

Wellness Survey Results

As we all make efforts to keep a healthy lifestyle and wellness being a high priority, we have been looking for wellness topics and activities to get employees involved. The Department of Human Resources at DuPage County conducted a Wellness Survey among employees. Please see the results and graphs below, which summarize the responses of 390 employees who participated in the survey.

We would like to thank all the employees that participated!

The most popular wellness topics that DuPage County employees are interested in are:

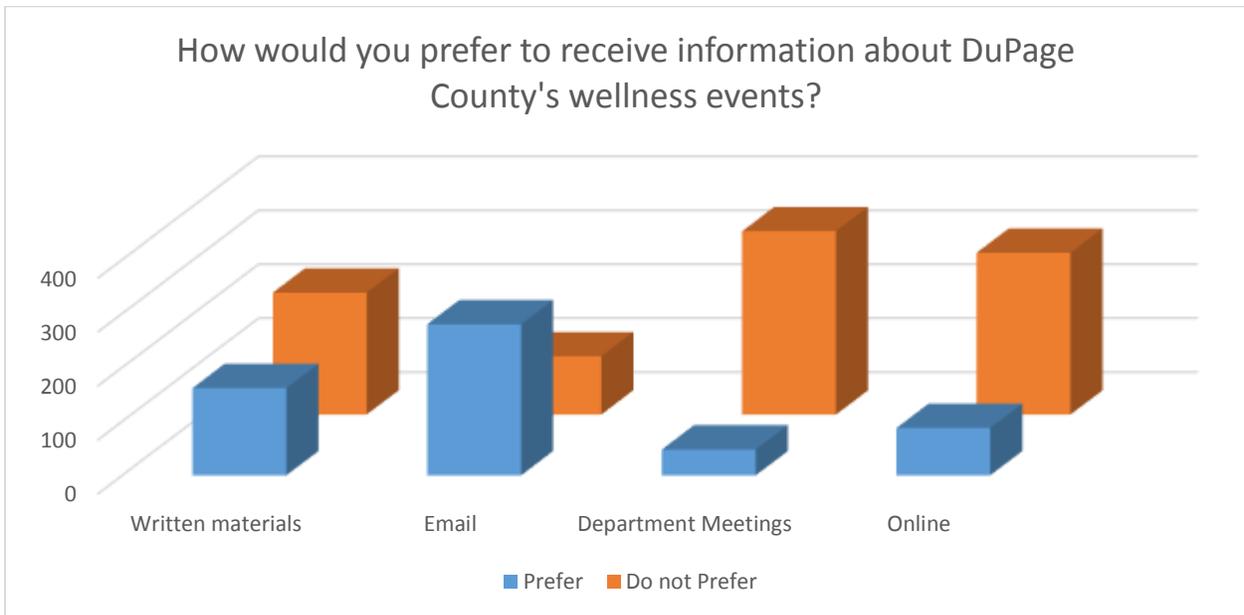
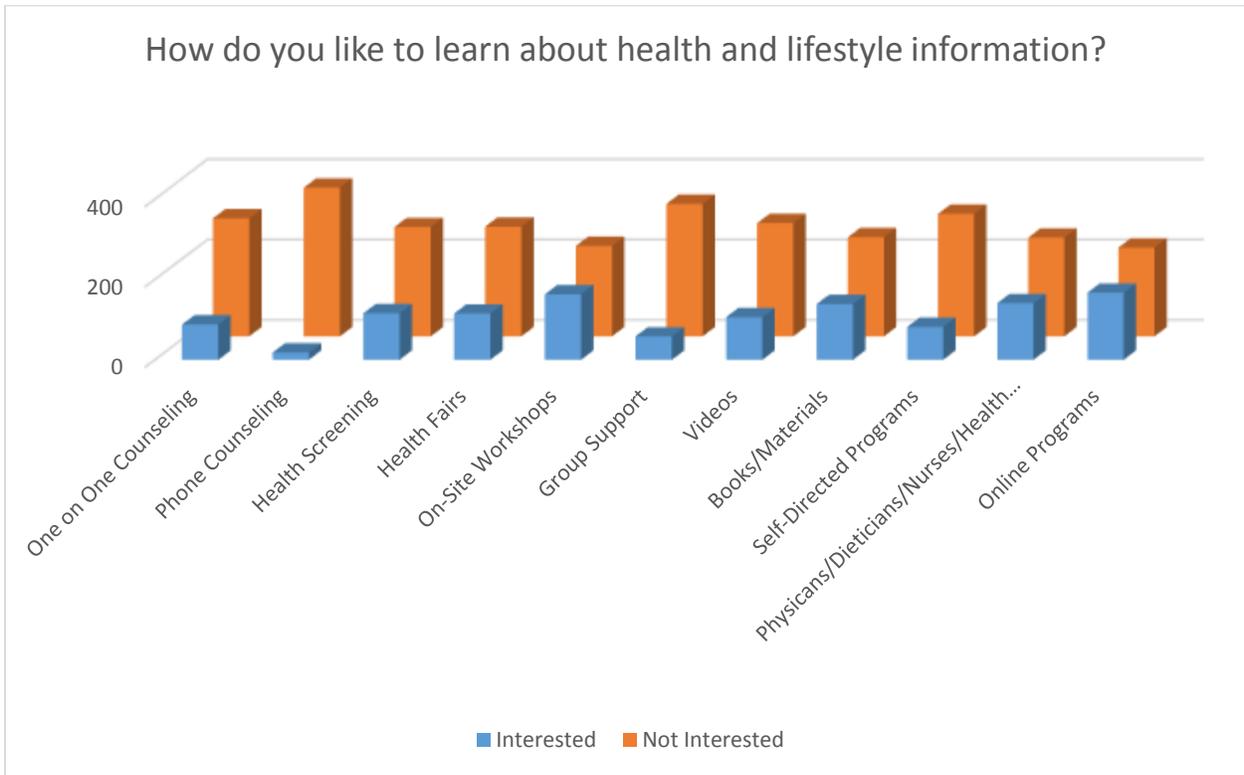
- Nutrition and Healthy Cooking
- Financial Planning
- Stress Management
- Walking Program
- Work/Life Balance
- Women's Health

The least popular wellness topics among DuPage County employees are:

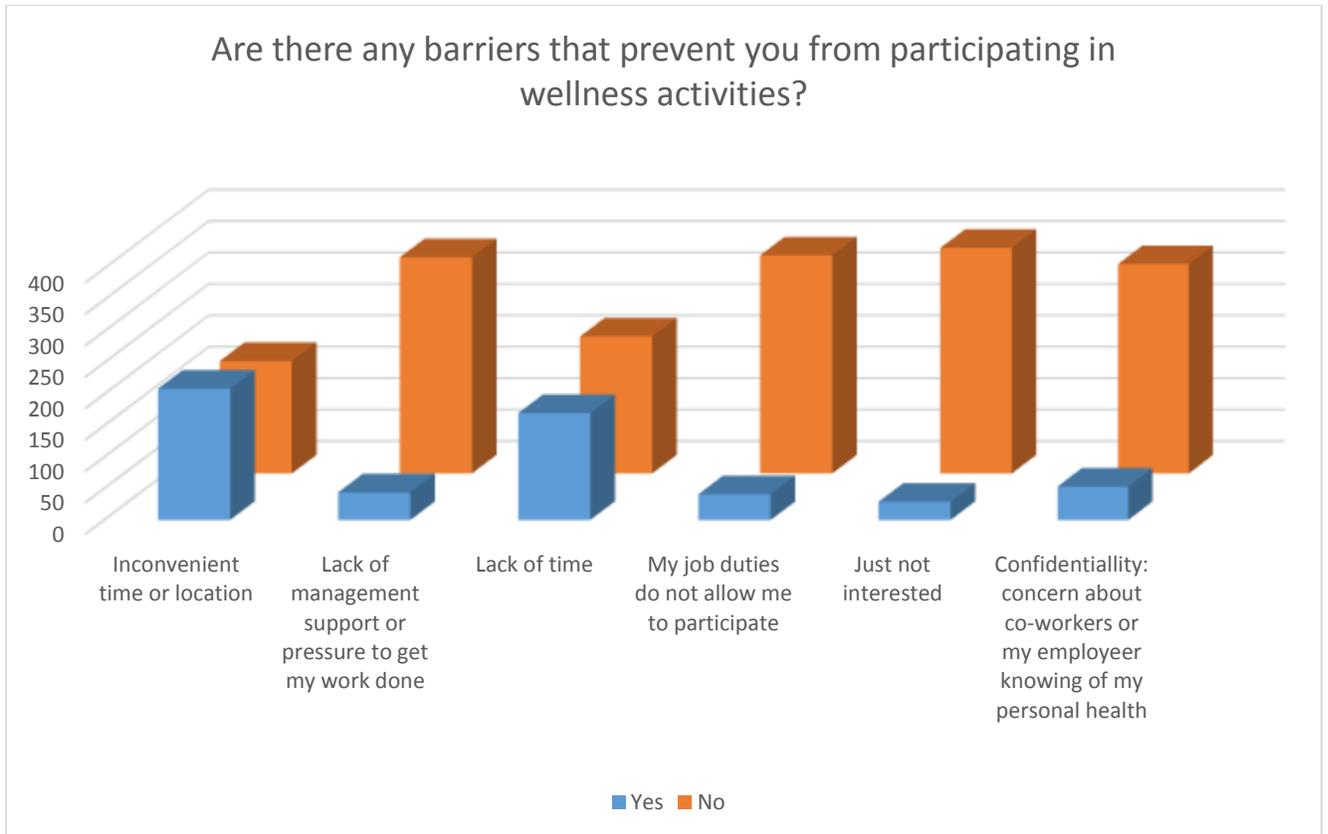
- Allergies and Asthma
- Back Injury Prevention
- Diabetes
- Emotional Health
- Men's Health
- Parenting
- Skin Cancer

<u>How do you like to learn about health and lifestyle Information?</u>	
	<u>Percent of responders who showed interest</u>
One on One Counseling	23%
Phone Counseling	5%
Health Screening	30%
Health Fairs	29%
On-Site Workshops	42%
Group Support	15%
Videos	27%
Books/Materials	36%
Self-Directed Programs	21%
Physicians/Dieticians/Nurses/Health Professional	36%
Online Programs	43%
<u>How would you prefer to receive information about Dupage County's Wellness events?</u>	
Written materials	42%
Email	72%
Department Meetings	12%
Online	23%
<u>Which of the following incentives would increase your likelihood to participate in wellness activities?</u>	
I would participate without incentives	46%
Financial rewards	45%
Small gifts	26%
Free food at the program	26%
Raffles for gifts or financial rewards	31%
I would not participate even with an incentive	7%
<u>Are there any barriers that prevent you from participating in wellness activities?</u>	
Inconvenient time or location	54%
Lack of management support or pressure to get my work done	11%
Lack of time	44%
My job duties do not allow me to participate	11%
Just not interested	7%
Confidentiality: concern about co-workers or my employer knowing of my personal health	14%
<u>Telemedicine</u>	
Are you Familiar	19% are familiar with Telemedicine
Would you use this type of service if offered by the County?	64% would use Telemedicine

Graph representation of communication methods for wellness information to be delivered to employees.

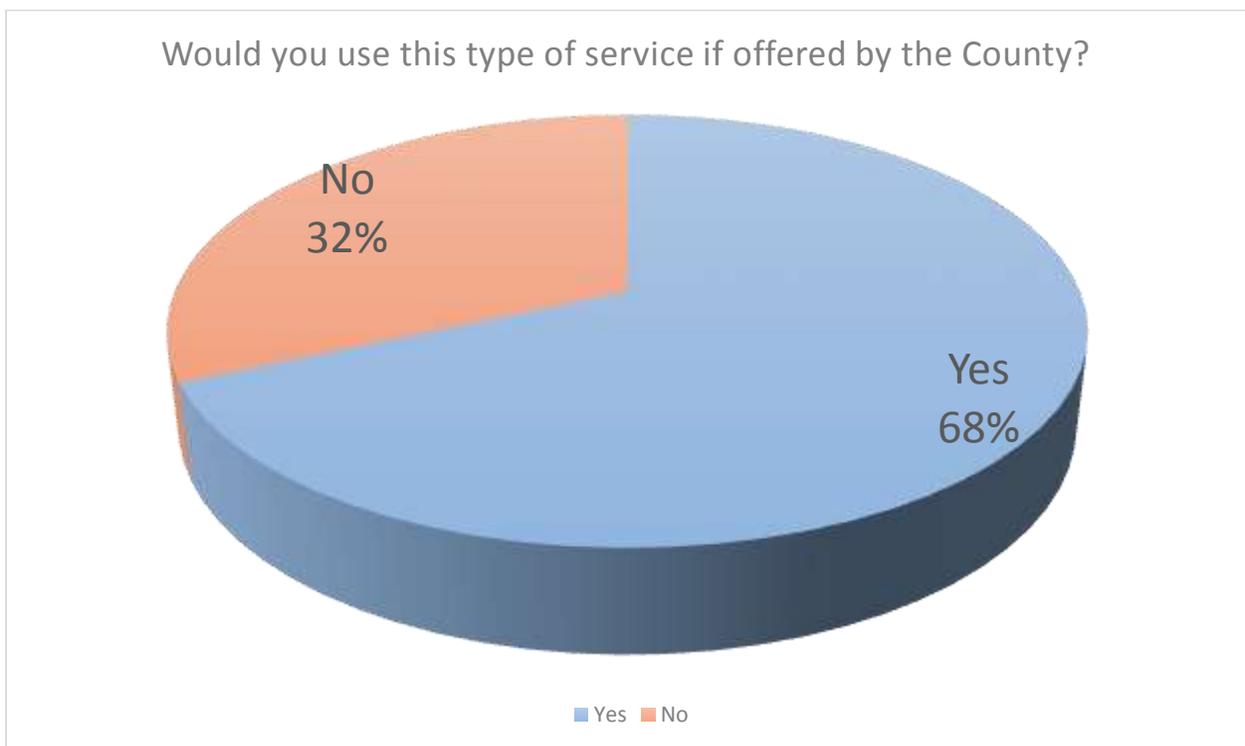
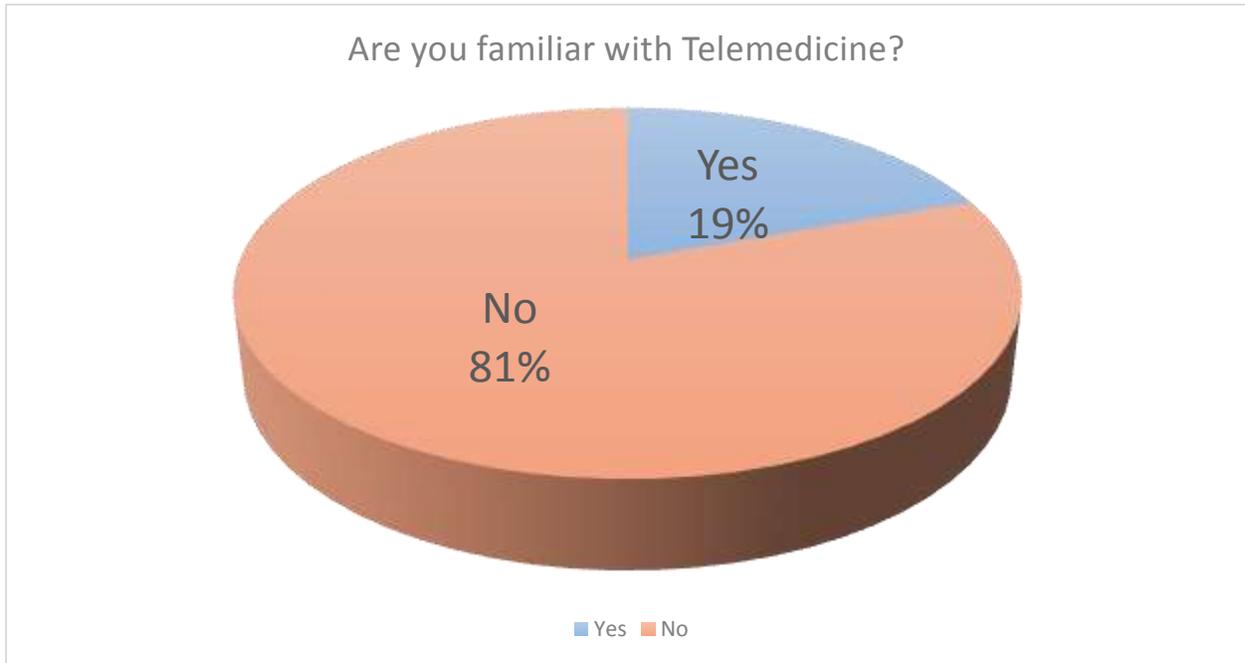


What would stop employees from participation in wellness activities?



Telemedicine

Telemedicine is the delivery of health related services and information via phone, web, video, email or text. Services are provided by board certified physicians, who address general acute care needs, such as Sinusitis, Bronchitis, Pharyngitis, Upper Respiratory Infection, and Rash and skin eruptions.



Other Answers/Suggestions found in the survey:

Other Wellness Topics:

- Calories in the Cafeteria food
- Social Rhythm
- Flu and other shots
- How to exercise and work/take healthy breaks
- Online Security
- Purchasing a home

Other ways to receive information about wellness events:

- Thru Intranet
- Posted notices in the halls
- In the monthly County e-newsletter
- Text Message

Other incentives that would increase likelihood of participation

- Have programs be "on the clock"
- Wellness credit
- Lower Insurance costs
- Classes held at 505 and 503 buildings
- Classes held at the Convalescent Center or off campus
- Fun games
- Contests between participants
- Classes at times other than 12:00 p.m.-1:00 p.m.
- Provide rewards for completing