

Attachment 1

Santa Cruz County Employee Wellness March 2016 Survey Summary

1. Six hundred and sixty-nine employees working in more than 20 locations throughout Santa Cruz County responded to the survey.
2. Preferred methods for learning about health: one-on-one coaching, e-mail health tips, onsite workshops/seminars and groups/clubs specific to an activity e.g. walking club.
3. Majority prefer to exercise in groups/classes rather than alone or on their own.
4. Tuesdays, Wednesdays and Thursdays are the days of the week when employees would be most likely to participate in wellness activities, with lunch time being the preferred time of day to participate.
5. Wellness activities would ideally last no more than 45 minutes.
6. Most convenient way for employees to access the internet for health information was at work or on their mobile phone.
7. The majority of respondents would be willing to pay to participate in wellness activities up to \$5.00 per session.
8. Sixty-two percent indicate they would participate without an incentive being provided. Financial rewards such as gift cards would motivate some as would raffles and/or small gifts such as a water bottle.
9. E-mail was chosen by 94% as the preferred method of receiving updates about the Wellness Program activities and events.
10. Inconvenient times, inconvenient location, lack of time and no onsite showers/lockers were listed as key barriers that keep employees from participating in wellness programs.
11. The majority of respondents live from 1 to 5 miles of work.
12. Many, many suggestions were provided regarding a potential name for the program. Currently, it will be referred to as the Employee Wellness Program. It is recommended that an employee contest including suggestions given in the survey will be held later this year to formally name this initiative.