

Worksite Survey Summary

1. Do you currently offer a workplace wellness program for your employees:

Yes: 30	34.4%
No : 57	65.5%

Describe what program you offer?

25 Comments:

Gym membership	2
Onsite Gym	6
Flu shots	5
Health Screenings	2
Saving/Incentives	7
Educational programs	8
Yoga	5
Smoking Cessation	1
Health Coach	4
Healthy Food Options	4
Massage	2
Fit Bits	2

2. What issues related to workplace wellness have you been dealing with?

1) Absenteeism 2) Low Morale 3) High Turnover 4) Worksite Injury
5) Decreased Productivity

No Comment: 33

Comments: by 54 people – said 1-5 comments per person

Absenteeism	12	15.8%
Low Moral	14	18.4%
High Turnover	13	17.1%
Work Injury	8	10.5%
Decreased Productivity	15	19.7%
Other: Stress	4	5.3%
Desire for Healthy Environment	5	6.6%
Smoke Cessation	1	1.3%
High Cost	1	1.3%
Mental Health	1	1.3%
Tardiness	1	1.3%
Budget restraints	1	1.3%

3. Are you interested in attending a symposium on workplace wellness?

Yes: 58	66.7%
No: 29	33.3%

4. If yes, what topic/s would like to learn about at the symposium?

- 1) Return on Investment 2) How to Communicate to Others 3) Higher Morale
4) Increased Productivity 5) Stress and Mental health 6) Other

No Comment: 28

Comments: 59 people – said 1-5 comments each

Return on Investment	17	15.2%
How to Communicate	10	8.9 %
Higher Moral	21	18.8%
Increased Productivity	23	20.5%
Stress and Mental Health	41	36.6%

Other: Compassion fatigue/secondary trauma

Workers Compensation

How to manage staff and set realistic expectations

Preventive and holistic approaches

Getting CEO and Board of Directors to support worksite wellness

Organizational tips to relieve stress

How to incentivize employees towards better health

Weight management

Employee engagement in health

Women's health

Lactation support for breastfeeding employees

Impact on measureable health and chronic disease indicators

Understanding medical plans

Why health care reform has helped/failed

5. Is there any individual or companies that you would like to hear speak at the symposium?

No Comment: 67 Comments: 20

- 5 people want to hear from companies who have run worksite programs, large and small
- "Y" is happy to share program results on employee programs
- Runners, triathlons, Olympians
- Expert on managing stress
- Bancroft Neuro Rehabilitation , Connor Strong, Paul Marciano, Celina Levy, Sean Campbell
- NJ Mental health Department
- Credible ROI data
- RWJ, Capital Health, St. Francis
- Franklin Convey Institute
- Gayle Gunn – Organizational Strategist and life style consultant
- Maria Sopaclas – Woman's Healthcare of Princeton
- Non-sales oriented panel discussion with audience participation
- Why health care reform has failed/succeeded
- Decrease stress/Increase moral/Increase productivity