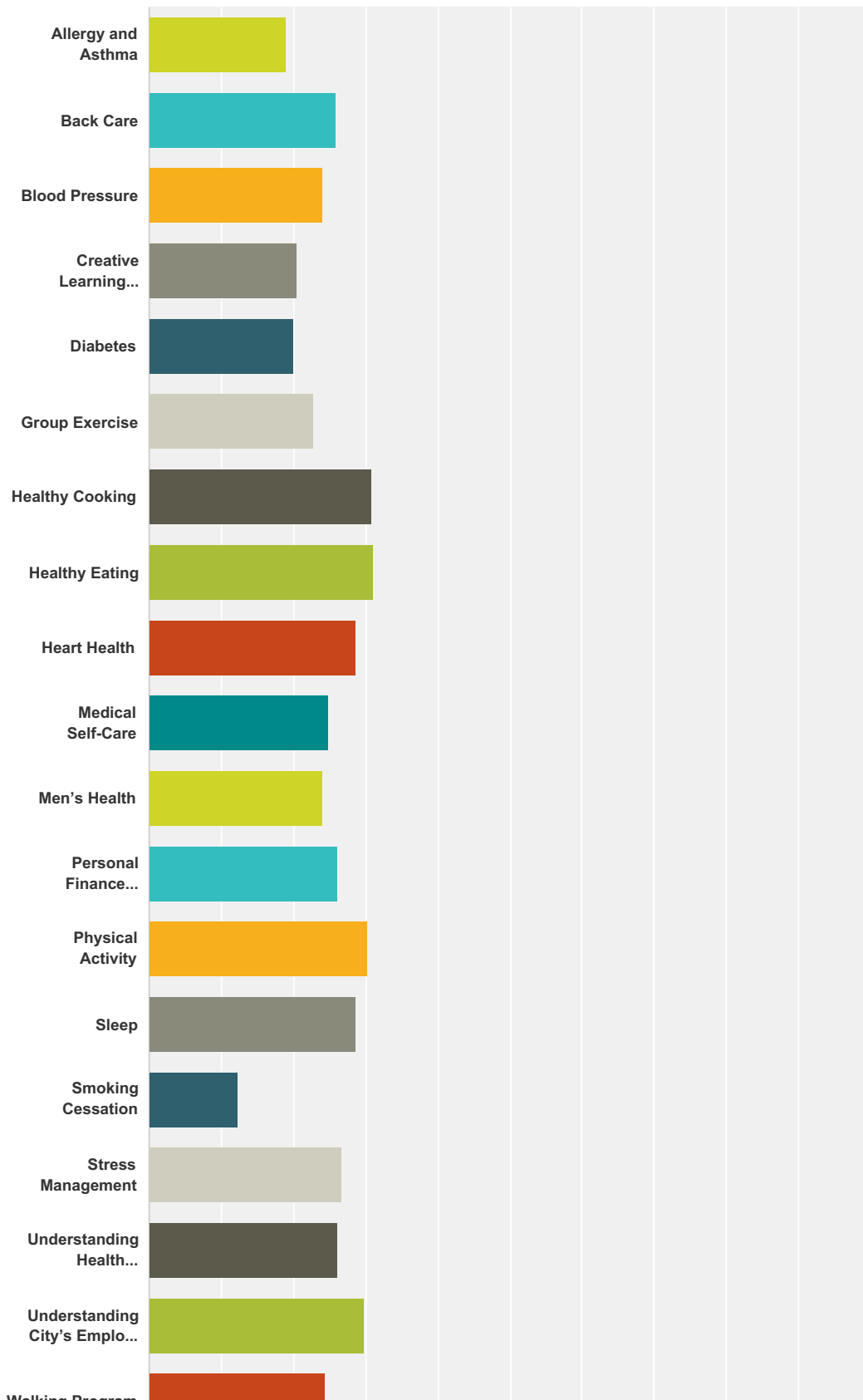
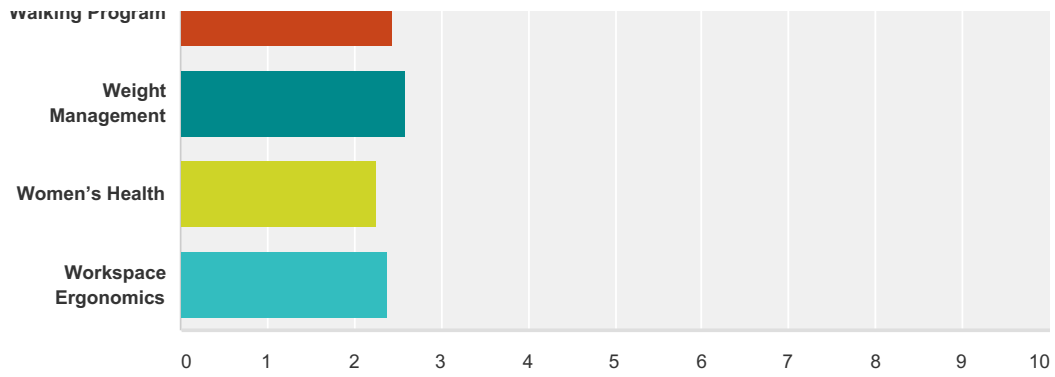


Q1 Please rate your interest in the following health topics.

Answered: 338 Skipped: 0



City of Roswell Employee Wellness Program



	Not Interested	Slightly Interested	Somewhat Interested	Very Interested	Total	Weighted Average
Allergy and Asthma	48.62% 158	23.08% 75	17.54% 57	10.77% 35	325	1.90
Back Care	26.23% 85	17.28% 56	29.01% 94	27.47% 89	324	2.58
Blood Pressure	28.26% 91	22.98% 74	27.95% 90	20.81% 67	322	2.41
Creative Learning (music, art, etc.)	46.58% 150	18.01% 58	19.88% 64	15.53% 50	322	2.04
Diabetes	45.40% 148	23.62% 77	16.87% 55	14.11% 46	326	2.00
Group Exercise	38.08% 123	17.65% 57	22.91% 74	21.36% 69	323	2.28
Healthy Cooking	10.84% 36	13.86% 46	29.52% 98	45.78% 152	332	3.10
Healthy Eating	10.15% 33	13.85% 45	30.46% 99	45.54% 148	325	3.11
Heart Health	15.48% 50	17.65% 57	31.58% 102	35.29% 114	323	2.87
Medical Self-Care	25.47% 81	22.33% 71	30.82% 98	21.38% 68	318	2.48
Men's Health	33.86% 108	16.30% 52	25.39% 81	24.45% 78	319	2.40
Personal Finance Management	24.76% 79	15.36% 49	34.17% 109	25.71% 82	319	2.61
Physical Activity	11.11% 36	14.51% 47	34.88% 113	39.51% 128	324	3.03
Sleep	17.96% 58	15.48% 50	30.65% 99	35.91% 116	323	2.85
Smoking Cessation	88.68% 282	4.40% 14	2.20% 7	4.72% 15	318	1.23
Stress Management	23.31% 76	16.87% 55	29.14% 95	30.67% 100	326	2.67
Understanding Health Insurance	21.98% 71	20.74% 67	30.34% 98	26.93% 87	323	2.62
Understanding City's Employee Retirement Benefits	15.03% 49	15.03% 49	26.99% 88	42.94% 140	326	2.98

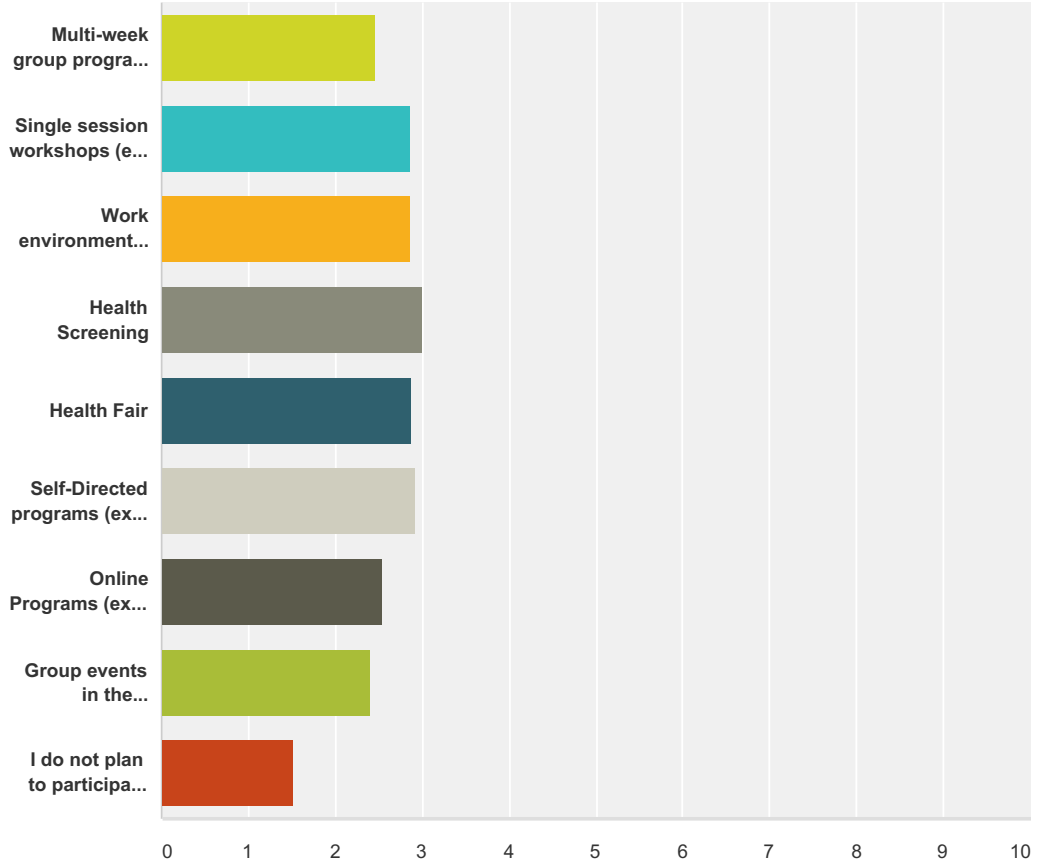
City of Roswell Employee Wellness Program

Walking Program	30.56% 99	19.14% 62	25.00% 81	25.31% 82	324	2.45
Weight Management	26.54% 86	18.21% 59	24.69% 80	30.56% 99	324	2.59
Women's Health	47.66% 153	9.03% 29	14.33% 46	28.97% 93	321	2.25
Workspace Ergonomics	33.96% 108	18.87% 60	23.27% 74	23.90% 76	318	2.37

#	Other (please specify)	Date
1	Retirement Planning and advanced Personal Finance Training	10/26/2015 6:08 PM
2	Holistic means of obtaining health.	10/26/2015 5:02 PM
3	Fitness program designed for "seniors"	10/26/2015 4:08 PM
4	Natural Medicine	10/6/2015 12:32 PM
5	Tobacco Not Cigarette	10/2/2015 4:10 PM
6	Arthritis	10/2/2015 5:20 AM
7	none	10/1/2015 7:05 PM
8	More exercise during lunch! Love yoga...but maybe zumba??!!	10/1/2015 1:23 PM
9	Exercise beyond walking.	10/1/2015 11:57 AM
10	City of Roswell Hembree Location Physical Activities	10/1/2015 11:45 AM
11	discounts for personal trainers	10/1/2015 11:43 AM
12	I think all of the above is needed to give the City employee's a well rounded opportunity.	10/1/2015 11:36 AM
13	Aromatherapy, massage therapy	9/24/2015 3:25 PM
14	skdjfh	9/23/2015 5:03 PM

Q2 If it was a topic of interest to you, how likely are you to participate in the following?

Answered: 337 Skipped: 1



	Not at all likely	Somewhat unlikely	Somewhat likely	Very likely	Total	Weighted Average
Multi-week group programs (ex. weight management programs, Walk Around the World, etc.)	27.54% 92	17.66% 59	35.93% 120	18.86% 63	334	2.46
Single session workshops (ex. healthy eating or heart health one-hour class)	15.82% 53	14.63% 49	36.12% 121	33.43% 112	335	2.87
Work environment that promotes healthy lifestyle (ex. learning ways to stand more at work, walking meetings, group workouts during work, wellness hours during work, etc.)	14.76% 49	18.07% 60	33.73% 112	33.43% 111	332	2.86
Health Screening	12.57% 42	11.68% 39	38.62% 129	37.13% 124	334	3.00
Health Fair	15.24% 50	15.24% 50	35.98% 118	33.54% 110	328	2.88
Self-Directed programs (ex. calorie counter, Fitbits, pedometers, etc.)	15.06% 50	14.76% 49	33.73% 112	36.45% 121	332	2.92
Online Programs (ex. webinar, weight management program, etc.)	24.32% 80	21.28% 70	30.09% 99	24.32% 80	329	2.54

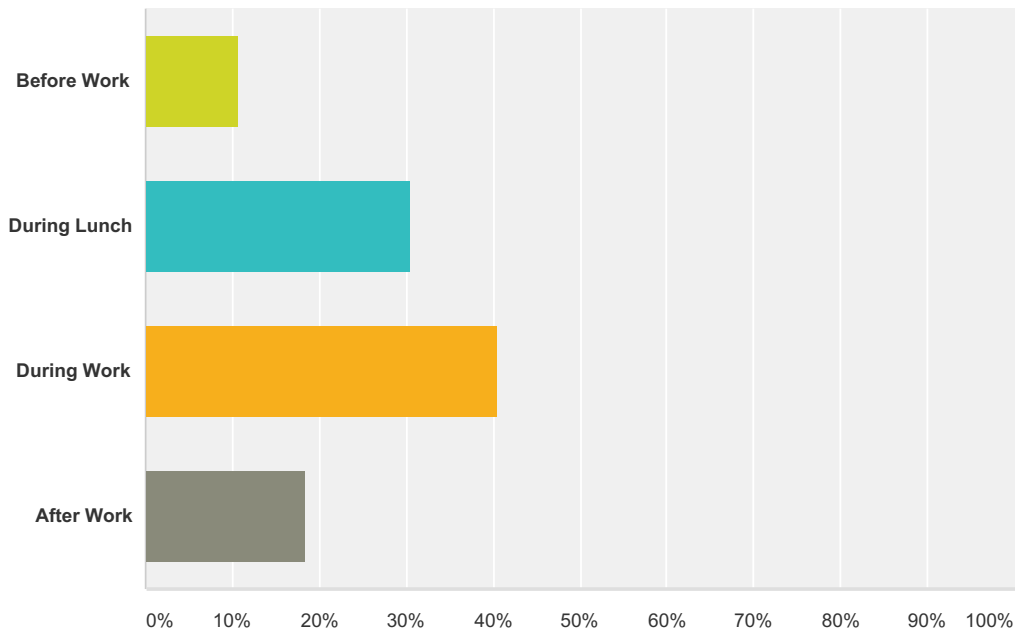
City of Roswell Employee Wellness Program

Group events in the community (ex. sports leagues, 5K races, etc.)	25.45% 84	27.88% 92	28.18% 93	18.48% 61	330	2.40
I do not plan to participate in any wellness programs at work.	64.84% 177	20.88% 57	10.26% 28	4.03% 11	273	1.53

#	Other (please specify)	Date
1	prefer online activity availability	10/7/2015 7:36 AM
2	I am taking part in the City's wellness program and do not understand the last question. make it easier to understand.	10/4/2015 7:22 AM
3	I enjoyed the group meetings with samples and presentations	10/2/2015 4:10 PM
4	please continue Yoga - single most beneficial thing Ive been offered here	10/2/2015 11:34 AM
5	none	10/1/2015 7:05 PM
6	I work out and eat healthy and in great shape. I work with gymnasts and try to live by what I teach the gymnasts.	10/1/2015 2:11 PM
7	Zumba! :)	10/1/2015 1:23 PM
8	If we can have this events at Hembree Location as well	10/1/2015 11:45 AM
9	Will only attend if forced with mandate or financial penalty	10/1/2015 11:27 AM
10	Did you know IT refuses to load the fit bit app on a city phone???	10/1/2015 11:23 AM
11	Difficult to attend many due to work schedule	10/1/2015 11:21 AM
12	Last question was confusig: I would participate in wellness programs at work	9/25/2015 1:38 PM

Q3 What time of day would be best for you to participate in a wellness activity?

Answered: 321 Skipped: 17



Answer Choices	Responses
Before Work	10.59% 34
During Lunch	30.53% 98
During Work	40.50% 130
After Work	18.38% 59
Total	321

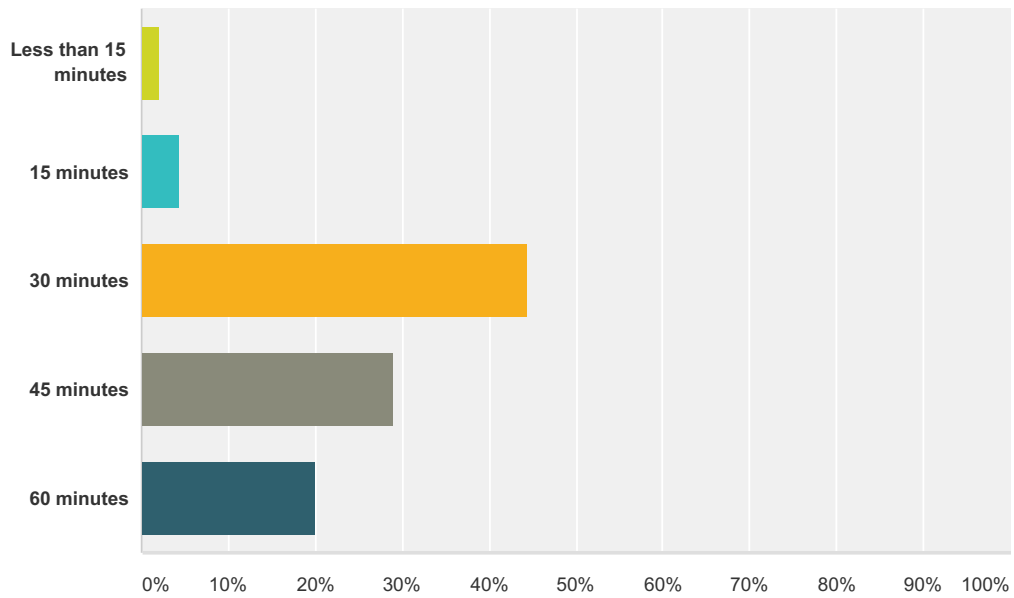
#	Other (please specify)	Date
1	On shift at the fire station (every 3rd day)	10/28/2015 8:06 AM
2	Not Interested	10/28/2015 6:44 AM
3	Never.	10/26/2015 3:42 PM
4	my time is mine, work time is the city's	10/7/2015 7:36 AM
5	or lunch	10/6/2015 1:02 PM
6	Depends on the activity, some are better after work.	10/6/2015 11:39 AM
7	During work I have no time	10/6/2015 12:33 AM
8	Early in morning to fit around overnight schedule	10/4/2015 5:42 AM
9	A set schedule for sure	10/2/2015 4:10 PM
10	Middle of the day	10/2/2015 5:20 AM
11	none	10/1/2015 7:05 PM
12	None	10/1/2015 3:44 PM

City of Roswell Employee Wellness Program

13	And during lunch.	10/1/2015 3:10 PM
14	I work 9PM-7AM	10/1/2015 2:50 PM
15	after work for me is 6 pm, before is too early as at work at 0600	10/1/2015 2:39 PM
16	During work hours or before. Not after.	10/1/2015 2:21 PM
17	I work over 40 hours a week and do not like to take on any extra hours because I'm exempt from overtime.	10/1/2015 2:11 PM
18	both during and after would work	10/1/2015 1:55 PM
19	12-1PM	10/1/2015 1:23 PM
20	variable based on schedule	10/1/2015 1:07 PM
21	Would love variety of classes at 5:00 not just yoga!	10/1/2015 12:21 PM
22	My only time of the day.	10/1/2015 11:57 AM
23	At City of Roswell Hembree Location	10/1/2015 11:45 AM
24	depends on schedule. if i know in advance i can work it easier	10/1/2015 11:41 AM
25	It's hard to carve out a specific time with what I do at work.	10/1/2015 11:36 AM
26	I think some classes "outside the box" of the above traditional times should be looked at.	10/1/2015 11:36 AM
27	Right after work (5 p.m.) so we could change and go home since there are no lockerroom facilities is best assuming most participants would be women!! We do not want to be stinky and sweaty half a day, unless we can shower after lunchtime workout!	10/1/2015 11:29 AM
28	None	10/1/2015 11:25 AM
29	None	10/1/2015 11:24 AM
30	depends on my schedule which changes day to day	10/1/2015 11:22 AM
31	anytime	9/28/2015 11:12 AM
32	After work is good too.	9/25/2015 1:46 PM
33	Also right after work	9/25/2015 1:38 PM

Q4 How long should a wellness activity last?

Answered: 320 Skipped: 18



Answer Choices	Responses
Less than 15 minutes	2.19% 7
15 minutes	4.38% 14
30 minutes	44.38% 142
45 minutes	29.06% 93
60 minutes	20.00% 64
Total	320

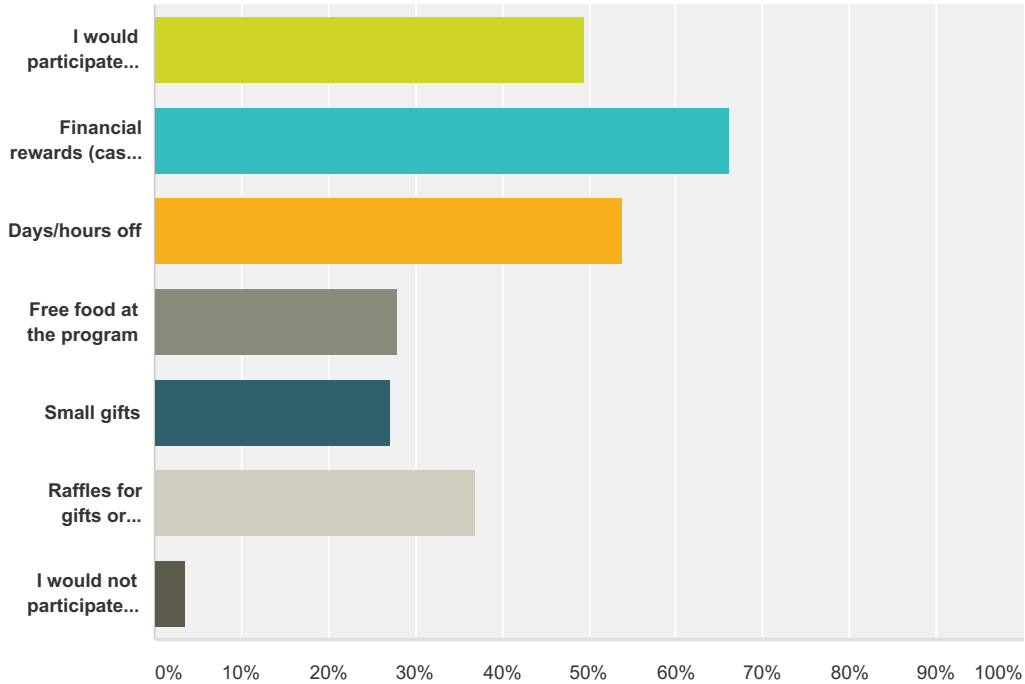
#	Other (please specify)	Date
1	Zero	10/28/2015 6:44 AM
2	Never. Just testing to see if I show up twice.	10/26/2015 3:42 PM
3	30 or 45	10/26/2015 2:59 PM
4	30 minutes or less	10/7/2015 7:36 AM
5	Or less	10/6/2015 3:50 PM
6	It depends upon the activity. Ex.Run for 15 minutes	10/2/2015 11:27 AM
7	It really depends on the activity 30 mins - 1 hr	10/2/2015 5:20 AM
8	none	10/1/2015 7:05 PM
9	none	10/1/2015 3:44 PM
10	Different programs would need more time than others	10/1/2015 2:33 PM
11	30-60 minutes	10/1/2015 2:21 PM
12	Depends on the activity	10/1/2015 1:13 PM

City of Roswell Employee Wellness Program

13	depends how the subject. However much time is needed	10/1/2015 12:23 PM
14	Depnds on the activity.	10/1/2015 11:36 AM
15	Or more depending on the topic and depth of coverage of topic	10/1/2015 11:31 AM
16	0 minutes	10/1/2015 11:25 AM
17	None	10/1/2015 11:24 AM

Q5 Which of the following incentives would increase your likelihood to participate in wellness activities? (Select all that apply.)

Answered: 332 Skipped: 6



Answer Choices	Responses
I would participate without an incentive.	49.40% 164
Financial rewards (cash, gift cards, lower cost in health insurance)	66.27% 220
Days/hours off	53.92% 179
Free food at the program	28.01% 93
Small gifts	27.11% 90
Raffles for gifts or financial rewards	37.05% 123
I would not participate even with an incentive.	3.61% 12
Total Respondents: 332	

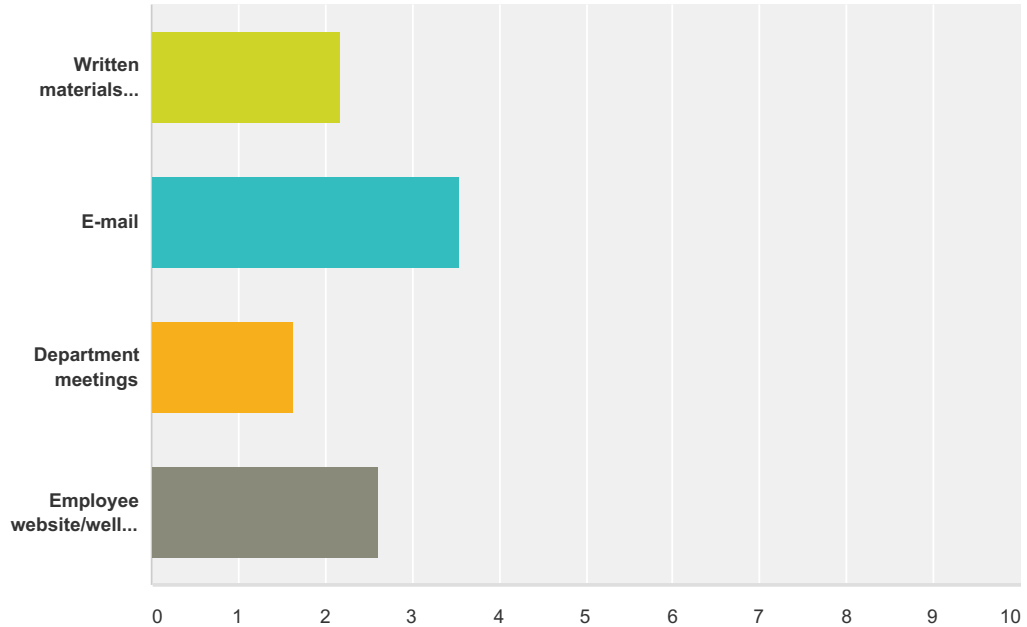
#	Other (please specify)	Date
1	Treadmill and exercise bike located in City Hall	10/26/2015 4:08 PM
2	From Karin - just testing!	10/26/2015 3:42 PM
3	A place to shower	10/14/2015 2:16 PM
4	incentives are good but don't mess with my privacy	10/7/2015 7:36 AM
5	but little incentives are nice	10/6/2015 1:02 PM
6	I would, if I could do it while on the city's time.	10/5/2015 7:48 AM
7	being allowed to work out during work day	10/2/2015 7:24 PM

City of Roswell Employee Wellness Program

8	an award or a contest like biggest loser or biggest turn around	10/2/2015 4:10 PM
9	none	10/1/2015 7:05 PM
10	All	10/1/2015 3:35 PM
11	make access to showers available	10/1/2015 3:27 PM
12	If you have a healthy lifestyle I think you should not be forced to do extra work and do extra projects to receive lower cost health insurance. It should be the reward of getting the lower cost of health insurance	10/1/2015 2:11 PM
13	Lower cost in health insurance is not the same as cash/gift card	10/1/2015 12:28 PM
14	I cannot participate during lunch. So I would need to be able to do this during work hours and it be ok with management	10/1/2015 12:06 PM
15	Insurance/benefits credits	10/1/2015 11:57 AM
16	would have to be convenient	10/1/2015 11:56 AM
17	I only say time off as I feel like I should be working during working hours.	10/1/2015 11:36 AM
18	I would participate no matter what but incentives are nice:)	10/1/2015 11:31 AM
19	Add program into normal work day hours	10/1/2015 11:30 AM
20	The 2 incentives may prove great! People would love to be reimbursed for their own gym memberships. Have the gyms sign a sheet of participation each month and set a minimum # of workouts/month :-)	10/1/2015 11:29 AM
21	Question 6 - might want to note 1 as most likely and 4 as least likely	9/24/2015 12:03 PM

Q6 How would you prefer to receive information about the City’s worksite wellness events? Rank the options from 1 to 4 in order of preference.

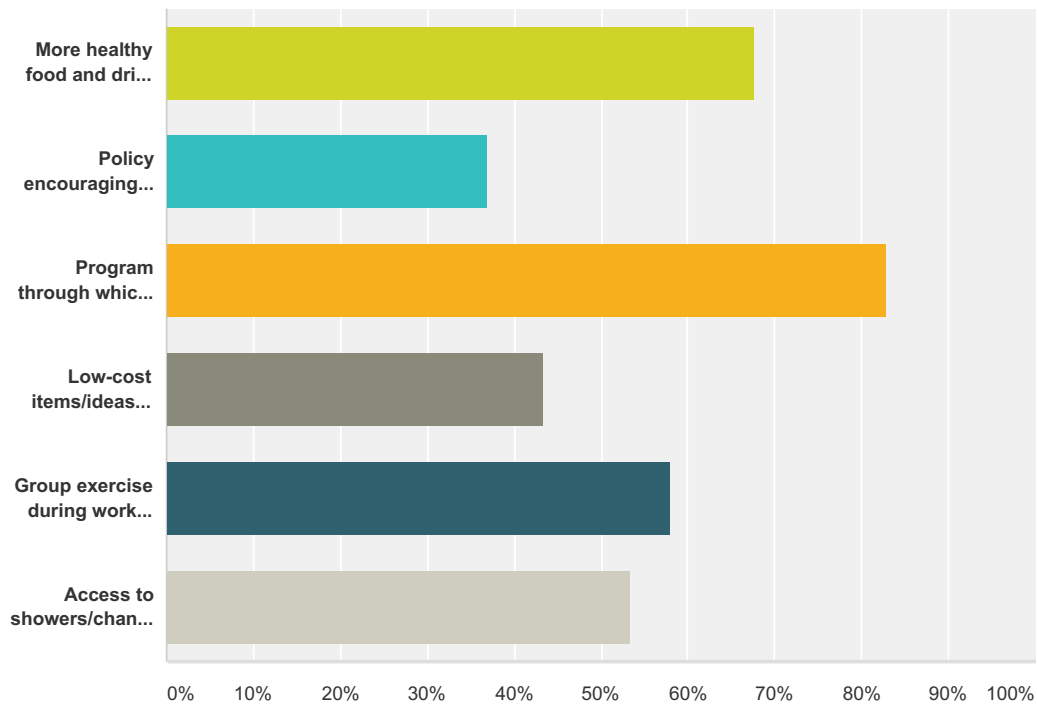
Answered: 331 Skipped: 7



	1	2	3	4	Total	Score
Written materials (flyers, memos, etc.)	7.54% 23	23.93% 73	46.56% 142	21.97% 67	305	2.17
E-mail	77.64% 250	8.39% 27	4.97% 16	9.01% 29	322	3.55
Department meetings	4.56% 14	11.73% 36	24.76% 76	58.96% 181	307	1.62
Employee website/wellness program page at roswellatwork.com	10.16% 32	53.97% 170	23.81% 75	12.06% 38	315	2.62

Q7 Would you support any of the following? (Select all that apply.)

Answered: 322 Skipped: 16



Answer Choices	Responses
More healthy food and drink options in the vending machines.	67.70% 218
Policy encouraging walking meetings when applicable.	36.96% 119
Program through which the City pays a percentage of your gym or personal trainer fees.	82.92% 267
Low-cost items/ideas that will encourage standing while working.	43.48% 140
Group exercise during work hours or grace period upon returning from exercising during lunch to allow for changing clothes/personal hygiene.	58.07% 187
Access to showers/changing areas if you exercise during lunch or before work.	53.42% 172
Total Respondents: 322	

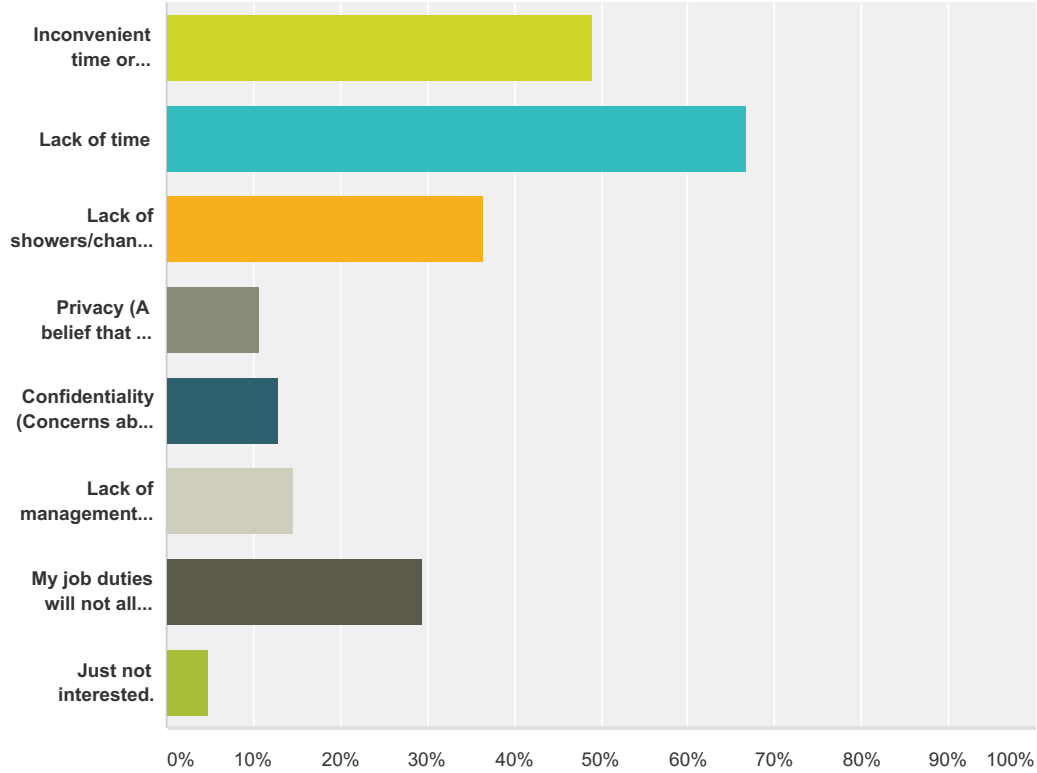
#	Other (please specify)	Date
1	I really like the incentive on employees receiving discounted health coaching cost, i.e. personal training, nutritionist, holistic health.	10/26/2015 5:02 PM
2	Group exercise designed for "seniors", water aerobics designed for "seniors"	10/26/2015 4:08 PM
3	but don't take away the traditional alternatives	10/7/2015 7:36 AM
4	I do not eat junk food or soda; have never purchased from the vending machines. But I would if there were healthy options for fresh snacks (unprocessed foods) such as yogurt, fruit (apples), milk!, juice (real juice-not from concentrate), dried fruit or berries (without sugar added). I know very few people want to eat this way so it might not sell but it would if it's in a healthy marketed environment. Too bad vending companies only think about those who eat "processed".	10/6/2015 4:14 PM
5	TRAINING/EXERCISE separate from lunch break	10/5/2015 9:09 AM

City of Roswell Employee Wellness Program

6	I would be motivated to workout for an hour on city time.	10/5/2015 7:48 AM
7	My people are moving constantly a realistic break would	10/2/2015 4:10 PM
8	SILVER SLIPPER PROGRAM THROUGH HEALTH INSURANCE	10/1/2015 2:44 PM
9	If I was going to work out, it would be after work	10/1/2015 2:25 PM
10	Showers!!!!!!!!!!!!!!	10/1/2015 1:34 PM
11	City pays % of gym OUTSIDE of City Limits !!	10/1/2015 1:03 PM
12	We definitely need showers at City Hall. It makes no sense to walk or run at lunch if you cannot shower. Must have showers. Must have shower at Waller Park. Cannot work out there and then come back to work without showering.	10/1/2015 11:53 AM
13	Some of these are not practical for patrol officers.	10/1/2015 11:44 AM
14	Gym at City Hall	10/1/2015 11:43 AM
15	Access to showers/changing areas if exercise after work	10/1/2015 11:31 AM
16	Access to showers would be AWESOME!!!!!!!!!!	10/1/2015 11:29 AM
17	All of the above!! Especially payment of gym/trainer fees.	10/1/2015 11:24 AM
18	None	10/1/2015 11:24 AM

Q8 Are there any barriers that prevent you from participating in wellness activities at work? (Select all that apply.)

Answered: 293 Skipped: 45



Answer Choices	Responses
Inconvenient time or location	49.15% 144
Lack of time	66.89% 196
Lack of showers/changing areas	36.52% 107
Privacy (A belief that my employer should not be involved in my personal health.)	10.58% 31
Confidentiality (Concerns about others knowing of my personal health.)	12.97% 38
Lack of management support or pressure to get my work done.	14.68% 43
My job duties will not allow me to participate.	29.35% 86
Just not interested.	4.78% 14
Total Respondents: 293	

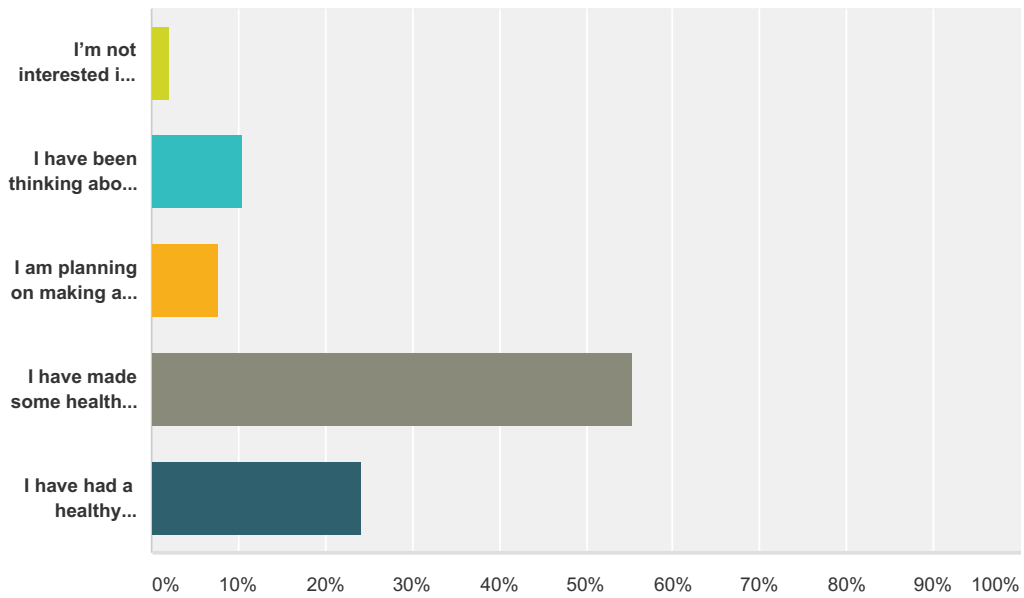
#	Other (please specify)	Date
1	there is no reason I can not participate	10/28/2015 8:06 AM
2	Only work part time and mostly nights and weekends	10/27/2015 9:39 AM
3	Due to my division my time constraint may be an issue at times due to staffing, but I can still participate at times.	10/26/2015 5:02 PM

City of Roswell Employee Wellness Program

4	Lack of programs designed for "seniors"	10/26/2015 4:08 PM
5	At fire department we may to respond at a moments notice.	10/26/2015 3:39 PM
6	None of the above.	10/26/2015 3:15 PM
7	I dont know. I havent started on the road yet.	10/7/2015 10:07 AM
8	my health is my choice & i shouldn't be punished for it	10/7/2015 7:36 AM
9	Lack of showers is huge	10/6/2015 5:45 PM
10	I don't want to workout with people that I know on-site during work hours. After hours best for me and i'm not likely to come earlier in the a.m. either. The City has plenty of parks and facilities to have programs for employees only. It's great that they give us a discount on the R&P programs but not enough are those have convenient times. How about using some of those facilities for employees.	10/6/2015 4:14 PM
11	short staff	10/5/2015 9:09 AM
12	Working the road as a supervisor makes it difficult to attend any at work excercise activities.	10/4/2015 7:22 AM
13	I work nights at the jail. 11pm-7am	10/2/2015 11:27 AM
14	Need time to clean up and return to work. Need better scheduling, we don't work 8 to 5 Mon- Fri. We (PD) work 12 hour shifts 2 days on and 2 days off.	10/2/2015 5:20 AM
15	Unable to participate during work days.	10/1/2015 7:56 PM
16	I am happy with my existing excercise routine where I live	10/1/2015 3:49 PM
17	work for the police dept. and unable to leave duties for that	10/1/2015 2:39 PM
18	quality of showers	10/1/2015 2:33 PM
19	I don't mind support of workers who need the help but not everyone needs the extra wellness activities or lectures	10/1/2015 2:11 PM
20	Need to balance schedule with work responsibilities	10/1/2015 1:00 PM
21	Possibility of employer penalizing for health issues	10/1/2015 12:56 PM
22	Only one shower in the center of the main floor is not very accessible or convinient.	10/1/2015 11:57 AM
23	No, I have an awesome job that I have to take care of myself.	10/1/2015 11:36 AM
24	I have participated but I do not do exercise in a group.	10/1/2015 11:31 AM
25	Too many back problem due to 2 surgery	10/1/2015 11:30 AM
26	Job duties at times	10/1/2015 11:30 AM
27	Threat of penalties from City Hall.	10/1/2015 11:25 AM
28	I do not want the City hounding me	10/1/2015 11:24 AM
29	Stay too far away, So when I get off of work I want to go hime, not continue to participate in work related events.	10/1/2015 11:23 AM

Q9 In which of the following categories would you place yourself?

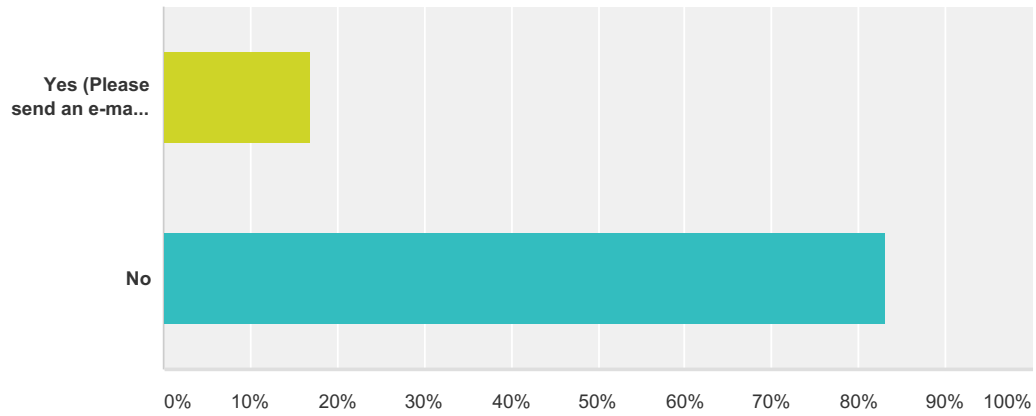
Answered: 334 Skipped: 4



Answer Choices	Responses
I'm not interested in changing health behaviors at this time.	2.10% 7
I have been thinking about changing some of my health behaviors.	10.48% 35
I am planning on making a health behavior change within the next 30 days.	7.78% 26
I have made some health behavior changes, but I still have trouble following through.	55.39% 185
I have had a healthy lifestyle for years.	24.25% 81
Total	334

Q10 Do you have an interest in being on a wellness committee/sub-committee?

Answered: 326 Skipped: 12



Answer Choices	Responses	
Yes (Please send an e-mail to Nick Franks, Wellness Program Coordinator, at nfranks@roswellgov.com for more information.)	16.87%	55
No	83.13%	271
Total		326

City of Roswell Employee Wellness Program

Q11 What suggestions do you have to improve the City of Roswell's employee wellness program:

Answered: 118 Skipped: 220

#	Responses	Date
1	allocate time on shift for exercise	10/28/2015 3:35 PM
2	weekly emails	10/28/2015 8:06 AM
3	Do not have an incentive (\$20 less per pay period for insurance) and then threaten to take it away at the slightest moment.	10/28/2015 6:44 AM
4	I currently go to a personal trainer and group training outside of work. Since it is expensive, I wish our insurance would cover a portion of it or to receive a discount on my insurance coverage	10/27/2015 1:00 PM
5	Improving Workspace Ergonomics	10/27/2015 8:08 AM
6	Make them departmentally specific classes. Police have distinctly different concerns and problems that need recognition.	10/26/2015 6:08 PM
7	At this point no.	10/26/2015 5:02 PM
8	Paid time to exercise. At least three hours per week.	10/26/2015 4:59 PM
9	A city owned gym with personal trainers (trainers could be employees certified to train) and a city run clinic/doctor's office offering simple healthcare options that are affordable.	10/26/2015 4:34 PM
10	no idea	10/26/2015 4:28 PM
11	working with a personal trainer	10/26/2015 4:14 PM
12	Some programs/activities designed for seniors, a small exercise room with at least a treadmill and exercise bike located in City Hall	10/26/2015 4:08 PM
13	I have not had the opportunity to participate to give an opinion on this.	10/26/2015 3:50 PM
14	Wellness program that includes and extensive yearly physical. This will assist in prevention and diagnosis of medical problems prior to them being a burden on the city and employee. Creating a program that allows employees an extensive physical once a year will have a positive long term financial impact on the city. Healthy and happy employees obviously use less sick leave and create friendly work environments. The physical includes but is not limited to EKG, blood panel, strength test, flexibility test, pulmonary function, hearing, and vision testing. Very similar to our employment physical. Early detection stops the undiagnosed progression of allot of illnesses that cause employees to miss work regularly. It may be a program that can be implemented in the Roswell Clinic that has been proposed.	10/26/2015 3:44 PM
15	Incentives to promote good health in a way that employee does not feel uneasy with	10/26/2015 3:39 PM
16	Some type of monetary reward for meeting established fitness standards. That money could be used to fund the employee's fitness plan of choice (gym membership, martial arts classes, tennis membership, fitness equipment, etc).	10/26/2015 3:26 PM
17	Help pay for gym/fitness memberships. We get \$20 on our insurance for just talking to a wellness coach. Talking to a wellness doesn't make you healthy. Employees should like me, who regularly workout should be rewarded for our physical fitness standards. We actually practice what is preached for a healthy lifestyle. I get more from my workout than I do from my quarterly meetings "talking" to the wellness coach	10/26/2015 3:15 PM
18	Continue doing what they doing.	10/26/2015 3:15 PM
19	Shower at City Hall and definitely a shower at Waller Park	10/26/2015 3:14 PM
20	Provide time!!!!!!!!!!	10/26/2015 3:12 PM
21	Provide cooks that show you how to prepare healthy meals	10/26/2015 3:04 PM
22	There should be a requirement to show improvement	10/26/2015 3:00 PM
23	N/A	10/26/2015 2:59 PM

City of Roswell Employee Wellness Program

24	We need free weights (squat rack, barbells, etc..) and showers	10/14/2015 2:16 PM
25	A city employee only gym would or incentive to join a gym would be great. The PD gym is too small...	10/13/2015 2:26 AM
26	none	10/12/2015 5:58 PM
27	none at this time	10/10/2015 11:51 AM
28	I am not sure what direction the City needs to go, however the last 2 options do not seem to have made an impact.	10/8/2015 7:59 AM
29	improved weight room for employees	10/8/2015 5:49 AM
30	None	10/7/2015 8:32 PM
31	Change up the walking program. We do not need to walk around the world again	10/7/2015 4:21 PM
32	Bring in a massage therapist once a month to help relieve stress and physical tension.	10/7/2015 2:32 PM
33	Just that the people in charge need to be more understanding that not all employees or departments are allowed to leave their post to attend some mandatory meetings and I don't feel its right for these employees to get in trouble and possibly be forced out of program because of ths.	10/7/2015 2:14 PM
34	Discard it. This statement is not intended to be rude but the problem with the program is there's no one to hold you accountable and there is no reward for improvement and no punishment for lack of improvement. It simply informational only.	10/7/2015 8:58 AM
35	Leave it as an option & STOP the pressuring	10/7/2015 7:36 AM
36	Allowing people to join late. I was out on FMLA and returned to late to sign up for the program	10/6/2015 7:29 PM
37	Give us more programs for stress and R&R. Yoga has been implemented but not at convenient times. I am not going to put on my yoga pants (I have a slim physique by the way) and walk around in City Hall with fellow employees. I discussed with the previous wellness coach the possibility of massage - great for stress and those of us who sit at computers 8 hrs a day. Or, how about a true employee lounge where someone could go sit and relax when the pressure gets too much or just during lunch break. Just thinking...soft lights (out of the overhead fluorescent-not calming), soft music. A quiet place to regroup during the day if that's what someone needs. There are many days when I don't have time to leave the office for lunch but I would take 15-20 minutes to relax if there was somewhere to do that in City Hall. My office has no privacy-can't close doors. People come and go and sometimes I need to walk away and relax a bit. Even the bathrooms are public. I have never worked in a place that had really no private, semi-private place for employees. The vending/lunch room at City Hall is not a place to relax. But a great place to eat unhealthy snacks if that's what you are in to.	10/6/2015 4:14 PM
38	I would like to encourage more people to use our recreation centers for their gyms and some type of program that would allow it to be included within our work day (i.e, not having to do it before or after work). Stability ball chairs, etc	10/6/2015 3:58 PM
39	Free healthy food Gym memberships Cash incentives	10/6/2015 3:50 PM
40	It would be nice to actually have healthy food and snacks at meetings, etc. The City talks about healthy choices, but always has unhealthy food at meetings and luncheons.	10/6/2015 1:02 PM
41	I would like to see a focus on some natural medicine related topics. Also, I understand exercise and eating right are extremely important but I think the city is missing out on addressing other wellness related topics/areas.	10/6/2015 12:32 PM
42	1. Regular worksite wellness challenges: www.sonicboomwellness.com/ 2. Free gym membership as long as employee meets a determined attendance requirement. Example 4 day a month commitment. 3. Create an environment that promotes physical, emotional and social wellness. Examples, a health/wellness tip to your monthly employee newsletter, an outdoor work area with benches and outlets to inspire people to head outside, reward employees that meet their health and wellness goals, promotional events, and flex time or leave time for exercise. I do not have a specialty in a wellness area but willing to be involved in any way I can.	10/6/2015 11:39 AM
43	Pay for gym memberships. Allow extended lunch breaks for gym time. Provide incentives for reaching goals.	10/5/2015 5:44 PM
44	pay my gym membership	10/5/2015 12:12 PM
45	Different time/days instead of just one time option	10/5/2015 8:07 AM
46	The city needs to provide it's employees time during the work day to exercise.	10/5/2015 7:48 AM
47	Better work out facility	10/4/2015 3:53 PM
48	Have 1 specifically designed for police. working varying shifts makes it difficult for any of us to attend most daytime 8-5 meetings.	10/4/2015 7:22 AM
49	Get rid of these programs where they draw your blood and analyze it. I have always and will continue to just pay the extra money. I refuse to have my blood drawn in a location other than a hospital.	10/2/2015 11:43 PM

City of Roswell Employee Wellness Program

50	realistic incentives. Better time management for those who choice to participate.	10/2/2015 4:10 PM
51	money	10/2/2015 12:40 PM
52	Becareful including Partime Firefighters that don't recieve benefits from the city/	10/2/2015 11:34 AM
53	More of a variety of times and programs that would make the wellness program more accessible to Police officers, detention officers, and communications officers.	10/2/2015 11:27 AM
54	Keep tweaking the program to see what seems to work for more folks. Continue and/or increase incentives for participation.	10/2/2015 9:19 AM
55	continue incentives (even small ones) for participation	10/2/2015 9:03 AM
56	Lunch n Learn topics 1 & 1 coaching with Wellness Coordinator Include healthy snacks @ Wellness Meetings Have more group projects with wellness members instead of powerpoint presentations - individuals should be more creative if want to result in ourselves	10/2/2015 8:33 AM
57	I prefer classes to the one on one consultations.	10/2/2015 8:08 AM
58	Flexibility, different schedules	10/2/2015 5:20 AM
59	None currently. But this current one is better than the Korillia classes.	10/1/2015 8:06 PM
60	Help pay for our gym membership.	10/1/2015 7:05 PM
61	None. It has been very helpful to me in my eating habits. To those who are not participating, it may help to send them these healthy eating tips somewhat (flyer, email, website, etc.)	10/1/2015 3:49 PM
62	Make it voluntary.	10/1/2015 3:44 PM
63	Annual fitness testing- minimal standards will at least ensure everyone is fit for duty and leading a healthy lifestyle	10/1/2015 2:54 PM
64	SENIOR CENTER BE FREE TO EMPLOYEES OF THE CITY - AGES 55 AND ABOVE	10/1/2015 2:44 PM
65	perhaps to provide classes after 6pm or more than at 12 and 5... great for those that work 8-5 but not those with odd shifts	10/1/2015 2:39 PM
66	Pay for a gym membership and allow employees 1 hour per shift to exercise (paid).	10/1/2015 2:33 PM
67	I really like the idea of classes during the work day, whether it is at lunch or around that time. I know we had yoga recently, but I would like it if we did a strength and cardio class as well. Also, paying for the gym is a great idea, I know many people that go to the gym or would like to go, so it would benefit many people. All gyms are different prices, so maybe give a set price that the city will pay but treat it like the tuition reimbursement. It would be after the fact that the employee would see the benefit. They show the receipt, and get a portion of the money back. It also keeps them with something to look forward to at the end of the year, so it will keep them working out and staying healthy.	10/1/2015 2:33 PM
68	City pay for fitness plan and proof of usage be submitted to the city. If the facility is not used, their plan gets cancelled. Required to attend 3-4 times per week for at least 30 min.each time	10/1/2015 2:25 PM
69	n/a	10/1/2015 2:21 PM
70	Rank your people who need it and have them do majority of the classes. Don't force everyone to do it. Everyone is not equal when it comes to health and wellness. Without penalizing the people that have a healthy lifestyle.	10/1/2015 2:11 PM
71	I think we should make the lunch workout a daily thing (maybe different forms of workout different days of the week) Definitely provide shower facility, I would go to Waller Park during lunch but the lack of shower prevents me from doing so.	10/1/2015 1:28 PM
72	Offering a more diverse set of classes. DEFINITELY keep yoga but maybe add some cardio exercises or do a lunchtime walk...?	10/1/2015 1:23 PM
73	Available time to participate	10/1/2015 1:13 PM
74	I think it is a great incentive to offer employees a rebate on a portion of their annual gym membership. This provides the option to participate in a gym that may be closer to their home, which in turn means potential for more participation.	10/1/2015 1:11 PM
75	Soft Benefits should include paying % of gym membership (or giving discount) AT LOCATIONS outside of City Limits !! I would do this if available	10/1/2015 1:03 PM
76	Improve opportunities to move during the day rather than sit in front of a computer all day.	10/1/2015 1:00 PM
77	Include all full and part time. Extend more health related programs to part time employees currently not available.	10/1/2015 12:56 PM

City of Roswell Employee Wellness Program

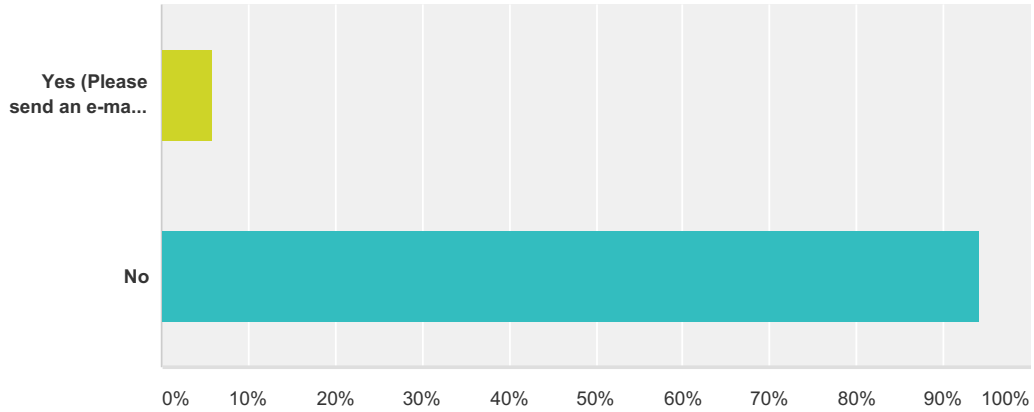
78	I think it's great!	10/1/2015 12:54 PM
79	Not to schedule meetings (WW) and Yoga on the same day/time.	10/1/2015 12:48 PM
80	point system for participating converting to lower health cost or cash reward	10/1/2015 12:35 PM
81	Help pay for gym memberships or personal trainer time. Allow employees to come in early/late or leave early/late to be able to get to the gym. Or allow a longer lunch.	10/1/2015 12:28 PM
82	The City to open a large gym at one of their rec centers to where employees can attend for free (residents a fee) and the employees that choose to participate can have their full work week of 40 hours, but only work 7 hours/day and spend 1 hour at the gym. Having it at a Rec center could allow badge access that can document the employee using the hour for a work out.	10/1/2015 12:28 PM
83	ongoing short-term (6 week max session) programs with specific goals, with incentives to complete/meet goals (i.e. gift cards)	10/1/2015 12:21 PM
84	Add some teeth to the benefits, such as paying for a portion of gym fees. Stop wasting time with just generalized wellness education such as the meeting with the dietician. So much of that information (calorie counting, healthy recipes, etc.) is available online.	10/1/2015 12:18 PM
85	I feel strongly that City Hall should have showers available.	10/1/2015 12:03 PM
86	Build a well thought out plan and stick to it. Present a wellness program that is good for us, not a wellness program that we think is nice or fun. I need someone to tell me what is best and organize the program so I can participate. A challenging program. I don't want to be begged to participate, I want to see the expert value of the program so that I insist you let me participate.	10/1/2015 11:57 AM
87	I still think the big reason people don't exercise at lunch is there is no where to shower. they don't want to workout and come back to work sweaty and everything. Need a shower definitely at Waller Park and need another piece or two of aerobic equipment - a few bikes at least for those that cannot do a lot of direct impact on their knees and feet. Need showers at city hall - I cannot stress that enough.	10/1/2015 11:53 AM
88	work with the insurance companies and local gyms to get better pricing. Or have a city employee workout center. Folks can pay a small fee to help cover the cost. Keep it open 24 hours for all the employees.	10/1/2015 11:48 AM
89	I liked the one we had last year with the classes. I learned more.	10/1/2015 11:46 AM
90	Have City of Roswell Hembree location considered as well to hold wellness events. It's hard driving to city hall and return back to work on time.	10/1/2015 11:45 AM
91	The gym incentive is good. Hard to workout on weeks where we work 5 our of 7, 12 hour days.	10/1/2015 11:44 AM
92	I think to encourage people to get more into the city wellness maybe employees should get more in return like discounts to gym memberships or rack up point with a pedometer to claim rewards that way.	10/1/2015 11:42 AM
93	Keep YOGA! Trainer at Waller Park to show how to use machines. Discounts on gym memberships	10/1/2015 11:39 AM
94	I think the wellness coaching could be improved. It feels more like "checking a box" than really being coached. I have heard similar comments from co-workers.	10/1/2015 11:39 AM
95	Weekend group activities such as Golf Outings, Bowling and Hiking.	10/1/2015 11:37 AM
96	Incorporate fun activities that are encouraged by supervisors that can be done during the workday such as zumba, thi-chi, yoga, or other stretching/core/balance exercise programs that may be done out on the lawn in the shade for fresh air (weather permitting).	10/1/2015 11:37 AM
97	A small on-site gym would be great. Having access to treadmill or stair climbers in a controlled environment and access to changing rooms/showers would make it easier to work out during lunch or breaks.	10/1/2015 11:36 AM
98	I think free programs and encouragement from supervisors and the City is needed in this area.	10/1/2015 11:36 AM
99	Exercise offered during lunch and/or after work	10/1/2015 11:35 AM
100	City buy vending machines owned by the city to replace ones owned by profit companies. City can purchase healthier food cheaper and pass the savings onto the buyers since there is no third party making a profit. Example. Bottle of water only costs 10 cents. If put in a vending machine and even if people were charged a quarter I believe they would buy it. The only reason they don't now is because there are not as many healthy choices as there are bad ones and the healthy ones usually cost more. If we reversed this, I think people would purchase more healthy options from vending	10/1/2015 11:33 AM
101	Education on being healthy. Current wellness group does not provide education.	10/1/2015 11:31 AM

City of Roswell Employee Wellness Program

102	Being the Weight Watchers has their own group, I think Diabetics would also benefit from having their own group, as well as those who want to stop smoking, or have high blood pressure, or heart problems.	10/1/2015 11:31 AM
103	Group exercise programs during work hours	10/1/2015 11:30 AM
104	Membership reimbursement Group exercise programs Personal Trainers ACCESS TO SHOWERS!! GREAT INSTRUCTORS!!!! A variety of group exercise programs - zumba, yoga, body sculpt, boot camp, weight training Biking Day???? For lunch? Big Creek Greenway? After work?	10/1/2015 11:29 AM
105	Quit wasting money on it and give decent raises.	10/1/2015 11:25 AM
106	Incorporate 1 hour of work time as paid "wellness" time (exercise, class, etc.) Probably not possible, but that is how people will participate!	10/1/2015 11:24 AM
107	Junk it	10/1/2015 11:24 AM
108	Offer chair massage... makes for a more productive work place when stress is relieved	10/1/2015 11:22 AM
109	This is a great start to see what employees are interested in doing. We need to include family members in some programs.	10/1/2015 11:21 AM
110	On site gym and showers, less hectic work schedule	10/1/2015 11:21 AM
111	The options employees have for healthy eating are almost non existent. Providing a means for healthy eating options in the break room/cafeteria that would also be cost friendly would promote healthy eating habits within the City. If there is consistency provided for employees even if it is just several days a week ie: a salad bar or availability of ready made fresh fruits, sandwiches, vegetables or salads, it could promote healthy eating habits without trying to "promote" healthy eating habits .	9/28/2015 11:12 AM
112	I think an on-site gym would be great so employees could workout before work, at lunch, or after work.	9/25/2015 1:46 PM
113	We need showers	9/25/2015 7:46 AM
114	Variety of programs and classes	9/24/2015 4:09 PM
115	The City should have a gym on-site so that employees can work out before work, at lunch and after work.	9/24/2015 8:53 AM
116	We just need more. We have Walk Around the World and some discounts at some local gyms through soft benefits but there need to be more options in order to get people involved.	9/24/2015 8:44 AM
117	We need showers	9/24/2015 7:35 AM
118	dfgh	9/23/2015 5:03 PM

Q12 Do you have a specialty in any wellness-related area, and do you want to be involved in implementing/teaching/coaching that topic?

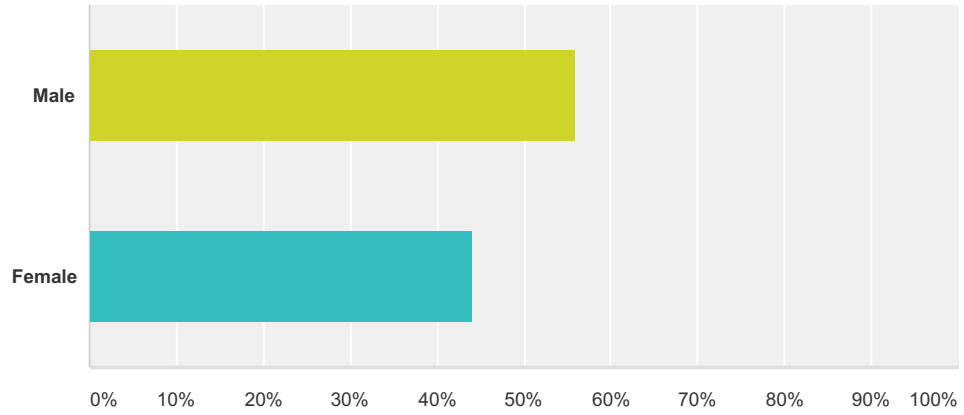
Answered: 324 Skipped: 14



Answer Choices	Responses	
Yes (Please send an e-mail to Nick Franks, Wellness Program Coordinator, at nfranks@roswellgov.com for more information.)	5.86%	19
No	94.14%	305
Total		324

Q13 Gender

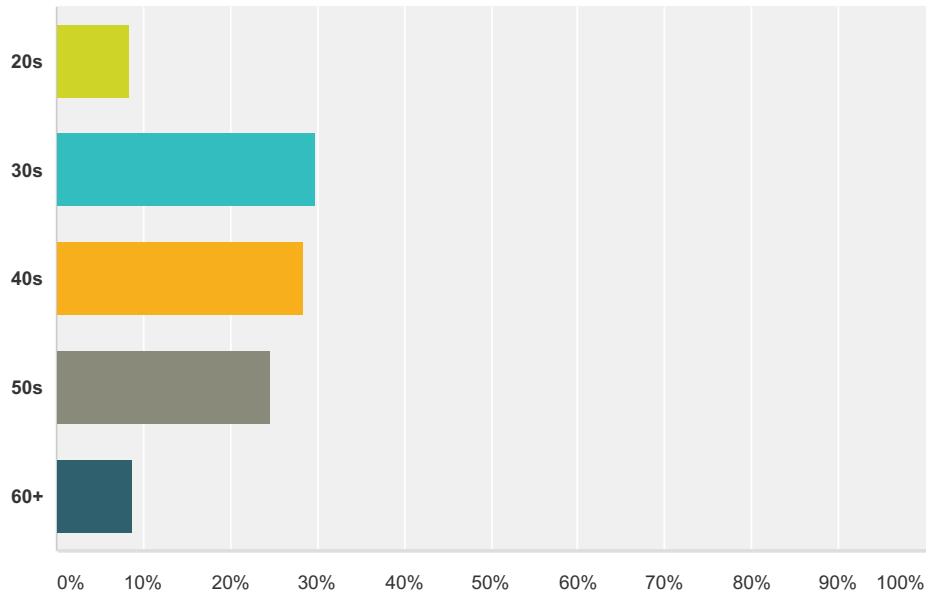
Answered: 333 Skipped: 5



Answer Choices	Responses
Male	55.86% 186
Female	44.14% 147
Total	333

Q14 Age range

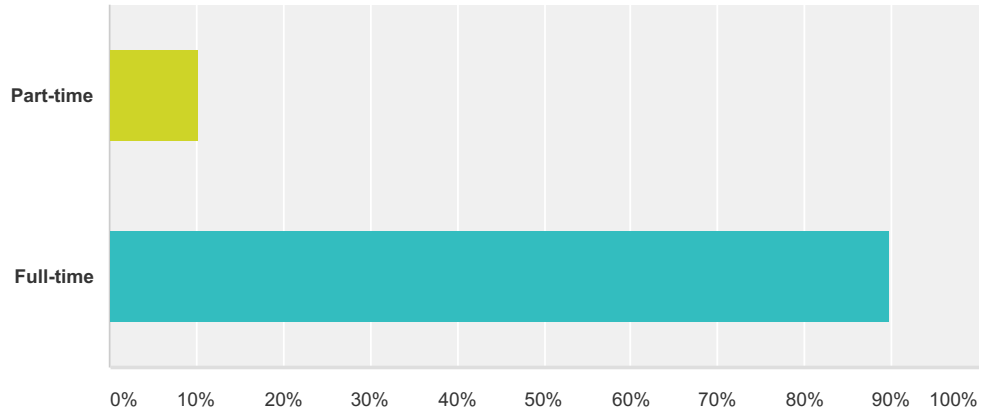
Answered: 332 Skipped: 6



Answer Choices	Responses
20s	8.43% 28
30s	29.82% 99
40s	28.31% 94
50s	24.70% 82
60+	8.73% 29
Total	332

Q15 Part-time or full-time employee?

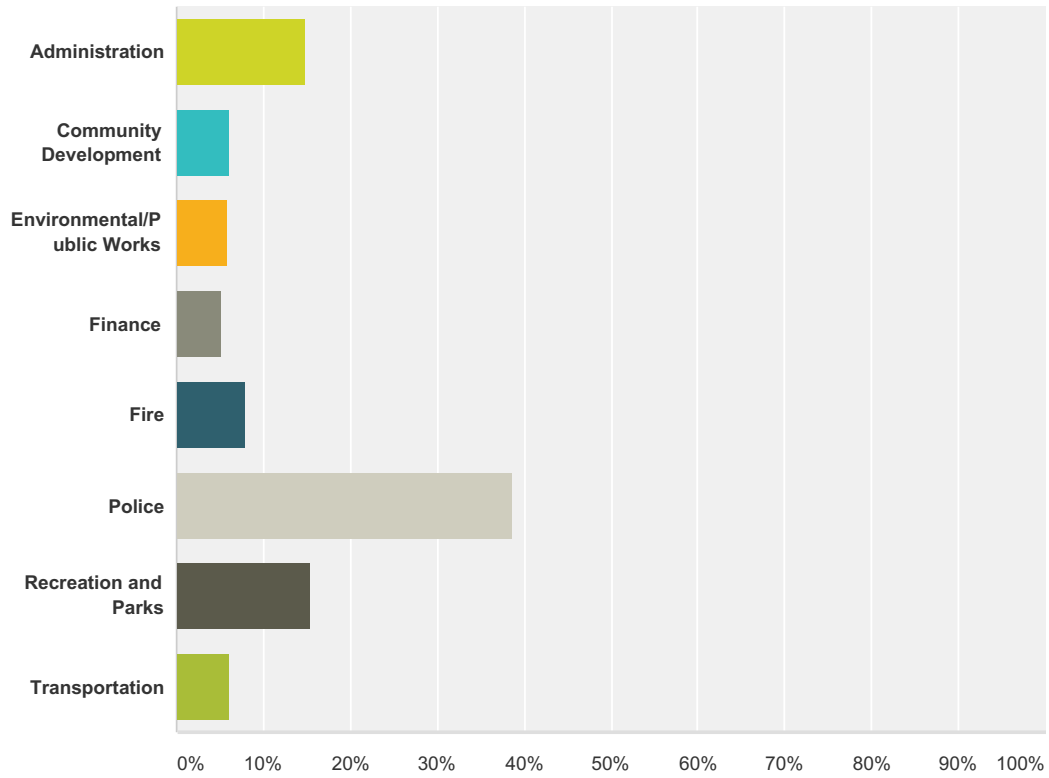
Answered: 334 Skipped: 4



Answer Choices	Responses
Part-time	10.18% 34
Full-time	89.82% 300
Total	334

Q16 Department?

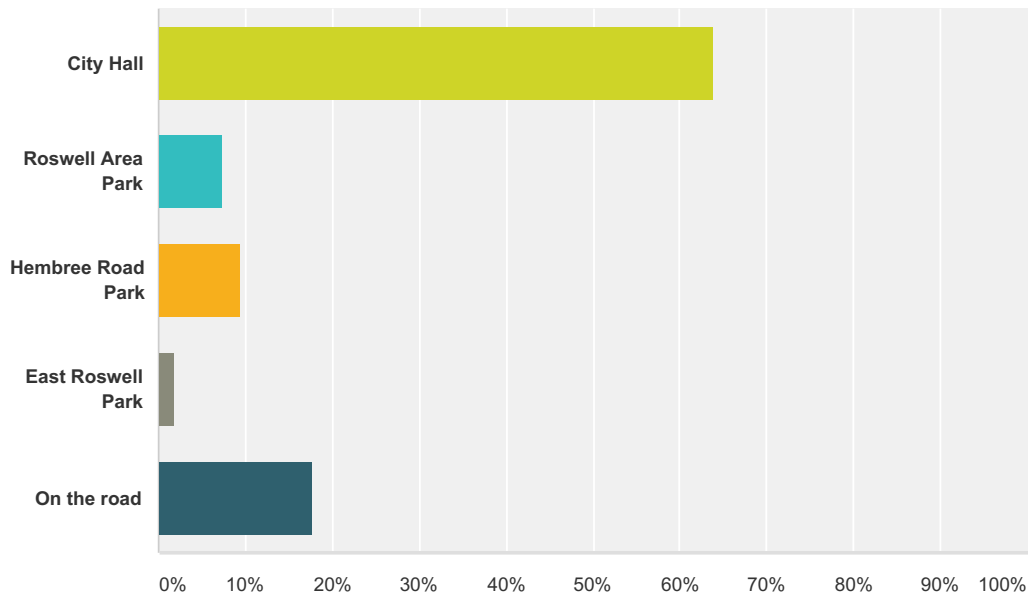
Answered: 329 Skipped: 9



Answer Choices	Responses
Administration	14.89% 49
Community Development	6.08% 20
Environmental/Public Works	5.78% 19
Finance	5.17% 17
Fire	7.90% 26
Police	38.60% 127
Recreation and Parks	15.50% 51
Transportation	6.08% 20
Total	329

Q17 During the work day, which of these locations are you *generally closest* to?

Answered: 333 Skipped: 5



Answer Choices	Responses	
City Hall	63.96%	213
Roswell Area Park	7.21%	24
Hembree Road Park	9.31%	31
East Roswell Park	1.80%	6
On the road	17.72%	59
Total		333