

# Highlights from the Grinnell College Employee Wellness Needs and Interest Survey 2007

Grinnell College Wellness Committee

4/22/07

Number of participants: 242

Number of employees: 650

37% return rate

- typical respondent was 40-60 years of age, full time employee, living within 5 miles of City of Grinnell
- 40.4% were support staff, 33% were faculty, 26.5% were administrative staff compared to 23%, 41%, and 36% respectively for parent population
- approximately 87% of respondents consider themselves to be in good or excellent health
- more support staff consider themselves in fair or poor health than faculty or administrative staff, 20.4% versus 6.6% and 8.5%, respectively
- 80% of females reported having a yearly physical exam compared to 53% of males
- 49-92% of respondents, depending on the resource or benefit, are aware of them
- 21-81% of respondents, depending on the resource or benefit, actually have used or are using the resources or benefits
- fewer faculty are aware of resources and benefits (57%) than support staff (64%) or administrative staff (68%)
- fewer faculty use the resources and benefits (38%) than support staff (58%) and administrative staff (60%)
- respondents identified physical fitness (94%,) wellness resources(89%,) and diet/nutrition/cooking (86%) as topics/issues of greatest interest
- the blood screen (86%,) massage (61%,) and a personal fitness trainer (53%) were the programs and services most likely to be used
- the fitness center (67%,) walking/jogging paths (62%,) and cardio machines (57%) were the facilities/equipment most likely to be used
- responses to open-ended questions about what Grinnell College can do to help employees overcome obstacles to wellness activity appear to fall into the following categories (not in order of importance):

Offer Programs Focusing on Diet, Nutrition, and Weight Management

Increased Number and Variety of Programs and Services

Increase Number & Convenience of Facility Hrs, Cleanliness, Locker Rms

Need for More Benefits, Reduced Cost

Improve Wellness-Related Culture at Grinnell College

Increased and More Highly Trained Staff and More Personal Attention

Better Communication to Make Sure Employees Have Wellness Info

More Time To Spend on Wellness Activities