



City of Duluth Bridge to Wellness Interest Survey Executive Summary

City of Duluth Bridge to Wellness Program in conjunction with CBIZ conducted a Wellness Interest Survey to discover the types of programs the employees would be interested in participating in to achieve their wellness goals. The survey was conducted online using a Survey Monkey Portal for all benefit eligible employees. The survey was open March 12th, 2014; all answers needed to be received by April 7th, 2014.

The respondents had the ability to rate their interest in a number of health topics as well as offer suggestions or ideas of activities that would interest them. **670** employees were given the survey, **160** employees completed the survey (**23%** participation rate).

Note: All responses may not equal 160 as individuals may have skipped questions.

Gender	Response
Male	37.74% or 60 responses
Female	62.26% or 99 responses

Age Group:	Response
Under 30	5.66% or 9 responses
31-39	22.01% or 35 responses
40-49	22.64% or 36 responses
50-59	39.62% or 63 responses
60+	10.06% or 16 responses

I would eat fruits, vegetables, and/or healthy snacks if they were available at work.	Response
Very likely.	69.18% or 110 responses
Somewhat likely.	28.30% or 45 responses
Not very likely.	0.63% or 1 responses
Not likely at all.	1.89% or 3 responses

If I had a 10 minute break, lunch hour or before work hours, I would use it for a personal activity like stretching, yoga or a walk if there was a place to do it.	Response
Very likely.	48.73% or 77 responses
Somewhat likely.	33.54% or 53 responses
Not very likely.	12.03% or 19 responses
Not likely at all.	5.70% or 9 responses



Do you typically take your regular lunch break during the day?	Response
Very often.	51.25% or 82 responses
Somewhat often.	25.62% or 41 responses
Not very often.	20.00% or 32 responses
Not at all.	3.13% or 5 responses
If you don't, why not?	
<ul style="list-style-type: none"> • Pressure to get work done. 	20.00% or 29 responses
<ul style="list-style-type: none"> • Need to catch up on work. 	26.90% or 39 responses
<ul style="list-style-type: none"> • I eat at my desk/work area. 	43.45% or 63 responses
<ul style="list-style-type: none"> • I don't want to. 	6.21% or 9 responses
<ul style="list-style-type: none"> • N/A 	37.24% or 54 responses

I think about my health when deciding what to eat.	Response
Very often.	48.75% or 78 responses
Somewhat often.	42.50% or 68 responses
Not very often.	8.75% or 14 responses
Not at all.	0.00% or 0 responses

I get 30 minutes of exercise 3 times per week to maintain my wellbeing.	Response
Yes	68.21% or 103 responses
No	31.79% or 48 responses
Other:	
<ul style="list-style-type: none"> • Most of the time but when stressed, I don't have the time or energy. 	
<ul style="list-style-type: none"> • Recently but not always. 	
<ul style="list-style-type: none"> • Everyday 	
<ul style="list-style-type: none"> • Less than 3 times a week. 	

I would make time for 30 minutes of physical activity most days of the week if a space was available at work, near me, or near home.	Response
Very likely.	61.64% or 98 responses
Somewhat likely.	31.45% or 50 responses
Not very likely.	5.03% or 8 responses
Not likely at all.	1.89% or 3 responses



I think I am energetic, positive, and in good health.	Response
Strongly agree.	28.13% or 45 responses
Agree.	58.13% or 93 responses
Disagree.	13.75% or 22 responses
Strongly disagree.	0.00% or 0 responses

I am aware of my health risks and know what it takes for me to lead a healthy lifestyle.	Response
Strongly agree.	41.14% or 65 responses
Agree.	57.59% or 91 responses
Disagree.	1.27% or 2 responses
Strongly disagree.	0.00% or 0 responses

Exercising seems like a big obstacle/challenge to me.	Response
Strongly agree.	5.10% or 8 responses
Agree.	36.94% or 58 responses
Disagree.	42.68% or 67 responses
Strongly disagree.	15.29% or 24 responses

Healthy eating seems like a big obstacle/challenge to me.	Response
Strongly agree.	3.77% or 6 responses
Agree.	35.22% or 56 responses
Disagree.	47.80% or 76 responses
Strongly disagree.	13.21% or 21 responses

I would participate in group activities about healthy eating or physical activity if they were offered.	Response
Very likely.	25.62% or 41 responses
Somewhat likely.	38.13% or 61 responses
Not very likely.	24.38% or 39 responses
Not likely at all.	11.88% or 19 responses

I would be interested in a tobacco/nicotine cessation program (if you are a tobacco/nicotine user).	Response
Yes	5.00% or 8 responses
No	13.75% or 22 responses
N/A	81.25% or 130 responses



I would be interested in information on other addiction resources (i.e. chemical dependency, gambling, etc.)	Response
Yes	1.26% or 2 responses
No	18.87% or 30 responses
N/A	79.87% or 127 responses

Top 5 health related topics of interest:	Response
Weight Management	53.59% or 85 responses
Physical Activity and Exercise	49.67% or 76 responses
Nutrition	47.17% or 73 responses
Stress Management	46.41% or 71 responses
Stretching, Strength, and Flexibility Tips	39.22% or 60 responses

Which wellness activities would you participate in on a regular basis if they were offered at work? (Top 5)	Response
Walking	63.95% or 94 responses
Stretching	51.70% or 76 responses
Yoga/Pilates	48.30% or 71 responses
Resistance Training	42.18% or 62 responses
Bicycling	38.10% or 56 responses
Other: <ul style="list-style-type: none"> • Exercise at home • Weight lifting • Mowing lawn and shoveling snow • Treadmill work stations • Nutritional weight and wellness classes • Strength training opportunities 	

I would be more motivated to eat healthier and exercise if I had a partner or was part of a team doing it.	Response
Very interested.	16.35% or 26 responses
Somewhat interested.	49.06% or 78 responses
Not very interested.	22.64% or 36 responses
Not interested at all.	11.95% or 19 responses

Would you be interested in being a buddy, partner, or source of support to others in their wellness activities?	Response
Very interested.	11.88% or 19 responses
Somewhat interested.	45.00% or 72 responses
Not very interested.	28.13% or 45 responses
Not interested at all.	15.00% or 24 responses



I am interested in understanding more about how to make changed and keep myself motivated.	Response
Very interested.	25.95% or 41 responses
Somewhat interested.	55.06% or 87 responses
Not very interested.	13.29% or 21 responses
Not interested at all.	5.70% or 9 responses

Mark the statement that best fits you.	Response
I am not interested in pursuing a healthy lifestyle.	0.64% or 1 responses
I have thought about making a lifestyle change but haven't gone any further.	5.77% or 9 responses
I started to make some changes one or more times, but they did not last.	16.67% or 26 responses
I made a lifestyle change that lasted for several months, but I'm not following it now.	29.49% or 46 responses
I have had a healthy lifestyle for more than a year.	47.44% or 74 responses

If you were to receive information about activities, health topics, news or tips to improve your wellbeing, what would be your preferred way to get that information?	Response
Bulletin board	6.45% or 10 responses
Weekly emails	69.68% or 108 responses
Monthly newsletters	42.58% or 66 responses
On the intranet	23.87% or 37 responses
Facebook, Twitter, or other social media sites	7.10% or 11 responses
Discussion at staff meetings	20.00% or 31 responses
Mail to your home	19.35% or 30 responses

What other kinds of health, wellness, and/or safety programs are you interested in or would like to see available?
<ul style="list-style-type: none"> • Discounts at the YMCA • Gym membership • Healthier food options in vending machines • 90 minute lunch hour for exercising • Massage at work • Bike share/bike check out • Healthy cooking demonstrations • Depression, sleep disorders • Fitness classes • Meditation • Group running • Health programs that do not involve weight loss



Have you completed a physical with your physician or health care provider in the last year?	Response
Yes	76.25% or 122 responses
No	23.75% or 38 responses

In the past 12 months have you participated in the Bridge to Wellness program?	Response
Yes	62.66% or 122 responses
No	37.34% or 38 responses

Please check one response for each item below: As a result of the Bridge to Wellness Program, my _____ has ...			
	Increased	Remained the same	Decreased
Exercise	30.30%	69.70%	-
Tobacco usage	-	83.00%	17.00%
Stress level	3.17%	91.27%	5.56%
Weight	3.79%	79.55%	16.67%
Eating habits	13.28%	81.25%	5.47%
Alcohol consumption	2.44%	89.43%	8.13%
Self-care	15.38%	84.62%	-
Work/life balance	7.03%	90.63%	2.34%

In the past 12 months the Bridge to Wellness program helped me:					
	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
Improve my health	3.82%	10.69%	50.38%	32.06%	3.05%
Increase my productivity at work	5.43%	12.40%	65.89%	15.50%	0.78%
Increase my ability to balance work and family	4.62%	16.15%	67.69%	10.77%	0.77%
Increased my self confidence in managing my health	4.58%	9.92%	55.73%	28.24%	1.53%
Is a valuable part of the benefit package offered by my employer	6.06%	3.79%	36.36%	41.67%	12.12%
Annual health risk assessment helped me identify health risks or behaviors I can work on	6.06%	5.30%	37.12%	42.42%	9.09%



Overall satisfaction in the Bridge to Wellness Program	Response
Very poor	2.65% or 4 responses
Poor	3.97% or 6 responses
Fair	29.80% or 45 responses
Good	47.02% or 71 responses
N/A	16.56% or 25 responses

Indicate how likely you would be to participate in each of the following programs if they were offered on-site at your location:				
	Likely	Somewhat likely	Unlikely	N/A
Weight management	31.08%	37.16%	22.97%	8.78%
Stress management	33.33%	41.33%	20.00%	5.33%
Tobacco cessation	3.50%	6.99%	17.48%	72.03%
Diabetes program	4.96%	13.48%	19.15%	62.41%
Cholesterol reduction	8.57%	32.14%	22.14%	37.14%
Self-care treatment	12.68%	50.00%	22.54%	14.79%
Back safety	14.79%	42.25%	27.46%	15.49%
Heart disease prevention	16.20%	50.00%	20.42%	13.38%
Cancer prevention	15.49%	54.23%	21.83%	8.45%
Asthma/allergy treatment	9.93%	17.73%	34.04%	38.30%
Physical activity program	46.98%	43.62%	7.38%	2.01%

How would you like to receive additional health information for specific health conditions, behaviors, or programs.	Response
Intranet site	28.10% or 43 responses
Email	76.47% or 117 responses
Flyers or bulletin board	20.26% or 31 responses
Wellness committee member	5.88% or 9 responses
Not interested in receiving additional information	7.84% or 12 responses



Please answer the following questions regarding working for the City of Duluth, HRA, DECC, Airport:					
	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
My employer cares about my health	3.82%	7.01%	26.11%	54.78%	8.28%
I am encouraged to lead a healthy lifestyle	4.46%	7.64%	28.66%	52.23%	7.01%
A strong wellness program is in place for all employees	6.37%	14.01%	47.77%	26.75%	5.10%
Leaders model good practices	5.77%	16.03%	48.72%	24.36%	5.13%
People who lead healthy lifestyles are rewarded with incentives	12.90%	25.16%	40.00%	19.35%	2.58%
People who live healthy lives are publically recognized	10.90%	26.92%	50.00%	10.26%	1.92%
People support others who are attempting to lead healthy lifestyles	5.13%	11.54%	37.82%	41.03%	4.49%
There are low-fat/healthy food options available	16.67%	28.21%	33.97%	19.87%	1.28%
It is normal for people to exercise during the workday	6.37%	22.93%	29.30%	36.31%	5.10%
It is normal for people to eat healthy food during the workday	3.18%	13.38%	33.76%	43.31%	6.37%
It is normal for people to use safety belts	4.49%	4.49%	26.28%	40.38%	24.36%