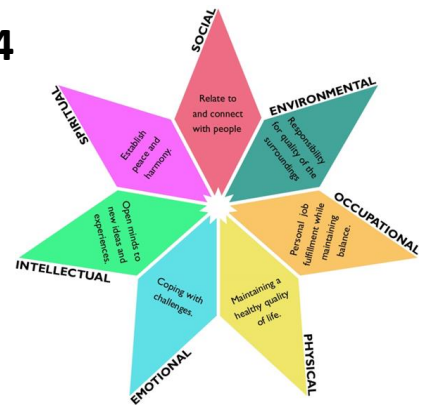


# Faculty/Staff Wellness Needs Assessment | Spring 2014



## Questions of Interest:

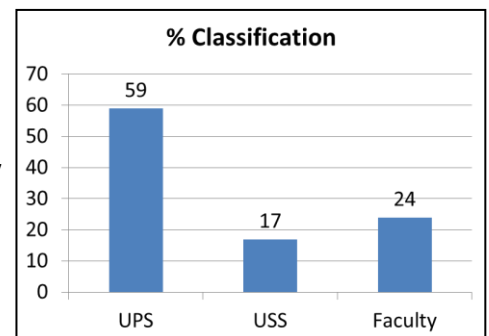
1. How important is a faculty/staff wellness program to current KU employees?
2. What are the current wellness programming needs & interests of KU faculty/staff?

## DATA HIGHLIGHTS:

- **Overall, employees are mildly interested in a KU employee wellness program**
  - Females more interested than males
  - UPS/USS more interested than faculty
  - Time is the biggest barrier to participating in a wellness program (more so than money or motivation)
    - After work & lunch hour given as best times to attend
    - Open ended suggested that those who already have a routine do not need additional help
- Most are unwilling to pay any fee to attend a wellness program
- **Fitness programs received the biggest amount of interest (54% males & 72% females)**
  - UPS (70% most interested), followed by USS (67%) and faculty (58%)
  - Top rated programs were On-site fitness programming, prescribe your own workout, & personal training
- Nutrition programs received 2<sup>nd</sup> largest amount of interest (30% males & 38% females)
  - UPS (40% most interested), followed by USS (37%) and faculty (24%)
  - Top rated programs were Healthy cooking & nutrition counseling
- Immunization programs received 3<sup>rd</sup> largest amount of interest (28% for both males & females)
  - UPS (29% most interested), followed by faculty (27%) and USS (26%)
  - Top rated programs were free flu shots & tetanus shots (USS more interested in tetanus than UPS/fac)

## ACTION STEPS AS RESULT OF ASSESSMENT:

1. Target advertisement efforts for employee wellness program
  - Market to females and UPS/USS initially
  - Consider ways to emphasize getting past the time barrier
  - Programmatic efforts after work and over lunch hour most likely to be better attended
2. Do not charge a fee to participate
3. Start with fitness & nutrition programs
  - First target on-site fitness programming ideas
  - Follow up with a healthy cooking program
4. Future survey considerations:
  - Define some of the terms (i.e., “health education” and “employee assist programs”)
  - Consider a healthy-rating score card



**METHOD**  
 Survey sent to all current KU faculty and staff early Spring 2014  
**N = 1493, 69.5% Female**  
 Exercise average 3.2 days/week, 30-45 minutes/session

