



































1. Please select your school or site from the drop down menu below.

		Response Percent	Response Count
Cascade		8.7%	32
Everett		6.3%	23
HM Jackson		6.0%	22
Sequoia		2.2%	8
Eisenhower		4.9%	18
Evergreen		4.1%	15
Gateway		2.2%	8
Heatherwood		5.7%	21
North		3.3%	12
Cedar Wood		2.7%	10
Denny Youth		0.5%	2
Emerson		1.9%	7
ESC		4.6%	17
Forest View		1.6%	6
Garfield		1.6%	6
Hawthorne		2.4%	9
Jackson		3.3%	12
Jefferson		2.4%	9
Longfellow		6.8%	25
Lowell		2.7%	10
Madison		1.6%	6

Maintenance		0.5%	2
Mill Creek		3.0%	11
Monroe		2.4%	9
Penny Creek		2.2%	8
Silver Firs		4.1%	15
Silver Lake		4.3%	16
Special Services		1.6%	6
View Ridge		0.8%	3
Whittier		3.0%	11
Woodside		2.4%	9
answered question			368
skipped question			8

2. The mission of the EPS Wellness Program is...."to create a culture of wellness by promoting opportunities that enhance the overall health and quality of life for all district staff". From your experience and the experience you have witnessed with your colleagues in our District, to what degree do you feel our employee wellness program is meeting this vision.

		Response Percent	Response Count
Not at all		0.8%	3
Somewhat		36.9%	137
Fully meeting vision		62.3%	231
answered question			371
skipped question			5

3. As stated in the previous question, one of the goals of the EPS Wellness Program is to "create a culture" of Wellness. Please read the statements below and then rate all that apply.

	Do not agree	Agree somewhat	Strongly agree	Rating Average	Rating Count
I notice that my colleagues and I are more conscientious about our health since the inception of the wellness program.	3.7% (14)	49.2% (185)	47.1% (177)	2.43	376
Wellness Program activities have helped to create a greater sense of camaraderie at my workplace.	9.7% (36)	50.1% (187)	40.2% (150)	2.31	373
There is more general conversation and discussion about health and wellness topics.	8.6% (32)	40.3% (150)	51.1% (190)	2.42	372
We have become more conscientious about having healthier food options for staff meetings and gatherings.	14.1% (52)	38.8% (143)	47.2% (174)	2.33	369
Having a district wellness program in place makes me feel that my health and well being are an important priority for district administrators and leadership.	4.3% (16)	24.7% (92)	71.0% (265)	2.67	373
Seeing district administrators and the leadership team involved in wellness activities inspires and motivates me to participate too.	17.4% (64)	43.1% (158)	39.5% (145)	2.22	367
answered question					376
skipped question					0

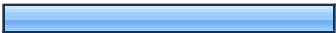













4. Which of the following goals of the wellness program is important to YOU personally in pursuing a healthier lifestyle? Please drag the items from the left to the right column in the order that you feel that are most important to improving your health.

	1	2	3	4	5	6	Rating Average	Rating Count
Weight Loss	55.8% (168)	9.6% (29)	15.3% (46)	11.0% (33)	8.3% (25)	0.0% (0)	2.06	301
Managing Stress	22.4% (57)	23.9% (61)	18.0% (46)	20.8% (53)	14.9% (38)	0.0% (0)	2.82	255
Increasing or Maintaining Physical Activity	25.3% (84)	40.4% (134)	22.9% (76)	8.7% (29)	2.7% (9)	0.0% (0)	2.23	332
Healthy Eating (nutrition)	12.3% (38)	35.1% (108)	29.9% (92)	18.5% (57)	4.2% (13)	0.0% (0)	2.67	308
Quitting Smoking	2.3% (2)	0.0% (0)	3.4% (3)	0.0% (0)	0.0% (0)	94.3% (83)	5.78	88
Reducing risk factors like high blood pressure, high cholesterol or diabetes	8.1% (18)	12.2% (27)	21.3% (47)	25.3% (56)	32.6% (72)	0.5% (1)	3.63	221
answered question							367	
skipped question							9	

5. Please rank how important the following wellness activities are to you.

	Not Important	Somewhat	Very Important	Rating Average	Rating Count
EPS Fitness Classes	32.5% (118)	42.1% (153)	25.3% (92)	1.93	363
Seasonal Campaigns like WALKTOBER	24.2% (88)	41.2% (150)	34.6% (126)	2.10	364
Weight Watchers at Work	48.4% (177)	28.4% (104)	23.2% (85)	1.75	366
Free and Clear Smoking Cessation Program	88.0% (314)	8.1% (29)	3.9% (14)	1.16	357
Stress Management Classes	26.1% (95)	42.9% (156)	31.0% (113)	2.05	364
Free Flu Vaccine Clinics	20.7% (76)	20.7% (76)	58.7% (216)	2.38	368
Health Fairs	23.7% (87)	47.1% (173)	29.2% (107)	2.05	367
Wellness Matters Newsletter	12.1% (44)	43.0% (157)	44.9% (164)	2.33	365
The Wellness Challenge	10.1% (37)	25.7% (94)	64.2% (235)	2.54	366
answered question					370
skipped question					6

6. Has your health improved as a result of having the EPS Wellness Program in place? If so, how? Please list ALL that apply below.

		Response Percent	Response Count
Weight loss 5-25 lbs		49.4%	166
Weight loss 25-50 lbs		9.8%	33
Weight loss of more than 50 lbs		2.1%	7
Lower blood pressure		23.5%	79
Lower cholesterol		19.6%	66
Healthier eating habits		73.5%	247
More physically active		68.2%	229
Less stress		39.6%	133
Improved sleep		29.5%	99
Need less medicine for chronic disease/condition		5.1%	17
Received a FREE flu shot and did not get the flu this year		45.5%	153
Fewer sick days this year		28.6%	96
Improved Fasting Blood Sugar (for diabetics)		5.1%	17
Other, please specify		11.0%	37
answered question			336
skipped question			40

7. What is the best way for you to learn about Wellness Program opportunities? Please rank and drag your choices in order of their importance.

	1	2	3	4	5	6	Rating Average	Rating Count
All District Email from Wellness	87.2% (301)	9.6% (33)	2.3% (8)	0.9% (3)	0.0% (0)	0.0% (0)	1.17	345
Newslinks	2.3% (4)	25.4% (45)	28.8% (51)	27.7% (49)	10.7% (19)	5.1% (9)	3.34	177
HR Payroll Newsletter	3.3% (6)	31.5% (57)	26.0% (47)	14.9% (27)	14.9% (27)	9.4% (17)	3.35	181
Wellness page of the District website	9.1% (21)	40.9% (94)	24.3% (56)	10.0% (23)	7.4% (17)	8.3% (19)	2.90	230
Wellness Team at my school or site	10.4% (20)	31.1% (60)	22.3% (43)	10.9% (21)	19.2% (37)	6.2% (12)	3.16	193
Weekly School Newsletter	8.0% (11)	8.0% (11)	12.3% (17)	16.7% (23)	15.9% (22)	39.1% (54)	4.42	138
answered question								363
skipped question								13

8. Do you have any comments, feedback, questions, concerns, or suggestions about the EPS Wellness Program you would like to share?

	Response Count
	171
answered question	171
skipped question	205



9. Are there additional services or programs you would like to see as part of the EPS Wellness Program in the future?

	Response Count
	95
answered question	95
skipped question	281

10. Offer a testimonial as to how you have benefited by having the EPS Wellness Program in place.

	Response Count
	106
answered question	106
skipped question	270

11. Do you know that the employee Wellness Program is funded through the Everett School Employee Benefit Trust and NOT the Everett School District?

		Response Percent	Response Count
Yes, I understand that distinction		74.3%	274
No, I was not aware of that		25.7%	95
	answered question		369
	skipped question		7