

## Results from the 2016 Employee Wellness Survey

### Interest in Programs

- 31% response rate from Faculty/Staff
- 70% of respondents have worked at SU more than 5 years
- 50% of respondents were interested in Financial Wellness programs
- 50% of respondents were interested in mindfulness-based stress reduction
- 16% of respondents indicated an interest in using Weight Watchers
- Participants are most interested in attending wellness programs in the middle of the day and after 5 p.m.
- 60% of respondents prefer in-person classes
- Two resources used most: campus fitness centers and Healthy Monday Syracuse
- Half of respondents are interested in Campus Fitness Classes

### Wellness Behaviors

- 65% said getting a healthy start to the week was important
- 92% reported their stress level in the past year was moderate to very high with family issues, personal finances, and professional responsibilities listed as top sources of stress
- 80% of respondents who used tobacco quit within the last 3 years
- 3.8% reported still smoking
- 33% of respondents do moderate to vigorous exercise 3 to 4 hours per week
- 71% take breaks and most frequently taken breaks are meal breaks