

Administrative Survey Report Form

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| Date of Report: 12/8/2014 | |
| Title: Employee Wellness Program Survey | |
| Purpose: To design an employee wellness program that meets the needs and interests of the employees. | |
| Semester conducted: | <input checked="" type="checkbox"/> Fall |
| | <input type="checkbox"/> Spring Year: 2014 |
| | <input type="checkbox"/> Summer |
| Brief description of sample (<i>Include information about how the survey was distributed; to whom it was sent; how many were included in the final sample and how many responded</i>): | |
| Invitations to complete the survey were e-mailed to 4,097 faculty and staff on September 30, reminder messages were sent to non-respondents on October 7, and the survey closed on October 11. A total of 778 responses were received, for a response rate of 19 percent. | |
| Overall response rate achieved (<i>report percentage</i>): A total of 778 responses were received, for a response rate of 19 percent. | |
| Key findings: Based on the results, we realize that most people interested in an employee wellness program are female staff between the ages of 40 and 60 years, do not meet minimum physical activity guidelines, and are overweight or obese. To this end, we need to include activities that are geared towards older individuals, who may be out of shape, overweight/obese, experiencing musculoskeletal problems, and/or are new to group fitness training. In addition, most respondents were worked at/in JCK, Alkek, the College of Health Professions, LBJ, and the College of Education and many requested that we offer group training classes in/near their buildings. Finally, barriers to employees participating in an employee wellness program include schedule and lack of administrative support. | |
| Actions planned or taken as a result of findings: We finalized the pilot program and have begun registration. As of 12/12/14, more than 400 registrants have registered. In response to the key findings of the survey, we will offer more than 20 weekly group training classes of a variety of formats, intensities, and target audiences at different locations throughout campus and at varying times. Some, for instance, will involve choreography and be intense while others will focus on stress reduction and include postural, strengthening, and stretching exercises. | |
| Person to contact for more information | |
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Please return this completed form to Susan Thompson, Institutional Research Office, susan@txstate.edu.