

Results from the 2016 Employee Wellness Survey

Interest in Programs

31% response rate from Faculty/Staff

70% of respondents have worked at SU more than 5 years

50% of respondents were interested in Financial Wellness programs

50% of respondents were interested in mindfulness-based stress reduction

16% of respondents indicated an interest in using Weight Watchers

Participants are most interested in attending wellness programs in the middle of the day and after 5 p.m.

60% of respondents prefer in-person classes

Two resources used most: campus fitness centers and Healthy Monday Syracuse

Half of respondents are interested in Campus Fitness Classes

Wellness Behaviors

65% said getting a healthy start to the week was important

92% reported their stress level in the past year was moderate to very high with family issues, personal finances, and professional responsibilities listed as top sources of stress

80% of respondents who used tobacco quit within the last 3 years

3.8% reported still smoking

33% of respondents do moderate to vigorous exercise 3 to 4 hours per week

71% take breaks and most frequently taken breaks are meal breaks