

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.

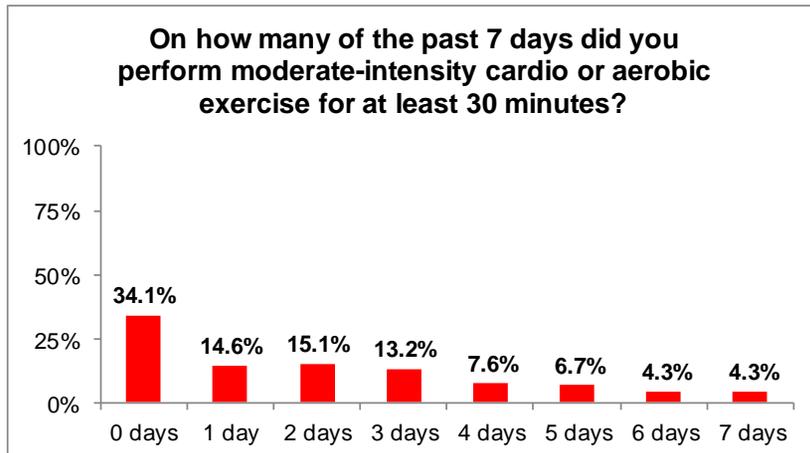
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Physical Activity

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 | |

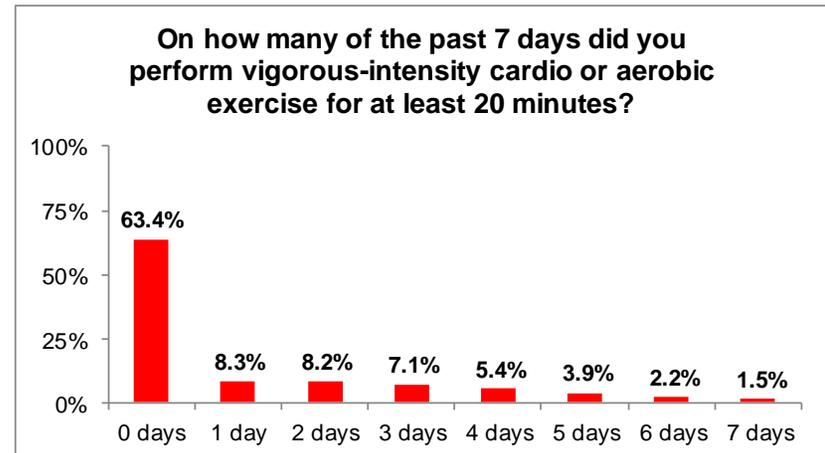
Note. Mdn is the median, which is the 50th percentile and represents an average score.



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.

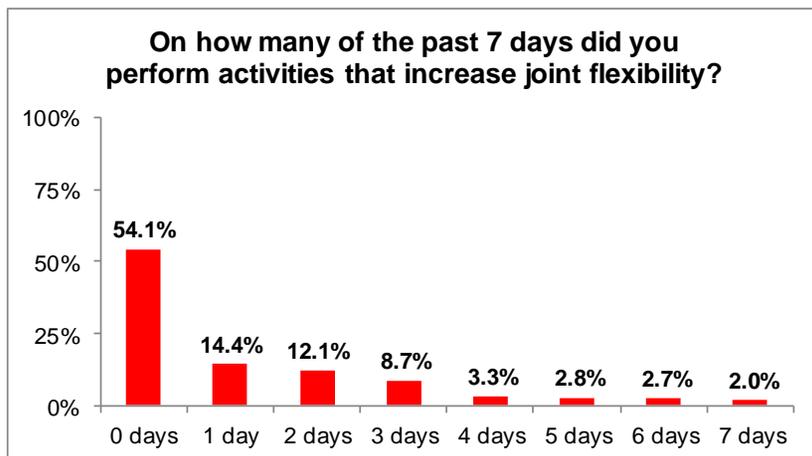


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1c. On how many of the past 7 days did you perform activities that increase joint flexibility?

| 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.

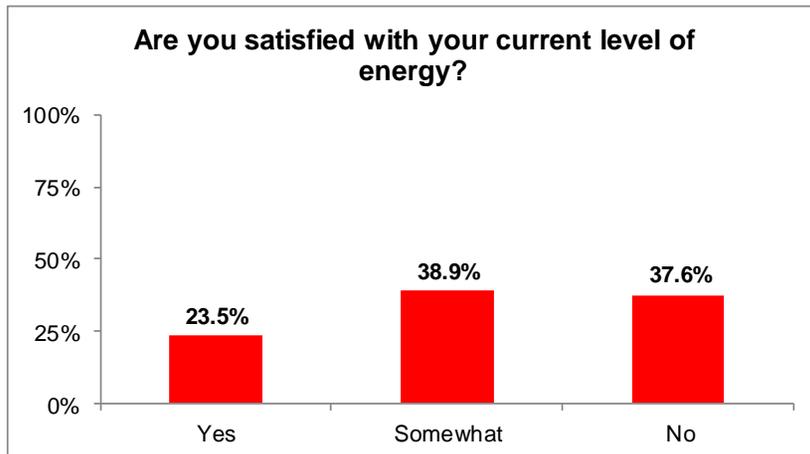


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2. Are you satisfied with your current level of energy?

| 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 | |

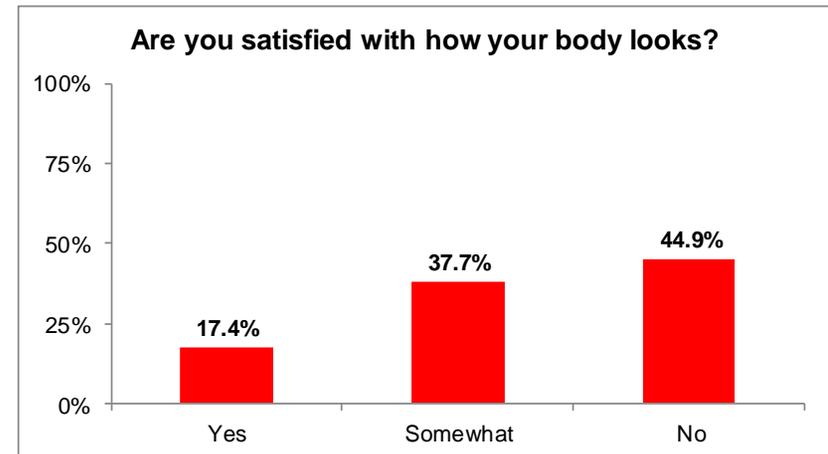
Note. *Mdn* is the median, which is the 50th percentile and represents an average score.



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.



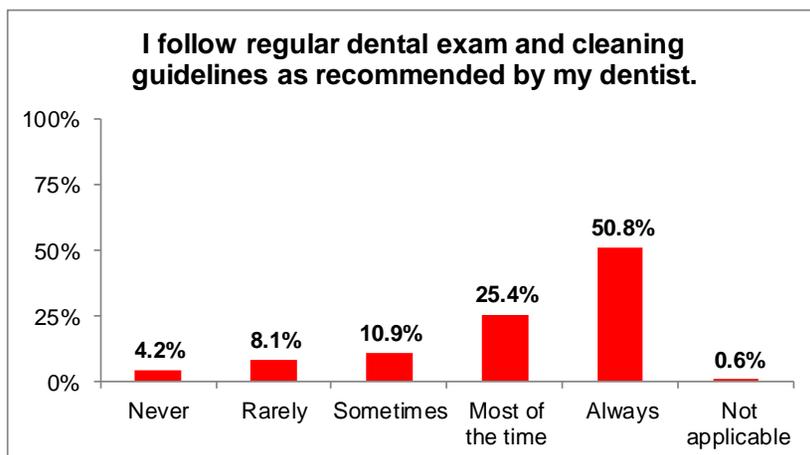
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Medical Care and Self-Care

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 | |

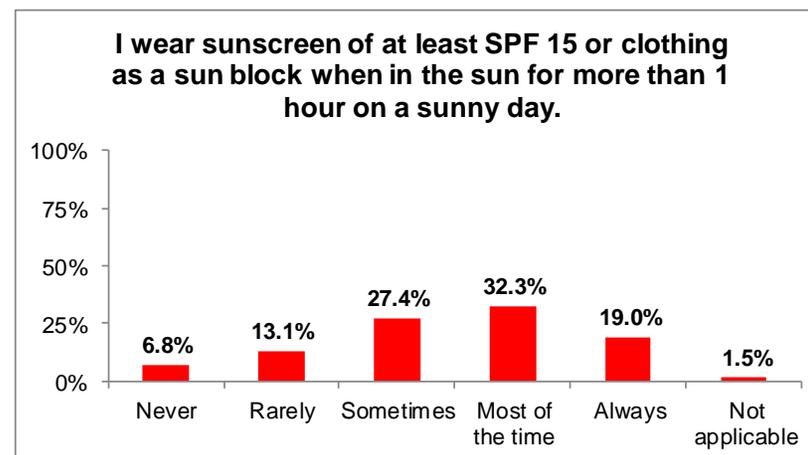
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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.

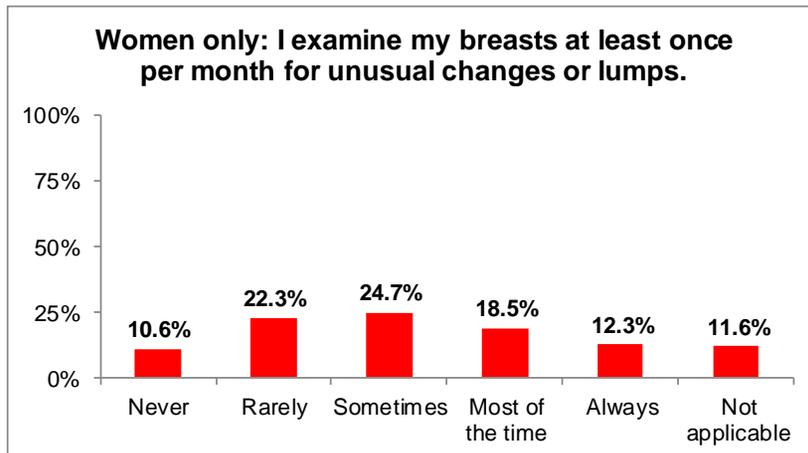


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4c. **Women only: I examine my breasts at least once per month for unusual changes or lumps.**

| 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 | |

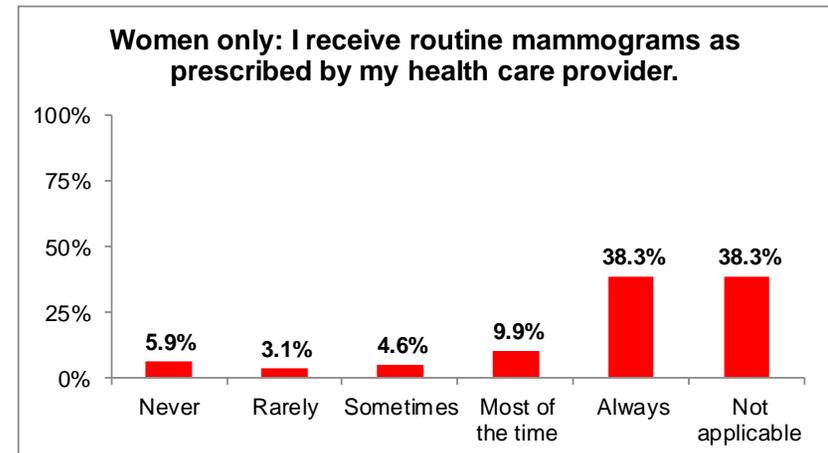
Note. *Mdn* is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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.

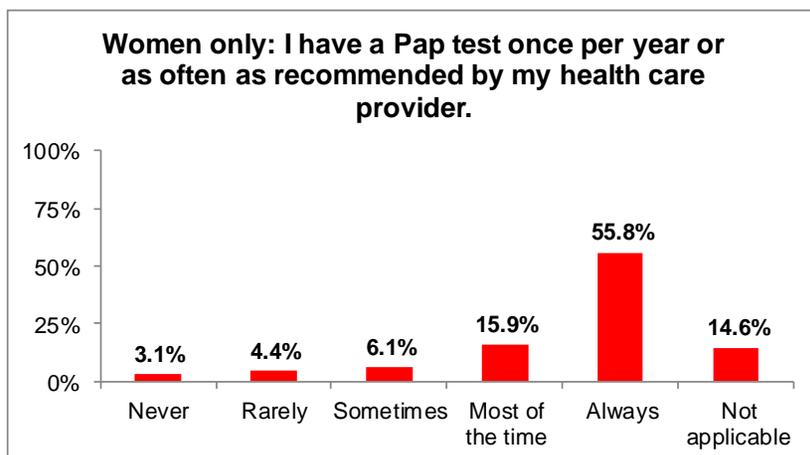


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4e. **Women only: I have a Pap test once per year or as often as recommended by my health care provider.**

| 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 | |

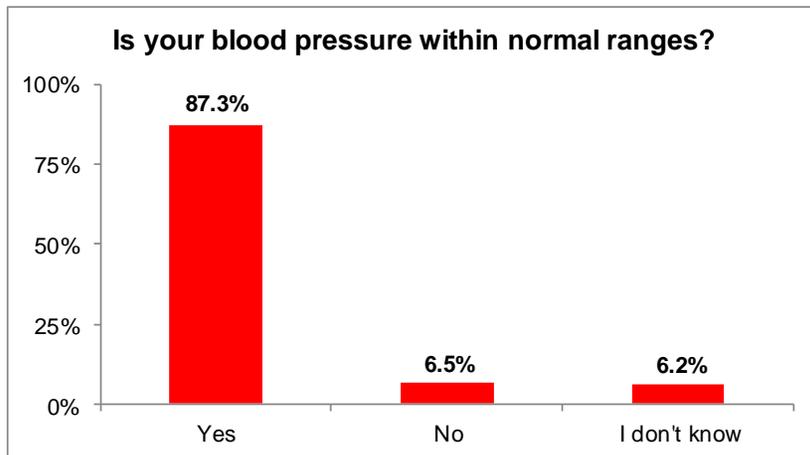
Note. *Mdn* is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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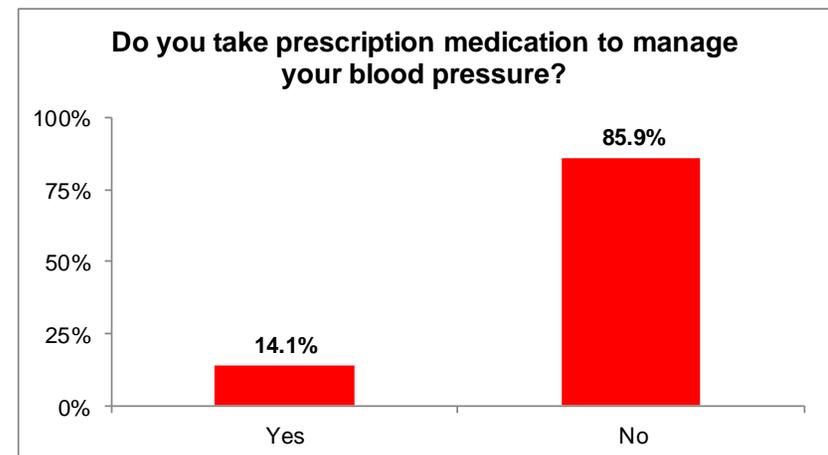
5. Is your blood pressure within normal ranges?

| 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?

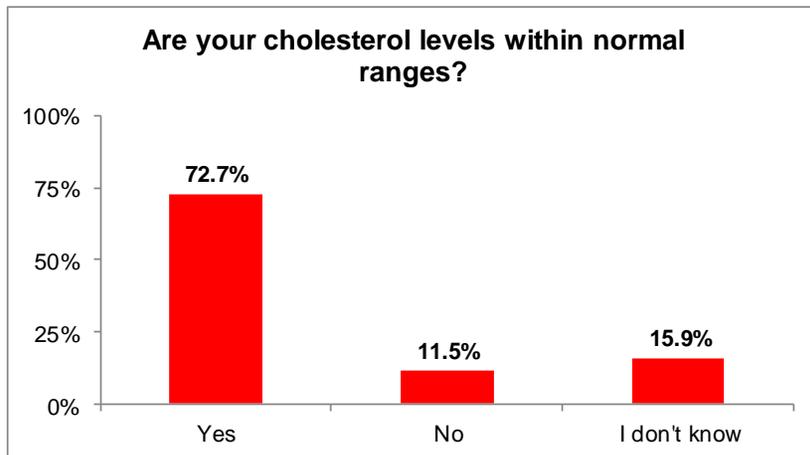
| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| Yes | 115 | 13.7 | 14.1 |
| No | 701 | 83.5 | 85.9 |
| Subtotal | 816 | 97.1 | 100.0 |
| No response | 24 | 2.9 | |
| TOTAL | 840 | 100.0 | |



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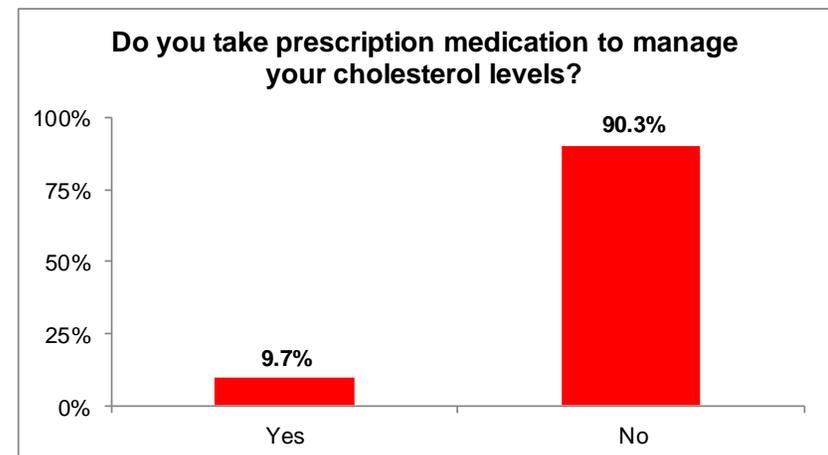
7. Are your cholesterol levels within normal ranges?

| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| 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?

| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| 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 | |



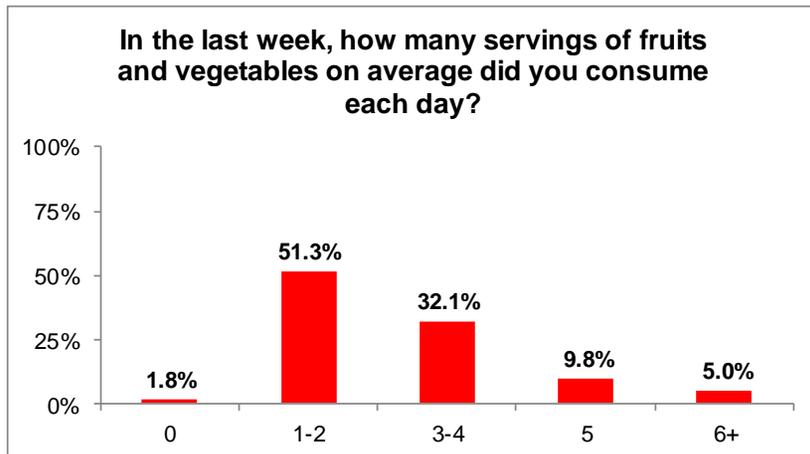
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Eating Habits

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 | |

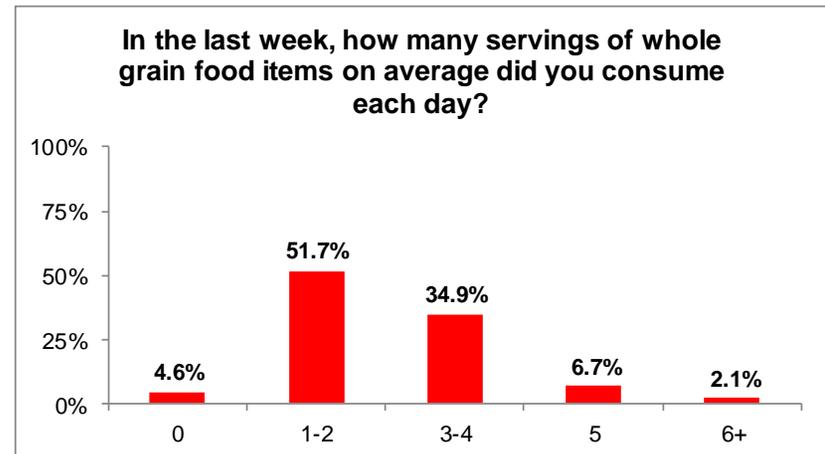
Note. Mdn is the median, which is the 50th percentile and represents an average score.



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.

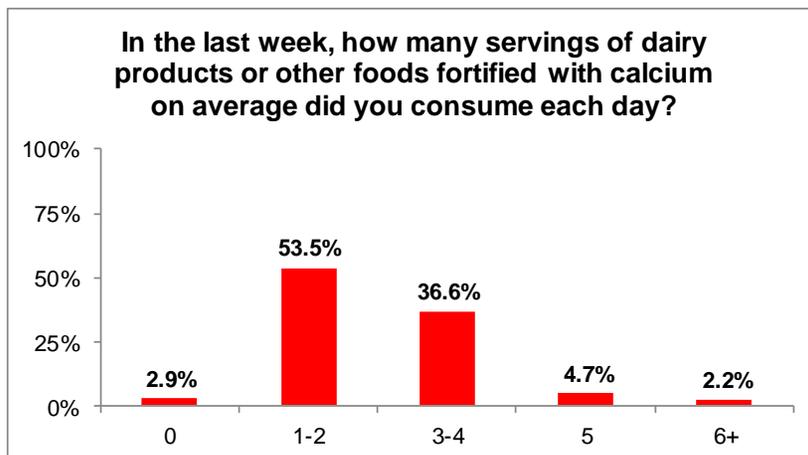


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9c. In the last week, how many servings of dairy products or other foods fortified with calcium on average did you consume each day?

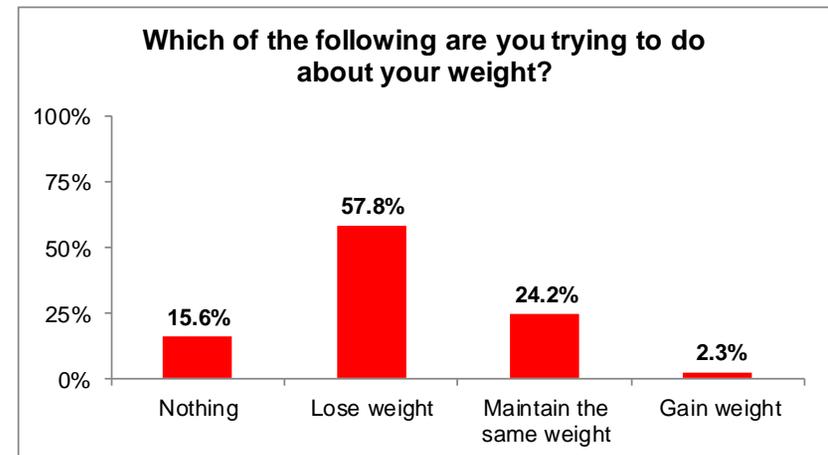
| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| 0 | 23 | 2.7 | 2.9 |
| 1-2 | 431 | 51.3 | 53.5 |
| 3-4 | 295 | 35.1 | 36.6 |
| 5 | 38 | 4.5 | 4.7 |
| 6+ | 18 | 2.1 | 2.2 |
| Subtotal | 805 | 95.8 | 100.0 |
| No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

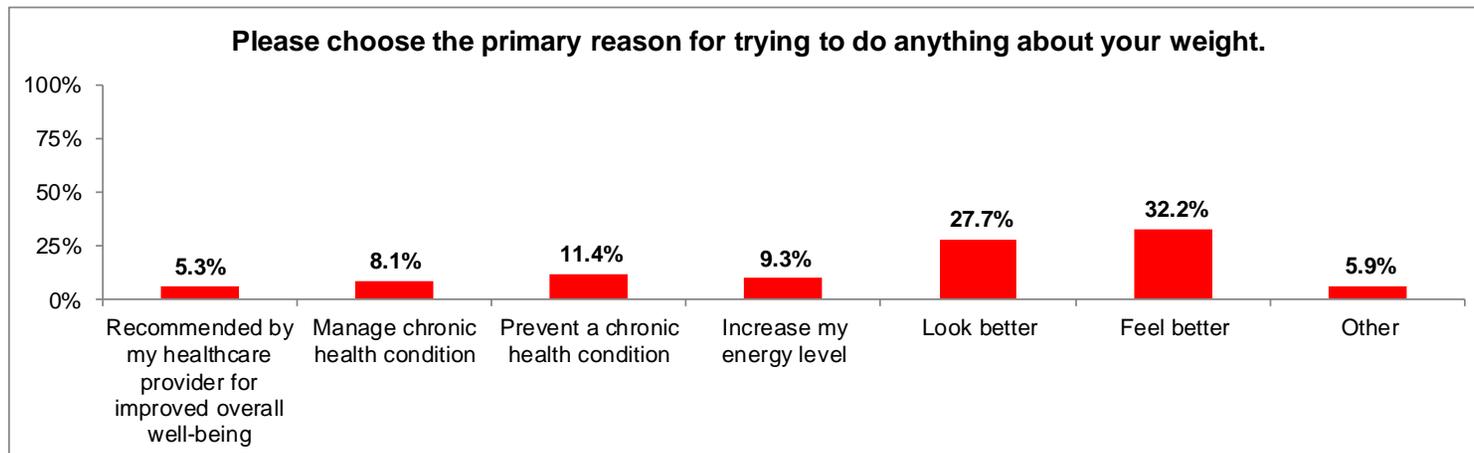
Note. $n = 46$ (100.0% of those who selected 'Other').

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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 |

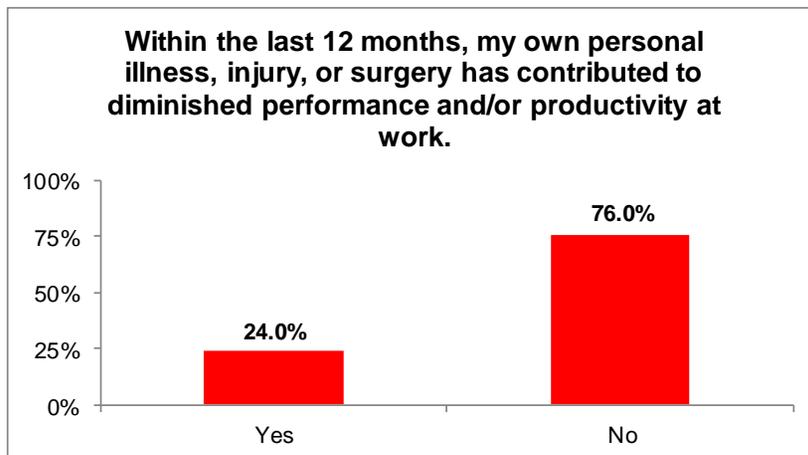
Note. $n = 40$ (100.0% of those who selected 'Other').

2013 Health Status Survey

Impact on Work Performance

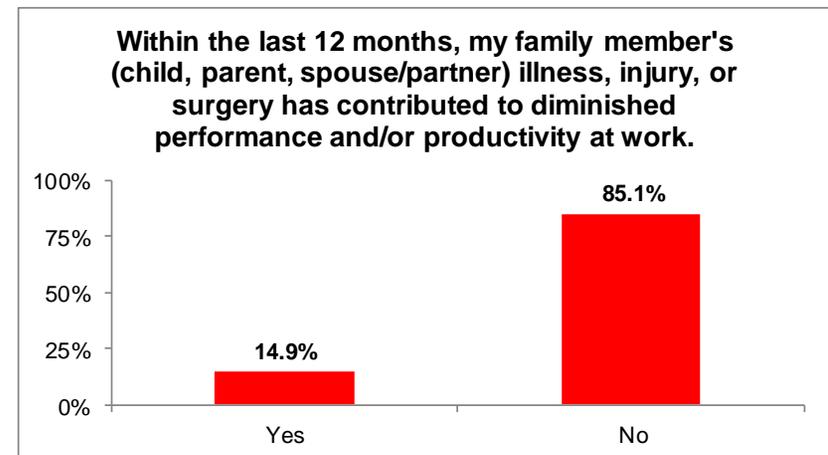
13a. Within the last 12 months, my own personal illness, injury, or surgery has contributed to diminished performance and/or productivity at work.

| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| 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.

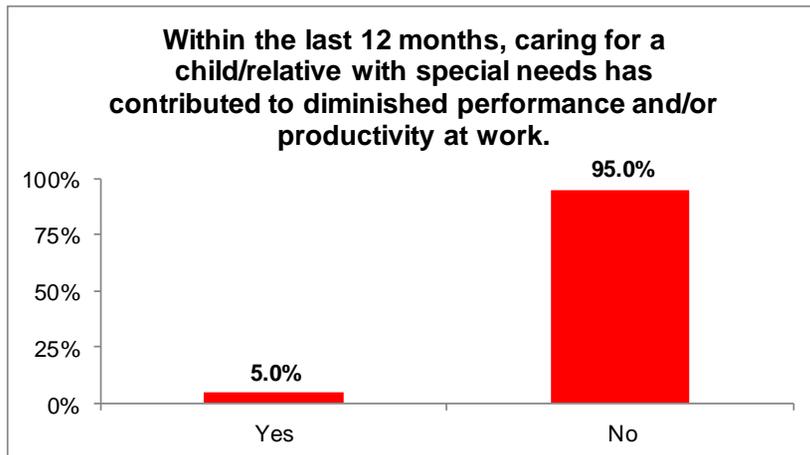
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Yes | 120 | 14.3 | 14.9 |
| No | 685 | 81.5 | 85.1 |
| Subtotal | 805 | 95.8 | 100.0 |
| No response | 35 | 4.2 | |
| TOTAL | 840 | 100.0 | |



2013 Health Status Survey

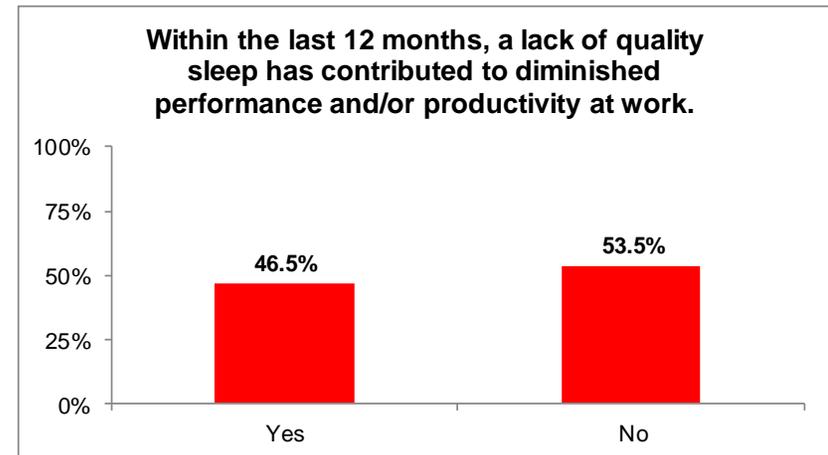
13c. Within the last 12 months, caring for a child/relative with special needs has contributed to diminished performance and/or productivity at work.

| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Yes | 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.

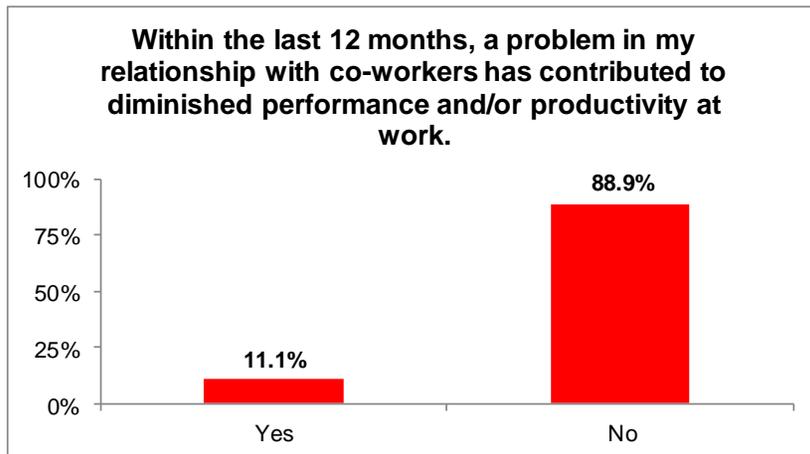
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Yes | 375 | 44.6 | 46.5 |
| No | 432 | 51.4 | 53.5 |
| Subtotal | 807 | 96.1 | 100.0 |
| No response | 33 | 3.9 | |
| TOTAL | 840 | 100.0 | |



2013 Health Status Survey

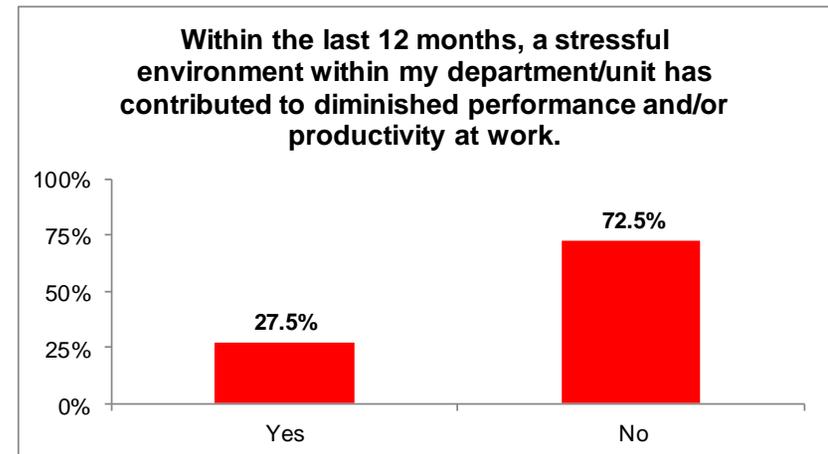
13e. Within the last 12 months, a problem in my relationship with co-workers has contributed to diminished performance and/or productivity at work.

| <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.

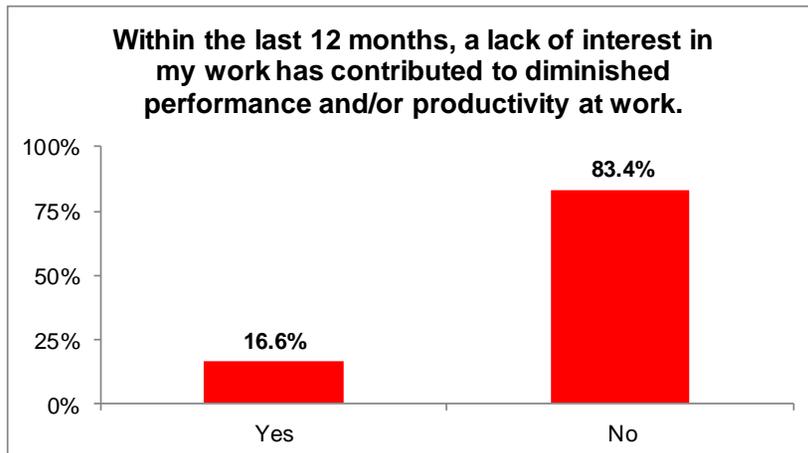
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Yes | 222 | 26.4 | 27.5 |
| No | 585 | 69.6 | 72.5 |
| Subtotal | 807 | 96.1 | 100.0 |
| No response | 33 |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



2013 Health Status Survey

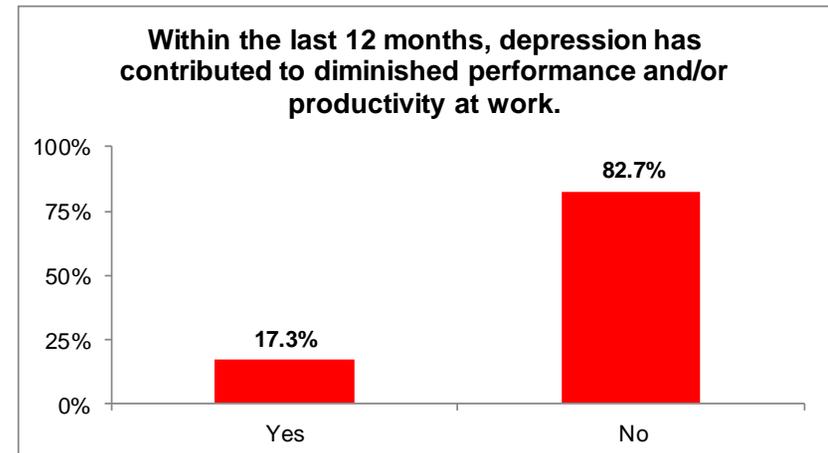
13g. Within the last 12 months, a lack of interest in my work has contributed to diminished performance and/or productivity at work.

| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Yes | 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.

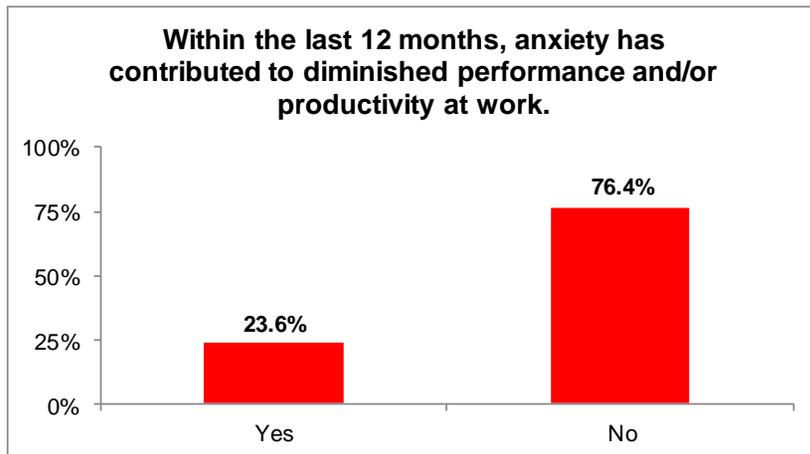
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Yes | 139 | 16.5 | 17.3 |
| No | 664 | 79.0 | 82.7 |
| Subtotal | 803 | 95.6 | 100.0 |
| No response | 37 | 4.4 | |
| TOTAL | 840 | 100.0 | |



2013 Health Status Survey

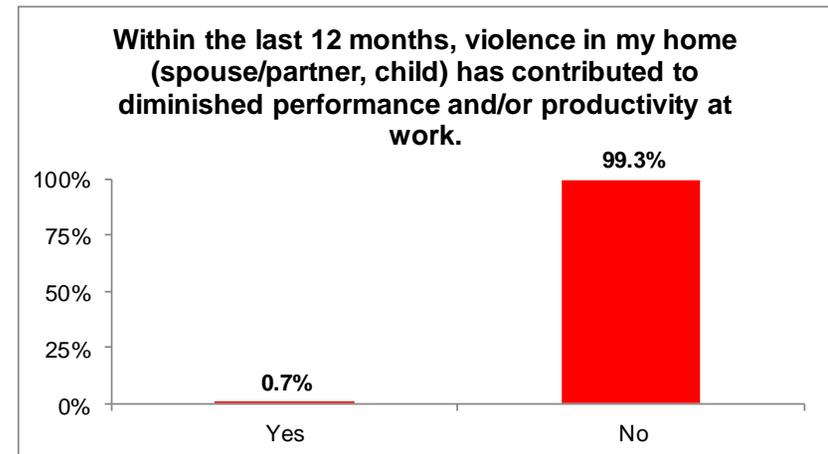
13i. Within the last 12 months, anxiety has contributed to diminished performance and/or productivity at work.

| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Yes | 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.

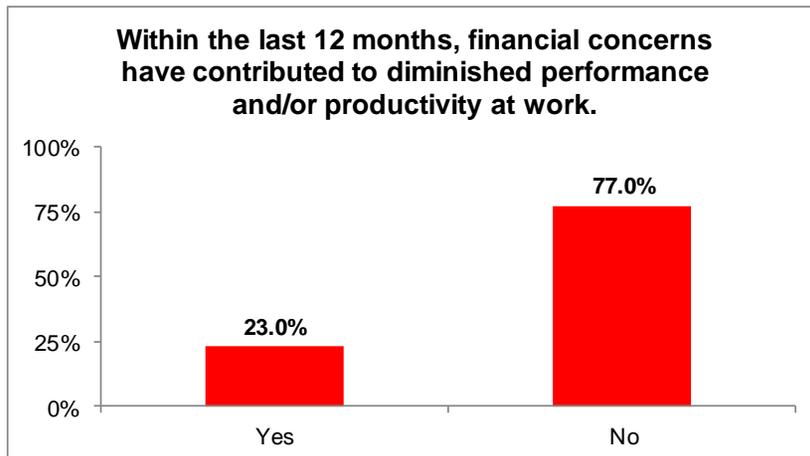
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Yes | 6 | 0.7 | 0.7 |
| No | 796 | 94.8 | 99.3 |
| Subtotal | 802 | 95.5 | 100.0 |
| No response | 38 | 4.5 | |
| TOTAL | 840 | 100.0 | |



2013 Health Status Survey

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 | |

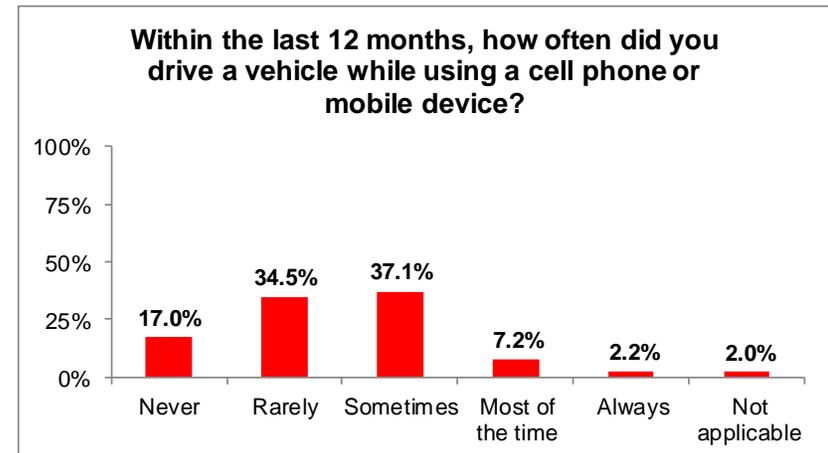


Substance Use and Unintentional Injury

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.

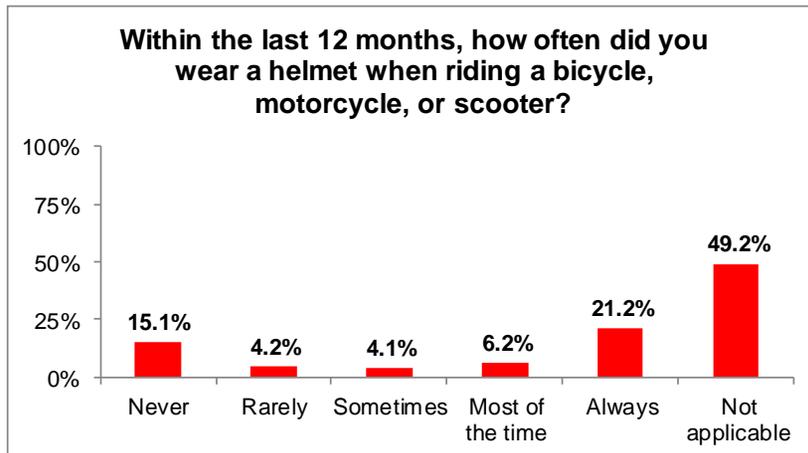


2013 Health Status Survey

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 | |

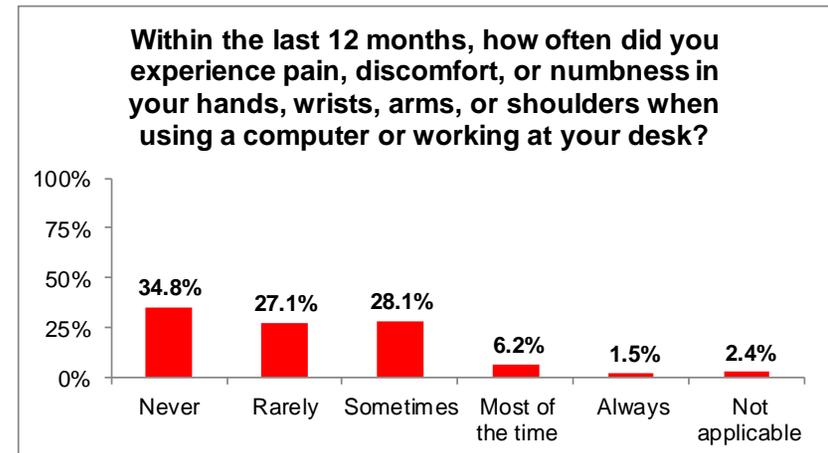
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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.

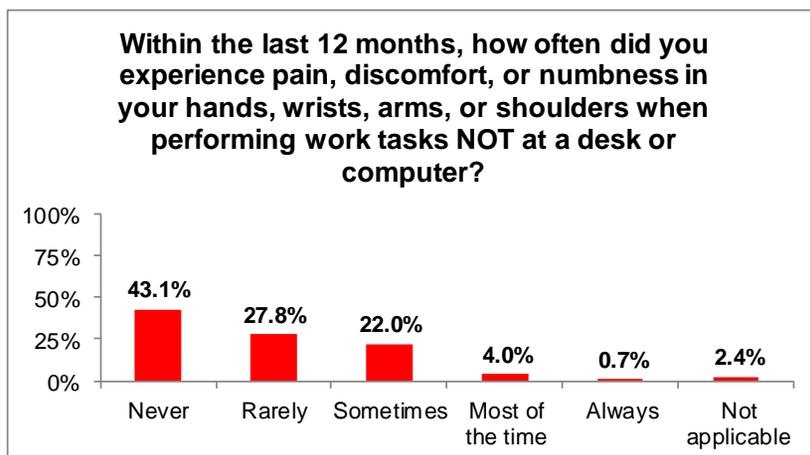


2013 Health Status Survey

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 | |

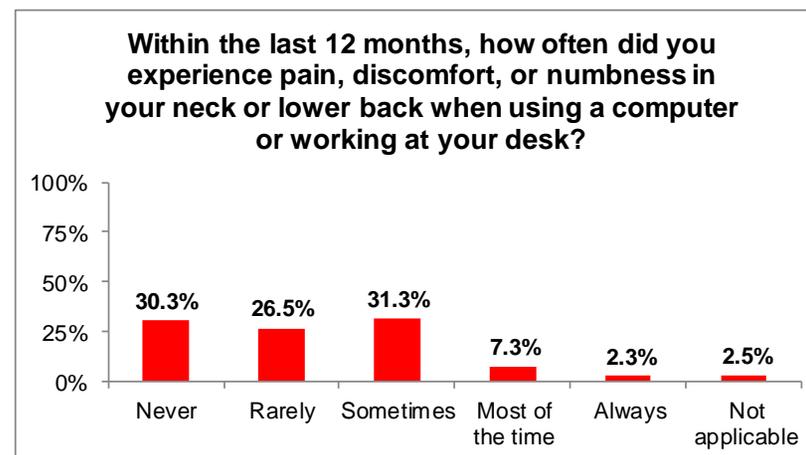
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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.

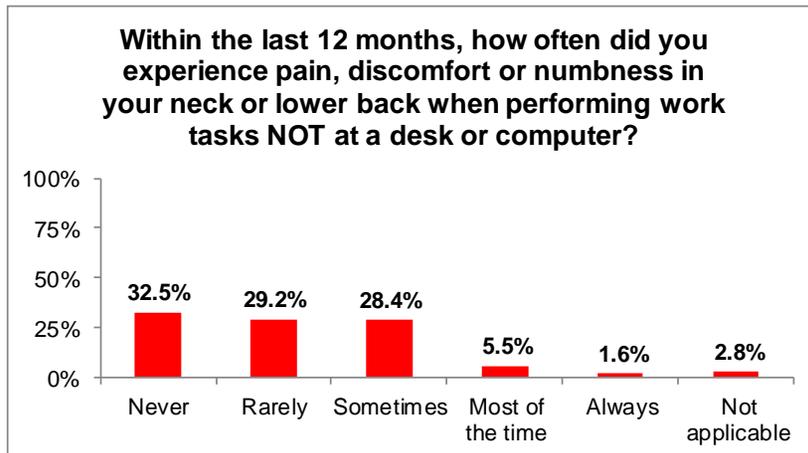


2013 Health Status Survey

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?

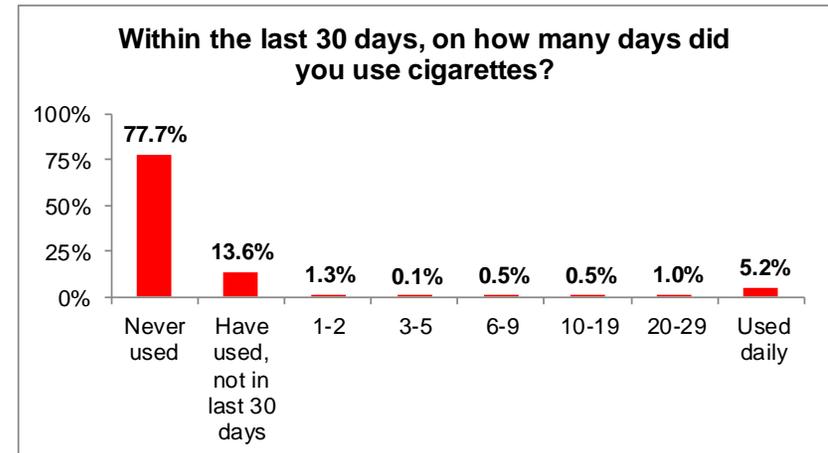
| Response options | Frequency | Percent | Percent of respondents |
|------------------|------------|--------------|------------------------|
| Never | 259 | 30.8 | 32.5 |
| Rarely | 233 | 27.7 | 29.2 |
| Sometimes | 227 | 27.0 | 28.4 |
| Most of the time | 44 | 5.2 | 5.5 |
| Always | 13 | 1.5 | 1.6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



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

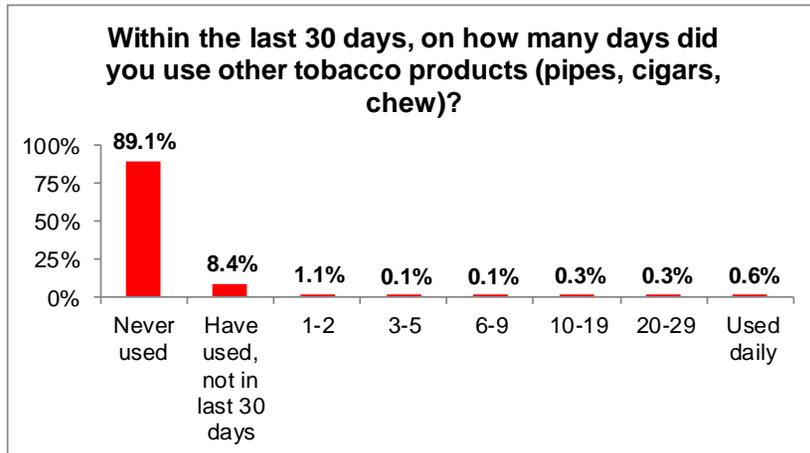
| Response options | Frequency | Percent | Percent of respondents |
|--------------------------------|------------|--------------|------------------------|
| Never used | 598 | 71.2 | 77.7 |
| Have used, not in last 30 days | 105 | 12.5 | 13.6 |
| 1-2 | 10 | 1.2 | 1.3 |
| 3-5 | 1 | 0.1 | 0.1 |
| 6-9 | 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 | |



2013 Health Status Survey

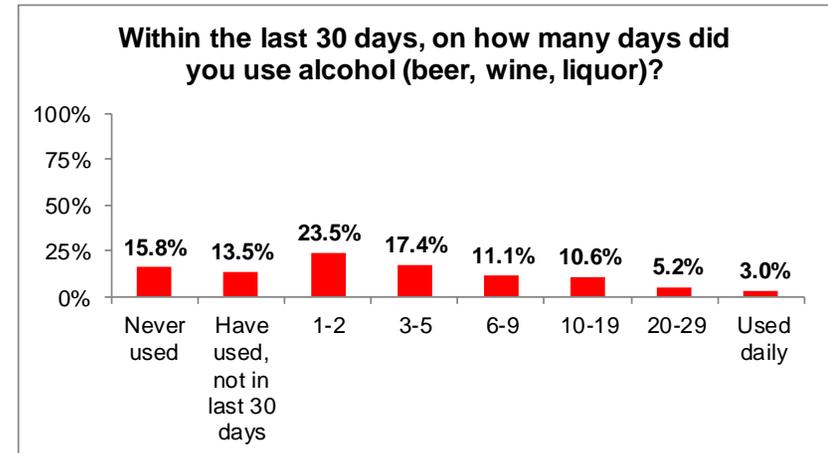
15b. Within the last 30 days, on how many days did you use other tobacco products (pipes, cigars, chew)?

| 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)?

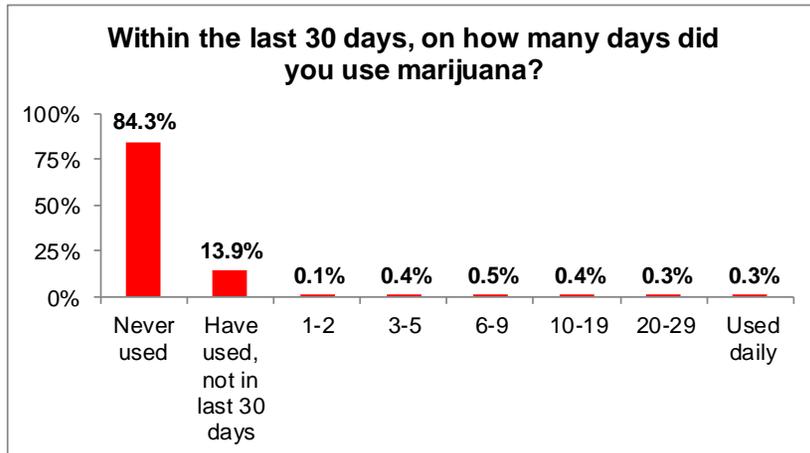
| Response options | Frequency | Percent | Percent of respondents |
|--------------------------------|-----------|---------|------------------------|
| Never used | 127 | 15.1 | 15.8 |
| Have used, not in last 30 days | 109 | 13.0 | 13.5 |
| 1-2 | 189 | 22.5 | 23.5 |
| 3-5 | 140 | 16.7 | 17.4 |
| 6-9 | 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

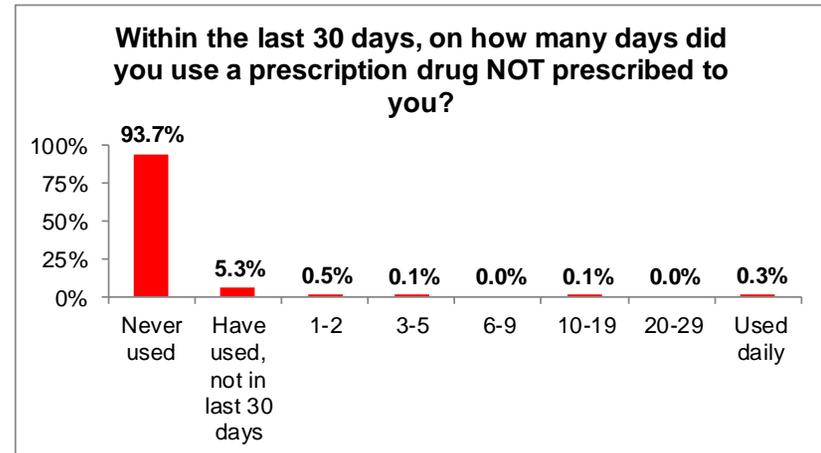
15d. Within the last 30 days, on how many days did you use marijuana?

| Response options | Frequency | Percent | Percent of respondents |
|--------------------------------|-----------|---------|------------------------|
| 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?

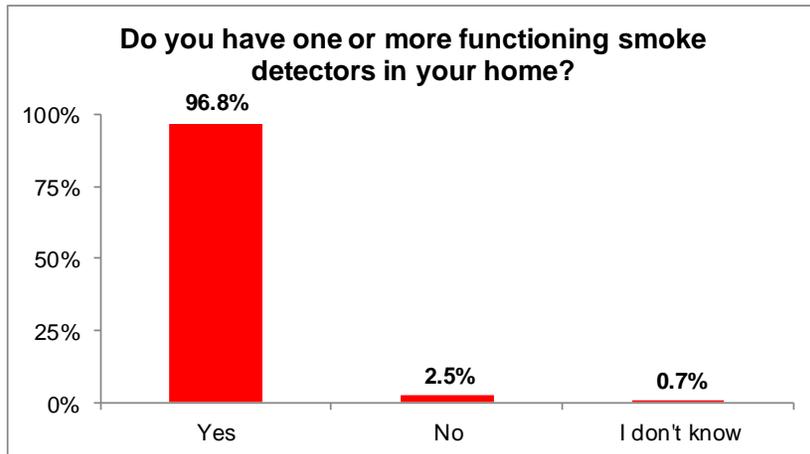
| Response options | Frequency | Percent | Percent of respondents |
|--------------------------------|-----------|---------|------------------------|
| Never used | 748 | 89.0 | 93.7 |
| Have used, not in last 30 days | 42 | 5.0 | 5.3 |
| 1-2 | 4 | 0.5 | 0.5 |
| 3-5 | 1 | 0.1 | 0.1 |
| 6-9 | 0 | 0.0 | 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 | |



2013 Health Status Survey

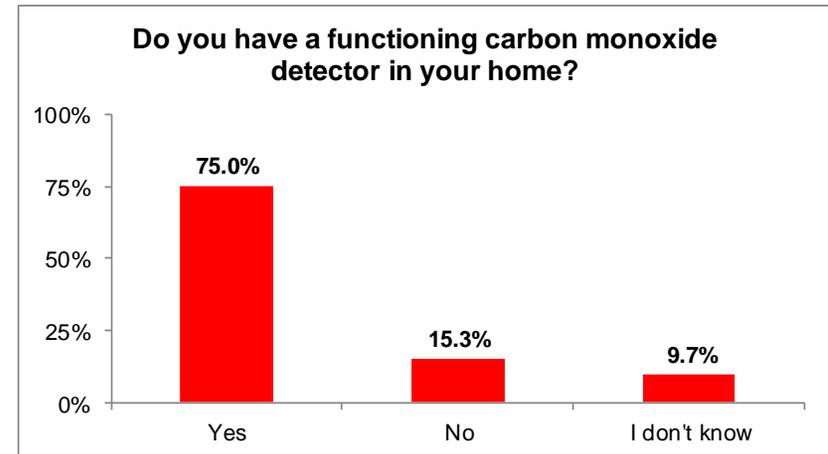
16. Do you have one or more functioning smoke detectors in your home?

| 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 | |



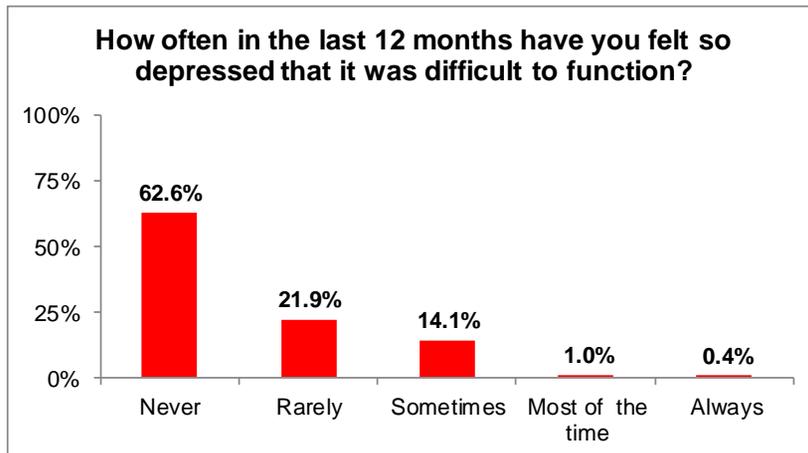
2013 Health Status Survey

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 | |

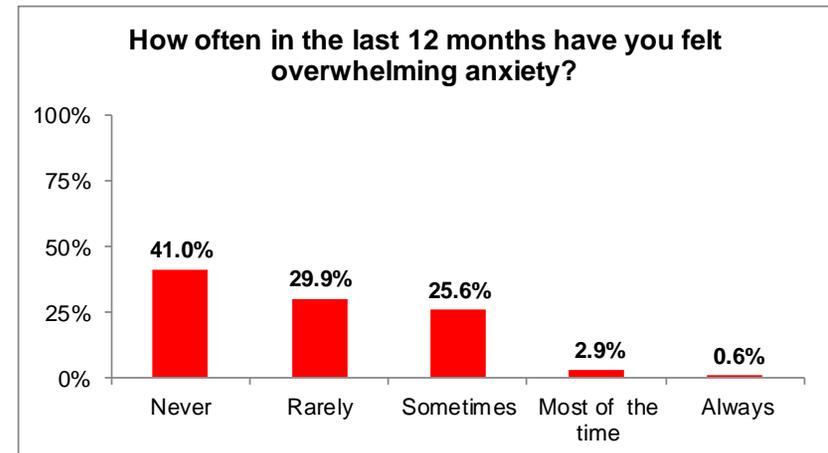
Note. Mdn is the median, which is the 50th percentile and represents an average score.



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.

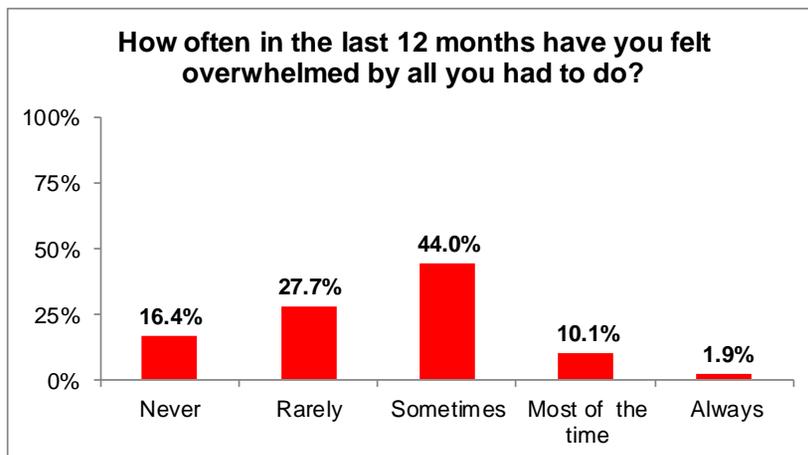


2013 Health Status Survey

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 | |

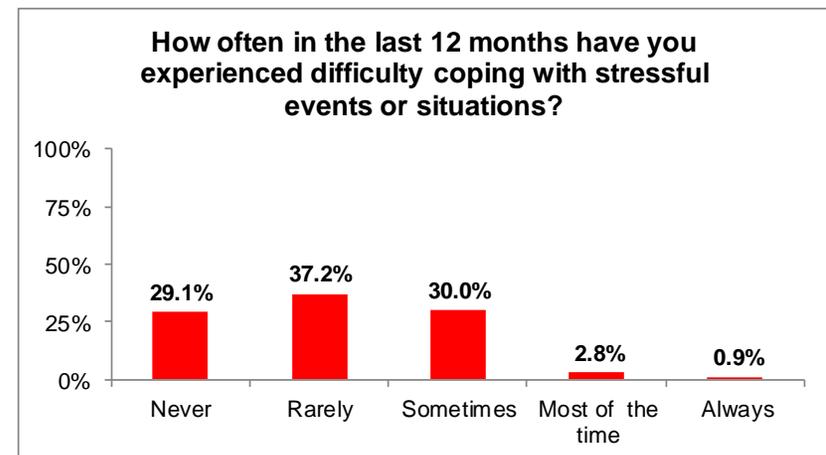
Note. Mdn is the median, which is the 50th percentile and represents an average score.



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.

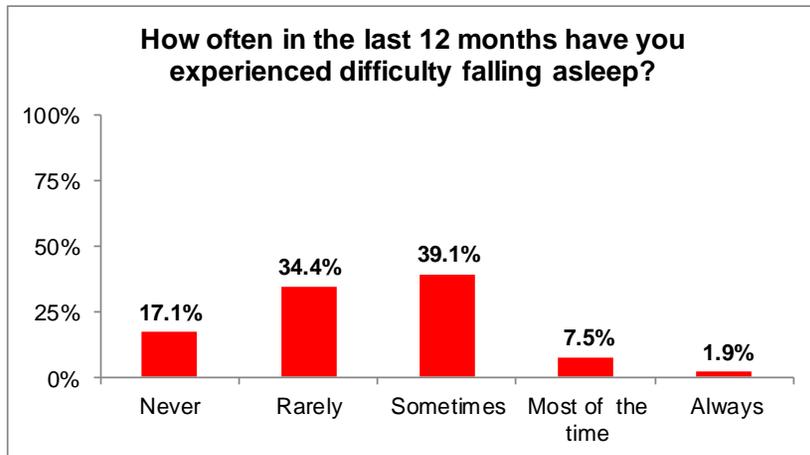


2013 Health Status Survey

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 | |

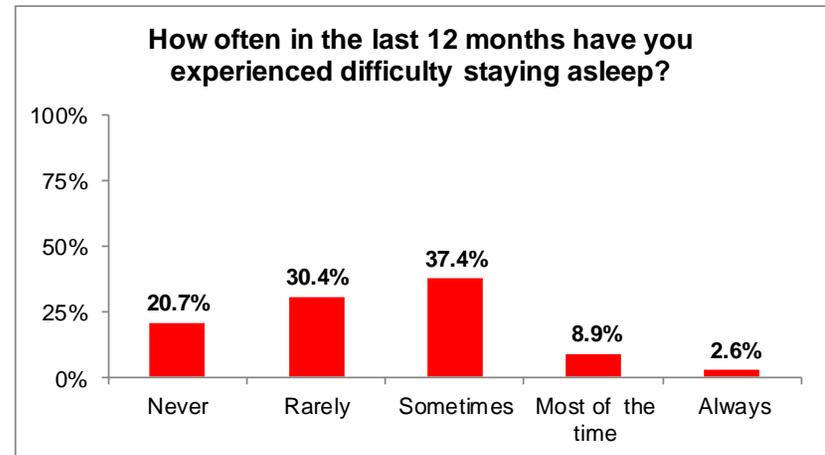
Note. Mdn is the median, which is the 50th percentile and represents an average score.



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.

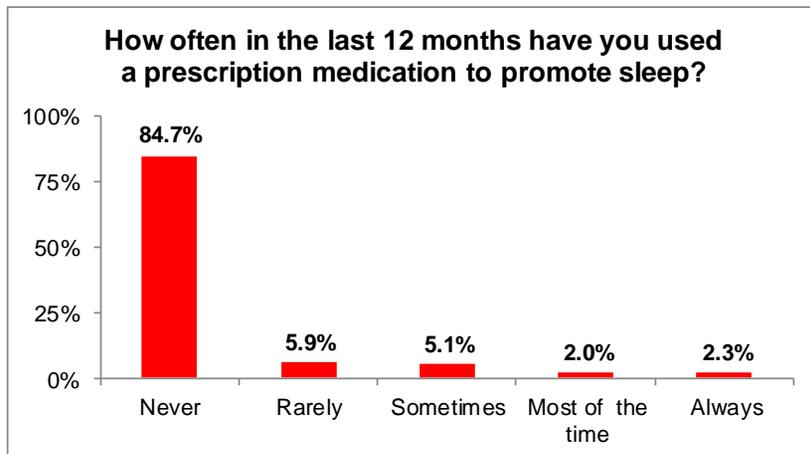


2013 Health Status Survey

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 | |

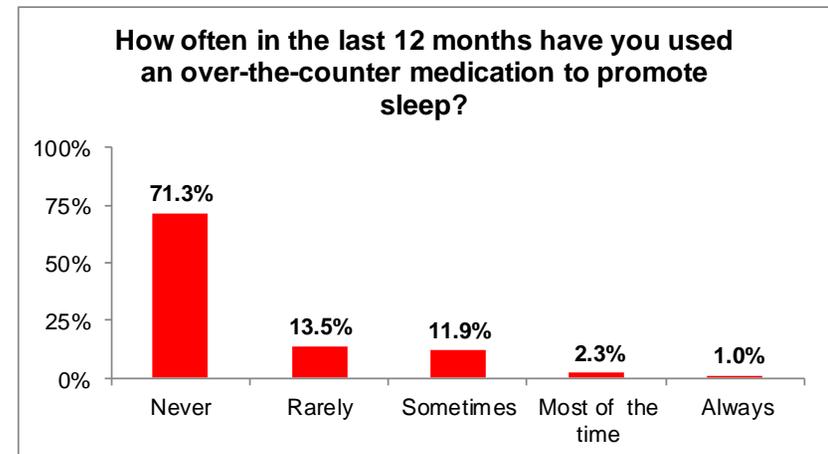
Note. Mdn is the median, which is the 50th percentile and represents an average score.



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 | |

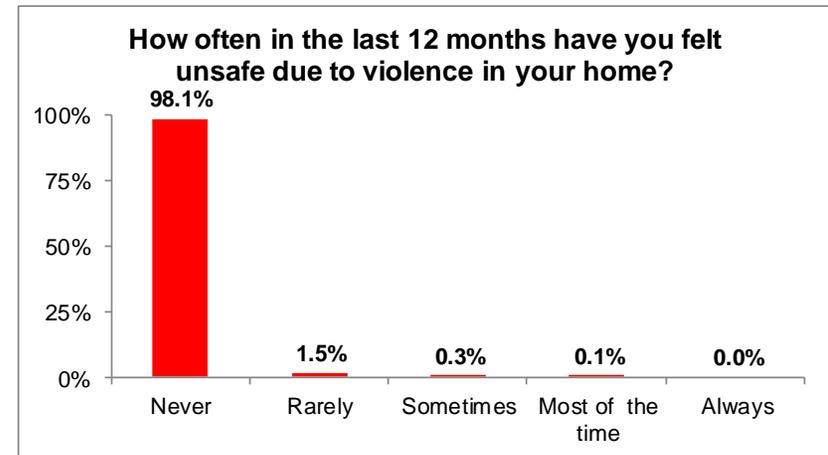
Note. Mdn is the median, which is the 50th percentile and represents an average score.



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 | |

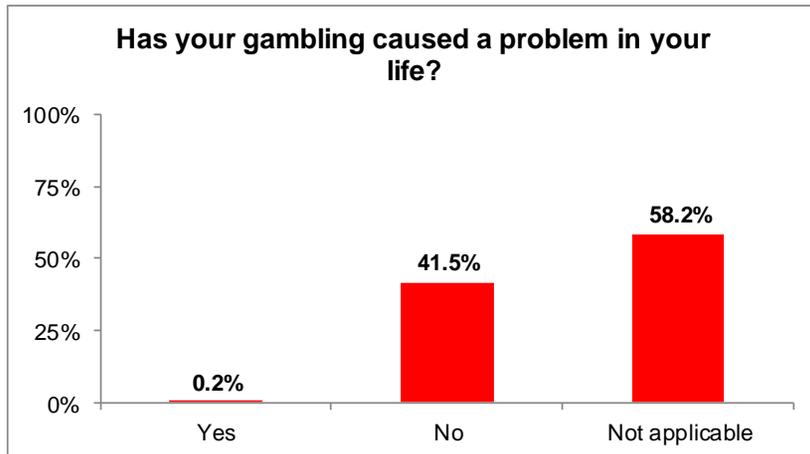
Note. Mdn is the median, which is the 50th percentile and represents an average score.



2013 Health Status Survey

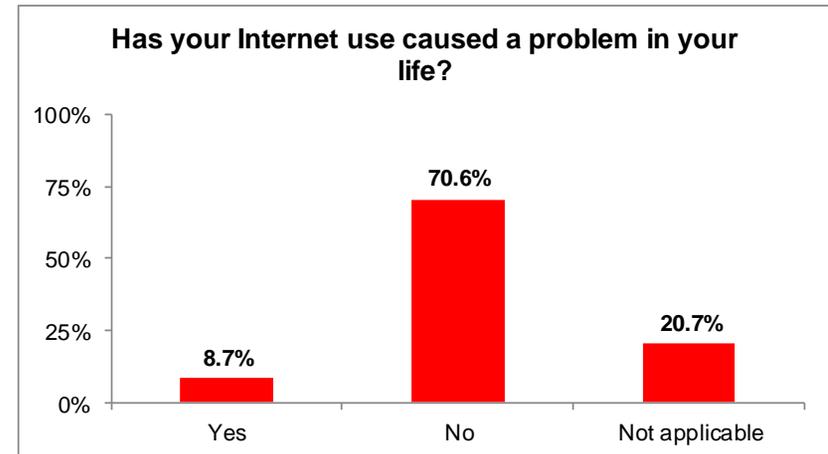
19a. Has your gambling caused a problem in your life?

| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| 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?

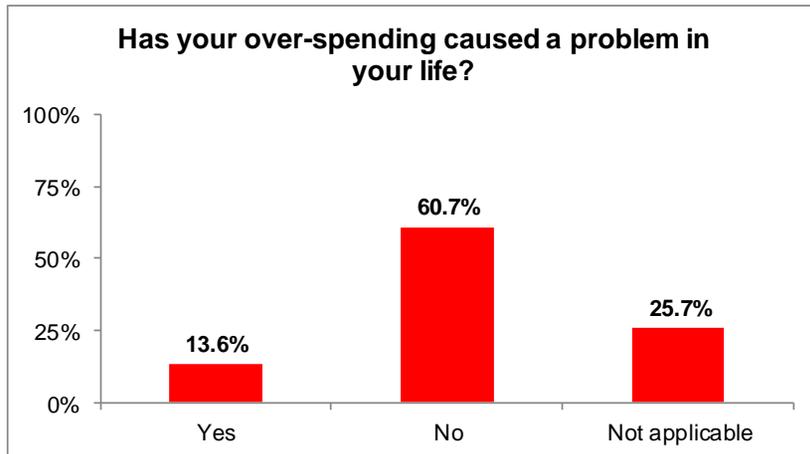
| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| Yes | 69 | 8.2 | 8.7 |
| No | 562 | 66.9 | 70.6 |
| Not applicable | 165 | 19.6 | 20.7 |
| Subtotal | 796 | 94.8 | 100.0 |
| No response | 44 | 5.2 | |
| TOTAL | 840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



2013 Health Status Survey

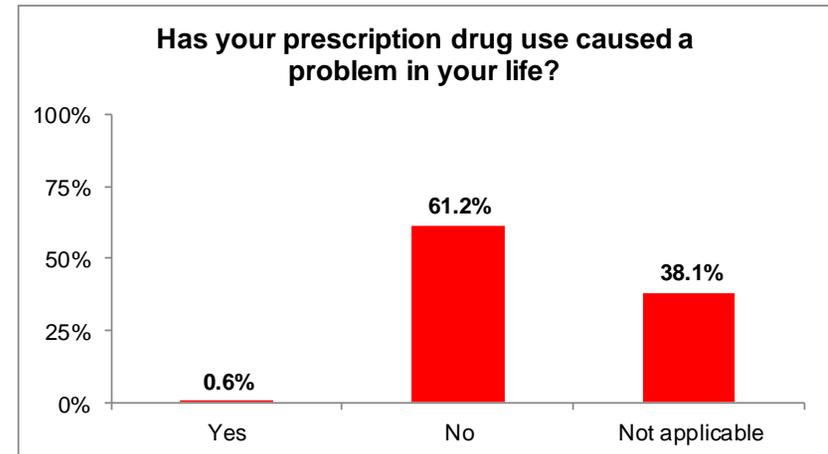
19c. Has your over-spending caused a problem in your life?

| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| 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?

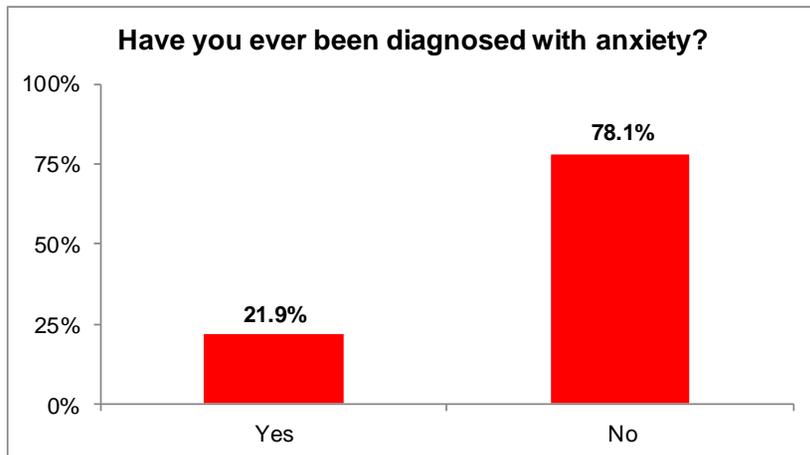
| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| Yes | 5 | 0.6 | 0.6 |
| No | 488 | 58.1 | 61.2 |
| Not applicable | 304 | 36.2 | 38.1 |
| Subtotal | 797 | 94.9 | 100.0 |
| No response | 43 | 5.1 | |
| TOTAL | 840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



2013 Health Status Survey

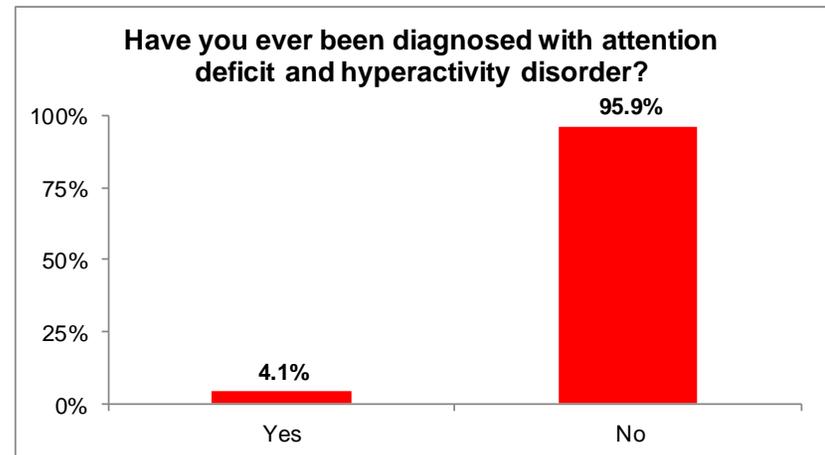
20a. Have you ever been diagnosed with anxiety?

| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| 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?

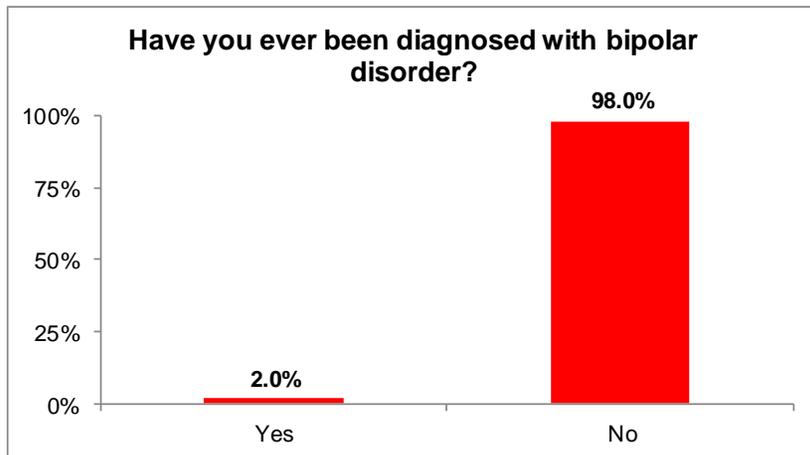
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Yes | 33 | 3.9 | 4.1 |
| No | 763 | 90.8 | 95.9 |
| Subtotal | 796 | 94.8 | 100.0 |
| No response | 44 | 5.2 | |
| TOTAL | 840 | 100.0 | |



2013 Health Status Survey

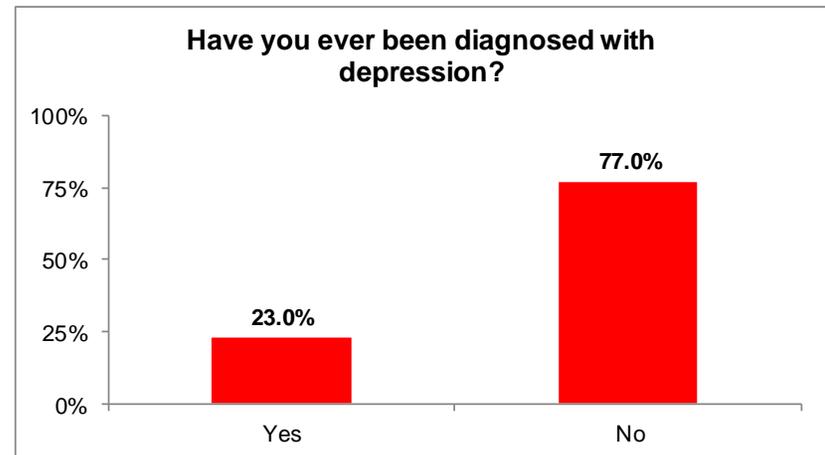
20c. Have you ever been diagnosed with bipolar disorder?

| 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?

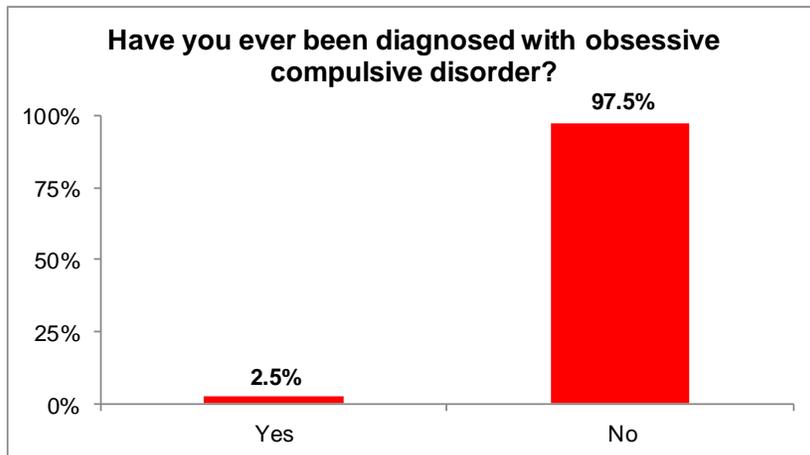
| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| Yes | 183 | 21.8 | 23.0 |
| No | 612 | 72.9 | 77.0 |
| Subtotal | 795 | 94.6 | 100.0 |
| No response | 45 | 5.4 | |
| TOTAL | 840 | 100.0 | |



2013 Health Status Survey

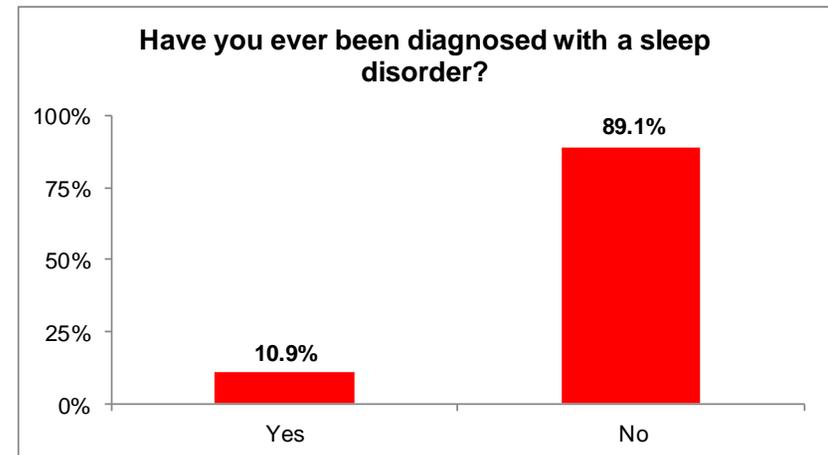
20e. Have you ever been diagnosed with obsessive compulsive disorder?

| 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 | |



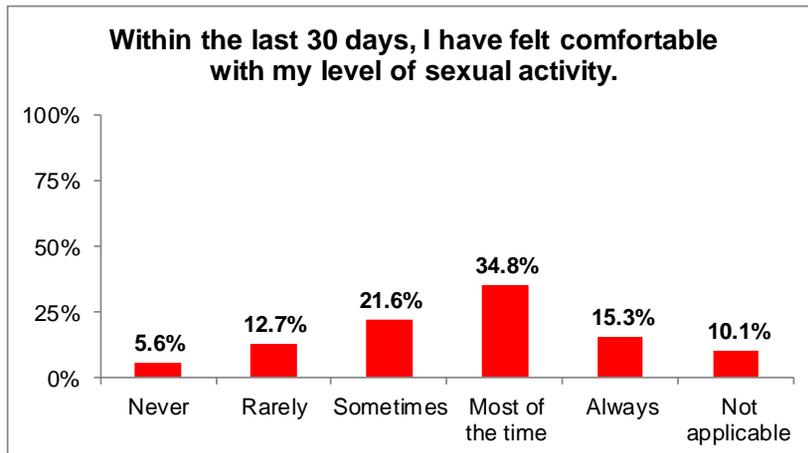
2013 Health Status Survey

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 | |

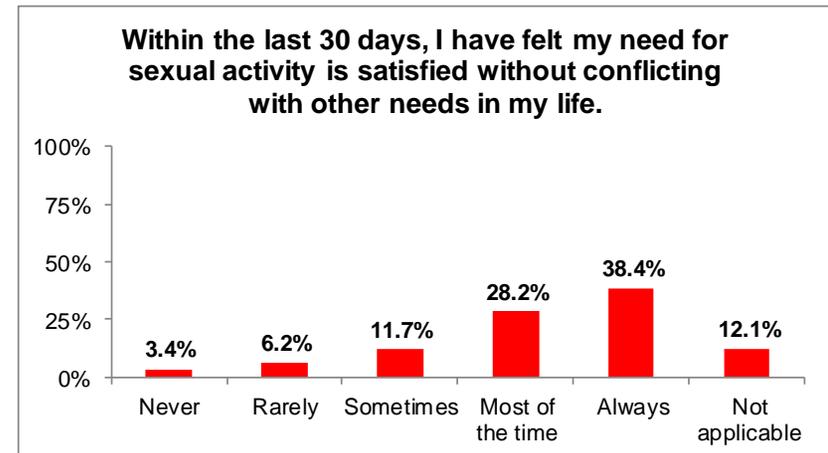
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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.



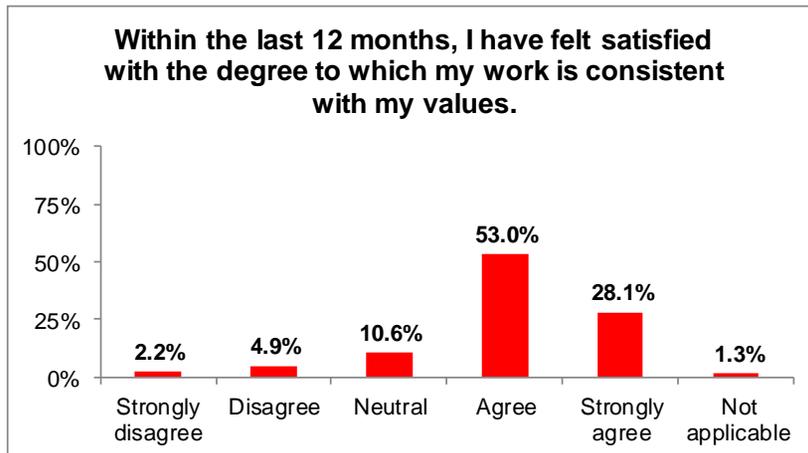
2013 Health Status Survey

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 | |

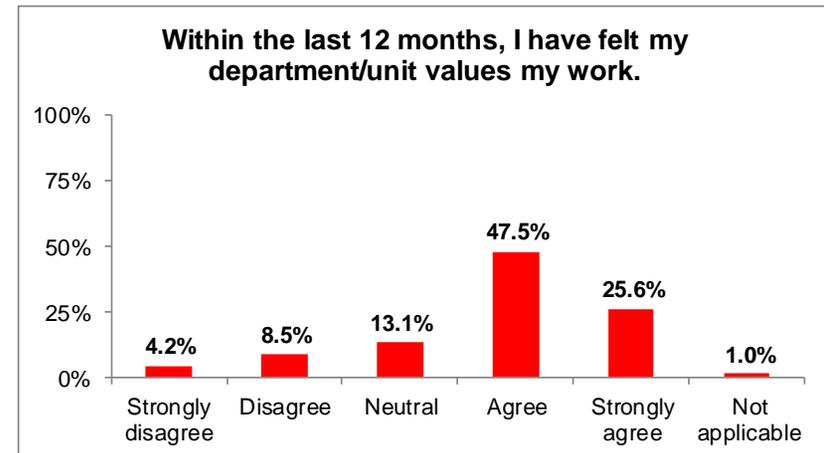
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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.

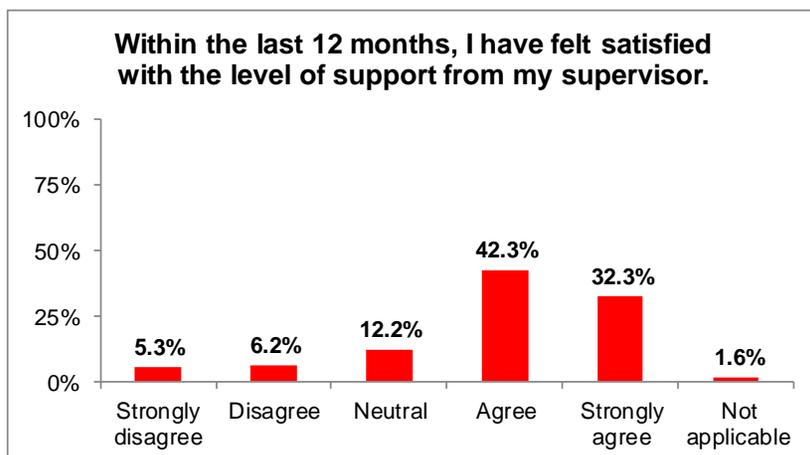


2013 Health Status Survey

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 | |

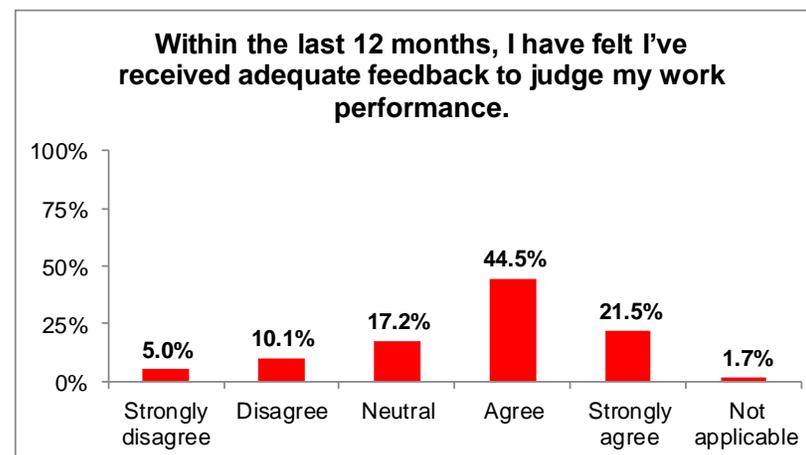
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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 | |

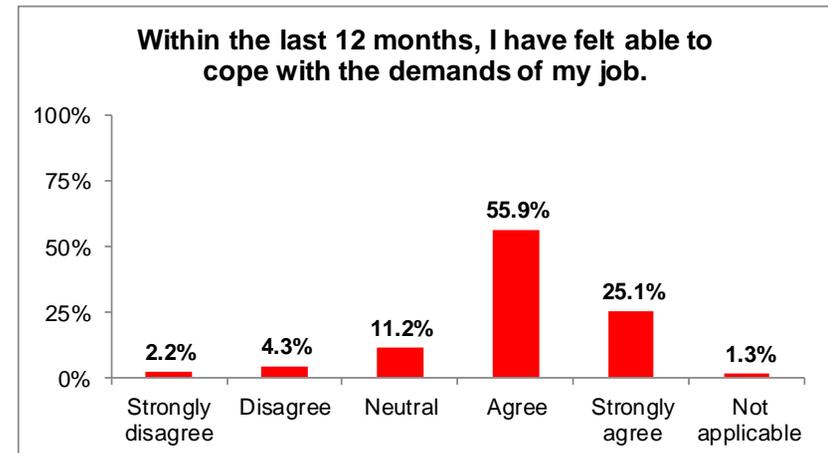
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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.

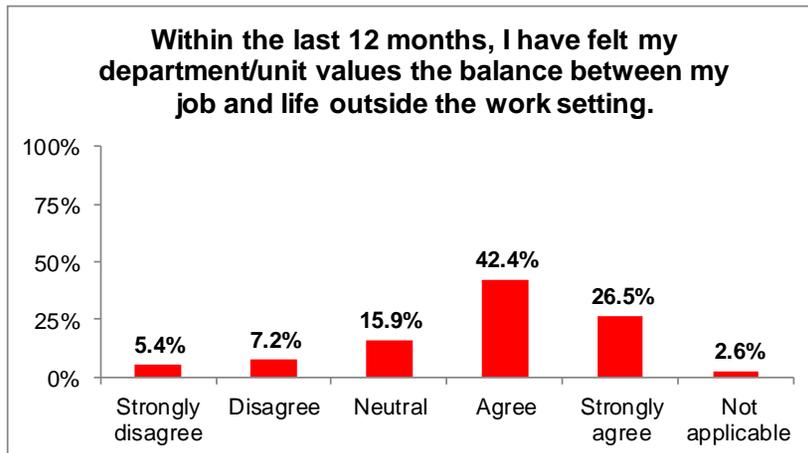


2013 Health Status Survey

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 | |

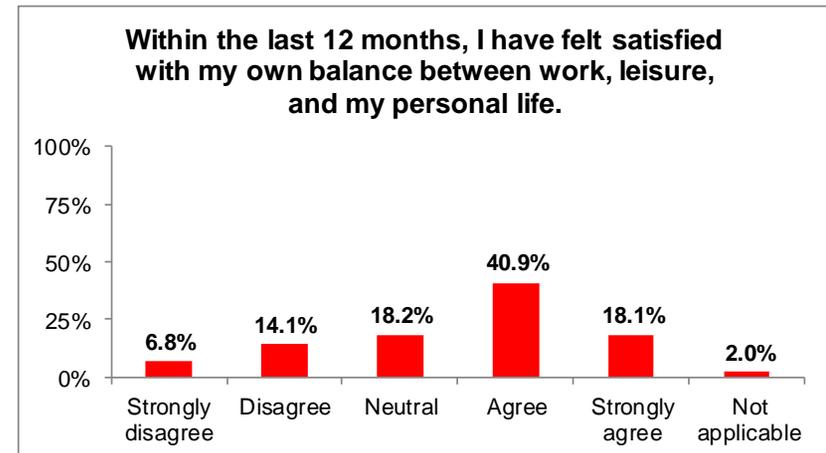
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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 | Mdn = Strongly agree |

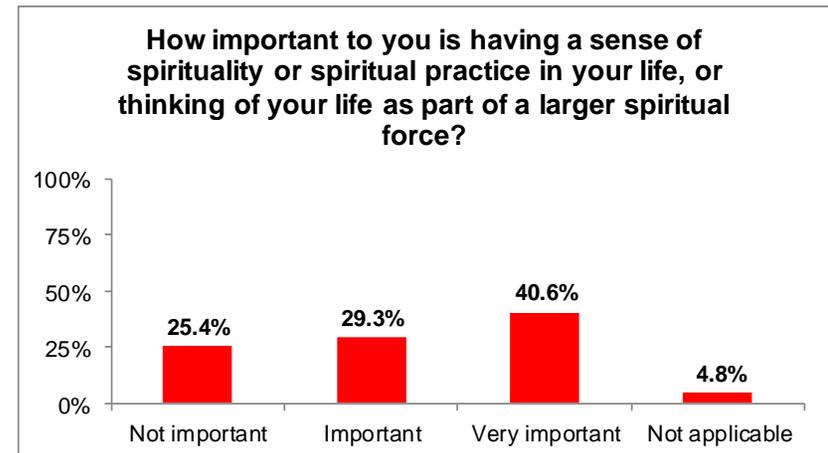
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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 | Mdn = Important |

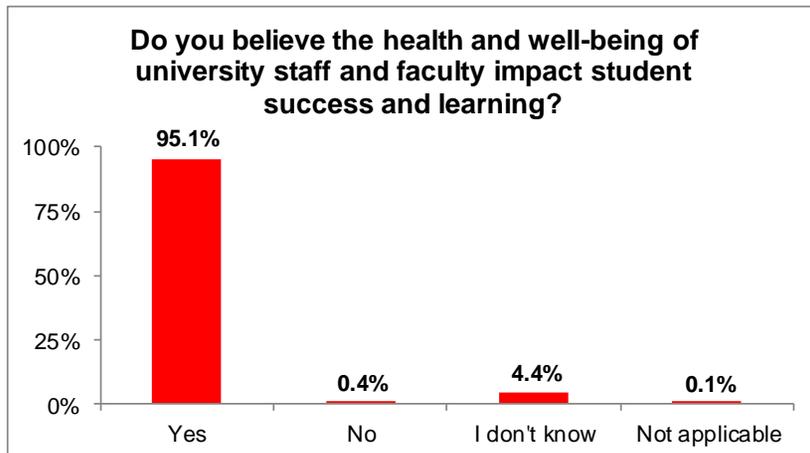
Note. Mdn is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



2013 Health Status Survey

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 | |

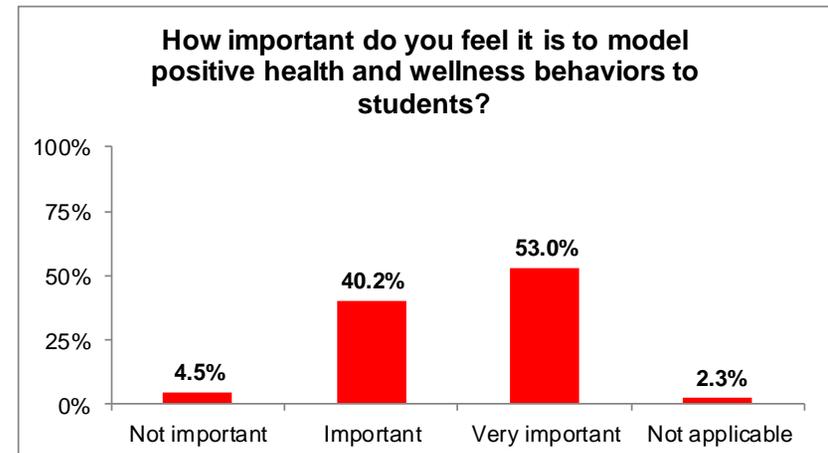


25. How important do you feel it is to model positive health and wellness behaviors to students?

| 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.

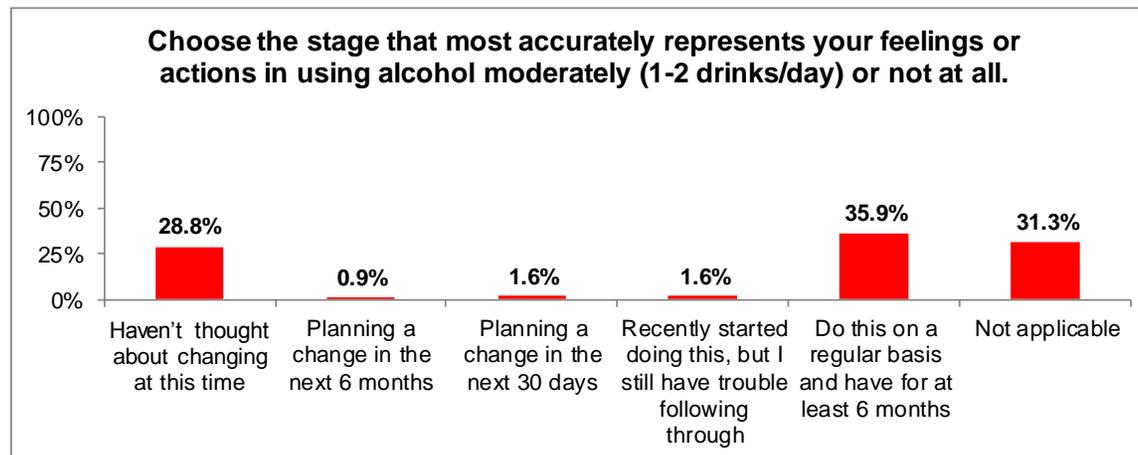


2013 Health Status Survey

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.

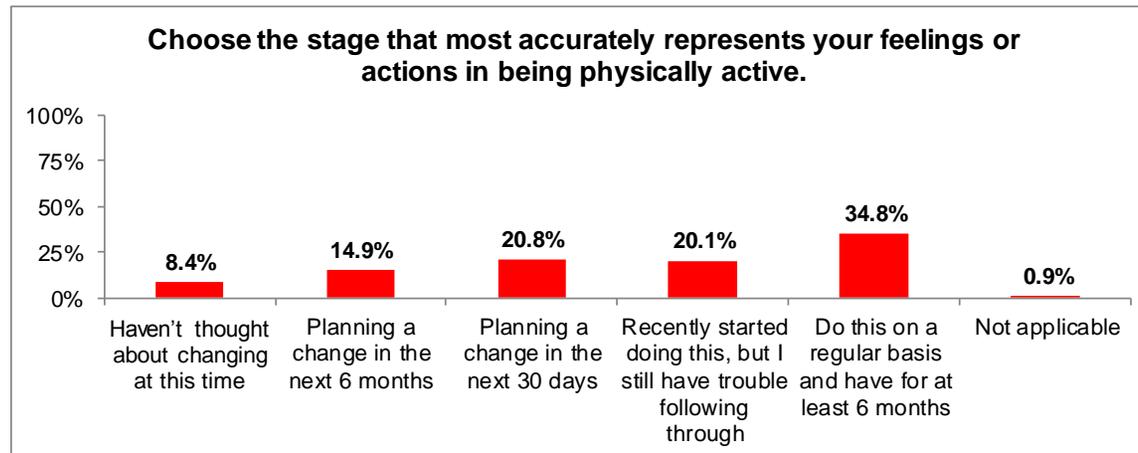
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|---|------------------|----------------|-------------------------------|
| Haven't thought about changing at this time | 220 | 26.2 | 28.8 |
| Planning a change in the next 6 months | 7 | 0.8 | 0.9 |
| Planning 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.

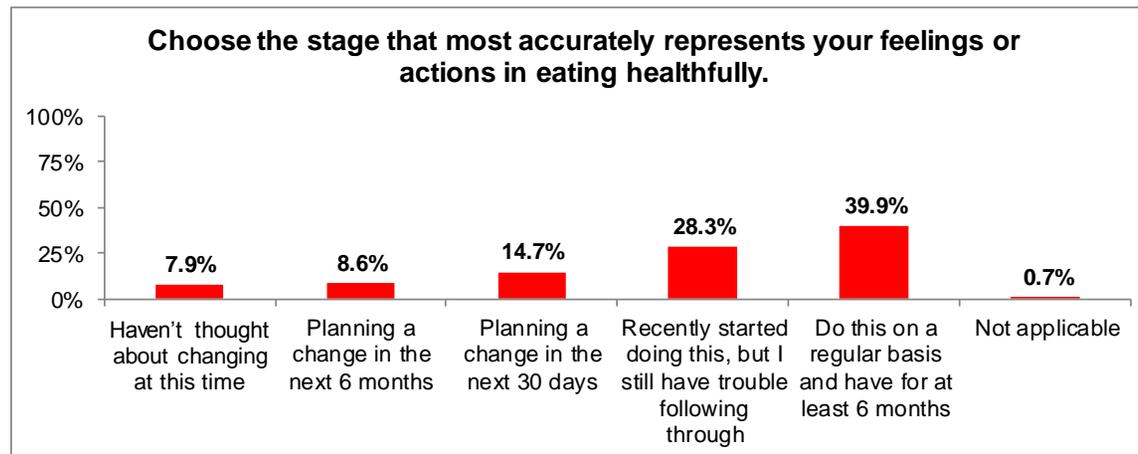
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|---|------------------|----------------|-------------------------------|
| Haven't thought about changing at this time | 64 | 7.6 | 8.4 |
| Planning a change in the next 6 months | 113 | 13.5 | 14.9 |
| Planning 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.

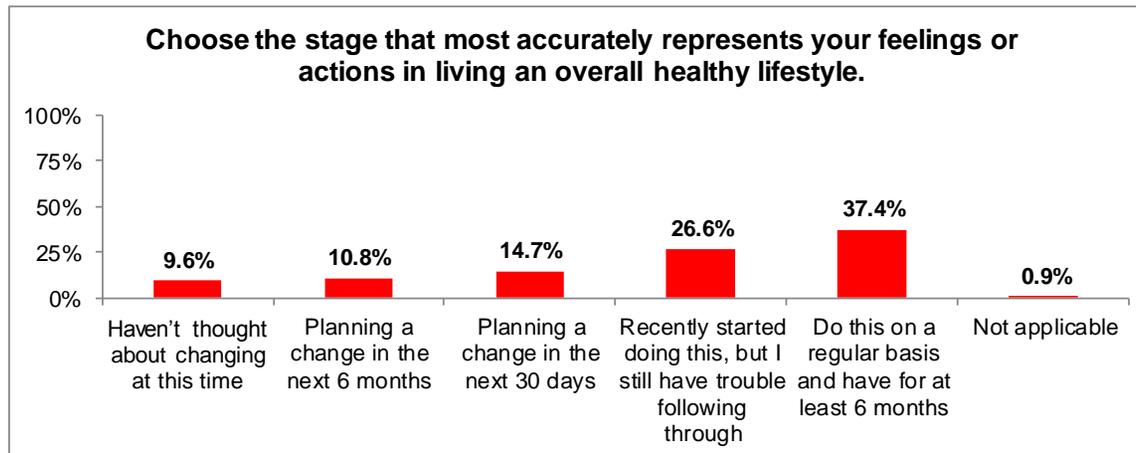
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|---|------------------|----------------|-------------------------------|
| Haven't thought about changing at this time | 60 | 7.1 | 7.9 |
| Planning a change in the next 6 months | 65 | 7.7 | 8.6 |
| Planning 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.

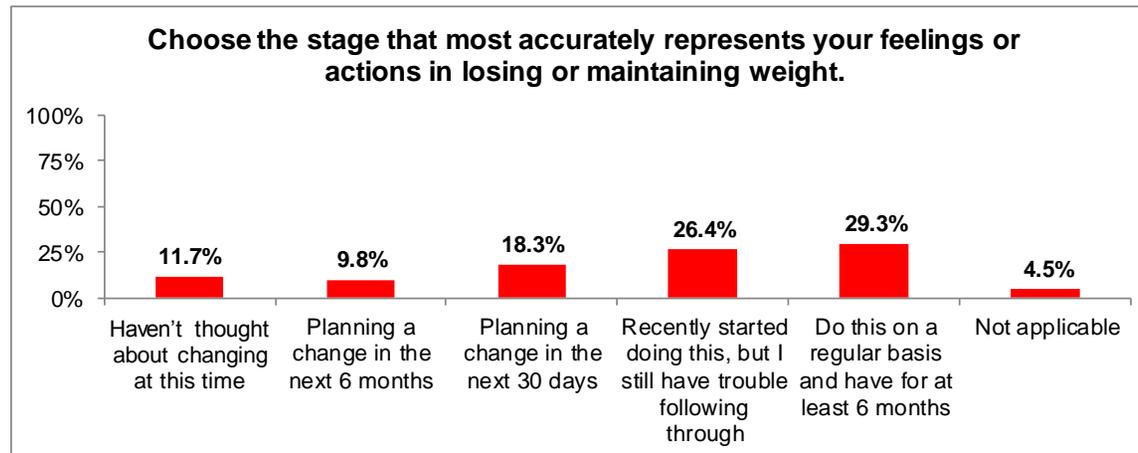
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|---|------------------|----------------|-------------------------------|
| Haven't thought about changing at this time | 73 | 8.7 | 9.6 |
| Planning a change in the next 6 months | 82 | 9.8 | 10.8 |
| Planning 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.

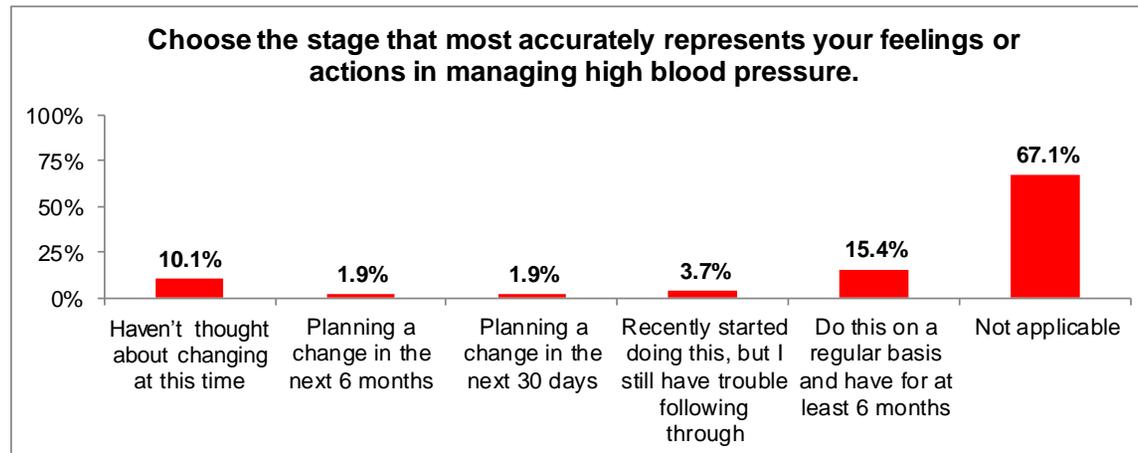
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|---|------------------|----------------|-------------------------------|
| Haven't thought about changing at this time | 89 | 10.6 | 11.7 |
| Planning a change in the next 6 months | 74 | 8.8 | 9.8 |
| Planning 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.

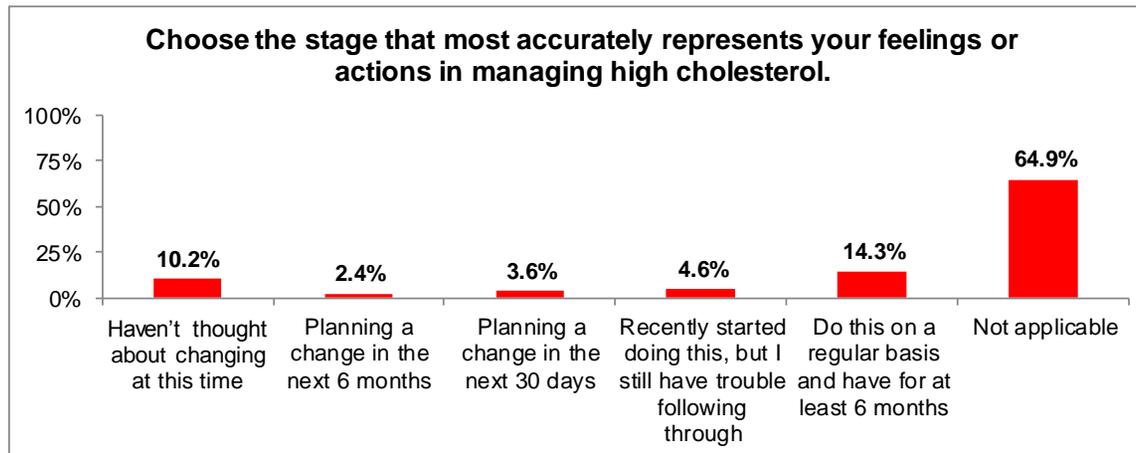
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|---|------------------|----------------|-------------------------------|
| Haven't thought about changing at this time | 76 | 9.0 | 10.1 |
| Planning a change in the next 6 months | 14 | 1.7 | 1.9 |
| Planning 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.

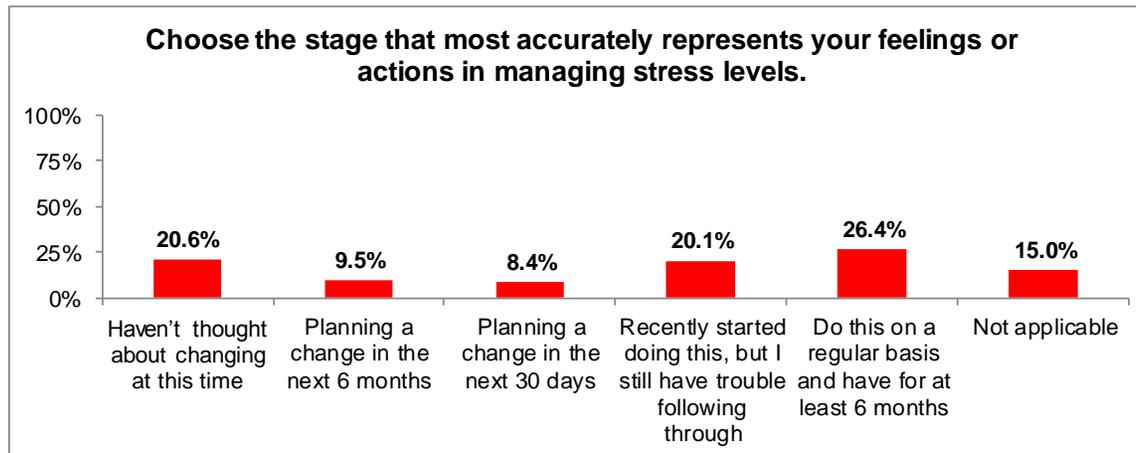
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|---|------------------|----------------|-------------------------------|
| Haven't thought about changing at this time | 77 | 9.2 | 10.2 |
| Planning a change in the next 6 months | 18 | 2.1 | 2.4 |
| Planning 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.

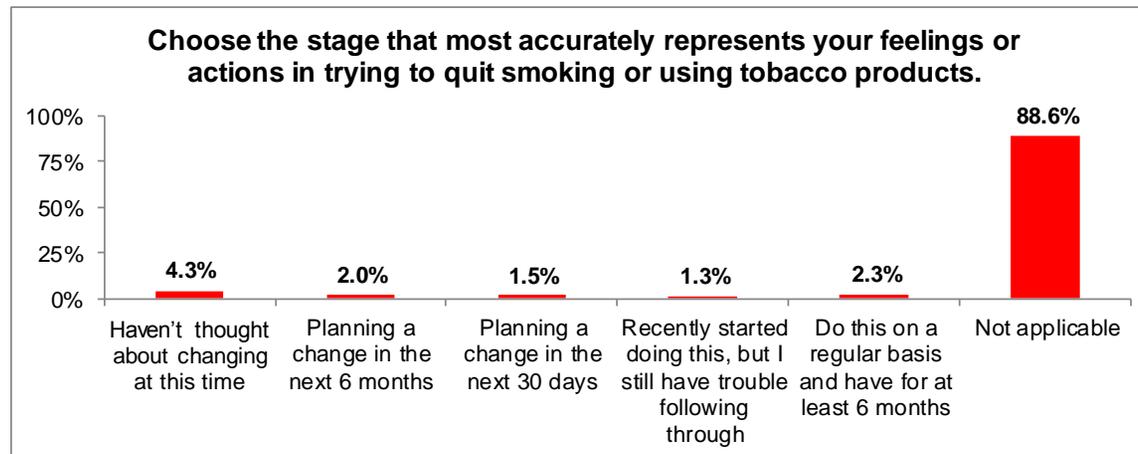
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|---|------------------|----------------|-------------------------------|
| Haven't thought about changing at this time | 154 | 18.3 | 20.6 |
| Planning a change in the next 6 months | 71 | 8.5 | 9.5 |
| Planning 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.

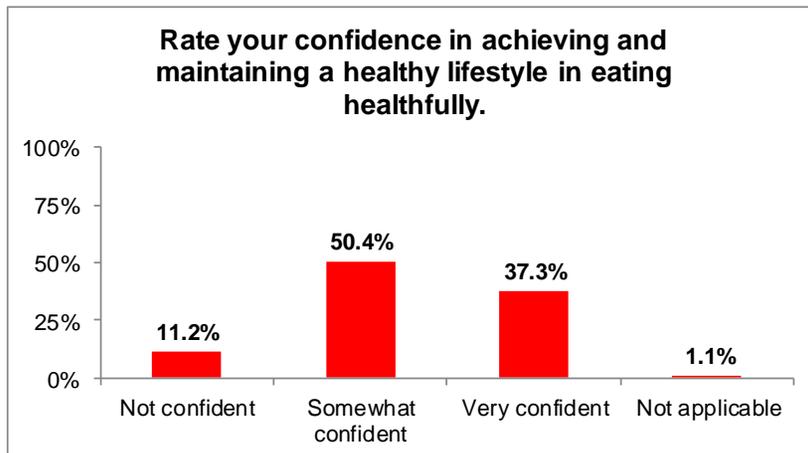


2013 Health Status Survey

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 | |

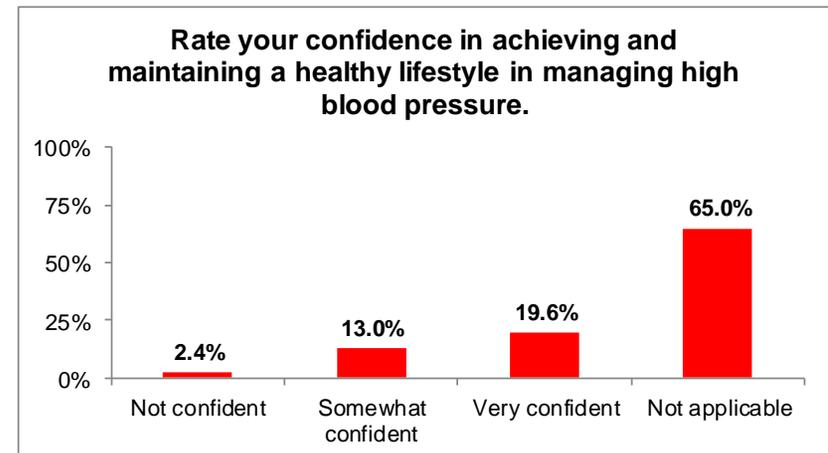
Note. *Mdn* is the median, which is the 50th percentile and represents an average score; 'Not applicable' was not included in the calculation of the median.



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.

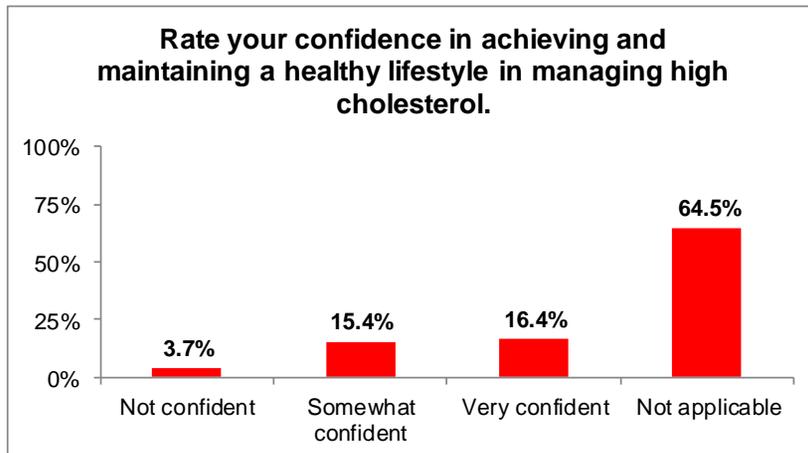


2013 Health Status Survey

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.

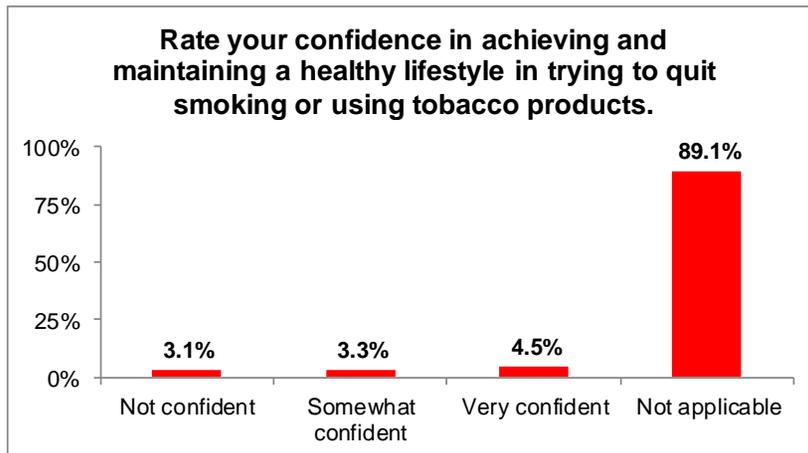


2013 Health Status Survey

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 |

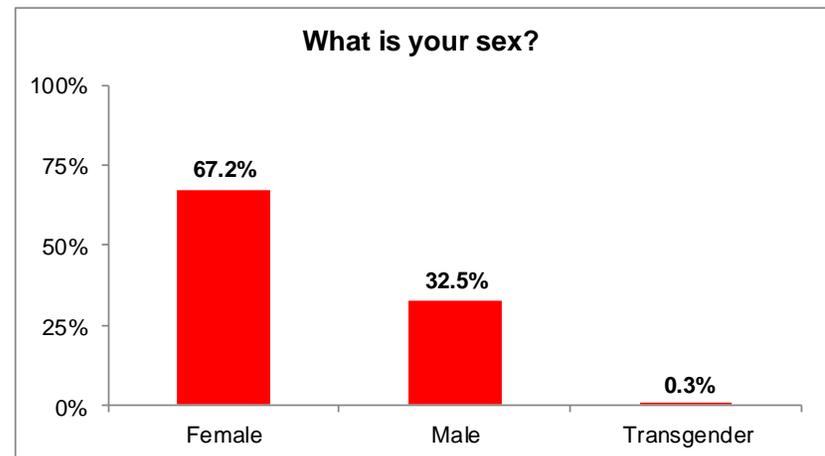
2013 Health Status Survey

| <i>Response</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-----------------|------------------|----------------|--|
| 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</i> = 43.2; <i>SD</i> = 13.4 |
| 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?

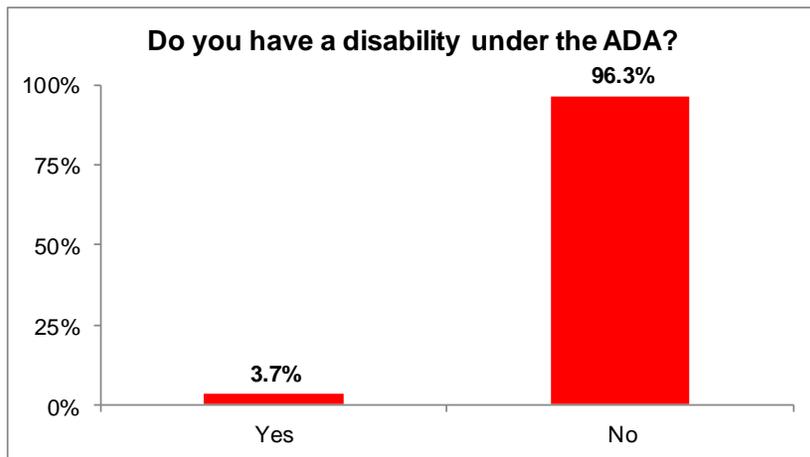
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Female | 509 | 60.6 | 67.2 |
| Male | 246 | 29.3 | 32.5 |
| Transgender | 2 | 0.2 | 0.3 |
| Subtotal | 757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



2013 Health Status Survey

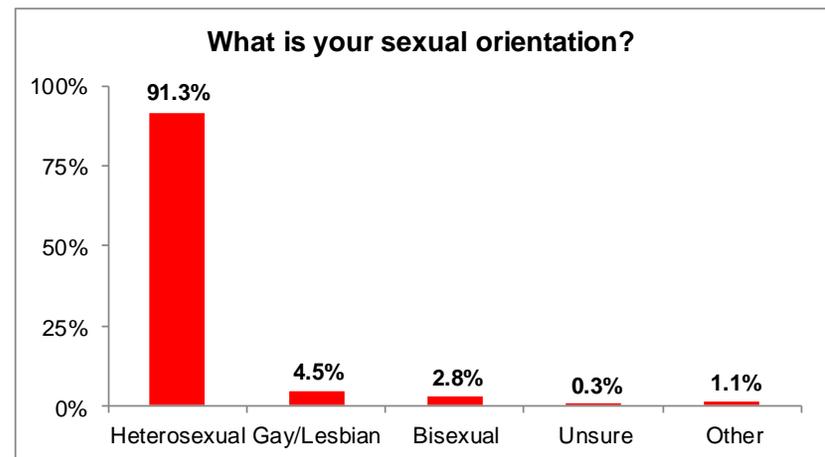
30. Do you have a disability under the ADA?

| 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 | |



2013 Health Status Survey

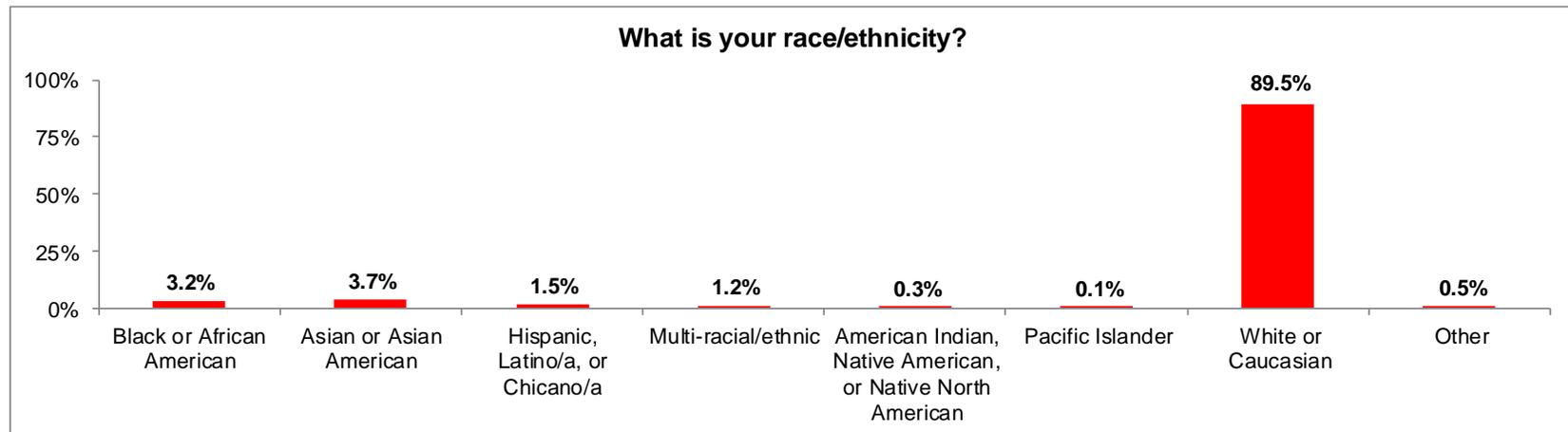
| <i>Other, please specify</i> |
|---|
| are you ****ing kidding me? WHy do you need to know that? |
| celibate |
| Not enough |
| Queer |
| Queer |
| queer |
| Queer |
| why does this matter? |

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

2013 Health Status Survey

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 | |



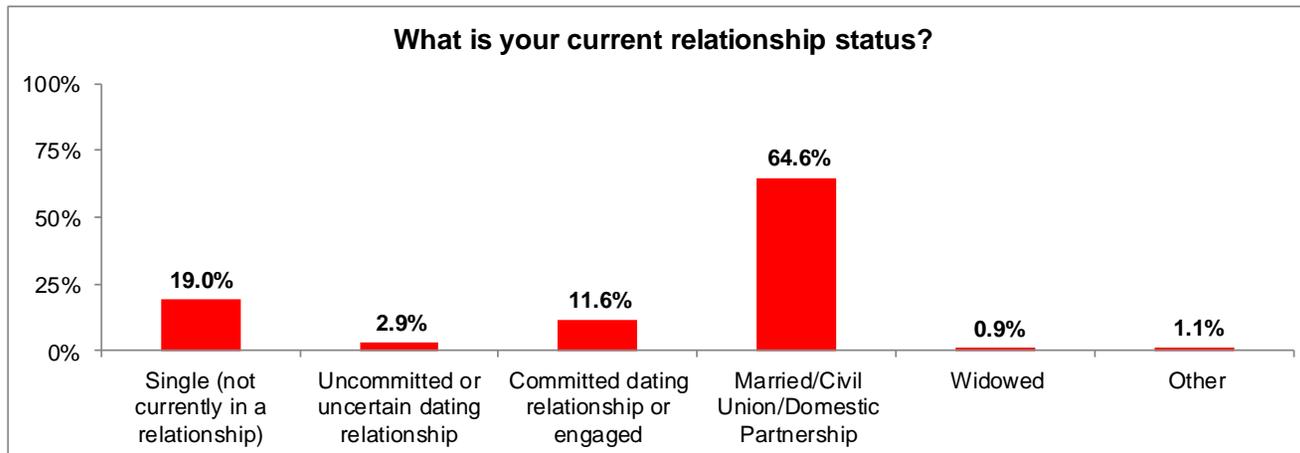
| <i>Other, please specify</i> |
|--|
| Asian/White |
| Human |
| mixed- Caucasian, Pacific Islander, Hispanic |
| Welsh |

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 | |



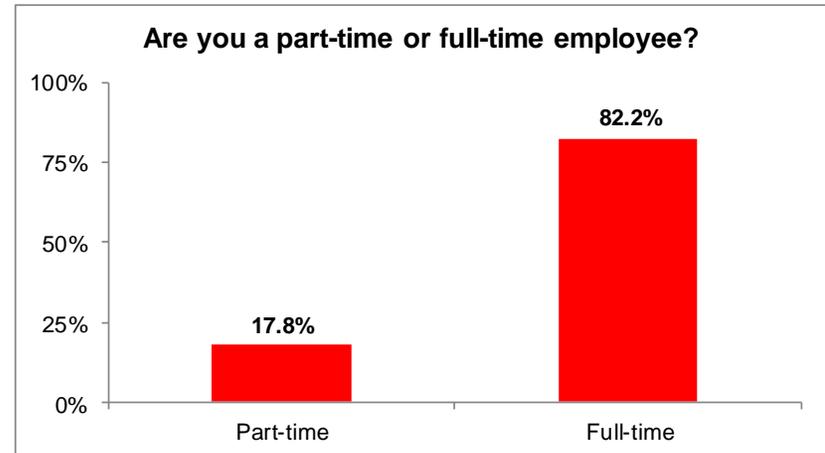
2013 Health Status Survey

| <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?

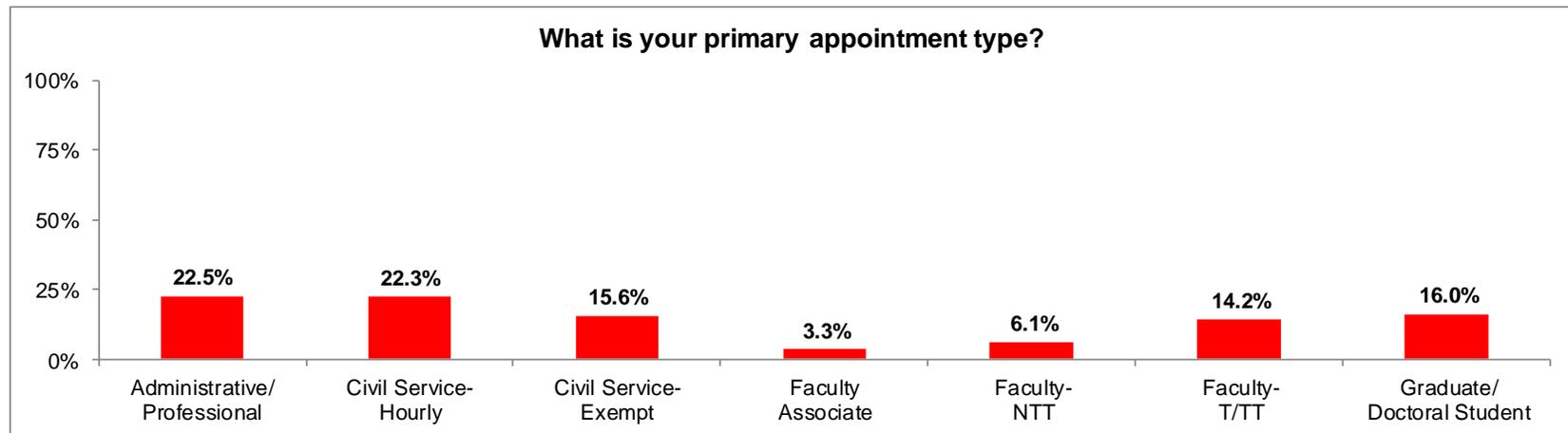
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| Part-time | 134 | 16.0 | 17.8 |
| Full-time | 619 | 73.7 | 82.2 |
| Subtotal | 753 | 89.6 | 100.0 |
| No response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



2013 Health Status Survey

35. What is your primary appointment type?

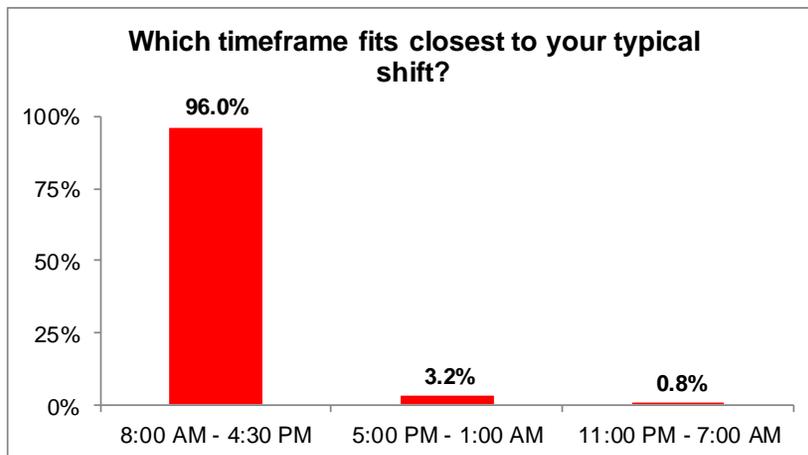
| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-----------------------------|------------------|----------------|-------------------------------|
| Administrative/Professional | 169 | 20.1 | 22.5 |
| Civil Service-Hourly | 168 | 20.0 | 22.3 |
| Civil 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 . |

2013 Health Status Survey

| |
|--|
| 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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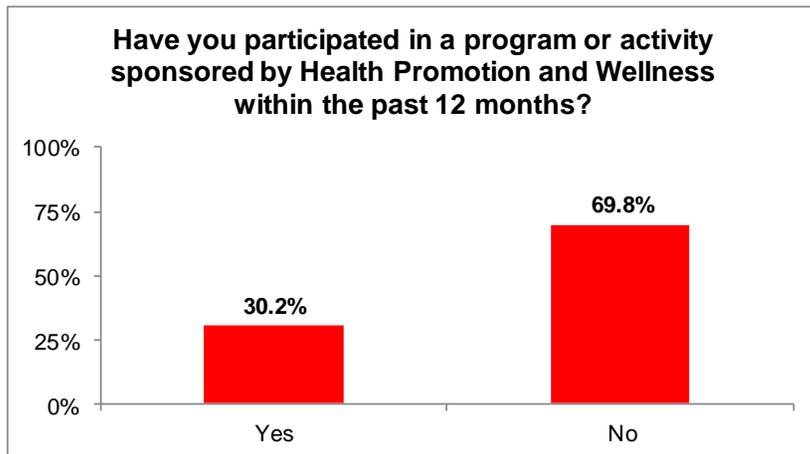
| |
|--|
| Sweets addiction and healthy eating/food prep for non-cookers |
| T'ai Chi |
| The university taking an interest in the unhealthy and erosive atmosphere in various departments and colleges. This isn't something that can be handled by an individual or group of individuals; it's particularly 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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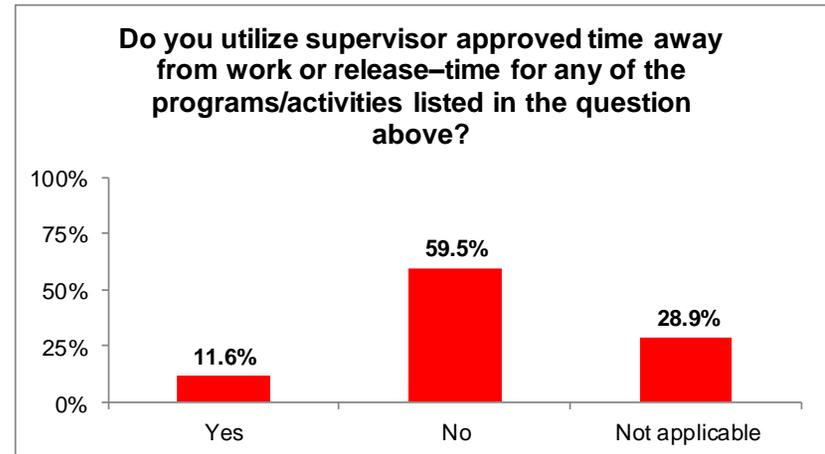
39. Have you participated in a program or activity sponsored by Health Promotion and Wellness within the past 12 months?

| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| 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?

| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| 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').

2013 Health Status Survey

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 |

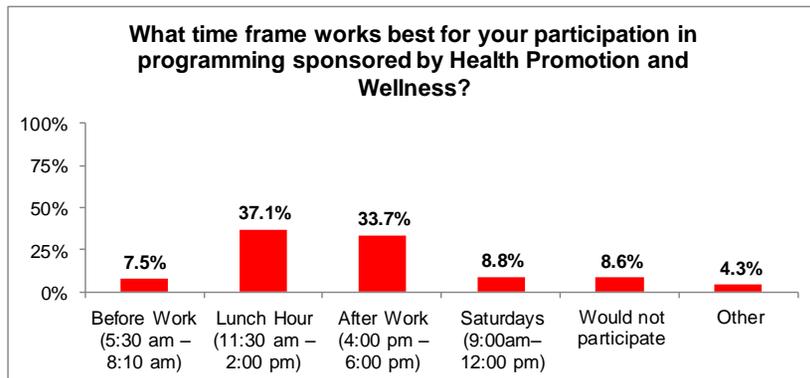
| |
|--|
| Group work-out |
| Health coaching |
| Heated pools available on campus for rheumatoid arthritis exercise. |
| I worry about confidentiality with some of these things though. |
| I would have checked lactation lounge 11-15 years ago! |
| I would have participated in (and benefitted from) Lactation, 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 | |



| <i>Other, please specify</i> |
|---|
| 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 |

2013 Health Status Survey

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 |

2013 Health Status Survey

| |
|--|
| 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 |

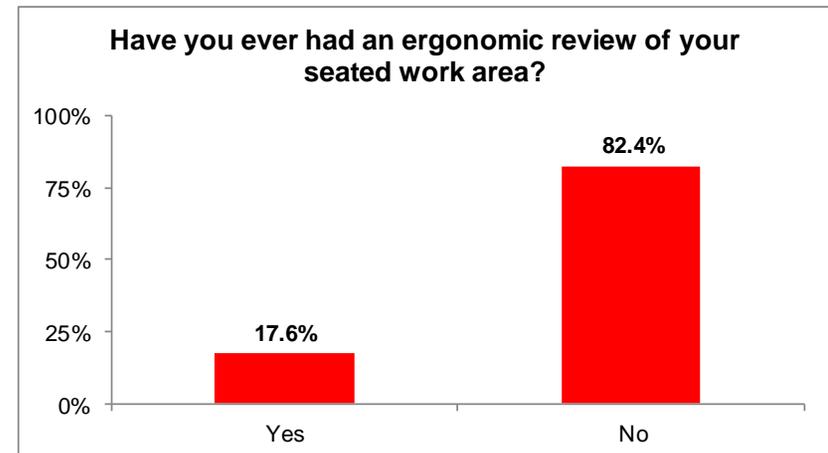
2013 Health Status Survey

| |
|---|
| 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?**

| <i>Response options</i> | <i>Frequency</i> | <i>Percent</i> | <i>Percent of respondents</i> |
|-------------------------|------------------|----------------|-------------------------------|
| 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 | |



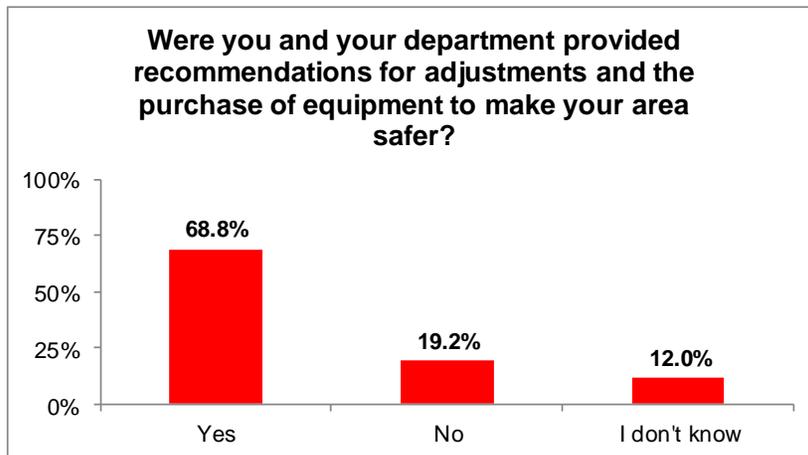
2013 Health Status Survey

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.

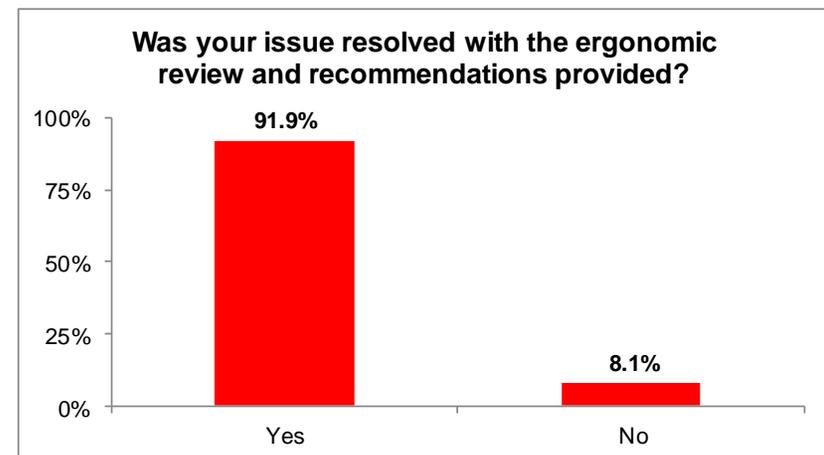
| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| Yes | 86 | 68.8 | 68.8 |
| No | 24 | 19.2 | 19.2 |
| I don't know | 15 | 12.0 | 12.0 |
| Subtotal | 125 | 100.0 | 100.0 |
| No response | 0 | 0.0 | |
| TOTAL | 125 | 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.

| Response options | Frequency | Percent | Percent of respondents |
|------------------|-----------|---------|------------------------|
| 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').

2013 Health Status Survey

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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| <p>I don't necessarily know how to improve my work-life balance, but not sure anyone else does either.</p> |
| <p>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.</p> |
| <p>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.</p> |
| <p>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.</p> |
| <p>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.</p> |
| <p>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.</p> |
| <p>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</p> |
| <p>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.</p> |
| <p>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.</p> |
| <p>I think the Toilet Talk series is creative and effective. I always notice when they change. Keep up the good work!</p> |
| <p>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</p> |
| <p>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.</p> |
| <p>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!</p> |

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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 |

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| 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).