

Top 10 most frequently listed topics/issues of interest by employment group: Based on percentage of respondents who indicated they were slightly or very interested.

All (N=200)	Faculty	Support Staff	Administrative Staff
Physical fitness (94%)	Physical fitness (90.5%)	Physical fitness (96.1%)	Physical fitness (96.3%)
Wellness resources (89.1%)	Other screenings (83.3%)	Heart health (96.0%)	Diet/nutrition (90.7%)
Diet/nutrition/cooking (85.9%)	Wellness Resources (80.4%)	Wellness resources (95.5%)	Wellness resources (90.0%)
Heart health (85.7%)	Heart health (79.6%)	Diet/nutrition (94.9%)	Bike/hiking trails (84.3%)
Other screenings (84.4%)	Bike/hiking trails (77.2%)	Weight management (88.5%)	Weight management (82.7%)
Weight management (80%)	Stress management (76.3%)	Other screenings (86.7%)	Iowa parks/preserves (82.6%)
Stress management (78.8%)	Iowa parks/preserves (73.7%)	Workplace ergonomics (79.5%)	Other screenings (82.4%)
Iowa parks and preserves (75.4%)	Aging (73.2%)	Aging (79.2%)	Heart health (77.1%)
Workplace ergonomics (74.0%)	Diet/nutrition (70.0%)	Continuing Education (76%)	Continuing ed (75.6%)
Bike/hiking trails (73.7%)	Workplace ergonomics (69.8%)	Iowa parks and preserves (75.7%)	Stress management/Ergonomics (74%)

Top 10 most frequently listed program/services respondents are likely to use:

All	Faculty	Support Staff	Administrative Staff
Blood screen (86%)	Blood screen (93.4%)	Blood screen (86.0%)	Blood screen (77.0%)
Massage (60.7%)	Massage (60.5%)	Massage (64.5%)	Fitness trainer (67.2%)
Personal fitness trainer (53.3%)	Personal fitness trainer (42.1%)	Personal fitness trainer (54.8%)	Massage (59.0%)
Instruction on use of fitness center (42.1%)	Nature walks (39.5%)	Weight management (48.4%)	Use of center instruction (57.4%)
Personal wellness coach (41.7%)	Instruction on use of fitness center (38.2%)	Benefits fair (46.2%)	Strength training (54.1%)
Weight management (39.7%)	Yoga (38.2%)	Personal wellness coach (46.2%)	Wellness coach (50.8%)
CPR/first aid training (39.3%)	GORP (38.2%)	Website (43.0%)	First aid (49.2%)
Strength training (37.6%)	First aid (32.9%)	Low-impact aerobics (41.9%)	Weight management (44.3%)
Wellness website (36.8%)	Strength training (32.9%)	Relaxation (39.8%)	Aerobic class (44.3%)
Relaxation training (36.0%)	Relaxation training (32.9%)	First aid (38.7%)	Website (42.6%)

Top 10 most frequently listed facilities/equipment respondents are likely to use

All	Faculty	Support Staff	Administrative Staff
Fitness Center (67.4%)	Fitness Center (67.1%)	Fitness Center (63.4%)	Fitness Center (77.0%)
Walking/jogging path (62.4%)	Walking/jogging path (65.8%)	Walking/jogging path (58.1%)	Walking/jogging path (70.5%)
Cardio machines (56.6%)	PEC pool (51.3%)	Cardio machines (55.9%)	Cardio machines (68.9%)
Weight lifting machines (47.9%)	Cardio machines (50%)	Weight lifting machines (43.0%)	Weight lifting machines (62.3%)
PEC pool (43.4%)	Weight lifting machines (44.7%)	PEC pool (35.5%)	PEC pool (45.9%)
Workout room in building (27.3%)	Free weights (30.3%)	Workout room in building (35.5%)	Workout room in building (34.4%)
Gym space (25.2%)	Gym space (26.3%)	Gym space (20.4%)	Gym space (29.5%)
Free weights (24.8%)	GORP equip rental (23.7%)	Free weights (20.4%)	Free weights (26.2%)
GORP equip rental (17.8%)	Tennis /Racquetball Courts (18.4%)	Exercise videos(19.4)	Racquetball court (24.6%)
PEC small weight room (16.1%)	PEC small weight room (18.4%)	PEC small weight room (17.2%)	Dance studio (21.3%)

Grinnell College Benefits Use and Knowledge

	All		Faculty		Support Staff		Administrative Staff	
	Used	Know	Used	Know	Used	Know	Used	Know
Release Time	25.6	62.4	6.6	16.7	25.8	64.5	52.5	80.3
Wellness listserv	28.8	50.8	18.4	44.7	30.1	59.1	42.6	54.1
Wellness website	20.7	49.2	10.5	46.1	23.7	52.7	32.8	54.1
Blood screen	81.0	92.1	81.6	94.7	83.9	93.5	77.0	93.4
HOPE calendar	38.4	64.9	25.0	64.5	49.5	66.7	42.6	68.9
HOPE newsletter	33.5	63.2	28.9	64.5	36.6	59.1	37.7	72.1
Benefits fair	32.6	59.9	15.8	50.0	48.4	67.7	32.8	67.2
Reimbursement	37.2	76.9	34.2	72.4	33.3	77.4	49.2	90.2