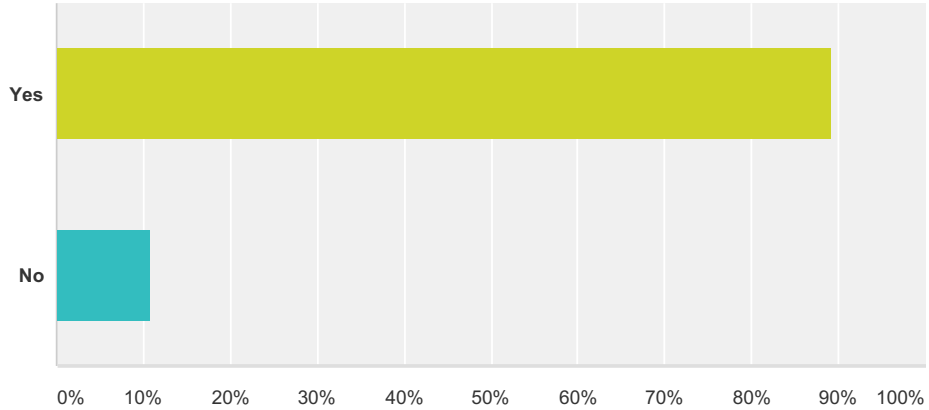


**Q1 A Dallas SD wellness committee exists for the purpose of "providing ideas and information to promote staff wellness activities" (Policy EFA-AR). Did you know that there is an employee wellness team to which you can provide feedback about our employee wellness program?**

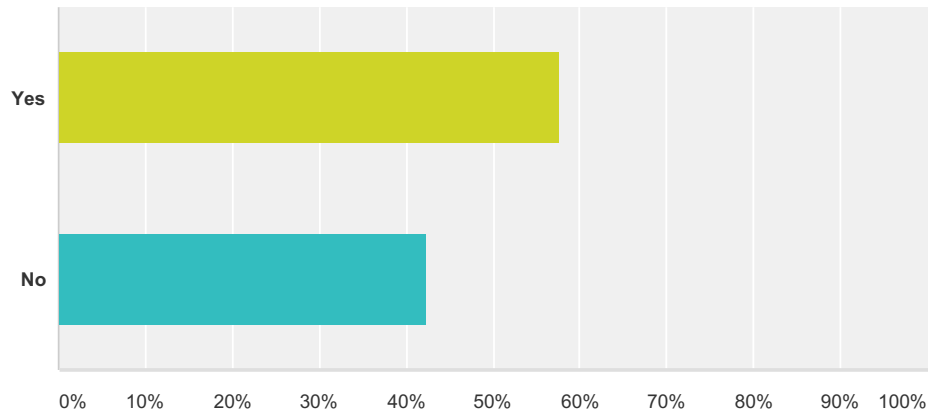
Answered: 73 Skipped: 0



Answer Choices	Responses	
Yes	89.04%	65
No	10.96%	8
<b>Total</b>		<b>73</b>

**Q2 Wellness committee representatives ("champions") have been in place at all schools and district buildings to help with the promotion of wellness activities and provide encouragement to staff. Do you know who your wellness champions are at your school or worksite?**

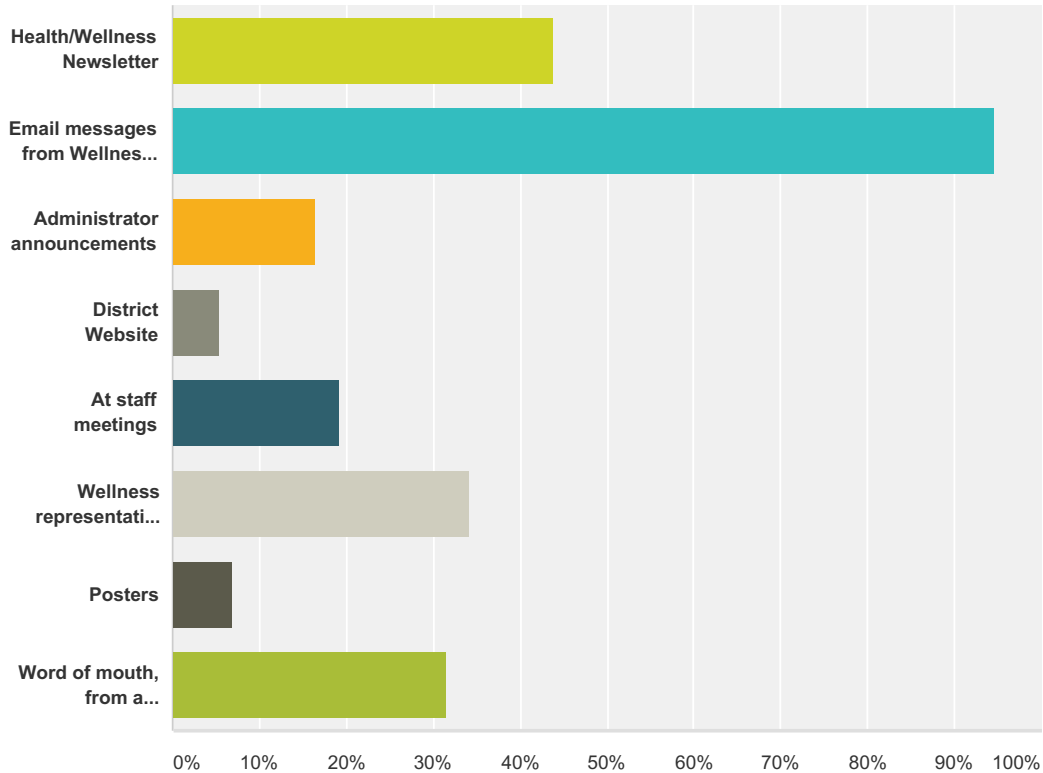
Answered: 73 Skipped: 0



Answer Choices	Responses	
Yes	57.53%	42
No	42.47%	31
<b>Total</b>		<b>73</b>

**Q3 Information about the employee wellness program activities and general health information are being shared in several ways. Please indicate below the various ways you hear about wellness in Dallas School District. (Select all that apply.)**

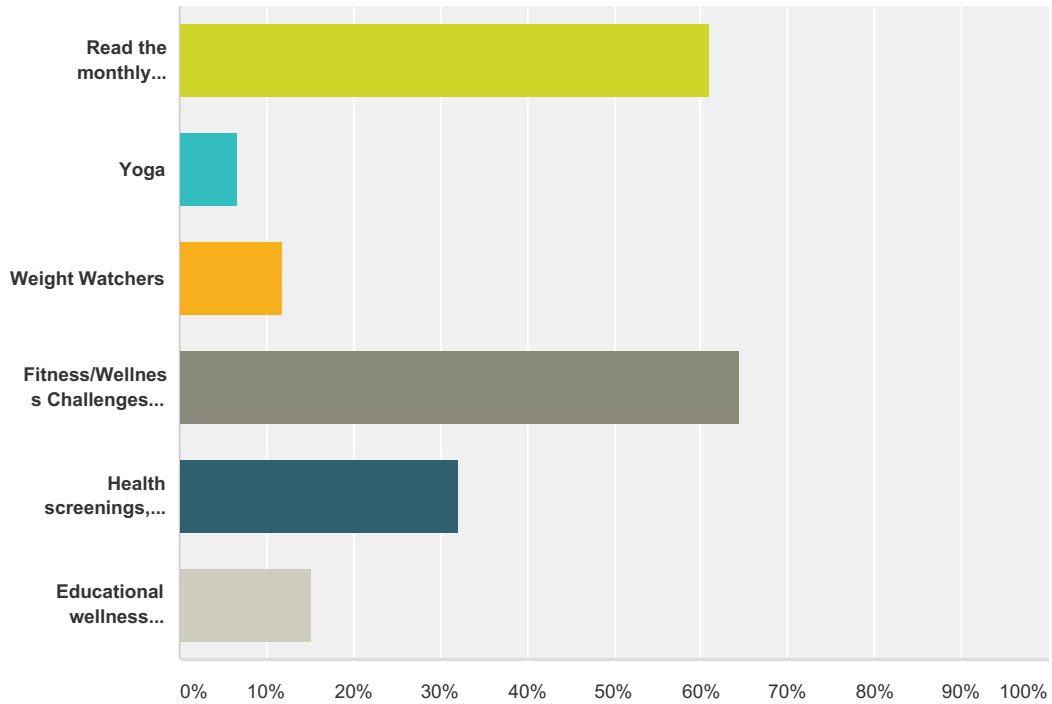
Answered: 73 Skipped: 0



Answer Choices	Responses
Health/Wellness Newsletter	43.84% 32
Email messages from Wellness coordinator/team	94.52% 69
Administrator announcements	16.44% 12
District Website	5.48% 4
At staff meetings	19.18% 14
Wellness representatives/champions at my school/work site	34.25% 25
Posters	6.85% 5
Word of mouth, from a colleague	31.51% 23
<b>Total Respondents: 73</b>	

**Q4 During the 2016 calendar year, what Dallas School District sponsored employee wellness activities did you participate in? (Select all that apply.)**

Answered: 59 Skipped: 14



Answer Choices	Responses
Read the monthly Health/Wellness newsletter	61.02% 36
Yoga	6.78% 4
Weight Watchers	11.86% 7
Fitness/Wellness Challenges such as Step Challenge (pedometer), and/or Water Challenge	64.41% 38
Health screenings, biometric and/or BodyAge Assessment	32.20% 19
Educational wellness classes/workshop on fitness, stress management, nutrition, and/or financial planning	15.25% 9
<b>Total Respondents: 59</b>	

**Q5 If you did NOT participate in any wellness activities sponsored by your wellness committee, why not?**

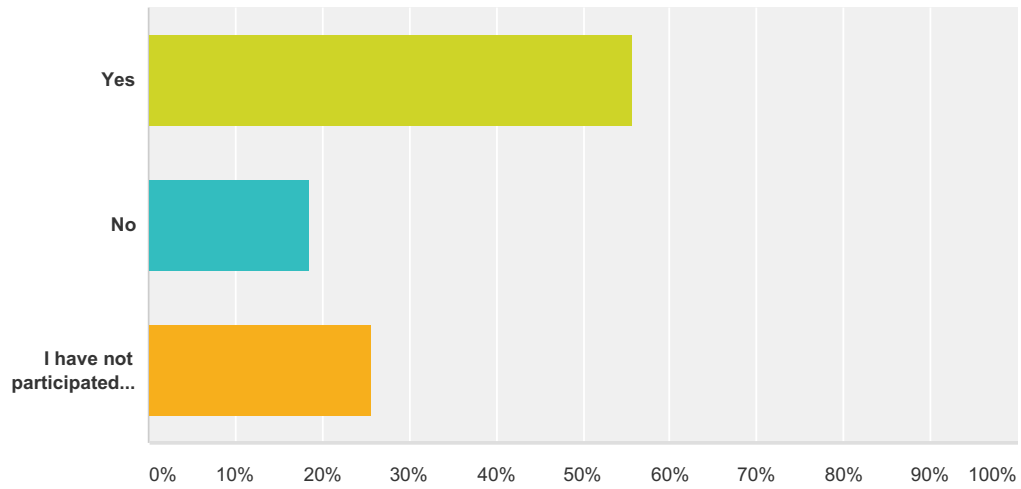
Answered: 21 Skipped: 52

**Q6 Please name three things you would like to see done to help promote employee wellness in Dallas School District.**

Answered: 44 Skipped: 29

### Q7 Has your health improved as a result of having DSD sponsored employee wellness activities/events?

Answered: 70 Skipped: 3



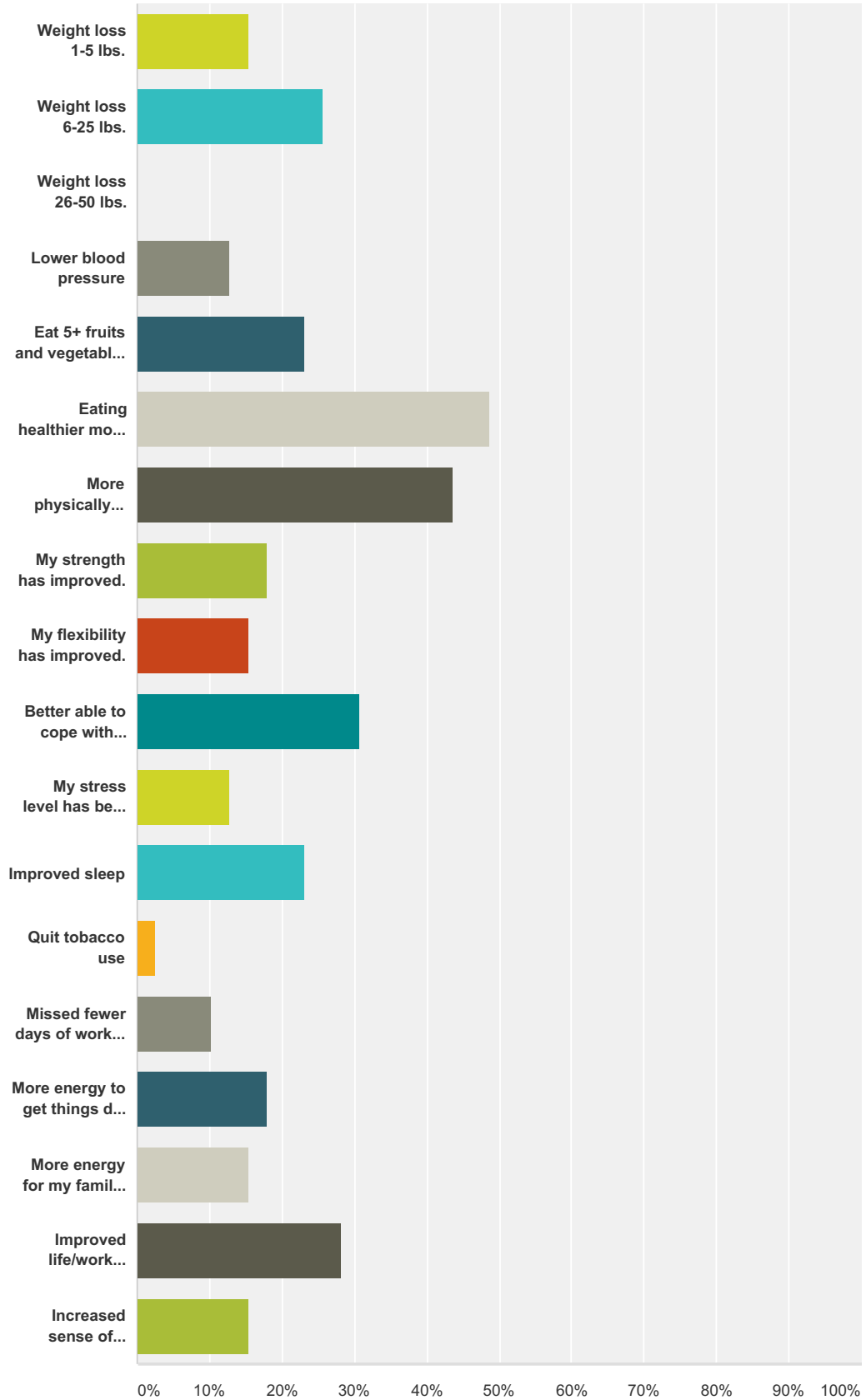
Answer Choices	Responses
Yes	55.71% 39
No	18.57% 13
I have not participated in the employee wellness activities/events.	25.71% 18
<b>Total</b>	<b>70</b>

**Q8 If yes, how? Please indicate ALL that apply below.**

Answered: 39 Skipped: 34



## Employee Wellness Program Survey 2016-17



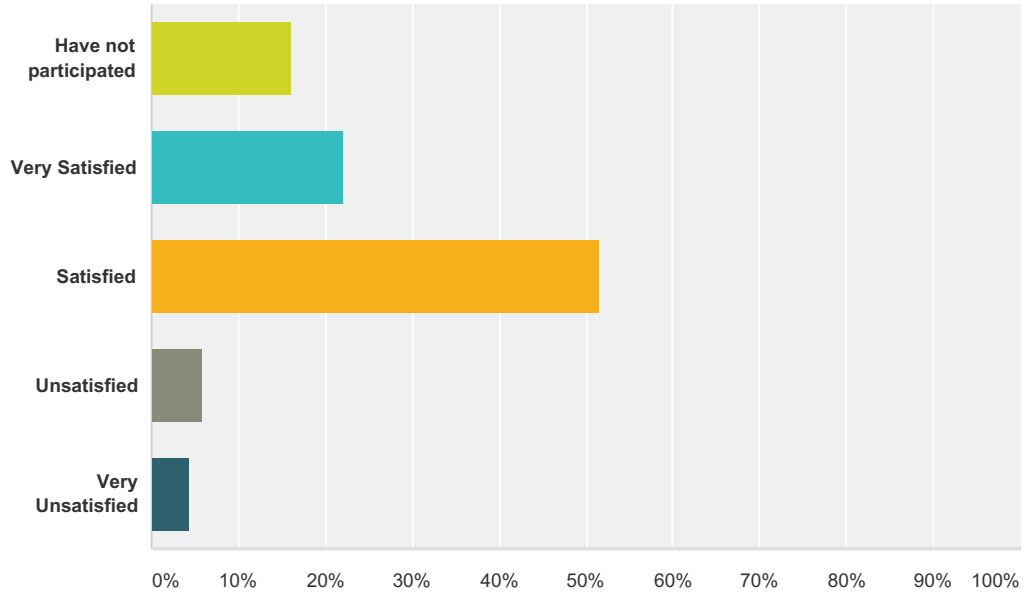
Answer Choices	Responses
Weight loss 1-5 lbs.	15.38% 6

## Employee Wellness Program Survey 2016-17

Weight loss 6-25 lbs.	25.64%	10
Weight loss 26-50 lbs.	0.00%	0
Lower blood pressure	12.82%	5
Eat 5+ fruits and vegetables per day	23.08%	9
Eating healthier more days of the week	48.72%	19
More physically active	43.59%	17
My strength has improved.	17.95%	7
My flexibility has improved.	15.38%	6
Better able to cope with stress	30.77%	12
My stress level has been reduced.	12.82%	5
Improved sleep	23.08%	9
Quit tobacco use	2.56%	1
Missed fewer days of work due to illness or injury	10.26%	4
More energy to get things done at work	17.95%	7
More energy for my family, friends, and home life	15.38%	6
Improved life/work balance	28.21%	11
Increased sense of belonging and fun from team/challenge activities	15.38%	6
<b>Total Respondents: 39</b>		

**Q9 Please indicate how you would describe your overall satisfaction with DSD employee wellness programs.**

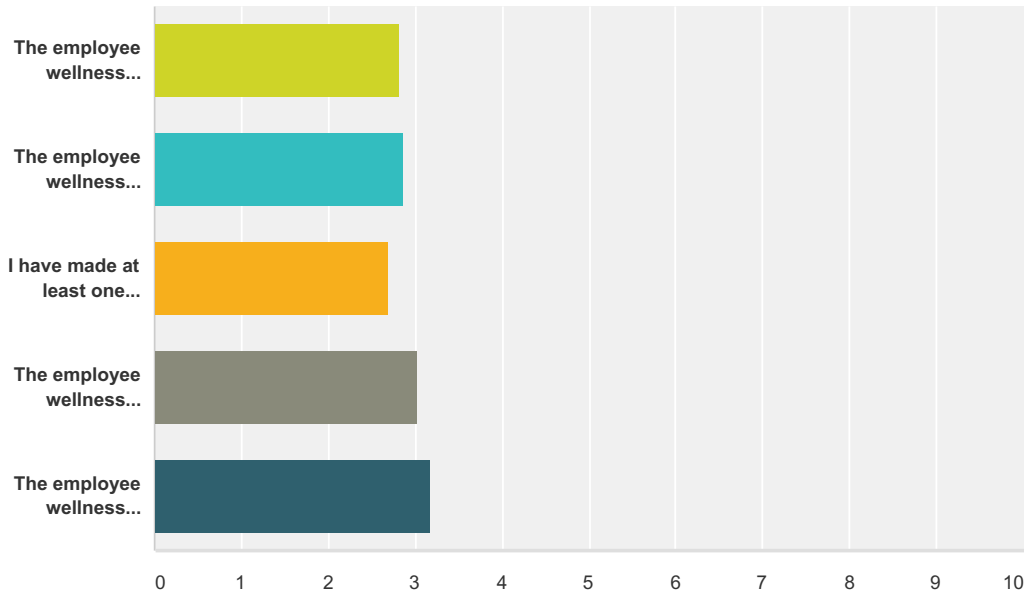
Answered: 68 Skipped: 5



Answer Choices	Responses	
Have not participated	16.18%	11
Very Satisfied	22.06%	15
Satisfied	51.47%	35
Unsatisfied	5.88%	4
Very Unsatisfied	4.41%	3
<b>Total</b>		<b>68</b>

**Q10 If you participated in DSD employee wellness programs, please indicate your agreement or disagreement with the following statements.**

Answered: 55 Skipped: 18



	Strongly Disagree	Disagree	Agree	Strongly Agree	Total	Weighted Average
The employee wellness program has helped me improve my overall health.	3.77% 2	15.09% 8	77.36% 41	3.77% 2	53	2.81
The employee wellness program has helped me become more ready to make positive health behavior changes.	3.77% 2	11.32% 6	79.25% 42	5.66% 3	53	2.87
I have made at least one significant health behavior change since participating in the employee wellness program.	5.66% 3	22.64% 12	67.92% 36	3.77% 2	53	2.70
The employee wellness program has been of value to others in my school.	2.08% 1	2.08% 1	87.50% 42	8.33% 4	48	3.02
The employee wellness program is an important part of a healthy work environment.	1.82% 1	3.64% 2	69.09% 38	25.45% 14	55	3.18