



## WORKPLACE WELLNESS INITIATIVES PLANNING SURVEY RESULTS

This report shows data collected from a survey sent out by the Policy Workgroup.

The purpose of the survey was to gather information on existing workplace wellness initiatives in our community and build on these rather than create a new workplace wellness initiative. The survey was shared via UCD's social media accounts, Mailchimp, and email. Data on this report was collected between September 19, 2022 and October 21, 2022.

### SURVEY RESULTS:

# 40

SURVEY RESPONSES  
COLLECTED



- 22 reported having a workplace wellness initiative in place.
- 18 reported they did not have a workplace initiative in place.

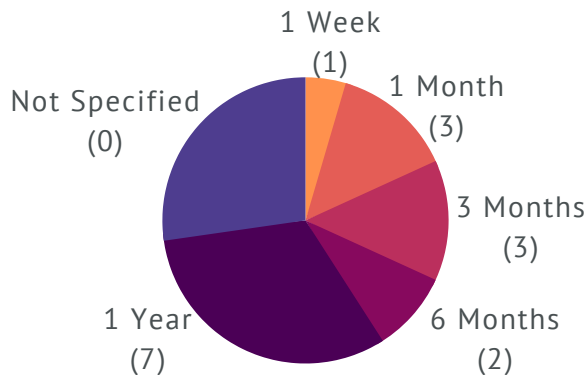
The following information was gathered from the group who responded "yes" to having a workplace wellness initiative in place:

- 5 reported that the workplace initiative was **diabetes-related** (diabetes control and prevention).
- 2 reported that the workplace initiative they are participating in is **Joy In the Workplace**.
- 2 reported that the workplace initiative's focus is **mental health**.
- 2 reported that the workplace initiative's focus is **nutrition**.
- 4 reported that the workplace initiative's focus is **overall health**.
- 7 reported that they had a workplace wellness initiative but gave no details.

### UCD Partner Responses:

- 12 of 40 responses were from UCD partners
- 5 of 12 partners reported having the following workplace initiatives:
  - 2 are following PT2 curriculum
  - 2 are implementing Joy in the Workplace
  - 1 partner's initiative is unknown but diabetes-related.

## WORKPLACE WELLNESS INITIATIVE TIME FRAME



## WORKPLACE WELLNESS INITIATIVE INCENTIVES

- Gift cards
- Celebrations/ Virtual Karaoke Competitions
- Free side salads and water
- Employee Wellness Store
- "Wellness Leave" hours
- Water Bottles
- T-shirts

## WORKPLACE WELLNESS INITIATIVE: DESIGNATED COORDINATOR

10 of 22 surveys reported they have at least 1 coordinator for the workplace wellness initiative. The designated coordinator for the initiative is either a manager, Chief Operating Officer, wellness coach, 1 department member, community health worker or HR staff. The remaining 12 surveys did not specify.

### The following feedback was gathered from the group who responded "no" to having a workplace wellness initiative in place:

Of the 18 who reported not having a workplace wellness initiative in place, 6 still provided feedback about how their work promotes wellness.

- "We have ample **library resources** for check out and our partners are our go to people to bring such programs to our community."
- "**Counseling** for staff."
- "A couple of times during the year we participate in cause way and **marathons** runs."
- Workplace "provides **healthy meals**".
- "Other than flu shots and COVID vaccinations and a self administered insurance plan, there is no other incentive offered."
- Prior workplace encouraged walking/standing every 15-20 mins. and allowed employees to walk together for 20 mins. Gift cards were given as incentives.

