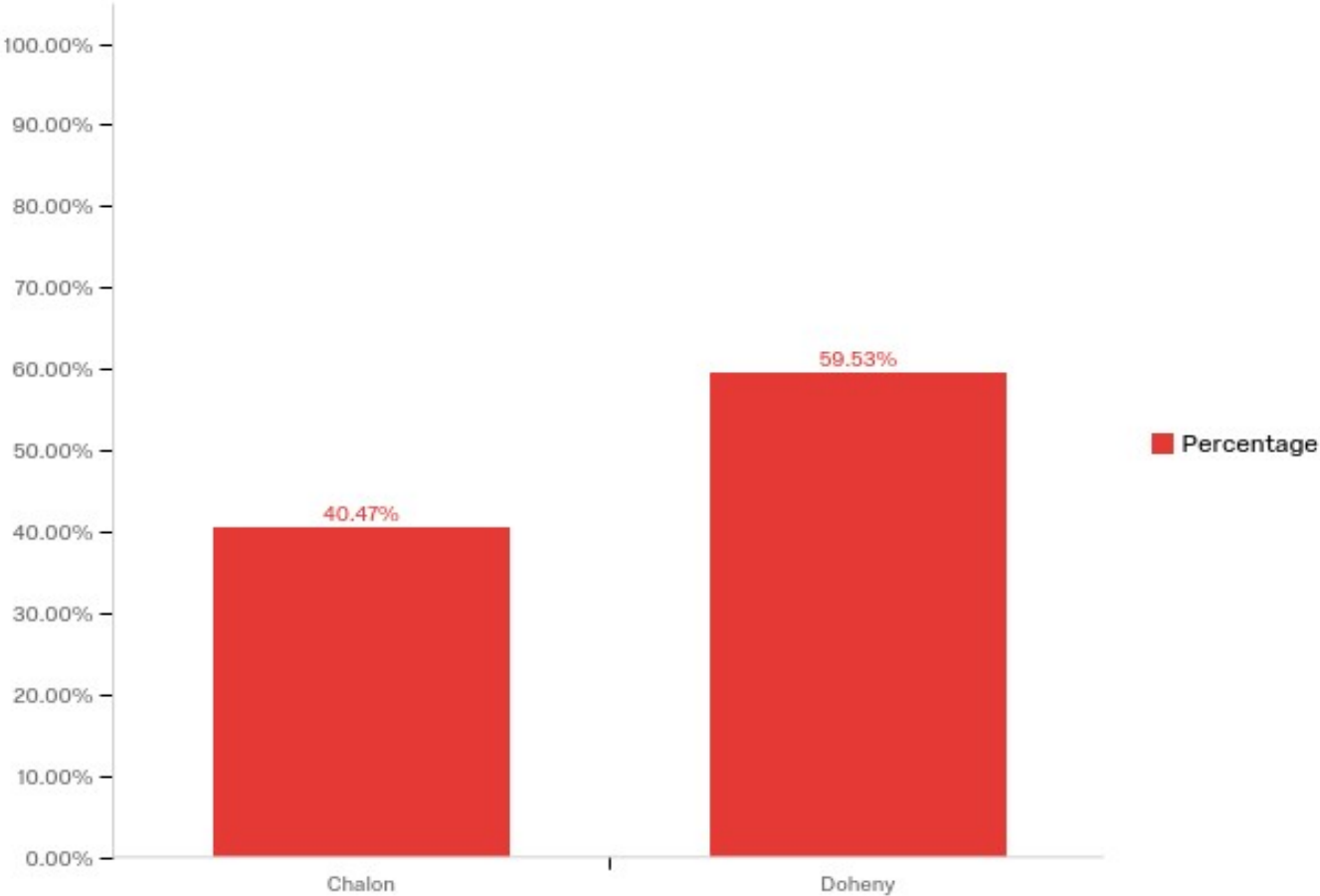


# Employee Wellness Survey 2017

## Weighted Results

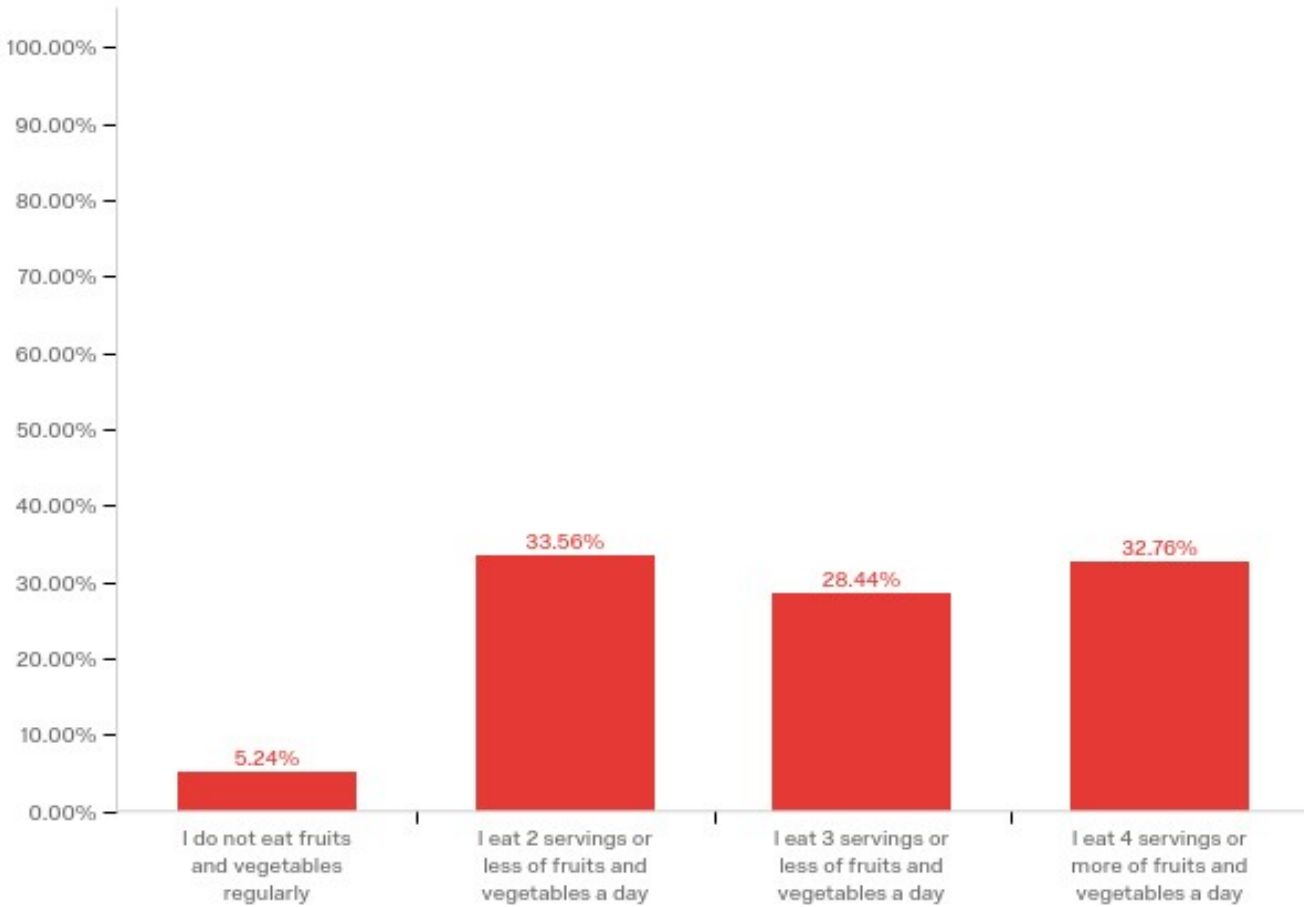
Includes: Full-Time Faculty, Full-Time Staff, Part-Time Faculty, Part-Time Staff, and Temporary Workers

### Q2 - My primary campus is:



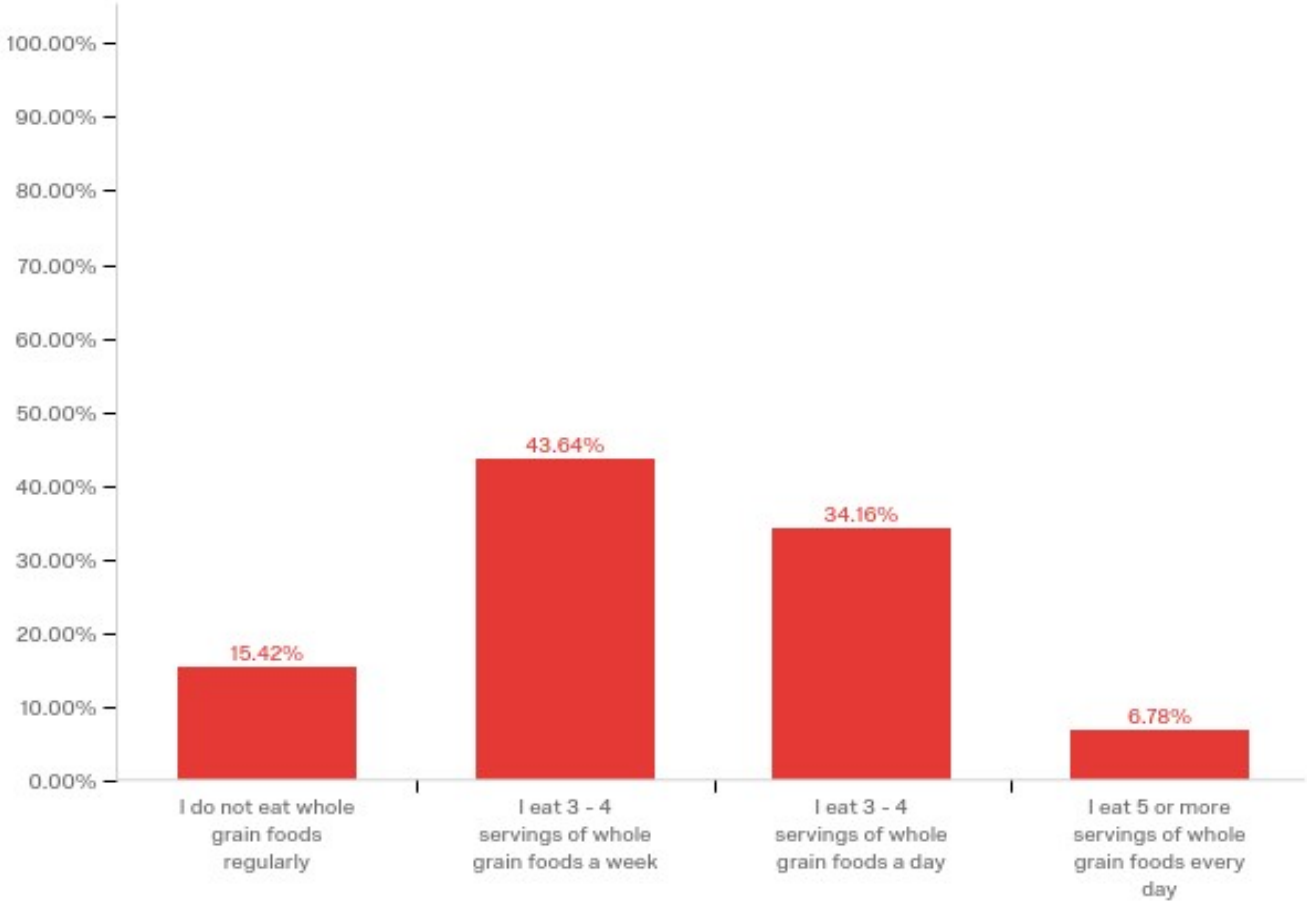
| # | My primary campus is: | Percentage |
|---|-----------------------|------------|
| 2 | Doheny                | 59.53%     |
| 1 | Chalon                | 40.47%     |
|   | Total                 | 311        |

**Q7 - Fruits and Vegetables.** Select the statement that best describes your current intake of fruits and vegetables. A serving is defined as 1/2 cup or the size of a computer mouse.



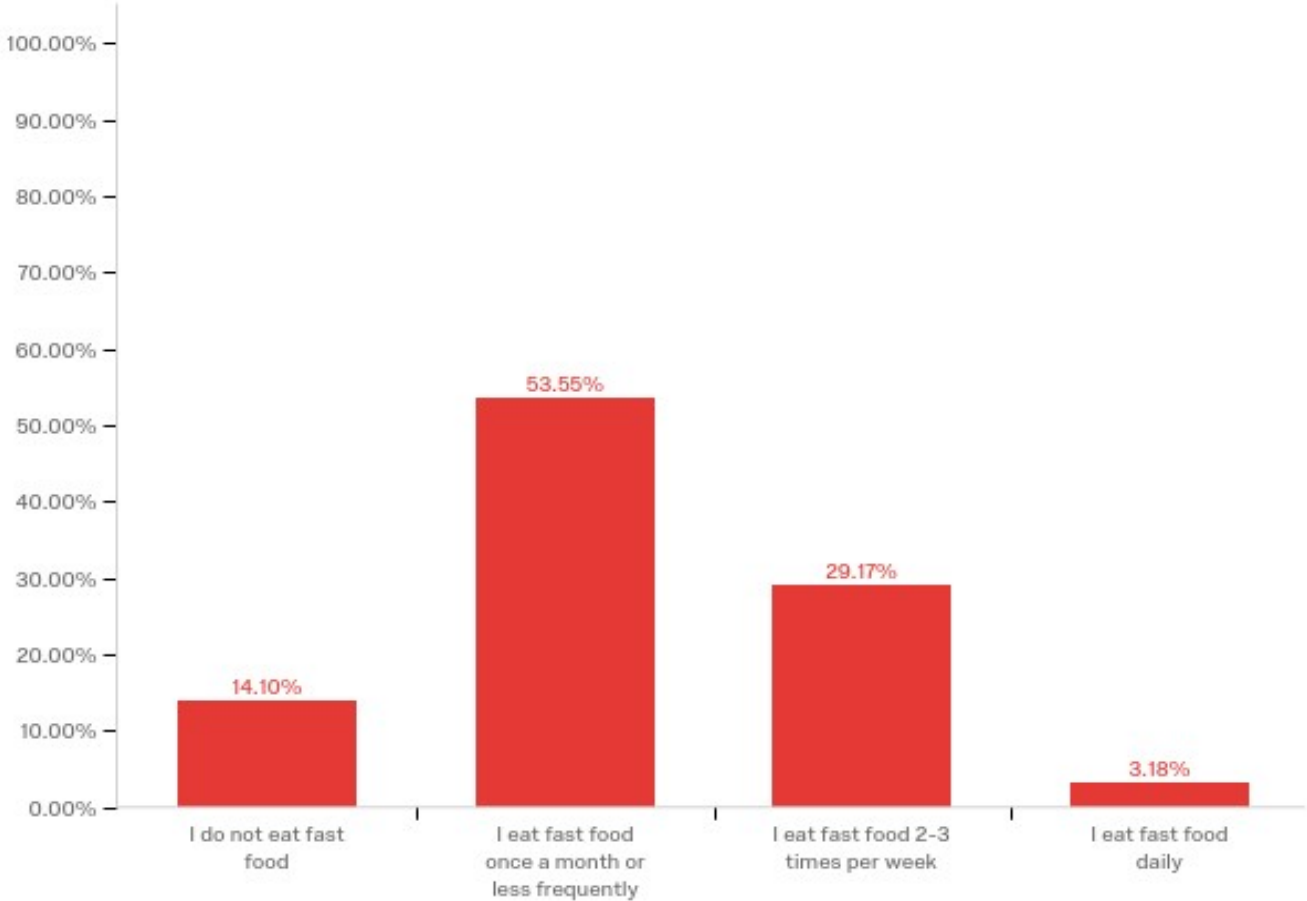
| # | Fruits and Vegetables. Select the statement that best describes your current intake of fruits and vegetables. A serving is defined as 1/2 cup or the size of a computer mouse. | Percentage |
|---|--|------------|
| 1 | I do not eat fruits and vegetables regularly   | 5.24%      |
| 2 | I eat 2 servings or less of fruits and vegetables a day  | 33.56%     |
| 3 | I eat 3 servings or less of fruits and vegetables a day  | 28.44%     |
| 4 | I eat 4 servings or more of fruits and vegetables a day  | 32.76%     |
|   | Total  | 307        |

**Q8 - Whole Grains.** Select the statement that best describes your current intake of whole grain foods. A serving is defined as 1 ounce which is equal to 1 slice of bread, 1/2 cup of pasta or rice, or the size of 1/2 a baseball.



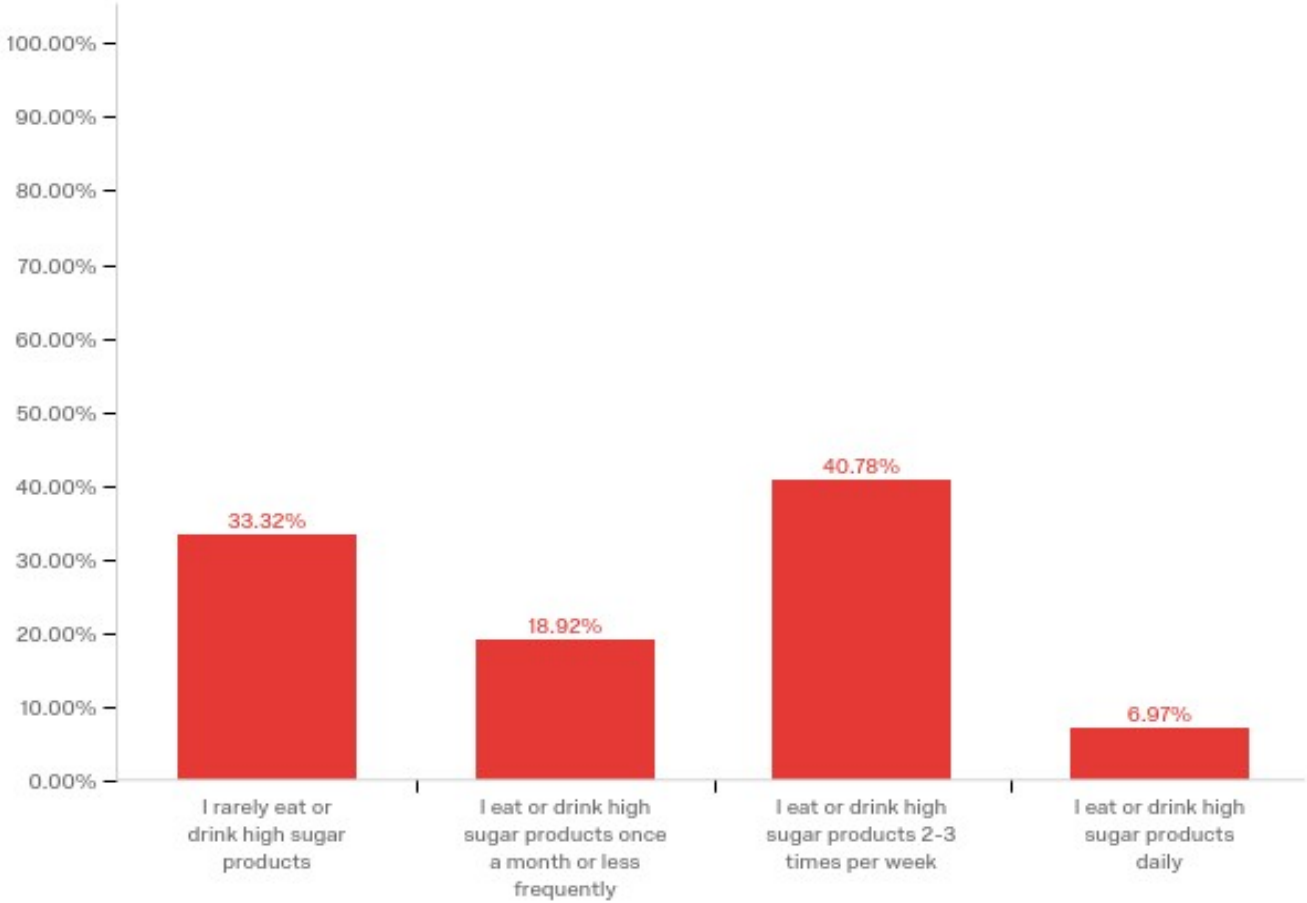
| # | Whole Grains. Select the statement that best describes your current intake of whole grain foods. A serving is defined as 1 ounce which is equal to 1 slice of bread, 1/2 cup of pasta or rice, or the size of 1/2 a baseball. | Percentage |
|---|---|------------|
| 1 | I do not eat whole grain foods regularly  | 15.42%     |
| 2 | I eat 3 - 4 servings of whole grain foods a week  | 43.64%     |
| 3 | I eat 3 - 4 servings of whole grain foods a day   | 34.16%     |
| 4 | I eat 5 or more servings of whole grain foods every day   | 6.78%      |
|   | Total   | 306        |

**Q9 - Fast Food.** Select the statement that best describes your current intake of fast food. Fast food is defined here as commercially prepared food with low nutritional content such as hamburgers, french fries, or pizza.



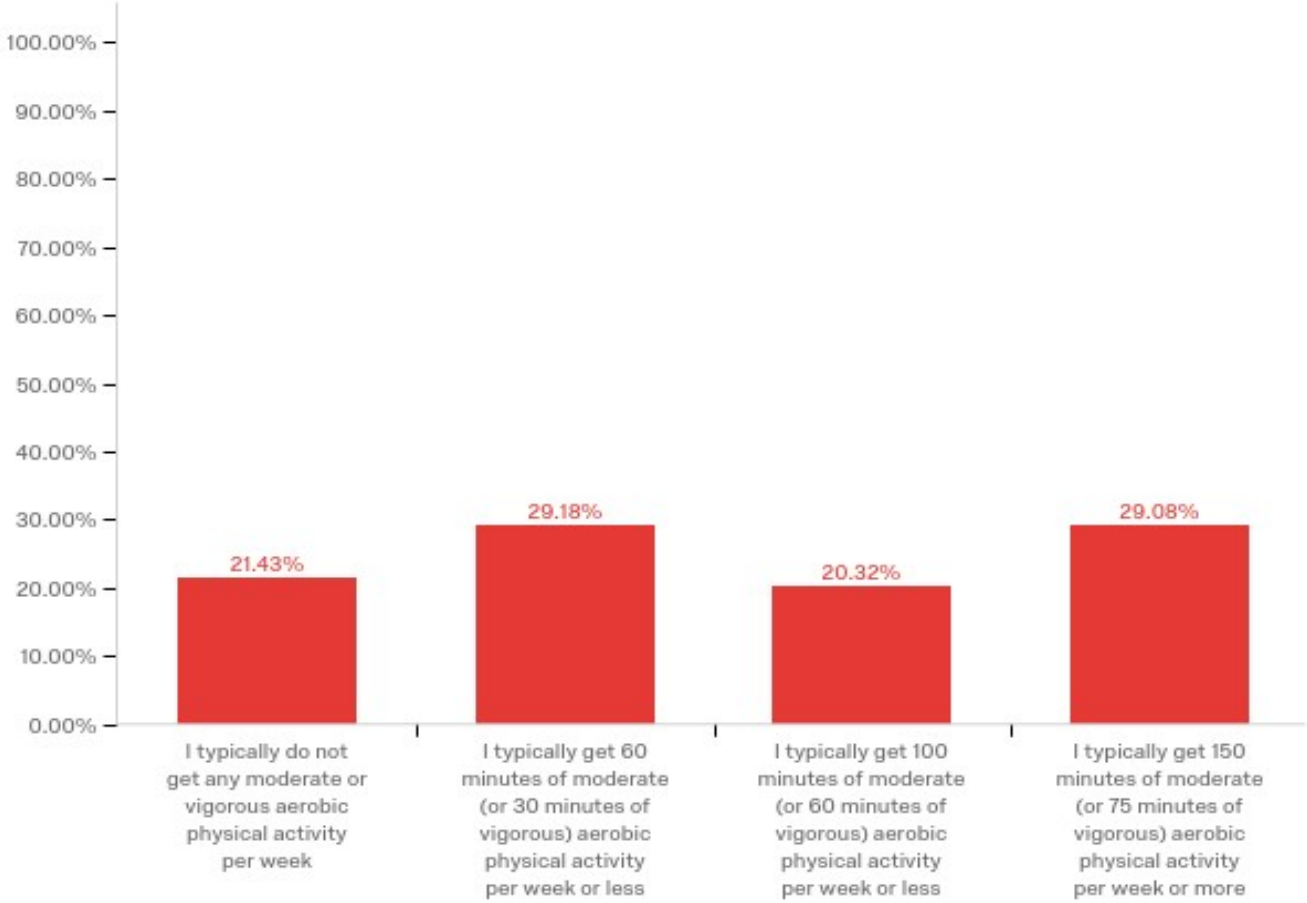
| # | Fast Food. Select the statement that best describes your current intake of fast food. Fast food is defined here as commercially prepared food with low nutritional content such as hamburgers, french fries, or pizza. | Percentage |
|---|--|------------|
| 1 | I do not eat fast food   | 14.10%     |
| 2 | I eat fast food once a month or less frequently  | 53.55%     |
| 3 | I eat fast food 2-3 times per week   | 29.17%     |
| 4 | I eat fast food daily  | 3.18%      |
|   | Total  | 305        |

**Q10 - Sugar.** Select the statement that best describes your current intake of foods high in sugar. This includes sodas, juices, and snacks such as candy or cookies. This does not include fresh fruits.



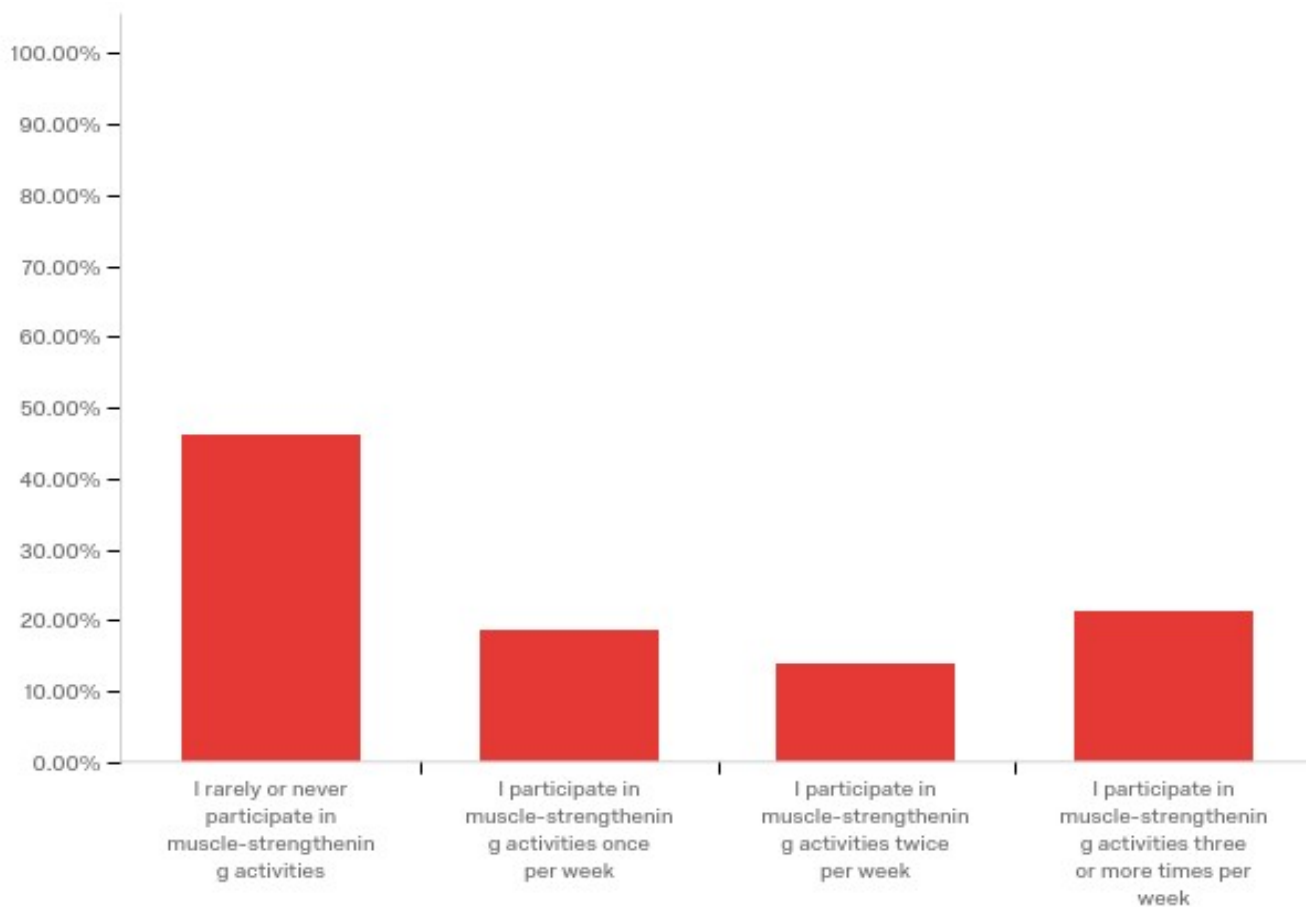
| # | Sugar. Select the statement that best describes your current intake of foods high in sugar. This includes sodas, juices, and snacks such as candy or cookies. This does not include fresh fruits. | Percentage |
|---|---|------------|
| 1 | I rarely eat or drink high sugar products   | 33.32%     |
| 2 | I eat or drink high sugar products once a month or less frequently  | 18.92%     |
| 3 | I eat or drink high sugar products 2-3 times per week   | 40.78%     |
| 4 | I eat or drink high sugar products daily  | 6.97%      |
|   | Total   | 301        |

**Q11 - Current Aerobic Physical Activity Level.** Select the statement that best describes your current level of aerobic physical activity. "Vigorous" refers to exercise that makes you sweat and a little short of breath. These might be activities like jogging, running, fast cycling, aerobics classes, swimming laps, singles tennis and racquetball. "Moderate" exercise includes activities such as brisk walking, gardening, slow cycling, or light dancing.



| # | <p>Current Aerobic Physical Activity Level. Select the statement that best describes your current level of aerobic physical activity. "Vigorous" refers to exercise that makes you sweat and a little short of breath. These might be activities like jogging, running, fast cycling, aerobics classes, swimming laps, singles tennis and racquetball. "Moderate" exercise includes activities such as brisk walking, gardening, slow cycling, or light dancing.</p> | Percentage |
|---|--|------------|
| 2 | I typically get 60 minutes of moderate (or 30 minutes of vigorous) aerobic physical activity per week or less  | 29.18%     |
| 4 | I typically get 150 minutes of moderate (or 75 minutes of vigorous) aerobic physical activity per week or more   | 29.08%     |
| 1 | I typically do not get any moderate or vigorous aerobic physical activity per week   | 21.43%     |
| 3 | I typically get 100 minutes of moderate (or 60 minutes of vigorous) aerobic physical activity per week or less   | 20.32%     |
|   | Total  | 300        |

**Q12 - Muscle-Strengthening Activities. On average, how often do you participate in muscle-strengthening activities that work all major muscle groups? Examples of these activities include lifting weights, working with resistance bands, yoga, push up/sit ups, or heaving gardening (i.e. digging, shoveling)**

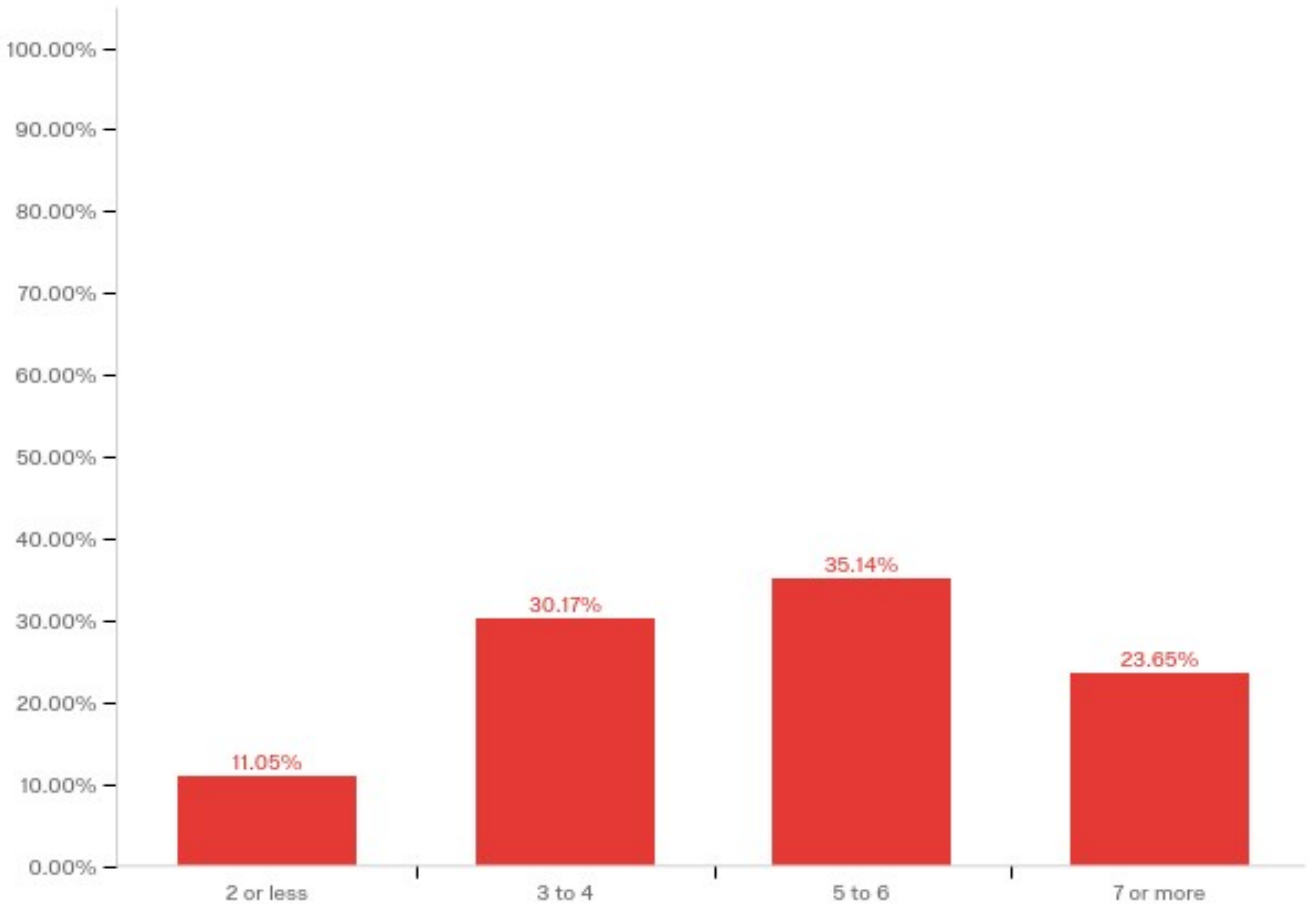


| # | Muscle-Strengthening Activities. On average, how often do you participate in muscle-strengthening activities that work all major muscle groups? Examples of these activities include lifting weights, working with resistance bands, yoga, push up/sit ups, or heaving gardening (i.e. digging, shoveling) | Percentage |
|---|--|------------|
| 1 | I rarely or never participate in muscle-strengthening activities   | 46.24%     |
| 2 | I participate in muscle-strengthening activities once per week   | 18.66%     |



|   |   |        |
|---|---|--------|
| 3 | I participate in muscle-strengthening activities twice per week               | 13.86% |
| 4 | I participate in muscle-strengthening activities three or more times per week | 21.24% |
|   | Total   | 301    |

**Q13 - Over the course of a typical work day, how much time do you spend sitting at your desk or stationary? This involves time spent at work only, not travel or leisure time.**

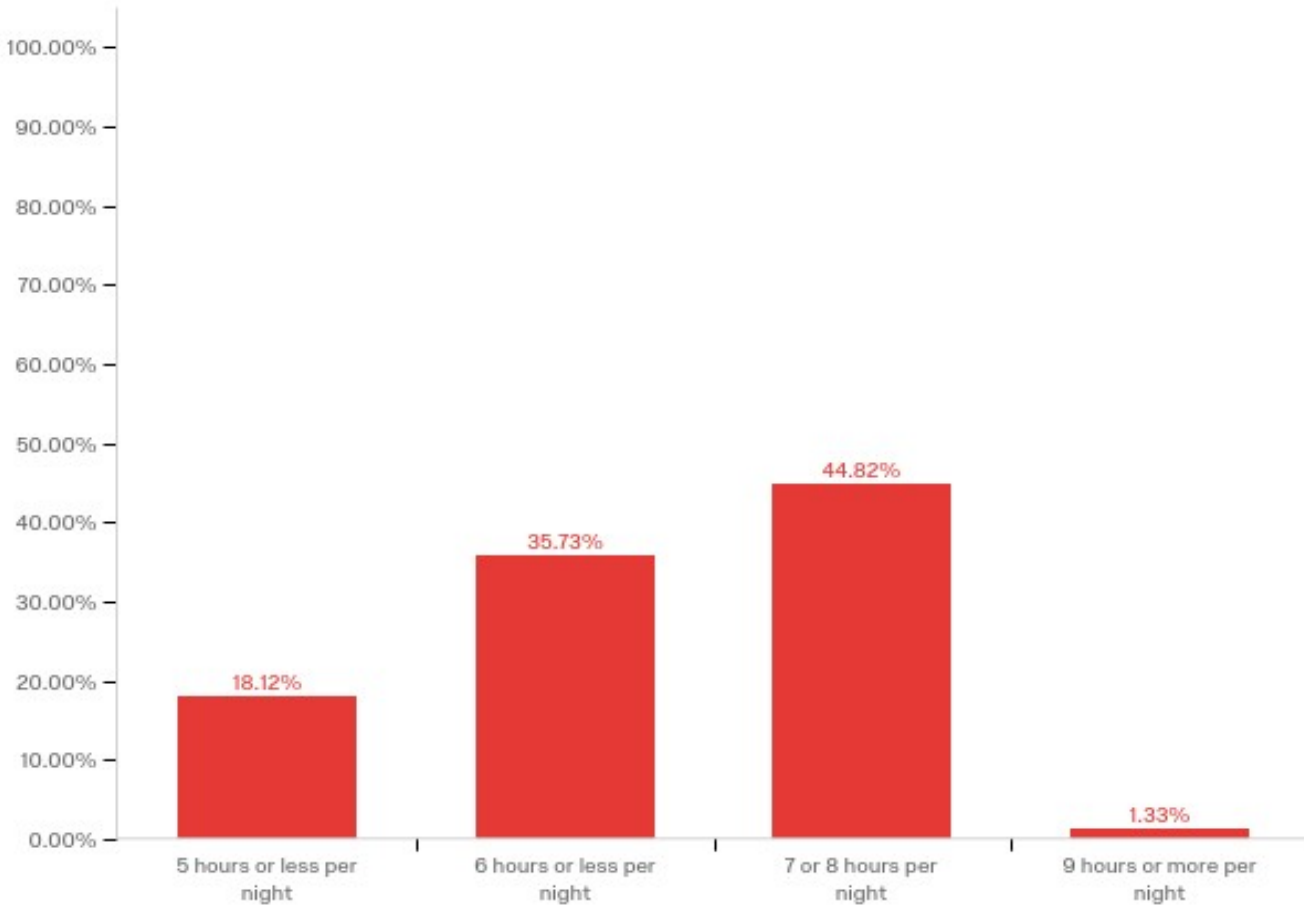


| # | Over the course of a typical work day, how much time do you spend sitting at your desk or stationary?<br>This involves time spent at work only, not travel or leisure time. | Percentage |
|---|---|------------|
| 1 | 2 or less   | 11.05%     |
| 2 | 3 to 4  | 30.17%     |
| 3 | 5 to 6  | 35.14%     |
| 4 | 7 or more   | 23.65%     |
|   | Total   | 303        |

**Q14 - Please check all of the following you would be interested in having available at MSMU, as a faculty or staff member:**

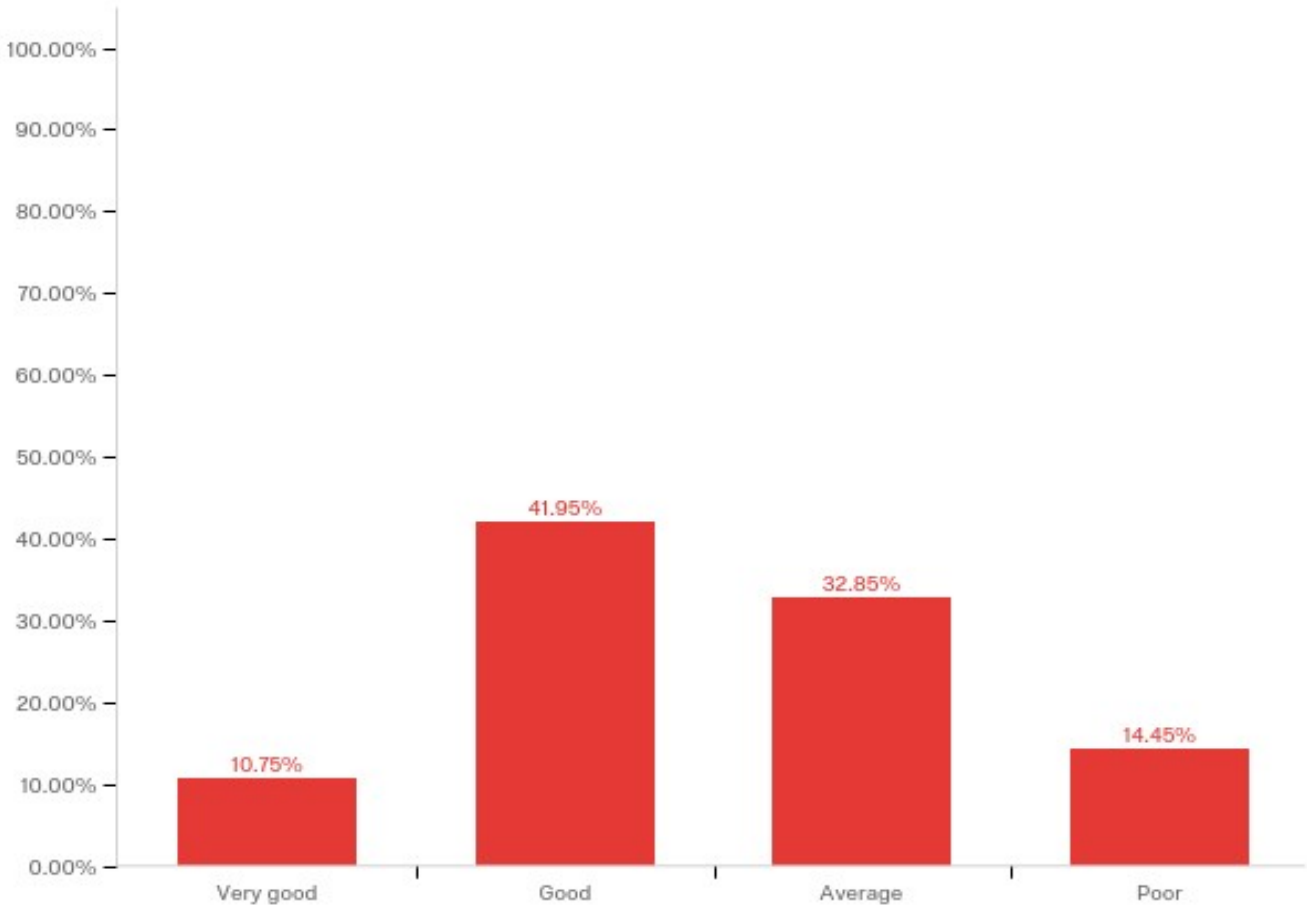
| #  | Please check all of the following you would be interested in having available at MSMU, as a faculty or staff member: - Selected Choice | Percentage |
|----|--|------------|
| 9  | Ergonomic computer or desktop equipment  | 15.34%     |
| 6  | Approved 15-minute daily "wellness" breaks for walks on an on-campus walking path  | 15.24%     |
| 1  | Stand Up Desks   | 13.17%     |
| 8  | A free wellness assessment from the Department of Physical Therapy   | 12.74%     |
| 5  | Access to free online exercise tutorials that can be done at your workspace  | 10.56%     |
| 4  | Workshops on Financial Wellbeing (including retirement planning, saving for college, home ownership, investments, etc)                 | 8.37%      |
| 3  | Approved option to have on-campus walking meetings   | 8.36%      |
| 7  | Matching you with a faculty / staff MSMU workout partner with similar interests  | 6.36%      |
| 2  | Guidelines or suggestions on how to incorporate wellness activities into your classroom or curriculum                                  | 5.37%      |
| 10 | Other - Please provide your own suggestions  | 4.48%      |
|    | Total  | 1274       |

**Q15 - Sleep. Over the last 6 months, on average I sleep:**



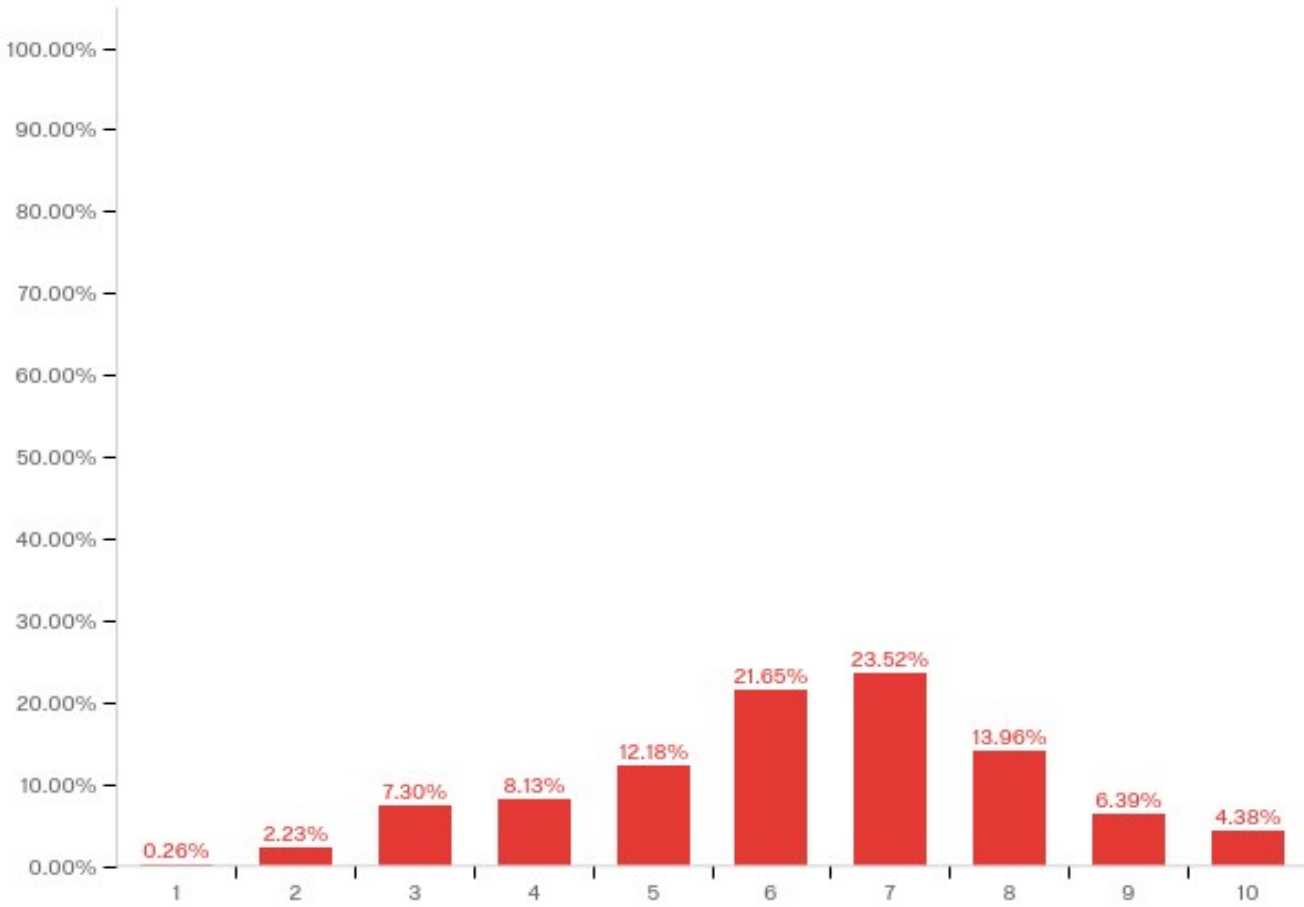
| # | Sleep. Over the last 6 months, on average I sleep: | Percentage |
|---|--|------------|
| 1 | 5 hours or less per night                          | 18.12%     |
| 2 | 6 hours or less per night                          | 35.73%     |
| 3 | 7 or 8 hours per night                             | 44.82%     |
| 4 | 9 hours or more per night                          | 1.33%      |
|   | Total  | 302        |

### Q16 - How would you rate your sleep quality?



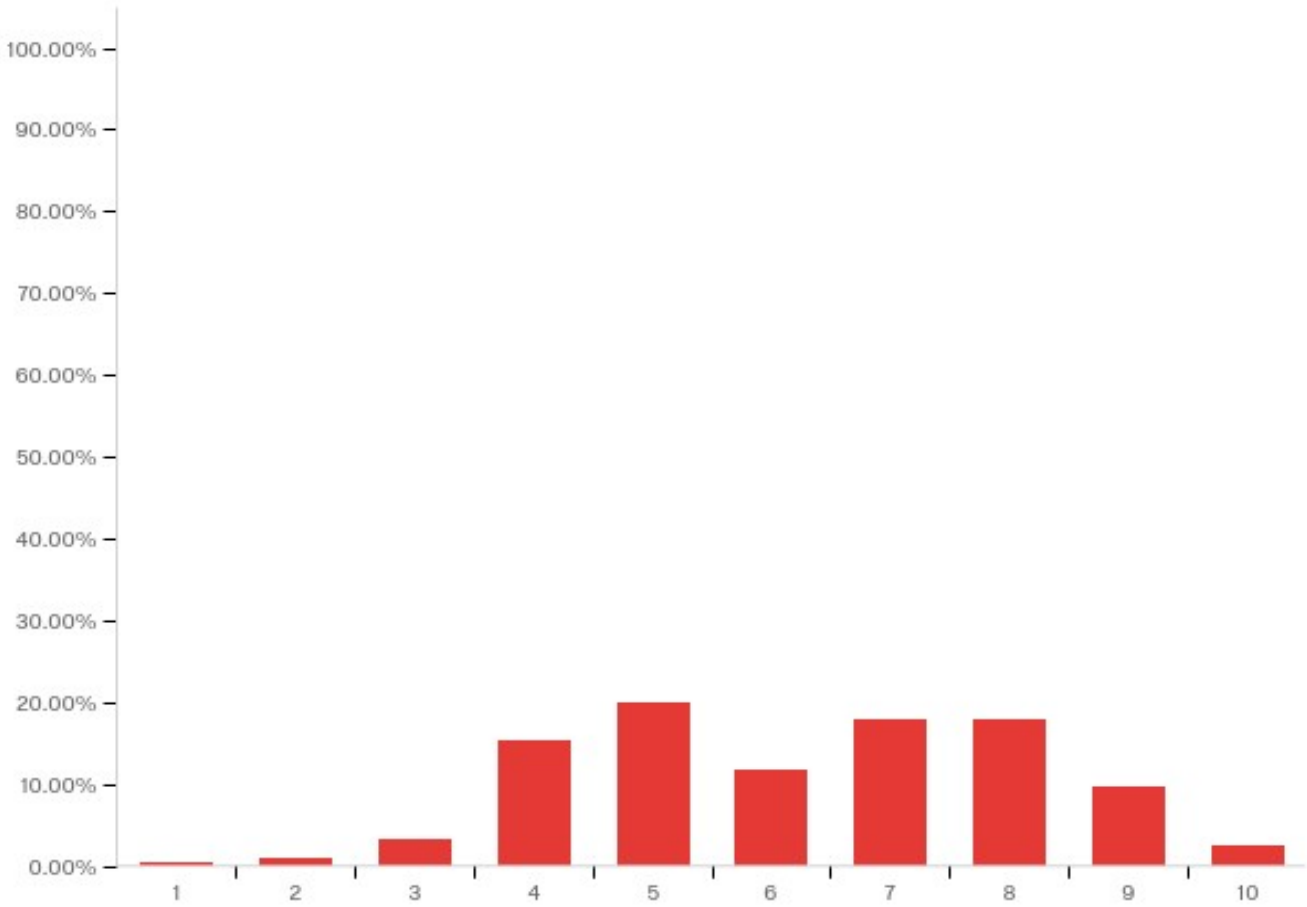
| # | How would you rate your sleep quality? | Percentage |
|---|--|------------|
| 2 | Good                                   | 41.95%     |
| 3 | Average                                | 32.85%     |
| 4 | Poor                                   | 14.45%     |
| 1 | Very good                              | 10.75%     |
|   | Total                                  | 300        |

**Q17 - Stress.** Over the past 6 months, how stressed have you felt on a daily basis? 1 = no stress, 10 = maximum stress.



| #  | Daily Stress Level | Percentage |
|----|--------------------|------------|
| 7  | 7                  | 23.52%     |
| 6  | 6                  | 21.65%     |
| 8  | 8                  | 13.96%     |
| 5  | 5                  | 12.18%     |
| 4  | 4                  | 8.13%      |
| 3  | 3                  | 7.30%      |
| 9  | 9                  | 6.39%      |
| 10 | 10                 | 4.38%      |
| 2  | 2                  | 2.23%      |
| 1  | 1                  | 0.26%      |
|    | Total              | 302        |

**Q18 - Stress.** Over the past 6 months, how well have you managed your stress? 1 = not well at all, 10 = extremely well



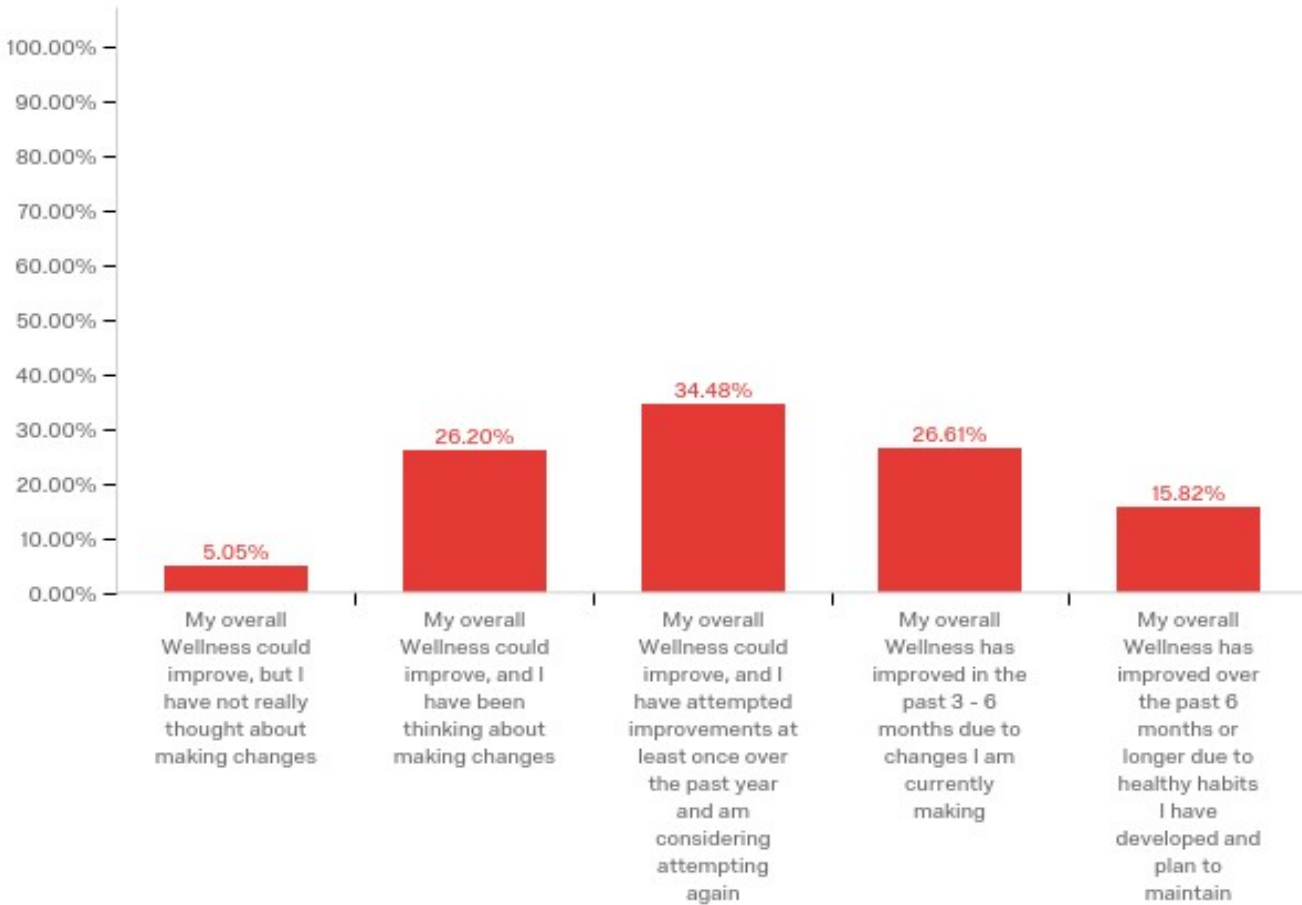
| #  | Stress Management Level | Percentage |
|----|-------------------------|------------|
| 1  | 1                       | 0.39%      |
| 2  | 2                       | 1.08%      |
| 3  | 3                       | 3.36%      |
| 4  | 4                       | 15.31%     |
| 5  | 5                       | 19.94%     |
| 6  | 6                       | 11.83%     |
| 7  | 7                       | 18.01%     |
| 8  | 8                       | 17.94%     |
| 9  | 9                       | 9.70%      |
| 10 | 10                      | 2.44%      |
|    | Total                   | 299        |

**Q20 - Please check all of the following you would be interested in having available at the Mount:**

| #  | Please check all of the following you would be interested in having available at the Mount: - Selected Choice | Percentage |
|----|---|------------|
| 1  | Monthly drop-in Mindfulness sessions (half-hour)  | 11.19%     |
| 2  | Stress Management Workshop Series (4-5 sessions)  | 7.64%      |
| 3  | Self-compassion workshop  | 5.25%      |
| 4  | Interpersonal skills workshop   | 3.46%      |
| 5  | Emotional Intelligence presentation   | 7.41%      |
| 6  | Relaxation Techniques workshop  | 13.11%     |
| 7  | Stress Management Speaker   | 6.91%      |
| 8  | Stress Buster Tip of the Month  | 7.13%      |
| 9  | De-Stress Days  | 11.61%     |
| 10 | Massages  | 15.42%     |
| 11 | Biofeedback (relaxation training to control heart rate, muscle tension, etc.)                                 | 8.52%      |
| 12 | Other (please specify)  | 2.35%      |



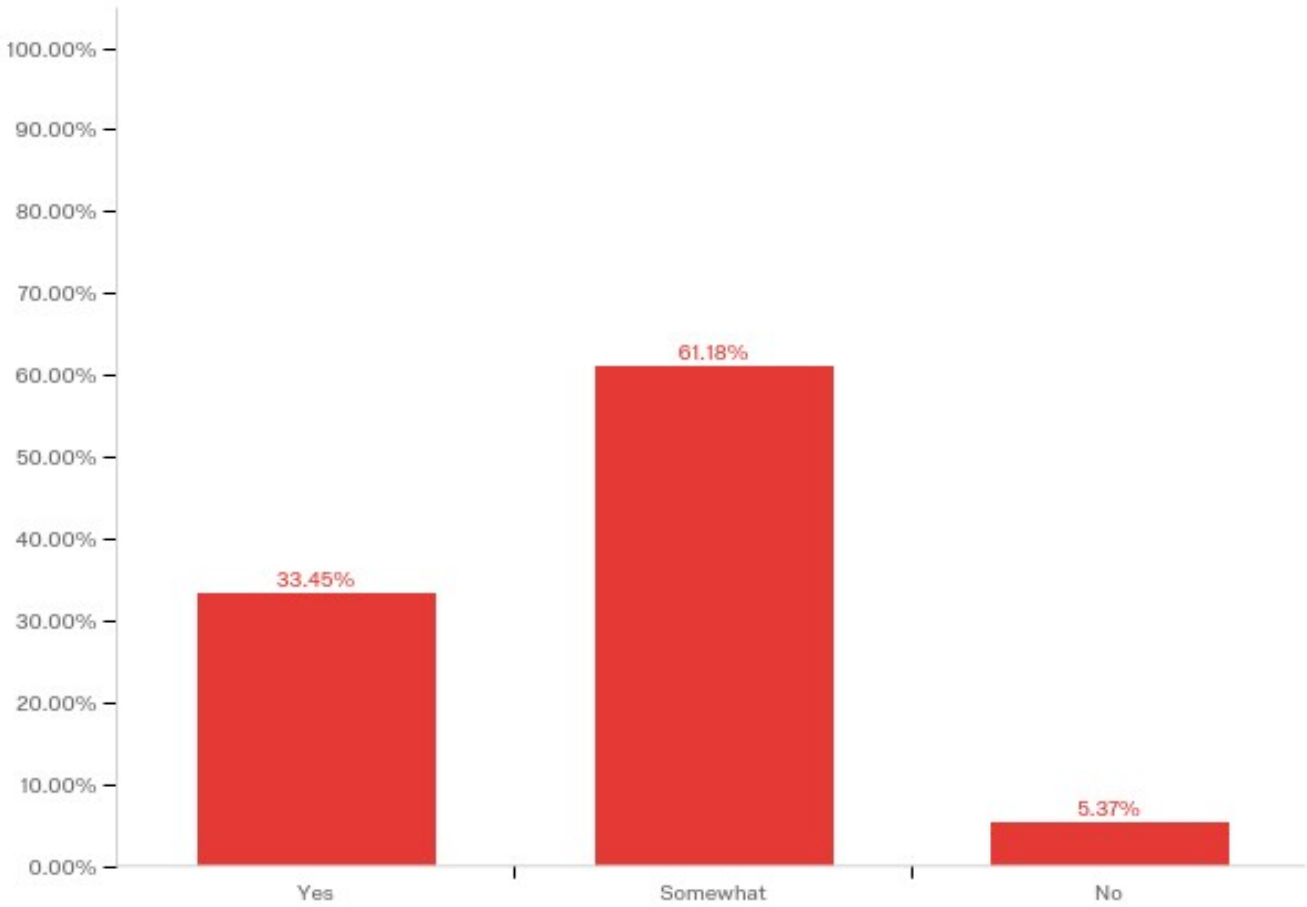
**Q21 - With regard to your overall current Wellness in these four areas: physical activity, stress management, sleep, and food/nutrition, please select which of the following best describes you:**



| # | With regard to your overall current Wellness in these four areas: physical activity, stress management, sleep, and food/nutrition, please select which of the following best describes you: | Percentage |
|---|---|------------|
| 1 | My overall Wellness could improve, but I have not really thought about making changes   | 4.67%      |
| 2 | My overall Wellness could improve, and I have been thinking about making changes  | 24.23%     |
| 3 | My overall Wellness could improve, and I have attempted improvements at least once over the past year and am considering attempting again   | 31.88%     |
| 4 | My overall Wellness has improved in the past 3 - 6 months due to  | 24.60%     |

|   |   |        |
|---|---|--------|
|   | changes I am currently making   |        |
| 5 | My overall Wellness has improved over the past 6 months or longer due to healthy habits I have developed and plan to maintain | 14.63% |
|   | Total   | 318    |

**Q22 - Does MSMU promote a culture of Wellness? (Culture is defined as the University's traditions, physical environment, policies, and opportunities for growth).**



| # | Does MSMU promote a culture of Wellness? (Culture is defined as the University's traditions, physical environment, policies, and opportunities for growth). | Percentage |
|---|---|------------|
| 1 | Yes   | 33.45%     |
| 2 | Somewhat  | 61.18%     |
| 3 | No  | 5.37%      |
|   | Total   | 297.00     |