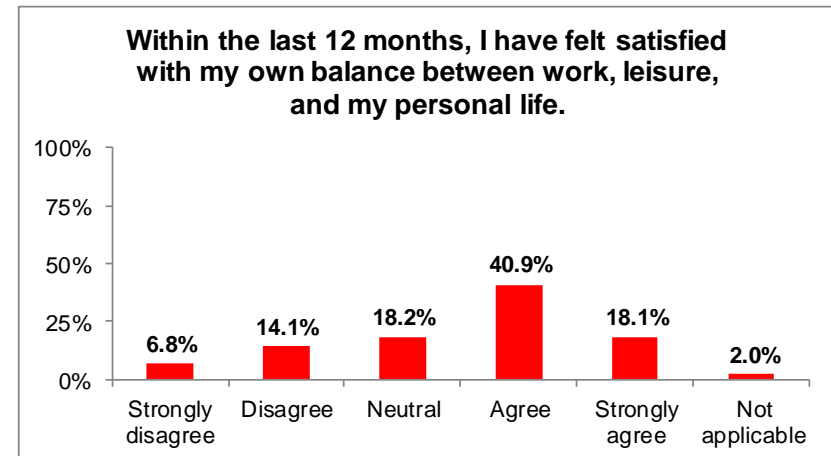
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



22j. Within the last 12 months, I have felt satisfied with my own balance between work, leisure, and my personal life.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	52	6.2	6.8
Disagree	108	12.9	14.1
Neutral	140	16.7	18.2
Agree	314	37.4	40.9
Strongly agree	139	16.5	18.1
Not applicable	15	1.8	2.0
Subtotal	768	91.4	100.0
No response	72	8.6	Mdn = Agree
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



2013 Health Status Survey

22k. Within the last 12 months, I have felt safe from violence in the workplace.

Response options	Frequency	Percent	Percent of respondents
Strongly disagree	6	0.7	0.8
Disagree	6	0.7	0.8
Neutral	36	4.3	4.7
Agree	197	23.5	25.6
Strongly agree	505	60.1	65.7
Not applicable	19	2.3	2.5
Subtotal	769	91.5	100.0
No response	71	8.5	
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

Mdn = Strongly agree

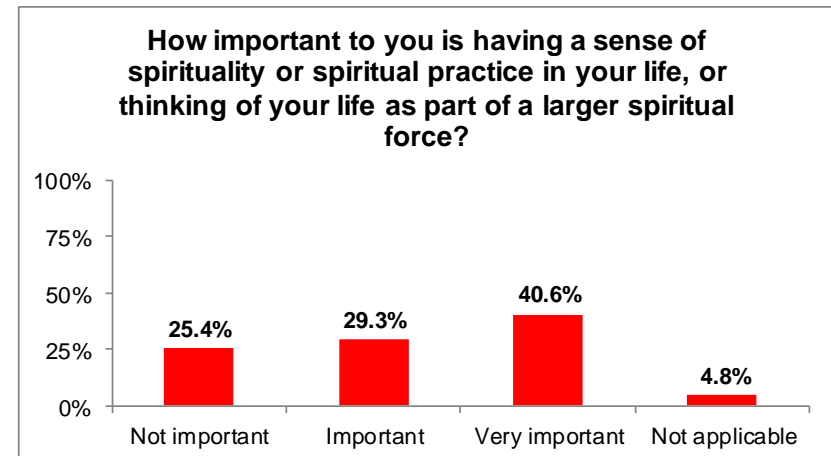


23. How important to you is having a sense of spirituality or spiritual practice in your life, or thinking of your life as part of a larger spiritual force?

Response options	Frequency	Percent	Percent of respondents
Not important	197	23.5	25.4
Important	227	27.0	29.3
Very important	315	37.5	40.6
Not applicable	37	4.4	4.8
Subtotal	776	92.4	100.0
No response	64	7.6	
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

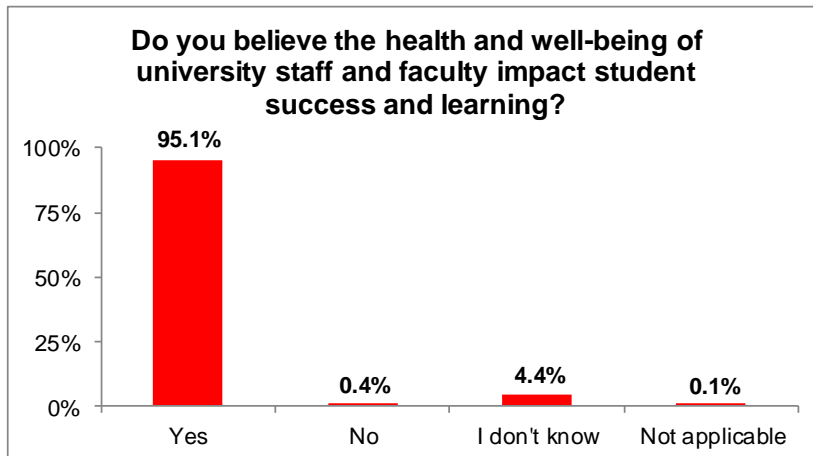
Mdn = Important



2013 Health Status Survey

24. Do you believe the health and well-being of university staff and faculty impact student success and learning?

Response options	Frequency	Percent	Percent of respondents
Yes	742	88.3	95.1
No	3	0.4	0.4
I don't know	34	4.0	4.4
Not applicable	1	0.1	0.1
Subtotal	780	92.9	100.0
No response	60	7.1	
TOTAL	840	100.0	

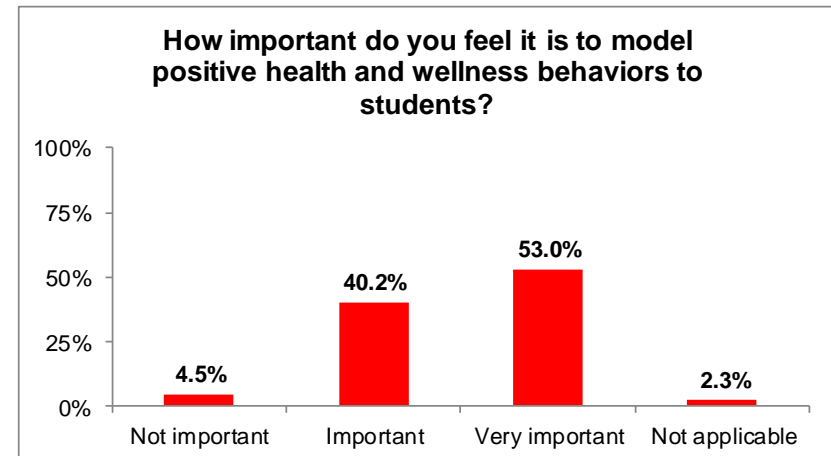


25. How important do you feel it is to model positive health and wellness behaviors to students?

Response options	Frequency	Percent	Percent of respondents
Not important	35	4.2	4.5
Important	313	37.3	40.2
Very important	412	49.0	53.0
Not applicable	18	2.1	2.3
Subtotal	778	92.6	100.0
No response	62	7.4	
TOTAL	840	100.0	

Mdn = Very important

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

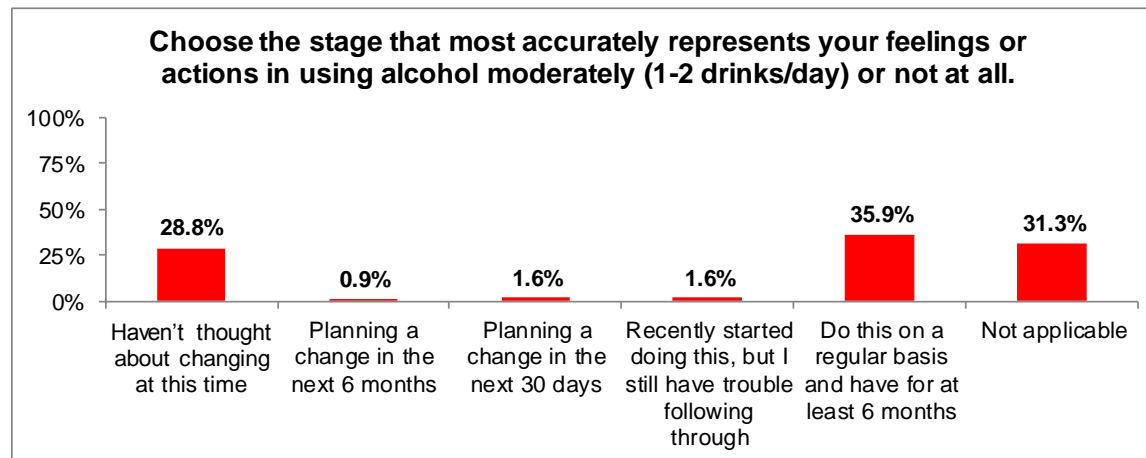


2013 Health Status Survey

Progress towards Healthier Living

26a. Choose the stage that most accurately represents your feelings or actions in using alcohol moderately (1-2 drinks/day) or not at all.

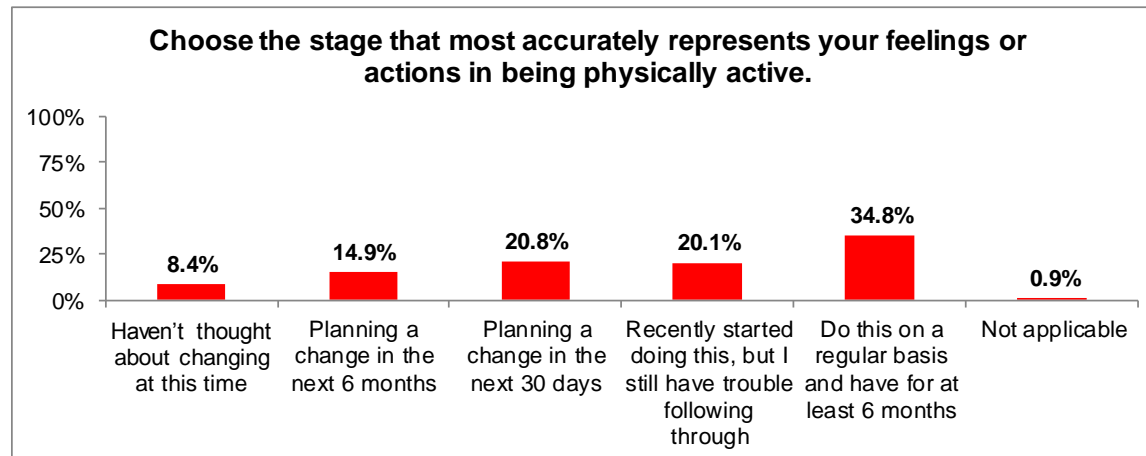
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Haven't thought about changing at this time	220	26.2	28.8
Planning a change in the next 6 months	7	0.8	0.9
Planning a change in the next 30 days	12	1.4	1.6
Recently started doing this, but I still have trouble following through	12	1.4	1.6
Do this on a regular basis and have for at least 6 months	274	32.6	35.9
Not applicable	239	28.5	31.3
Subtotal	764	91.0	100.0
No response	76	9.0	
TOTAL	840	100.0	



2013 Health Status Survey

26b. Choose the stage that most accurately represents your feelings or actions in being physically active.

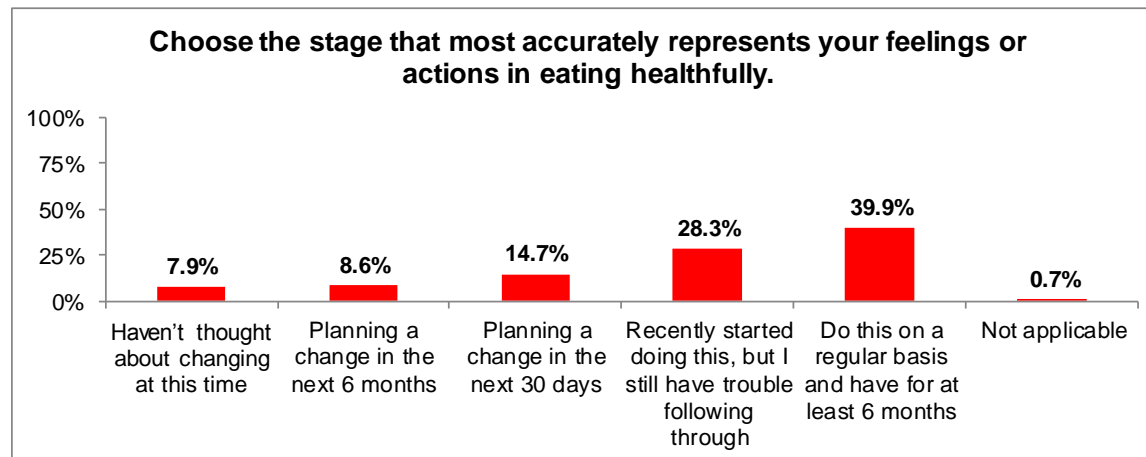
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Haven't thought about changing at this time	64	7.6	8.4
Planning a change in the next 6 months	113	13.5	14.9
Planning a change in the next 30 days	158	18.8	20.8
Recently started doing this, but I still have trouble following through	152	18.1	20.1
Do this on a regular basis and have for at least 6 months	264	31.4	34.8
Not applicable	7	0.8	0.9
Subtotal	758	90.2	100.0
No response	82	9.8	
TOTAL	840	100.0	



2013 Health Status Survey

26c. Choose the stage that most accurately represents your feelings or actions in eating healthfully.

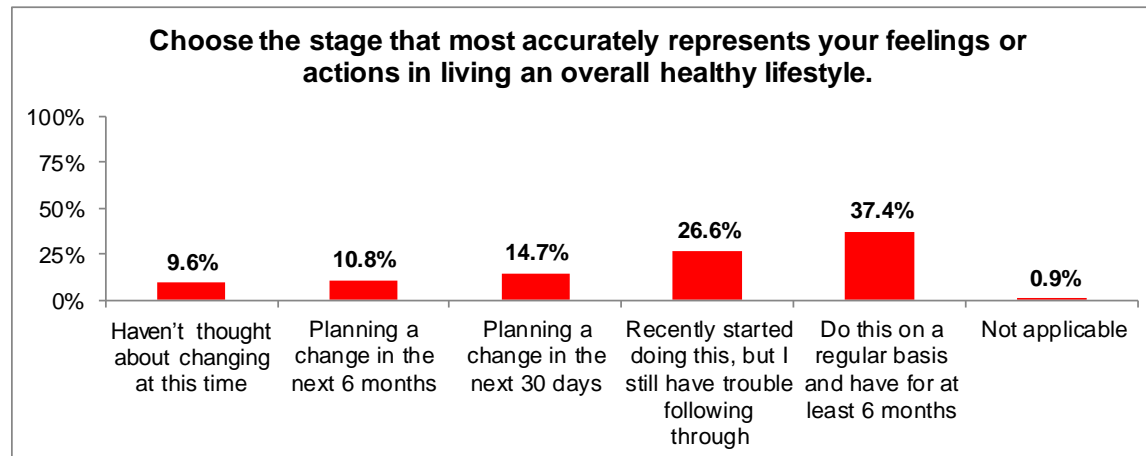
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Haven't thought about changing at this time	60	7.1	7.9
Planning a change in the next 6 months	65	7.7	8.6
Planning a change in the next 30 days	111	13.2	14.7
Recently started doing this, but I still have trouble following through	214	25.5	28.3
Do this on a regular basis and have for at least 6 months	302	36.0	39.9
Not applicable	5	0.6	0.7
Subtotal	757	90.1	100.0
No response	83	9.9	
TOTAL	840	100.0	



2013 Health Status Survey

26d. Choose the stage that most accurately represents your feelings or actions in living an overall healthy lifestyle.

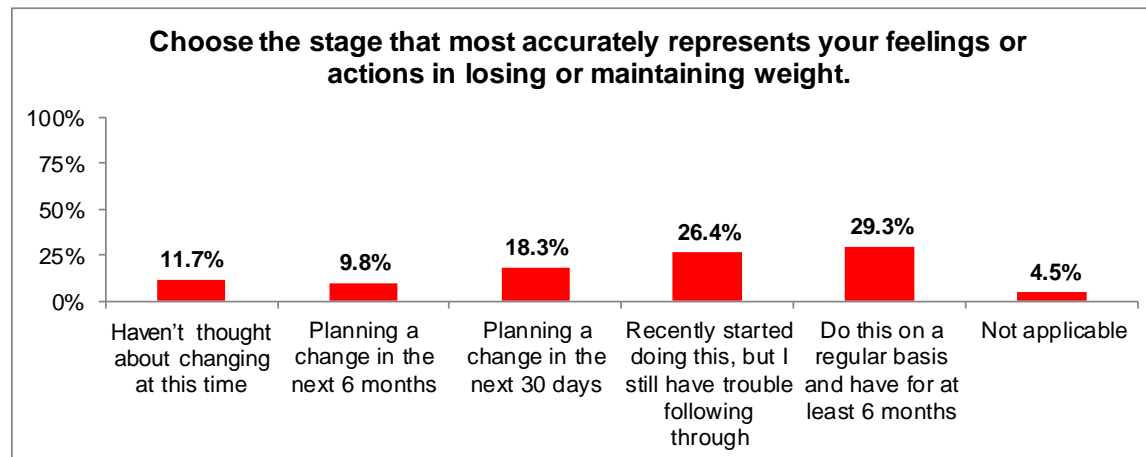
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Haven't thought about changing at this time	73	8.7	9.6
Planning a change in the next 6 months	82	9.8	10.8
Planning a change in the next 30 days	111	13.2	14.7
Recently started doing this, but I still have trouble following through	201	23.9	26.6
Do this on a regular basis and have for at least 6 months	283	33.7	37.4
Not applicable	7	0.8	0.9
Subtotal	757	90.1	100.0
No response	83	9.9	
TOTAL	840	100.0	



2013 Health Status Survey

26e. Choose the stage that most accurately represents your feelings or actions in losing or maintaining weight.

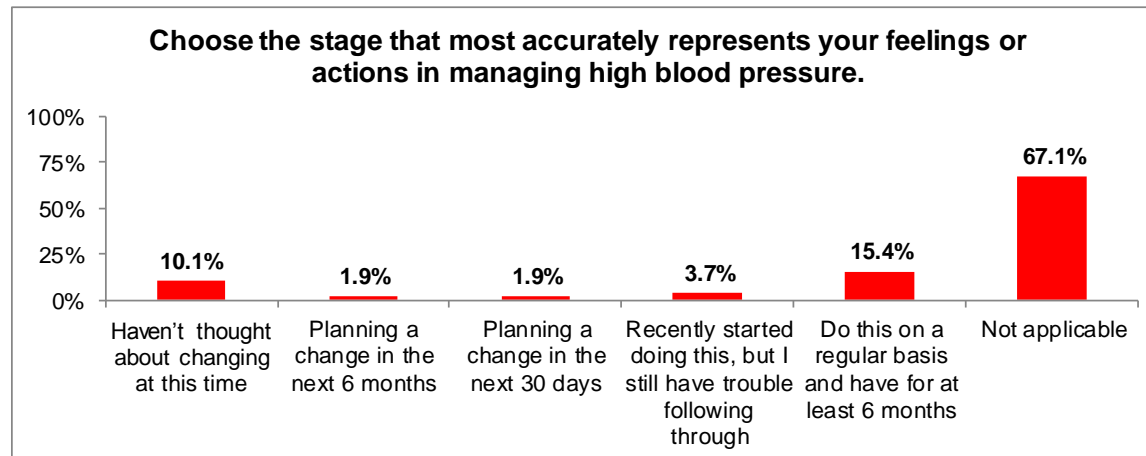
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Haven't thought about changing at this time	89	10.6	11.7
Planning a change in the next 6 months	74	8.8	9.8
Planning a change in the next 30 days	139	16.5	18.3
Recently started doing this, but I still have trouble following through	200	23.8	26.4
Do this on a regular basis and have for at least 6 months	222	26.4	29.3
Not applicable	34	4.0	4.5
Subtotal	758	90.2	100.0
No response	82	9.8	
TOTAL	840	100.0	



2013 Health Status Survey

26f. Choose the stage that most accurately represents your feelings or actions in managing high blood pressure.

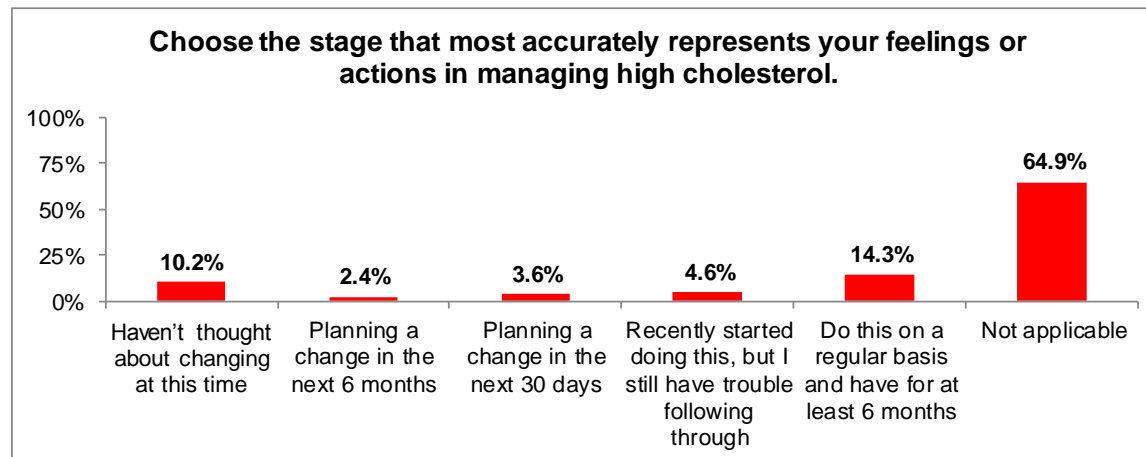
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Haven't thought about changing at this time	76	9.0	10.1
Planning a change in the next 6 months	14	1.7	1.9
Planning a change in the next 30 days	14	1.7	1.9
Recently started doing this, but I still have trouble following through	28	3.3	3.7
Do this on a regular basis and have for at least 6 months	116	13.8	15.4
Not applicable	506	60.2	67.1
Subtotal	754	89.8	100.0
No response	86	10.2	
TOTAL	840	100.0	



2013 Health Status Survey

26g. Choose the stage that most accurately represents your feelings or actions in managing high cholesterol.

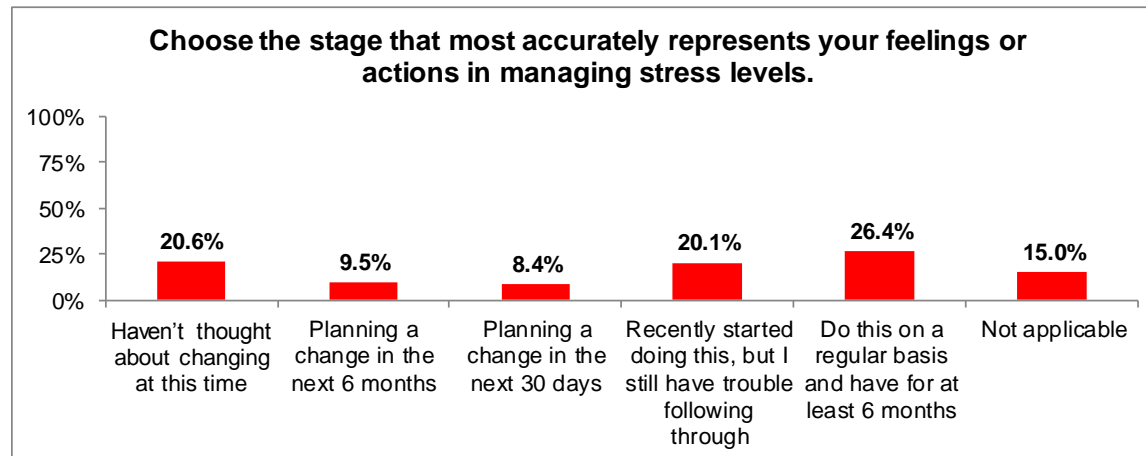
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Haven't thought about changing at this time	77	9.2	10.2
Planning a change in the next 6 months	18	2.1	2.4
Planning a change in the next 30 days	27	3.2	3.6
Recently started doing this, but I still have trouble following through	35	4.2	4.6
Do this on a regular basis and have for at least 6 months	108	12.9	14.3
Not applicable	489	58.2	64.9
Subtotal	754	89.8	100.0
No response	86	10.2	
TOTAL	840	100.0	



2013 Health Status Survey

26h. Choose the stage that most accurately represents your feelings or actions in managing stress levels.

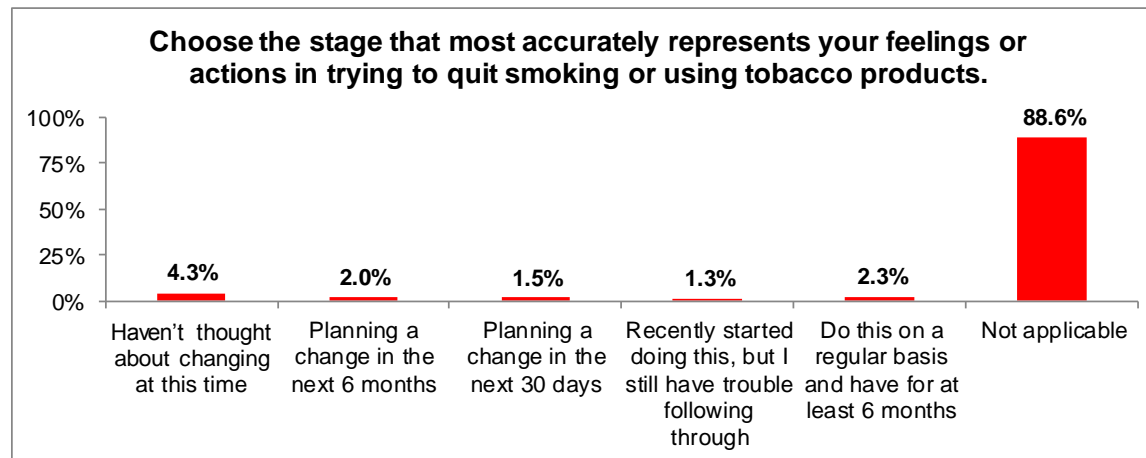
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Haven't thought about changing at this time	154	18.3	20.6
Planning a change in the next 6 months	71	8.5	9.5
Planning a change in the next 30 days	63	7.5	8.4
Recently started doing this, but I still have trouble following through	150	17.9	20.1
Do this on a regular basis and have for at least 6 months	197	23.5	26.4
Not applicable	112	13.3	15.0
Subtotal	747	88.9	100.0
No response	93	11.1	
TOTAL	840	100.0	



2013 Health Status Survey

- 26i. Choose the stage that most accurately represents your feelings or actions in trying to quit smoking or using tobacco products.

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Haven't thought about changing at this time	32	3.8	4.3
Planning a change in the next 6 months	15	1.8	2.0
Planning a change in the next 30 days	11	1.3	1.5
Recently started doing this, but I still have trouble following through	10	1.2	1.3
Do this on a regular basis and have for at least 6 months	17	2.0	2.3
Not applicable	663	78.9	88.6
Subtotal	748	89.0	100.0
No response	92	11.0	
TOTAL	840	100.0	



2013 Health Status Survey

27a. Rate your confidence in achieving and maintaining a healthy lifestyle in using alcohol moderately (1-2 drinks/day) or not at all.

Response options	Frequency	Percent	Percent of respondents
Not confident	17	2.0	2.3
Somewhat confident	71	8.5	9.4
Very confident	462	55.0	61.4
Not applicable	203	24.2	27.0
Subtotal	753	89.6	100.0
No response	87	10.4	Mdn = Very confident
TOTAL	840	100.0	

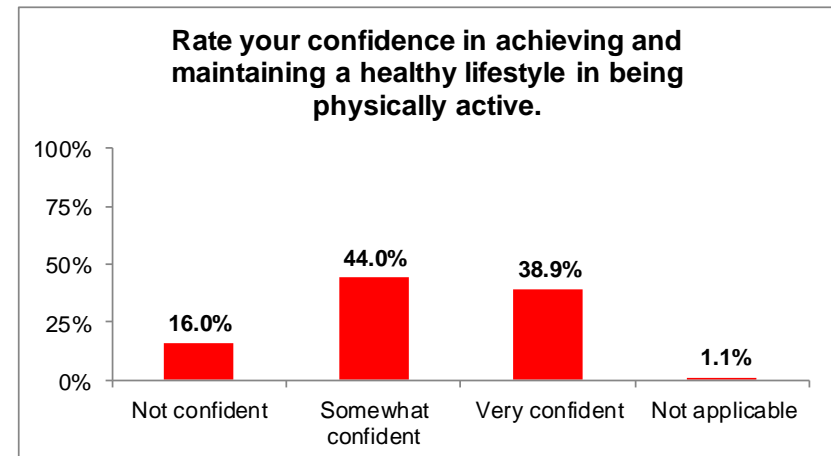
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



27b. Rate your confidence in achieving and maintaining a healthy lifestyle in being physically active.

Response options	Frequency	Percent	Percent of respondents
Not confident	120	14.3	16.0
Somewhat confident	330	39.3	44.0
Very confident	292	34.8	38.9
Not applicable	8	1.0	1.1
Subtotal	750	89.3	100.0
No response	90	10.7	Mdn = Somewhat confident
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

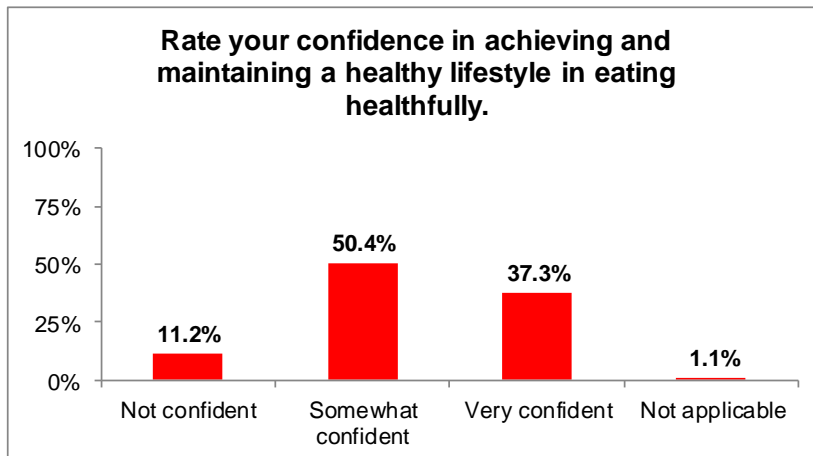


2013 Health Status Survey

27c. Rate your confidence in achieving and maintaining a healthy lifestyle in eating healthfully.

Response options	Frequency	Percent	Percent of respondents
Not confident	85	10.1	11.2
Somewhat confident	381	45.4	50.4
Very confident	282	33.6	37.3
Not applicable	8	1.0	1.1
Subtotal	756	90.0	100.0
No response	84	10.0	Mdn = Somewhat confident
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



27d. Rate your confidence in achieving and maintaining a healthy lifestyle in living an overall healthy lifestyle.

Response options	Frequency	Percent	Percent of respondents
Not confident	83	9.9	11.0
Somewhat confident	381	45.4	50.7
Very confident	283	33.7	37.6
Not applicable	5	0.6	0.7
Subtotal	752	89.5	100.0
No response	88	10.5	Mdn = Somewhat confident
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



2013 Health Status Survey

27e. Rate your confidence in achieving and maintaining a healthy lifestyle in losing or maintaining weight.

Response options	Frequency	Percent	Percent of respondents
Not confident	141	16.8	18.7
Somewhat confident	364	43.3	48.2
Very confident	201	23.9	26.6
Not applicable	49	5.8	6.5
Subtotal	755	89.9	100.0
No response	85	10.1	Mdn = Somewhat confident
TOTAL	840	100.0	

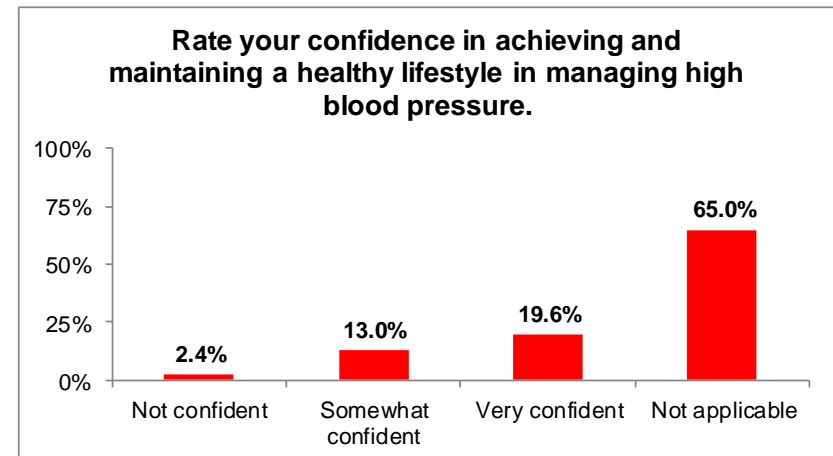
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



27f. Rate your confidence in achieving and maintaining a healthy lifestyle in managing high blood pressure.

Response options	Frequency	Percent	Percent of respondents
Not confident	18	2.1	2.4
Somewhat confident	98	11.7	13.0
Very confident	147	17.5	19.6
Not applicable	488	58.1	65.0
Subtotal	751	89.4	100.0
No response	89	10.6	Mdn = Very confident
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

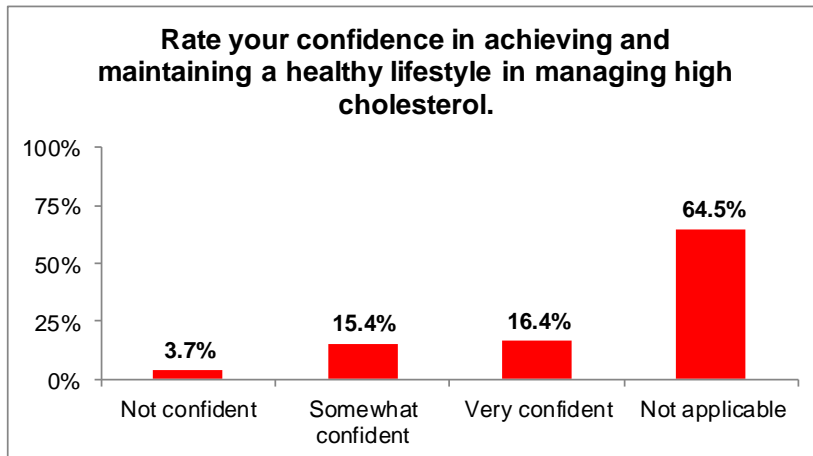


2013 Health Status Survey

27g. Rate your confidence in achieving and maintaining a healthy lifestyle in managing high cholesterol.

Response options	Frequency	Percent	Percent of respondents
Not confident	28	3.3	3.7
Somewhat confident	116	13.8	15.4
Very confident	123	14.6	16.4
Not applicable	485	57.7	64.5
Subtotal	752	89.5	100.0
No response	88	10.5	Mdn = Somewhat confident
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



27h. Rate your confidence in achieving and maintaining a healthy lifestyle in managing stress levels.

Response options	Frequency	Percent	Percent of respondents
Not confident	137	16.3	18.2
Somewhat confident	307	36.5	40.7
Very confident	187	22.3	24.8
Not applicable	123	14.6	16.3
Subtotal	754	89.8	100.0
No response	86	10.2	Mdn = Somewhat confident
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.

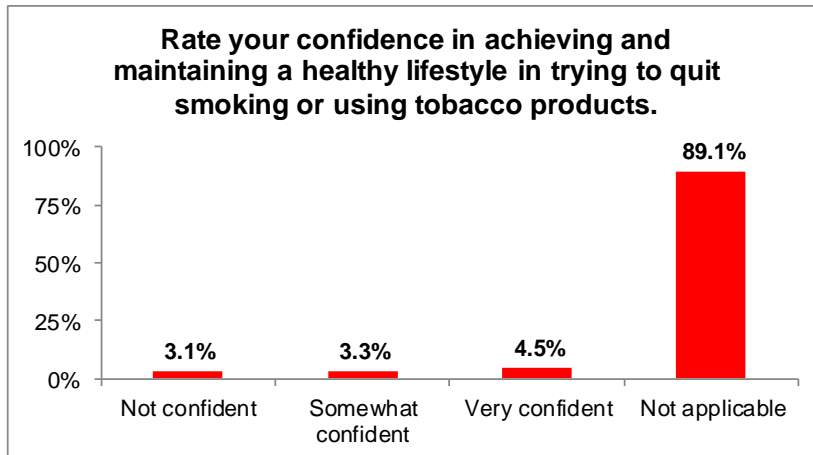


2013 Health Status Survey

- 27i. Rate your confidence in achieving and maintaining a healthy lifestyle in trying to quit smoking or using tobacco products.

Response options	Frequency	Percent	Percent of respondents
Not confident	23	2.7	3.1
Somewhat confident	25	3.0	3.3
Very confident	34	4.0	4.5
Not applicable	671	79.9	89.1
Subtotal	753	89.6	100.0
No response	87	10.4	Mdn = Somewhat confident
TOTAL	840	100.0	

Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



Demographic Information

28. What is your age?

Response	Frequency	Percent	Percent of respondents
21	2	0.2	0.3
22	15	1.8	2.0
23	20	2.4	2.7
24	27	3.2	3.6
25	18	2.1	2.4
26	16	1.9	2.1
27	19	2.3	2.5
28	16	1.9	2.1
29	23	2.7	3.1
30	25	3.0	3.3
31	19	2.3	2.5
32	14	1.7	1.9
33	18	2.1	2.4
34	12	1.4	1.6
35	15	1.8	2.0
36	18	2.1	2.4
37	17	2.0	2.3
38	8	1.0	1.1
39	14	1.7	1.9
40	8	1.0	1.1
41	17	2.0	2.3
42	17	2.0	2.3
43	19	2.3	2.5
44	20	2.4	2.7
45	17	2.0	2.3
46	19	2.3	2.5
47	8	1.0	1.1
48	16	1.9	2.1
49	16	1.9	2.1
50	21	2.5	2.8

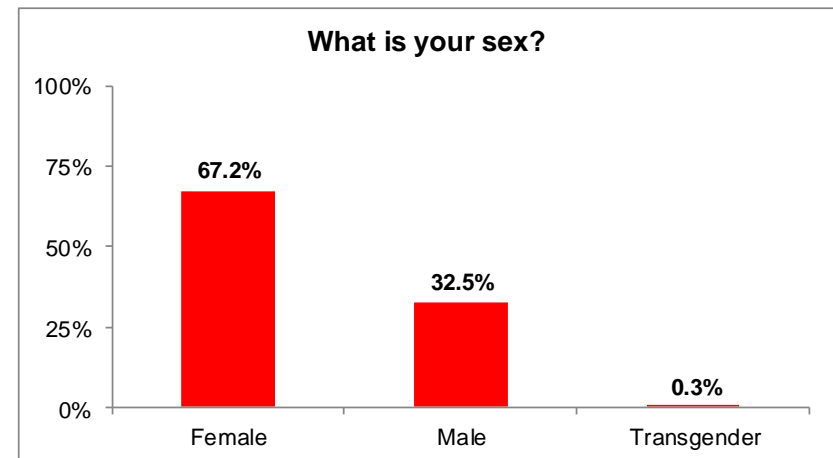
2013 Health Status Survey

Response	Frequency	Percent	Percent of respondents
51	18	2.1	2.4
52	15	1.8	2.0
53	17	2.0	2.3
54	17	2.0	2.3
55	15	1.8	2.0
56	18	2.1	2.4
57	26	3.1	3.5
58	22	2.6	2.9
59	16	1.9	2.1
60	10	1.2	1.3
60+	2	0.2	0.3
61	15	1.8	2.0
62	15	1.8	2.0
63	15	1.8	2.0
64	6	0.7	0.8
65	6	0.7	0.8
66	3	0.4	0.4
67	6	0.7	0.8
68	4	0.5	0.5
69	3	0.4	0.4
70	3	0.4	0.4
70+	1	0.1	0.1
72	2	0.2	0.3
73	2	0.2	0.3
74	1	0.1	0.1
90	1	0.1	0.1
Subtotal	753	89.6	100.0
No response	87	10.4	<i>M = 43.2; SD = 13.4</i>
TOTAL	840	100.0	

Note. *M* is the mean, which is the arithmetic average, and *SD* is the standard deviation, which is the typical amount each response varies from the mean; the responses of '60+' and '70+' were not included in these calculations due to their lack of precision.

29. What is your sex?

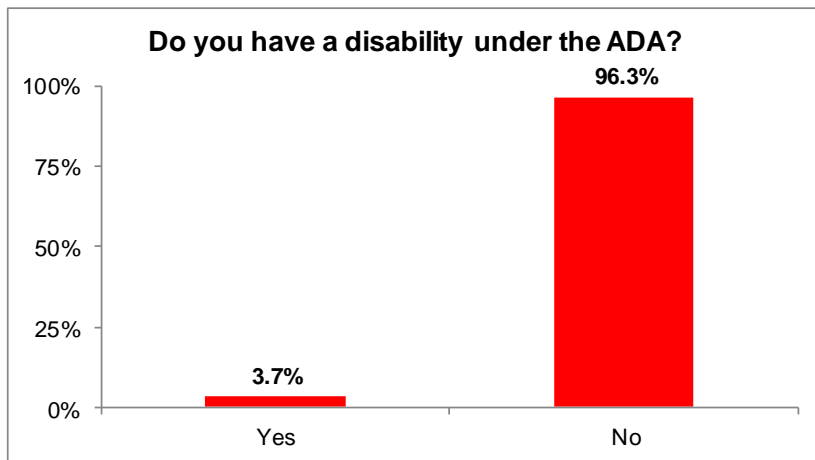
Response options	Frequency	Percent	Percent of respondents
Female	509	60.6	67.2
Male	246	29.3	32.5
Transgender	2	0.2	0.3
Subtotal	757	90.1	100.0
No response	83	9.9	
TOTAL	840	100.0	



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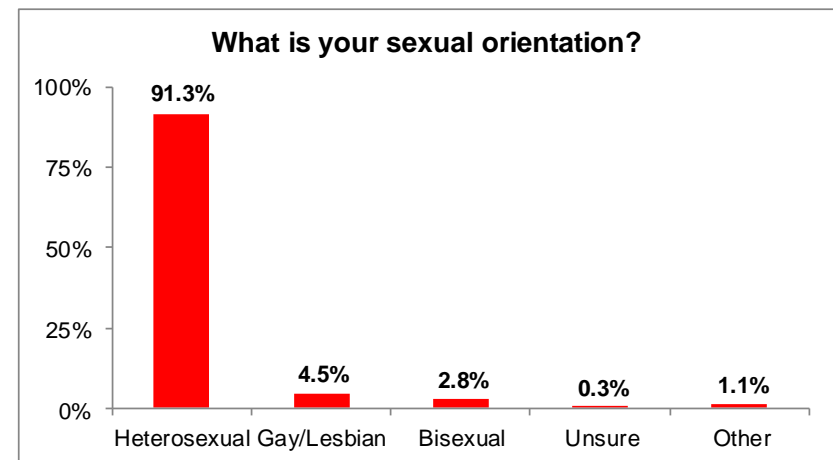
30. Do you have a disability under the ADA?

Response options	Frequency	Percent	Percent of respondents
Yes	28	3.3	3.7
No	732	87.1	96.3
Subtotal	760	90.5	100.0
No response	80	9.5	
TOTAL	840	100.0	



31. What is your sexual orientation?

Response options	Frequency	Percent	Percent of respondents
Heterosexual	686	81.7	91.3
Gay/Lesbian	34	4.0	4.5
Bisexual	21	2.5	2.8
Unsure	2	0.2	0.3
Other	8	1.0	1.1
Subtotal	751	89.4	100.0
No response	89	10.6	
TOTAL	840	100.0	



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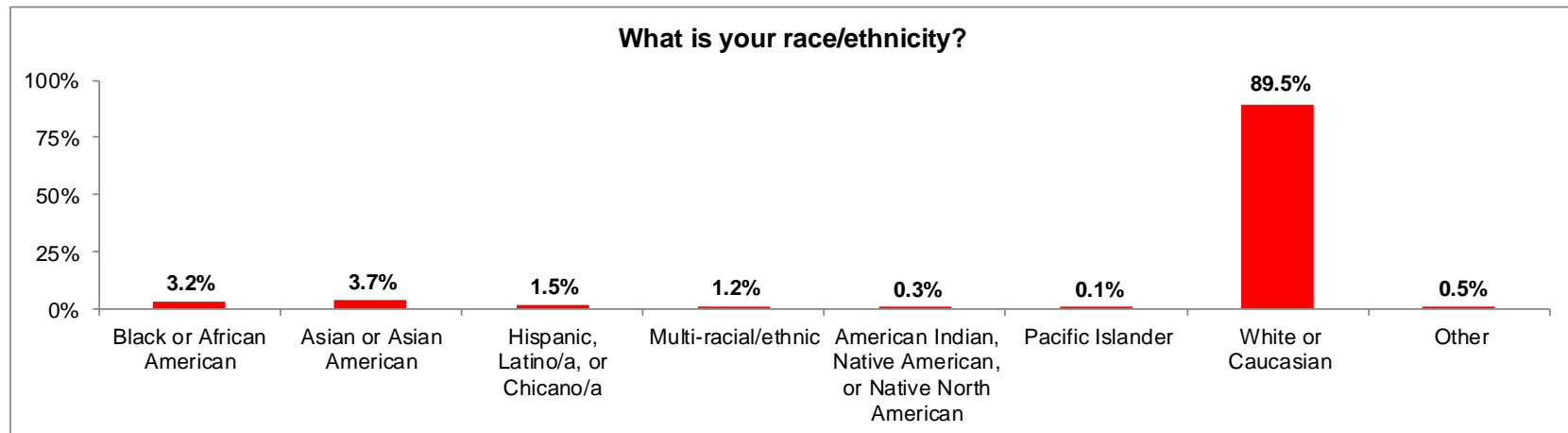
<i>Other, please specify</i>
are you ****ing kidding me? WHy do you need to know that?
celibate
Not enough
Queer
Queer
queer
Queer
why does this matter?

Note. $n = 8$ (100.0% of those who selected 'Other').

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32. What is your race/ethnicity?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Black or African American	24	2.9	3.2
Asian or Asian American	28	3.3	3.7
Hispanic, Latino/a, or Chicano/a	11	1.3	1.5
Multi-racial/ethnic	9	1.1	1.2
American Indian, Native American, or Native North American	2	0.2	0.3
Pacific Islander	1	0.1	0.1
White or Caucasian	676	80.5	89.5
Other	4	0.5	0.5
Subtotal	755	89.9	100.0
No response	85	10.1	
TOTAL	840	100.0	



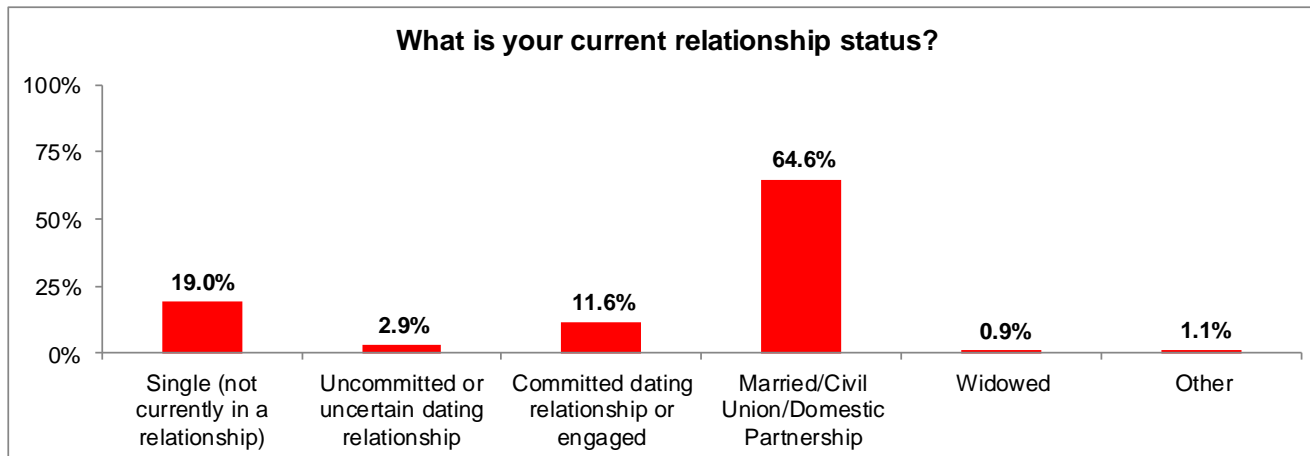
<i>Other, please specify</i>
Asian/White
Human
mixed- Caucasian, Pacific Islander, Hispanic
Welsh

Note. $n = 4$ (100.0% of those who selected 'Other').

2013 Health Status Survey

33. What is your current relationship status?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Single (not currently in a relationship)	144	17.1	19.0
Uncommitted or uncertain dating relationship	22	2.6	2.9
Committed dating relationship or engaged	88	10.5	11.6
Married/Civil Union/Domestic Partnership	490	58.3	64.6
Widowed	7	0.8	0.9
Other	8	1.0	1.1
Subtotal	759	90.4	100.0
No response	81	9.6	
TOTAL	840	100.0	



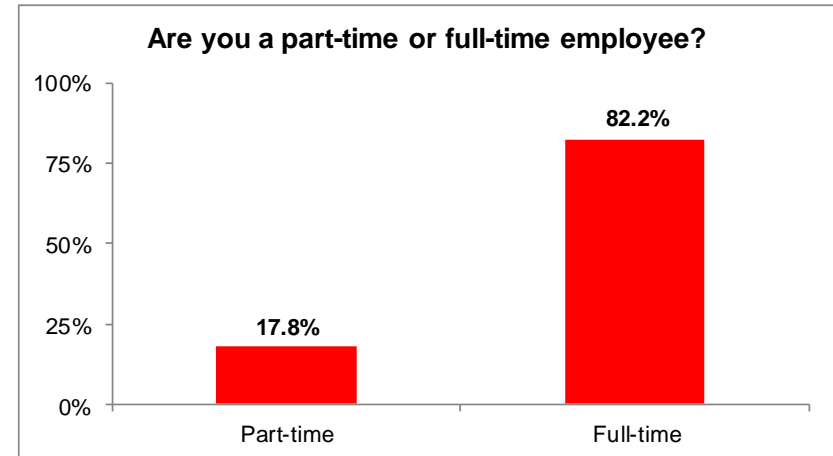
2013 Health Status Survey

<i>Other, please specify</i>
Divorced for 3+ yrs but still living with the ex b/c finances
Divorced. Single, not in a relationship.
I am Married to a woman
midst of divorce
Multiple committed relationships
Not married, but in a 20 year committed relationship
Not Married, living with same woman for 24 years.
separated

Note. $n = 8$ (100.0% of those who selected 'Other').

34. Are you a part-time or full-time employee?

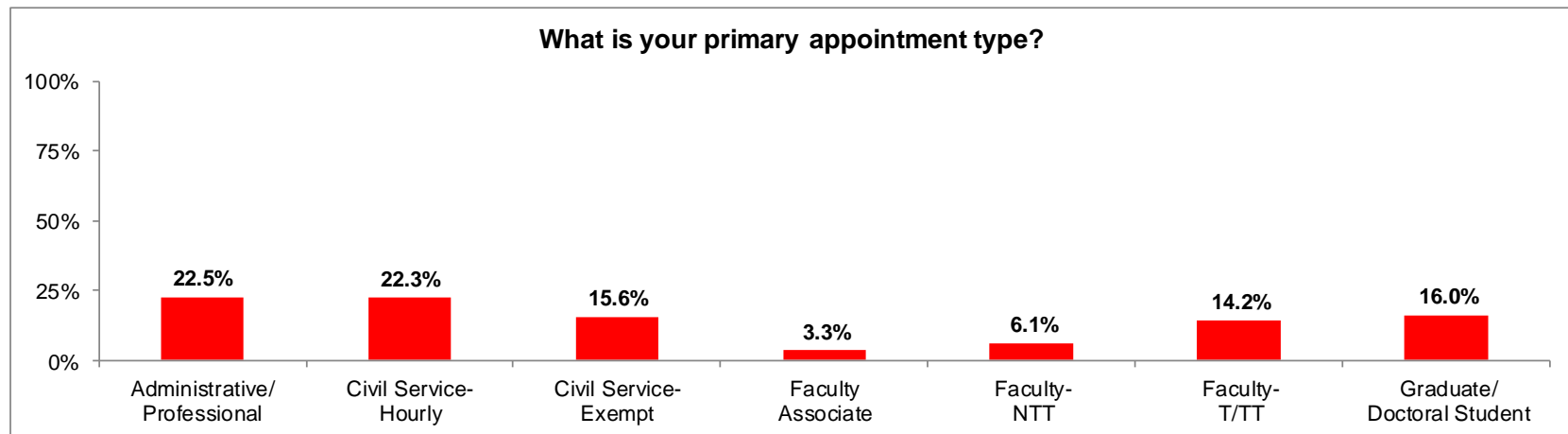
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Part-time	134	16.0	17.8
Full-time	619	73.7	82.2
Subtotal	753	89.6	100.0
No response	87	10.4	
TOTAL	840	100.0	



2013 Health Status Survey

35. What is your primary appointment type?

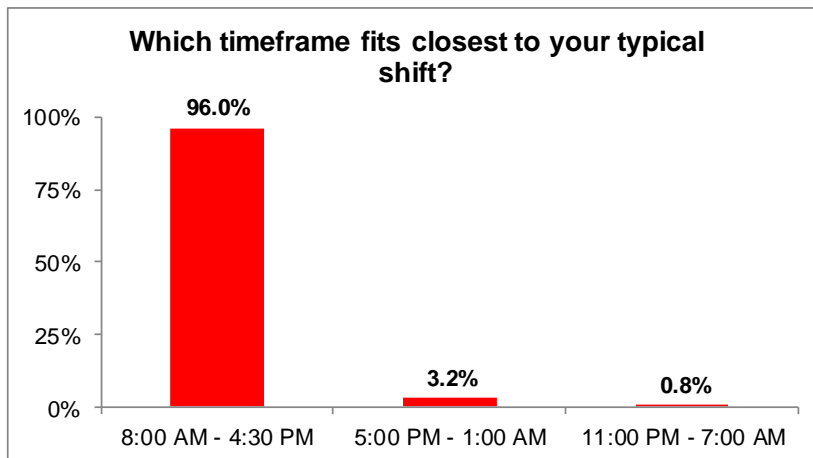
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Administrative/Professional	169	20.1	22.5
Civil Service-Hourly	168	20.0	22.3
Civil Service-Exempt	117	13.9	15.6
Faculty Associate	25	3.0	3.3
Faculty-NTT	46	5.5	6.1
Faculty-T/TT	107	12.7	14.2
Graduate/Doctoral Student	120	14.3	16.0
Subtotal	752	89.5	100.0
No response	88	10.5	
TOTAL	840	100.0	



2013 Health Status Survey

36. Which timeframe fits closest to your typical shift?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
8:00 AM - 4:30 PM	715	85.1	96.0
5:00 PM - 1:00 AM	24	2.9	3.2
11:00 PM - 7:00 AM	6	0.7	0.8
Subtotal	745	88.7	100.0
No response	95	11.3	
TOTAL	840	100.0	



Needs Assessment

37. Please respond to the following items regarding your interest in the topic and receiving information on the topic.

<i>Topic</i>	<i>I am interested in information on this topic</i>		<i>I have received information on this topic from the University</i>	
	<i>Frequency</i>	<i>Percent</i>	<i>Frequency</i>	<i>Percent</i>
Anxiety	165	19.6	117	13.9
Balance between work and life	208	24.8	130	15.5
Blood pressure	65	7.7	103	12.3
Cancer prevention	109	13.0	85	10.1
Caring for parent or older adult	92	11.0	85	10.1
Depression	107	12.7	106	12.6
Diabetes	67	8.0	84	10.0
Exercise/physical activity levels	249	29.6	149	17.7
Financial concerns	146	17.4	96	11.4
Healthy meals/eating for families	269	32.0	120	14.3
Heart health	115	13.7	107	12.7
Job security	132	15.7	81	9.6
Parenting/child care	74	8.8	85	10.1
Stress management/relaxation techniques	222	26.4	132	15.7
Sleep	195	23.2	92	11.0
Spiritual wellness (values, meaning, purpose in life)	122	14.5	94	11.2
Weight loss	223	26.5	80	9.5

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38. Please list any other topics that are of interest to you.

Adult ADHD, Women with ADHD
advancement within the university. Moving to different job title, what classes to take in grad school for that
Anything about balancing work with classes, and minimizing stress and anxiety related to the two.
At my age, I am pretty much aware of what to do for depression or anxiety, losing weight, etc. I am currently on a semi-Ornish diet.
Collegiality -- connecting with like-minded people across campus to create a positive work environment.
Day care at the university gym and/ or programs for University employer's children.
Eldercare for parents
exercise and diet
For some of the items above, just bc I never received info doesn't mean it wasn't communicated to me.
Health & wellness program that rewards employees by discounts on their health insurance premiums for staying active & healthy.
Health at Every Size, parent support
Health Promotions and Wellness does a great job getting information out on these topics at the Health Fair
Healthy recipes for 1 or 2 persons, cooking classes for same
Heated pools available on campus for rheumatoid arthritis exercise.
How to fit all the things you want me to do or read the material you want to provide into only a 24 hour day. This isn't a time management issue for me. It has to do with a job where I have no physical help in maintaining a failing facility.
how to gain weight
I am interested in all those topics, but lack of information isn't the problem.
I don't think the above is the role of the university. We are not children, nor is the university our parent, doctor, mental health counselor or spiritual adviser. I work here. The university should ensure and provide a safe working environment with adequate equipment for me to do my job effectively. I would much rather see monies spent toward the students (including the kinds of wellness efforts mentioned above), materials and equipment relevant to their learning and quality of life, and providing me with an adequate salary so that I can pursue any health decisions on my own, in the way that I see fit.
I have received the information I was interested in from sources other than the university.
I would be interested in a more affordable rate for faculty to use the gym.
I would be interested in walking in a pool or doing water aerobics but I not sure I could get out of the pool. I always wanted to try T'ai Chi or Yoga but department refuses to let any do the because it goes 10 to 15 minutes past you lunch time 2x a week.
I would like a clear explanation of the effects of changes to pensions. I am a new part time employee and have just joined SURS. I teach in Elgin, not B/N.
I would like wellness to offer more sessions on weight loss. Would be nice if a weight watcher group existed on campus so we could attend .

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Closest is off campus on Veterans. State Farm has Weight Watchers groups on campus there why cant we have one here.
I would rather the university did not spend any time or money sending me or anyone else information on the above topics until all of our NTT are made full time and paid accordingly, and all of our students actually learn something in their Gen ed courses. First things first. It would also be nice if pay at the university were capped at 150K for everyone, including especially the upper level administration. (I guy can dream.) Let's put the non back in non-profit!
improving flexibility and balance
interest in problems for a handicapped senior is minimal Felmley is hard to get into if one using a walker.
Involving more faculty and staff in exercise
Learning to live as a widow after 46 years of marriage.
Legislative changes affecting SURS and the impact on quality of life (anxiety/security) of current employees.
Maintaining healthy personal and professional relationships
Managing chronic fatigue
Marital issues
Meditation
meditation and yoga
Meditation is important to me as a stress/anxiety reliever and as a spiritual practice.
n a
N/A
N/A
n/a
N/A
na
None
None
None for now.
Not interested in above or any others
Reopening Horton weight room to faculty and staff.
standing work stations, work release time for non HP&W activities. For example, I'm a runner and would like to leave work early in order to run before picking my daughter up from daycare.
Stress reduction: finding a balance: Saying no effectively; Stretching exercises and yoga....really hard to find a class that fits due to scheduling. Often offered in places I can't seem to find...(ie: Bone STudent Center 3rd floor yoga). I would like to utilize release time but don't see any clear guidance on how to do this.

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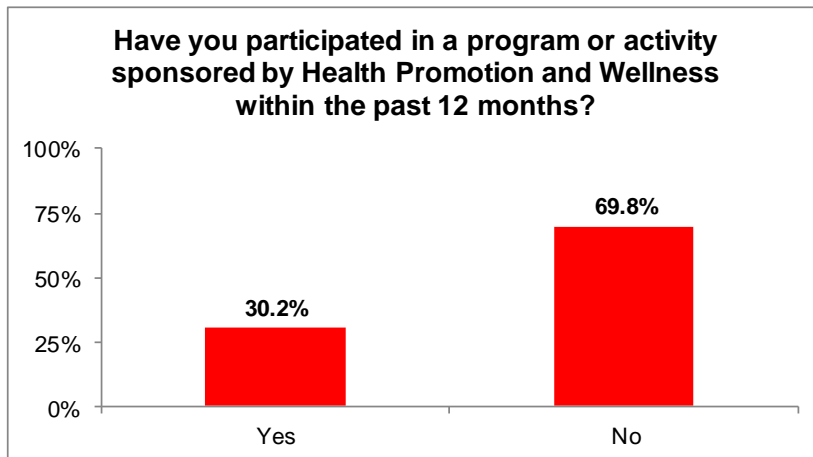
Sweets addiction and healthy eating/food prep for non-cookers
T'ai Chi
The university taking an interest in the unhealthy and erosive atmosphere in various departments and colleges. This isn't something that can be handled by an individual or group of individuals; it's particularly bad in some obvious departments and has been for over 10 years. It's nice to get motivational things saying Be healthy! but physician, heal thyself.
the worst cause of my problems are insomnia and gum disease.
This survey is too long - sorry, I gave up.
Time management for all the above
Various educational opportunities.
Vitamin usage
weight loss program... need work out buddy, etc.
Weight watchers on campus program. We used to have these but when current wellness director took over she cancelled them. Doesn't mean that other employees don't value and appreciate the on campus option.
What if we're not interested and haven't received anything from the university? You don't provide a viable option, so the question is being skipped.
why is it not free for faculty to go to the rec center
Women's health

Note. $n = 61$ (7.3% of respondents).

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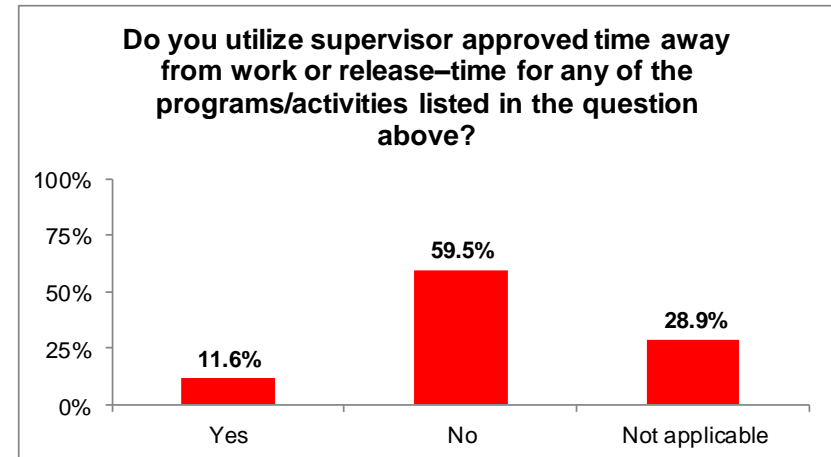
39. Have you participated in a program or activity sponsored by Health Promotion and Wellness within the past 12 months?

Response options	Frequency	Percent	Percent of respondents
Yes	221	26.3	30.2
No	510	60.7	69.8
Subtotal	731	87.0	100.0
No response	109	13.0	
TOTAL	840	100.0	



40. Do you utilize supervisor approved time away from work or release-time for any of the programs/activities listed in the question above?

Response options	Frequency	Percent	Percent of respondents
Yes	84	10.0	11.6
No	431	51.3	59.5
Not applicable	209	24.9	28.9
Subtotal	724	86.2	100.0
No response	116	13.8	
TOTAL	840	100.0	



2013 Health Status Survey

41. Which of the following ways would you prefer to receive health information at the worksite?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>
Discussion/support networks	93	11.1
Incentive programs/contests	148	17.6
Email relay	292	34.8
Online newsletter	310	36.9
Health Promotion and Wellness website	252	30.0
Pamphlets, newsletters, and other written materials	144	17.1
Presentations provided by experts	168	20.0
Smart phone applications	105	12.5
OpenLine	80	9.5
Podcasts	39	4.6
Screenings	162	19.3
Toilet Talk restroom communications	178	21.2
Illinois State Report	115	13.7
Wellness Ambassadors	66	7.9
Wellness/nutrition fairs or other events	138	16.4
Online blogs	32	3.8
Facebook	116	13.8
Twitter	27	3.2
Pinterest	30	3.6
Other	16	1.9

<i>Other, please specify</i>
A website with information would be fine; no need for emails/newletters etc
Brief faculty breaks... could offer a 15 minute stretch refresh that could be done as a Webcast regularly or a pool of video that walk through quick stretch or relaxation breaks that faculty could access
Classes

Frankly, I think this is one area ISU has stretched beyond its primary mission and could afford to make cuts in an effort to keep costs in check
I already follow health information online
I am retired.
Mail, I just delete or ignore emails. If it's physically in hand I am more likely to attend an event or take notice.
mini courses w/lunch or after work
newspapers
None
none
not interested in receiving information
Please eliminate the stupid bathroom signs. For Christ's sake this is a university, not a clinic!!! How about classic poems in from English and Spanish literature. Wouldn't that be more appropriate?
The Vidette
Toilet Talks seem focused on students, which is fine so I don't see this as a communication that is important to my cohort.
workshops

Note. $n = 16$ (100.0% of those who selected 'Other').

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42. If the following were offered to faculty and staff, in which would you participate?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>
Health risk assessment	193	23.0
Health screenings	322	38.3
Parenting programs	58	6.9
Cooking classes	271	32.3
Health and wellness information provided on website portal	199	23.7
Informal groups to support healthy living	85	10.1
Health/wellness coaching	200	23.8
Nutrition analysis and guidance on healthy eating	199	23.7
Smoking cessation	22	2.6
Stress management	170	20.2
Fitness assessment	267	31.8
Lactation lounges	40	4.8
Health during pregnancy courses	36	4.3
Other	32	3.8

<i>Other, please specify</i>
a blocked out faculty staff workout time at a gym on campus
Aging Gracefully
can't unless offered in Chicago
Caring for disabled parent/ other adult.
exercise groups for older employees
Financial planning, budget management
Free access to the rec would be nice...
Free gym access
Free gym membership

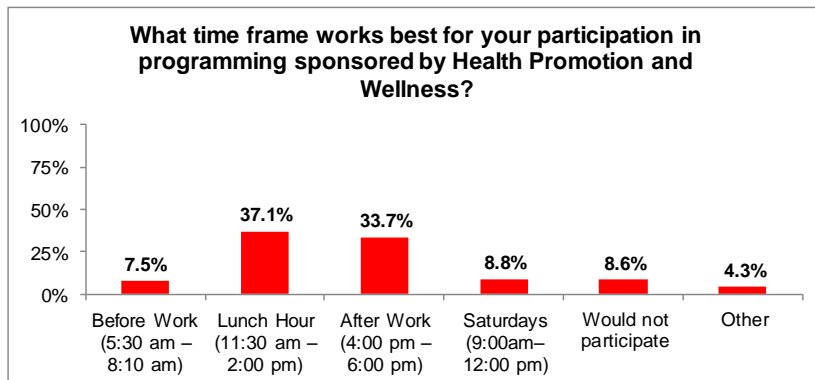
Group work-out
Health coaching
Heated pools available on campus for rheumatoid arthritis exercise.
I worry about confidentiality with some of these things though.
I would have checked lactation lounge 11-15 years ago!
I would have participated in (and benefitted from) Lactation, Health During Pregnancy and Parenting Classes. No longer need them but they're extremely important.
I would only do this if it were outside of the 8 to 4:30 hours.
let faculty use the gym for free or less than current rates
Life coaching for ADHD management
Meditation
n/a
no
none
None of the above
PLEASE stop cooking up ways to expand your portfolio and spend University resources. PLEASE. Just pay the faculty and make sure students are actually getting an education. The rest is irrelevant.
probably would not participate
T'a Chi
testing for AIDS/HIV
The fees for faculty staff use of the student fitness center are prohibitive. If the cost were more reasonable, I would make use of the facility. It would help my overall health. But the cost is too high. At my son's college, faculty staff were able to use a brand new state of the art facility free of charge.
walking partners and a place to walk during cold months
weight watchers 'chapter' where fees are covered by employer
Yoga
Yoga at your desk or relaxation exercises-done at lunchtime

Note. n = 32 (100.0% of those who selected 'Other').

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43. What time frame works best for your participation in programming sponsored by Health Promotion and Wellness?

Response options	Frequency	Percent	Percent of respondents
Before Work (5:30 am – 8:10 am)	49	5.8	7.5
Lunch Hour (11:30 am – 2:00 pm)	241	28.7	37.1
After Work (4:00 pm – 6:00 pm)	219	26.1	33.7
Saturdays (9:00am– 12:00 pm)	57	6.8	8.8
Would not participate	56	6.7	8.6
Other	28	3.3	4.3
Subtotal	650	77.4	100.0
No response	190	22.6	
TOTAL	840	100.0	



Other, please specify
10 am - 6 pm
3:00 to 5:30 and possible Saturdays
6pm or later
after work and Saturdays
Any time stated above
Depends on my teaching schedule each semester.
depends on the sponsored program after work might be best (after 4:30)
During the day but not necessarily at lunch
during the work day between 8 am and 2 pm
i am off campus, out of town!
I can flex schedule if needed
I will be working 11 p.m. - 7 a.m., so this may not apply to me.
I'd really like the same benefit of time during the day that the faculty and administrators do in stepping away from my desk (which I feel chained to) to exercise.
If time off were provided during working hours
in Chicago and teach in Elgin, never in B/N
lunch hour or after work
Lunch, After work, and Saturdays
none
on-line
only on days off
PT Not on campus - work in the field during school semester
retired, so daytime would work for me
Second shift designated meal periods
unsure
week days mornings, fridays
who finishes work before 6 pm? after work (6-8pm)
Work until 5:30pm - program at 5:45 or 6 would work

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Would be nice to see more available from 10am to 2pm or from 5 to 8pm

Note. $n = 28$ (100.0% of those who selected 'Other').

44. Which of the following are a barrier to your participation in programs and events sponsored by Health Promotion and Wellness?

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>
Presentations or programs I want to attend are not offered at a time that fits my schedule	245	29.2
Information is not provided using online technology	68	8.1
I cannot afford to participate	119	14.2
My work schedule does not allow	207	24.6
I work another job and do not have time	56	6.7
My department's lack of support for use of release time	53	6.3
My own lack of motivation	187	22.3
I am not interested	81	9.6
Other	73	8.7

<i>Other, please specify</i>
apprehension that offerings (i.e. fitness classes, etc.) would be overcrowded
burned out at the end of my shift, just want to go home
child care responsibilities
Completing school work while working
Department does not allow Janitors to participate.
don 't like groups
don't know about them
Don't know where to find the help I need
Don't want to share body issues w colleagues or students
Duplication of contact with personal physicians
Eldercare
financial restrictions to rec center

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handicapped seniors need help\ to get around
hassle to change clothes at lunch, right after work too busy at home, too far to drive back later
have not looked into it
I am a workaholic. I'd have to stop working to do these things.
I am ideologically opposed to monies spent this way.
I am too busy!
I am usually too busy
I am usually too busy grading, class prep, etc.
I car pool so it limits my time to participate in things
I do not foresee any barriers. As long as I have some advance notice I am usually able to make programs.
I don't have a lot of time outside of work and family obligations.
I don't have time to do one more thing.
I find out about it too late
I have a child that I take to school and take home most days of the week.
I just started 4 days ago.
I know how to find the information from many sources
I usually have to go pick up my son right after work far away from daycare.
I work off-site, in Chicago
I work on the opposite end of campus and parking is expensive
I'm healthy, haven't seen a need
info is too dopey, too simplistic, banal
It's awkward to do health promotion things with coworkers and/or students
lack of parking near rec center
live in Chicago
live out of town
Location of event
Location of program

mainly cost
Mixing of students with faculty in situations that reveal personal information can be uncomfortable
Most events - like massage - never have open seats by the time I get the info
My after work obligations (a.k.a. children) prevent me from making this a priority
My commuting schedule - I am just not on campus that much
My schedule is too full.
Not aware of the opportunities offered.
Not aware of the programs
Not enough time in the day
not finding anything that means my needs
notification of classes earlier
other obligations-kids activities
Personal family obligations
prefer to participate in non-ISU program during non-work hours
PT Not on campus - work in the field during school semester
schedule changes quite often
See #42
Sessions generally held in an inconvenient location
shy & introverted, would be afraid to attend
shyness
Single mom with 3 children and no evening child care
student with a full time schedule plus work
Supervisor does not approve of work release time to participate and one hour for lunch doesn't provide enough time to change clothes/freshen up
Taking care of my grandson after work when my daughter has to work late or her second job.
the fitness center is often too packed with people to get a workout done in the time we are allotted.
there are no barriers

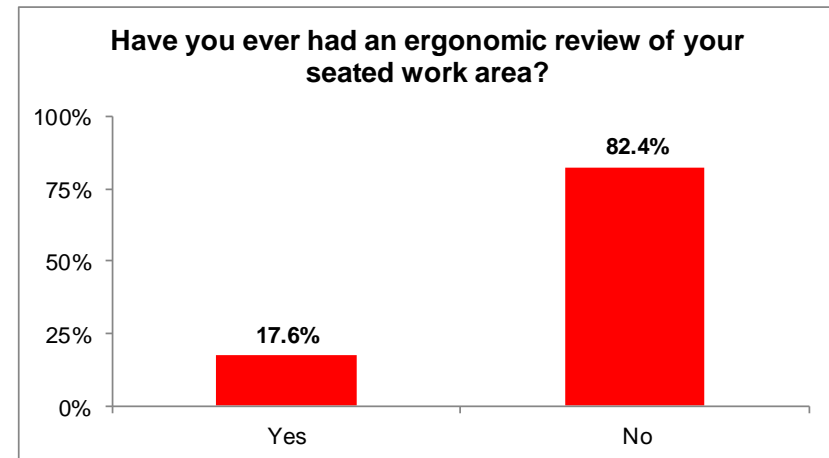
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Though my department states support of release time, it does not happen...late meetings or meetings stacked on meetings
Too much pain doing good to make it through a work day.
WHEELCHAIR BOUND-TRANSPORTATION
Wish the gym membership was not so expensive to faculty/staff.
work 3rd shift
Work plus having several small children limits any free time I have.
Work remotely from ISU, in Chicago area
Work schedule/meetings sometimes conflicts

Note. n = 73 (100.0% of those who selected 'Other').

45. Have you ever had an ergonomic review of your seated work area?

Response options	Frequency	Percent	Percent of respondents
Yes	125	14.9	17.6
No	586	69.8	82.4
Subtotal	711	84.6	100.0
No response	129	15.4	
TOTAL	840	100.0	



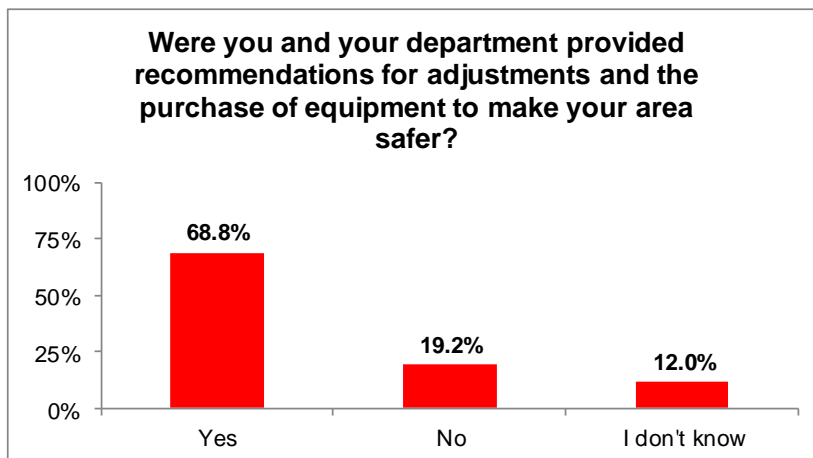
2013 Health Status Survey

Ergonomic Review

46. **Were you and your department provided recommendations for adjustments and the purchase of equipment to make your area safer?**

Note. Only those who selected 'Yes' in response to item 45 ($n = 125$) had the opportunity to respond to this item.

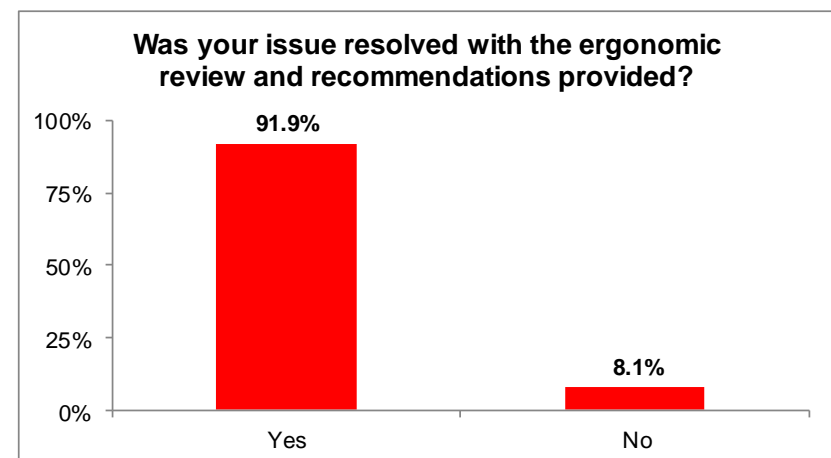
<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Yes	86	68.8	68.8
No	24	19.2	19.2
I don't know	15	12.0	12.0
Subtotal	125	100.0	100.0
No response	0	0.0	
TOTAL	125	100.0	



47. **Was your issue resolved with the ergonomic review and recommendations provided?**

Note. Only those who selected 'Yes' in response to item 45 ($n = 125$) had the opportunity to respond to this item.

<i>Response options</i>	<i>Frequency</i>	<i>Percent</i>	<i>Percent of respondents</i>
Yes	102	81.6	91.9
No	9	7.2	8.1
Subtotal	111	88.8	100.0
No response	14	11.2	
TOTAL	125	100.0	



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<i>No, please specify</i>
I actually will be requesting a review.
I am still having issues...going to see an occupational therapist
I forgot what the recommendations were because it was a long time ago and my desk has been rearranged since then.
I was never provided an option for a new chair and I was not provided an option for an adjustable keyboard. Finally, I have never been provided the option of an ergonomic mouse.
My neck hurts when at the computer but maybe I didn't follow what was said. It was too long ago.
No help, no changes, no suggestions.
Seat is still too hard
We need to have our computers hooked up to some kind of exercise machine or something would be nice.!
Work station is too small and isn't compatible to allow me use of ergonomic equipment purchased for me

Note. $n = 9$ (100.0% of those who selected 'No').

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48. Additional comments?

Access to Felmley needs attention. Heavy doors for handicapped. Doors on second floor open out to corridor. See F. 210; Floor surface in F 210 is in bad shape. No one one cares.
As a graduate student I do not have a work area but work wherever is convenient. Not having a designated space means that i must carry everything that I may need with me at all times. This can lead to back issues because I do not feel confident that leaving my materials out in the library is a safe or ethical practice.
As a wise woman once said Ain't nobody got time for that . I would love to take better care of myself, but I work 60-70 hours a week. I barely have a social life. Also, most of my issues are mental health related and I feel like they are far more stigmatized than other health issues by my peers/supervisors/etc. I feel as if I cannot take time to do the things I need. Also I have no wiggle room as far as money goes. If something costs extra (from student fees and tuition) chances are I won't be able to participate.
Back in the spring semester, there was a class that was offered through Family & Consumer Sciences (I think) in which they were asking for participants to volunteer and you would be assigned to a student. If I remember correctly, that student would be in charge of assessing and assisting you in reaching a healthier life style/weight, etc. I volunteered but was not chosen because there was already enough volunteers. I would love to have an opportunity for a one-on-one type thing like this and, knowing myself, would do much better if I had to answer to someone who was helping me achieve a fitness/wellness goal.
excellent survey - makes me think I need to start thinking about some of these things
Fitness and weight loss consultation (not coaching) could be helpful. Thanks for your interest.
Good luck
Grains are not necessary for a healthy lifestyle. The question regarding that is biased. A person can be very healthy without complex carbohydrates so long as they are eating plenty of fruit to supply their body with carbohydrates.
I am a newer employee, and have not been here long enough to fully take advantage of wellness programs @ ISU.
I am retired so am out of the loop for a lot of Wellness activities.
I appreciate the health-related offerings that are provided to ISU faculty and staff.
I appreciate the university's interest in promoting a healthy workplace environment and use the university gym, but I generally like to dissociate my stress relief and health activities from my workplace.
I appreciated the ergonomic review but found it difficult to connect initially and to get actions put in place.
I can see a point to this if it lowers our overall health insurance costs. But otherwise, really, why don't we get a survey on whether we think the students are learning what they should be learning? I think this survey reflects a lack of focus at this university on its core mission.
I currently work 3 jobs to make ends meet and don't see any reduction in my stress level in the near future. I believe my lack of sleep is caused/helped by a hysterectomy two years ago. I'm currently taking Estroven (generic) to help with the hot flashes and sleep issues.
I did not feel most of this did not apply me and my life.
I do exercises, but for 20-25 min. It's a combination of push-ups, sit-ups, pull-ups, squats, and jogging in place for 1-2 min. I move from one event to the next without taking a break for the 20-25 min. This routine doesn't really fit the two exercise questions you posed, so I answered accordingly. However, I don't want to give the wrong impression about my activity.
I do not wear a helmet when riding a bicycle. However I would wear one any time when riding a motorcycle or moped. May want to split this into 2 questions?

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I don't necessarily know how to improve my work-life balance, but not sure anyone else does either.
I feel cheated by the university's health care system. There should be no way that I am charged for insurance automatically unless I go into an office and decline it in person. Given this is the 21st century I'd assume there would be an online system. Furthermore, I am an active duty member of the military with an expiration date that is on that ID card that goes well beyond my graduation date. I have a hard time understanding why this is suddenly invalidated by the change of a semester. As a government employee, I don't earn much cash. To have the university charge me for something that I don't need through a system of passive compliance is utterly ridiculous. I hope somebody puts my money to good use.
I had foot surgery in July, so I had trouble responding to the questions on exercise. Before surgery I walked 30 minutes 5 - 7 days a week. Now I'm increasing the length of time and am walking 15 to 20 minutes per day, but haven't met 30 minutes yet. I am confident I'll make that, so it's not that I think I won't.
I have had prolotherapy injections on my feet this last month. Normally I am a runner, so I run 5-6 days per week. I have not done cardio exercise in the past three weeks due to the procedures on my feet, but have answered the questions on this survey relating to exercise as if I was in my normal routine, which I will be resuming next week.
I have in the past (not the past year) taken Tai Chi and I cannot praise it enough. I will be there again if my schedule permits.
I have participated in health surveys and focus groups and nothing has happened. I don't expect anything to change. For instance, I keep getting asked about have I had an ergonomic assessment of my work area but there doesn't seem to be anyone actually doing this. I think the ergonomic assessment needs to be done even without requests. My chair I sit in is cheap because my department really can't afford anything else. The lumbar support is nil.
I noticed that before the Student Recreation Center was opened Wellness seemed to do more activities to get faculty and staff involved and seems since the opening it been less. I would love to see more activities to get more involved (sport leagues, family activities). I also would be very interested in seeing a Weight Watchers group on campus
I really like the idea of a wellness coach. I think the personal connection is a strong motivator, and probably the one I would respond best to - it makes me accountable to someone other than myself.
I think the programs that Health Promotion and Wellness offers is a good start. I wonder if it would be possible to offer cardio/aerobic classes during lunch like Tai Chi and Yoga are offered now? I would like to see these types of programs more available during lunch hour outside of the Rec Center. It would be great too if supervisors/directors/program people were more supportive of utilizing time way to participate in these types of programs at lunch. My current supervisor who is over Civil Service staff is not supportive of utilizing time to participate in activities and that's very discouraging.
I think the Toilet Talk series is creative and effective. I always notice when they change. Keep up the good work!
I think those of use who work a sit down 7.5 hr. / day job should get some kind of work out desk to burn calories as we work. http://www.nytimes.com/2011/12/04/jobs/working-out-inside-the-office.html?_r=0
I understand that the survey and the programs are intended to be helpful but time away from my work or home is not an option for me. Financial investment in my work environment and help with space maintenance would be the most helpful in reducing stress and enabling me to manage my personal and work life.
I would appreciate a little more flexibility in the Wellness Policy. I am grateful that we have the option to use some release time for wellness and the programming from Health Promotion and Wellness is a great option for many. I personally would prefer to use an off-campus gym (such as Gold's Express) which is more reasonably priced. I would be more inclined to add a half-hour after my lunch hour for this purpose if it was allowed. I would assume I am not the only individual on-campus that would appreciate this flexibility to participate in wellness off-campus. Thank you very much for your time!

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I would consider using the health facilities but the membership price is prohibitive. I wouldn't mind paying for classes but then we still have to also pay membership fees. And, it would be nice if my husband could use the facilities but, again, the membership fees are too much. We would use the walking track and perhaps the weight room; I would take a fitness class that fit my schedule.
I would like express classes that I could walk to, participate in, and walk back within my lunch hour.
I would like to take advantage of wellness activities but am just too busy, and often I know as much about the topics as presenters. (yoga and nutrition) If these programs were brought to us in our departments we would be far more likely to take advantage of them.
I would love to know how to get in touch with someone in health services concerning counseling for myself and the level of anxiety and depression that I experience.
I would really enjoy working out on campus but my work time does not allow (showering, changing, etc.) it with the obligations to picking up childcare, etc. If employees could be allowed an hour to work out/be healthy with certain obligations, that would truly be progressive and a wonderful perk -- Thank you!
In reference to the questions regarding stress in the workplace, etc. this was during my previous position (but was within the last 12 months). I have since applied and was offered a different position which I accepted and the stress level at work is pretty much non-existent.
In the past 7 days I have not exercised but typically I go to the gym where I run and use weights 4 to 5 days a week. You just happen to catch me on a week where I've been under the weather.
It is not particularly clear to me what my wellness time can be used for and what it cannot be used for so I have never taken it.
It should be free for faculty to use the student rec building!
Keep up the good work....
Many of these questions did not seem to be particularly applicable to graduate students
Membership to the rec center is incredibly expensive and many faculty/staff would walk the track or use a treadmill on their lunch hours if it weren't for the price. Can't there be some type of a wellness participation membership at a reduced price? Putting certain restrictions in place with this type of membership (such as certain windows of time on certain days or a limited number of visits per week) would prevent the entire faculty/staff population from flooding the gym at all times. This way there would be an affordable option for faculty staff who plan to use the facility on their lunch hour only a few days a week.
My colleagues and I would be very grateful if our university would invest in our health and wellness by reducing costs for faculty to use the Campus Recreation Center. We are charged high fees for membership, parking, lockers, and towels. The university would benefit (higher productivity, lower health insurance costs) if more faculty used the Rec Ctr, so won't it please provide some incentives for wellness by making it more affordable for faculty? Thank you.
n/a
N/A
n/a
na
No
None
Obesity is a big problem and those of us, especially secretarial staff, that are stuck at a desk most of the day, have a HUGE problem. Not being able to stand and still work at the same time either means the work gets done slower, or my butt gets bigger. This has been pretty detrimental to

2013 Health Status Survey

my pant size. I do work out regularly, but I don't think the hour I can put in in the evenings can cancel out almost a whole day on ones rear.
Perhaps I'm wrong, but it's always been my perception that the health & wellness programs offered by the university weren't really intended for faculty/staff, that faculty/staff get charged money for trying to take advantage of things that are free to students, etc.
Please bring back the Horton Dungeon. Also the weight bars in the student fitness center are very unsanitary. I have to use 2 towels and a lot of spray to get all the grey sludge off the bar(s). Take a look sometime. Gross!! I see many attendants just standing around. Why don't they wipe things off when they aren't busy. Someone is going to get a staff infection, if they haven't already.
Please communicate with management/supervisors that they should support work release time. Stress levels in department are vey high and morale is very low. Yet we are told to produce and do more, with little to no support from supervisor, while the many other departments within our own division and Student Affairs) are able to enjoy this valuable benefit.
Please return to the old model. ISU Rec doesn't meet faculty needs in any way like you used to do. As soon as they opened the new rec, everything has turned sour and I feel that faculty needs are no longer being met. ISU Rec is a ~student~ focused organization. Please please please take back your old roles. PLEASE.
Since HR has told me that SHS is a toxic environment (created by upper management), why can nothing be done. The employees are pay the price and we are dropping like flies.
Some of the questions on this survey were unanswerable because of the way they were written. For instance, you could either check that you wanted information, or that you had already received it. What about not wanting/needing it? The assumption on the blood pressure question was that it would be too high. Mine is below normal ranges. Moreover, the assumption behind the entire operation is that we all want to be bombarded with messages about what we should be doing with our non-work time, that balance is a problem we haven't learned to solve and therefore need one more bureaucracy to tell us how best to live our lives. It's tiresome, and in light of the redundancy of messaging, a waste of scarce resources.
team people together to make me more accountablewithout paying money, is there an inside place to walk during lunch?
thank you
Thank you for doing this for Faculty and Staff!
Thank you!!!
thanks
Thanks for all you do. I'm still getting used to being here as a newer employee.
Thanks for asking. would like to know if part time professors qualify for tuition waivers, so I could take a course in one of these areas....
Thanks for doing a great job keeping us informed.
Thanks for the opportunity for input!
Thanks for the survey.
Thanks! I'm glad your department exists.
The cost for faculty/staff to use the rec center is too high.
The ergonomic review question at the end made me realize that this is a service I would love to have done. Thanks for this survey.
The Lord gave me a very good body and I have generally had the good sense to take care of His gift.I am 68 and there are all these diseases that I have never heard of. Hope to keep it that way.

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The work life balance and engagement was difficult to complete accurately for me. I switched positions on campus in June. The first half of the year was a terrible work environment. The second half of the year has been fabulous.
This survey is by far the most intrusive device I have seen. How often I have sex, or am I straight or gay? REALLY? Surely you can find something better to do with your time, or at least better questions.
This survey is way too long. It really need to have the feature that shows what percent is complete. I realize the value of this, but I almost stopped half way through.
This survey was way toooooo long!
too long
work out motivation
Would be nice to have heated pools available on campus for rheumatoid arthritis exercise. Would like to have access to pools anytime for individual exercise. Would like to have aquatic arthritis exercise class available at 5:45 or 6:00 pm.

Note. $n = 78$ (9.3% of respondents).