






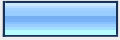

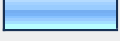
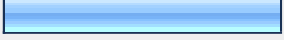

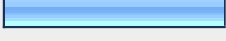
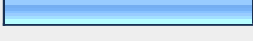
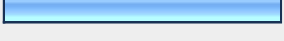
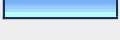
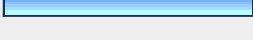
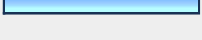
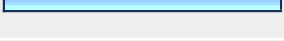



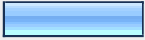
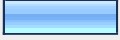
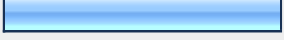

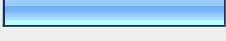

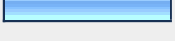
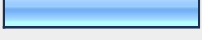

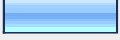


# Eyestone Staff Wellness Interest Survey

1. Which of the following wellness topics would you be MOST interested in learning more about? Please pick your top 5 choices.

		Response Percent	Response Count
Personal goal setting		12.1%	4
<b>Developing a personal fitness plan</b>		<b>45.5%</b>	<b>15</b>
Heart disease prevention & awareness		6.1%	2
Cancer prevention & awareness		12.1%	4
Managing chronic disease		0.0%	0
Diabetes prevention		3.0%	1
Controlling high blood pressure		6.1%	2
Tips for reducing cholesterol		3.0%	1
Depression		12.1%	4
Parenting tips		12.1%	4
Headache prevention and treatment		12.1%	4
Stress management techniques		30.3%	10
Time management tips		21.2%	7
Healthy sleep habits		24.2%	8
Balancing work and family		27.3%	9
Weight management techniques		30.3%	10
How to start an exercise program		12.1%	4
Physical activity for busy people		27.3%	9
Strength training		21.2%	7
Meal planning tips		30.3%	10
Label and menu reading		6.1%	2
Healthy holidays		3.0%	1
How to raise a healthy eating		9.1%	3

Tips for picky eaters		15.2%	5
Kid-friendly foods		12.1%	4
Nutrition tips for busy people		30.3%	10
Ways to add fiber to your diet		6.1%	2
SuperFoods		24.2%	8
Tips for eating out & staying healthy		6.1%	2
Controlling food triggers		18.2%	6
Whole grains		0.0%	0
Vitamin facts		21.2%	7
Portion distortion		0.0%	0
Quick & easy meals		39.4%	13
Mindful eating		12.1%	4
		Other (please specify)	1
		<b>answered question</b>	<b>33</b>
		<b>skipped question</b>	<b>0</b>

**2. Please indicate how likely you would be to participate in the following wellness programs if they were offered at work:**

	Would Participate	Might Participate	No Interest	Response Count
Weight management program	30.3% (10)	<b>48.5% (16)</b>	21.2% (7)	33
Physical activity challenge (i.e. 10-week program that tracks physical activity minutes)	40.6% (13)	<b>50.0% (16)</b>	9.4% (3)	32
Fitness or wellness contest	34.4% (11)	<b>37.5% (12)</b>	28.1% (9)	32
Fruit & Veggie Challenge (i.e. track fruits/vegetables for 4 weeks)	<b>56.7% (17)</b>	33.3% (10)	10.0% (3)	30
Aerobic classes (via video tape)	21.2% (7)	<b>48.5% (16)</b>	30.3% (10)	33
Yoga classes (via video tape)	29.0% (9)	<b>45.2% (14)</b>	25.8% (8)	31
Pilates classes (via video tape)	28.1% (9)	<b>46.9% (15)</b>	25.0% (8)	32
Kickboxing classes (via video tape)	13.3% (4)	30.0% (9)	<b>56.7% (17)</b>	30
Monthly wellness lunch & learns	40.6% (13)	<b>43.8% (14)</b>	15.6% (5)	32
Walking club	39.4% (13)	<b>45.5% (15)</b>	15.2% (5)	33
Hiking club	25.0% (8)	<b>46.9% (15)</b>	28.1% (9)	32
Biking club	16.1% (5)	32.3% (10)	<b>51.6% (16)</b>	31
Frisbee club	6.5% (2)	12.9% (4)	<b>80.6% (25)</b>	31
Sports league	6.5% (2)	22.6% (7)	<b>71.0% (22)</b>	31
Healthy pot-luck	<b>53.1% (17)</b>	31.3% (10)	15.6% (5)	32
Complete a personal wellness contract	35.5% (11)	<b>48.4% (15)</b>	16.1% (5)	31
Grocery store tour for healthy foods	15.6% (5)	21.9% (7)	<b>62.5% (20)</b>	32
Dance classes	15.6% (5)	<b>46.9% (15)</b>	37.5% (12)	32
Fitness testing	34.4% (11)	<b>46.9% (15)</b>	18.8% (6)	32
Discounted massage therapy	<b>54.8% (17)</b>	32.3% (10)	12.9% (4)	31
Discounted health club membership	31.3% (10)	<b>43.8% (14)</b>	25.0% (8)	32
			Other (please specify)	1
			<b>answered question</b>	<b>33</b>



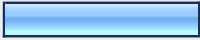
3. If you participated in an after school activity club (i.e. walking/hiking club), would you be okay with including students in the activity?

		Response Percent	Response Count
Absolutely		48.5%	16
I would still participate, but would prefer the activity to be only adults		48.5%	16
Definitely not		3.0%	1
<b>answered question</b>			<b>33</b>
<b>skipped question</b>			<b>0</b>

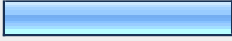

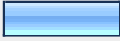

4. Please indicate how likely you would be to participate in wellness activities if they were offered at the following times:

	Would Participate	Might Participate	Would NOT Participate	Response Count
Before School	3.0% (1)	30.3% (10)	<b>66.7% (22)</b>	33
During Lunch	21.2% (7)	<b>51.5% (17)</b>	27.3% (9)	33
After School	42.4% (14)	<b>48.5% (16)</b>	9.1% (3)	33
Evenings	3.0% (1)	42.4% (14)	<b>54.5% (18)</b>	33
<b>answered question</b>				<b>33</b>
<b>skipped question</b>				<b>0</b>

**5. I would like more healthy food options at staff meetings and workshops.**

		Response Percent	Response Count
Strongly Agree		33.3%	11
<b>Agree</b>		<b>45.5%</b>	<b>15</b>
Neutral		21.2%	7
Disagree		0.0%	0
Strongly Disagree		0.0%	0
		<b>answered question</b>	<b>33</b>
		<b>skipped question</b>	<b>0</b>

**6. I feel that our school environment encourages staff to make healthy lifestyle choices.**

		Response Percent	Response Count
Strongly Agree		25.0%	8
<b>Agree</b>		<b>53.1%</b>	<b>17</b>
Neutral		12.5%	4
Disagree		9.4%	3
Strongly Disagree		0.0%	0
		<b>answered question</b>	<b>32</b>
		<b>skipped question</b>	<b>1</b>

**7. What one thing would you most like to see in our school to help employees live a healthy, well-balanced lifestyle?**

		Response Count
		24
		<b>answered question</b>
		<b>24</b>
		<b>skipped question</b>
		<b>9</b>

**8. Other Questions or Comments:**

		<b>Response Count</b>
		6
	<i>answered question</i>	6
	<i>skipped question</i>	27