

**Q1 With the continual progression to return to campus in person, which type of program format would you most prefer for Wellness Activities?
Please select one answer.**

Answered: 37 Skipped: 0

ANSWER CHOICES	RESPONSES	
In person events (being physically present on campus)	51.35%	19
Virtual events (being online, such as a MS Teams call)	10.81%	4
Hybrid (having the option to attend in person or virtually)	37.84%	14
TOTAL		37

Q2 Would you be interested in participating in programming that focuses on team building events such as team challenges/competitions, sharing personal health-tips (i.e., posting your favorite healthy recipe), or engaging in chats?

Answered: 37 Skipped: 0

ANSWER CHOICES	RESPONSES	
Very interested	21.62%	8
Somewhat interested	40.54%	15
Neutral	8.11%	3
Little interest	13.51%	5
No interest	16.22%	6
TOTAL		37

Q3 Please rank the following from highest level of interest (#1) to lowest (#5)

Answered: 33 Skipped: 4

Interest Survey 2022

	1	2	3	4	5	TOTAL	SCORE
Physical Activity Promotion (e.g., movement-based programs)	33.33% 11	21.21% 7	30.30% 10	3.03% 1	12.12% 4	33	3.61
Health Behavior Promotion (e.g., seminars focusing on preventing low back pain)	6.06% 2	24.24% 8	21.21% 7	21.21% 7	27.27% 9	33	2.61
Stress Management (e.g., relaxation techniques)	27.27% 9	21.21% 7	18.18% 6	15.15% 5	18.18% 6	33	3.24
Nutrition Education (e.g., healthy cooking demonstrations)	15.15% 5	15.15% 5	15.15% 5	42.42% 14	12.12% 4	33	2.79
Screenings (e.g., getting your blood pressure checked)	18.18% 6	18.18% 6	15.15% 5	18.18% 6	30.30% 10	33	2.76

Q4 Would you be interested in participating in programming that is group-based or would match you with a workout partner?

Answered: 33 Skipped: 4

ANSWER CHOICES	RESPONSES
Very interested	12.12% 4
Somewhat interested	39.39% 13
Neutral	21.21% 7
Little interest	12.12% 4
No interest	15.15% 5
TOTAL	33

Q5 Please list three activities, events, or programs you would like the Wellness Committee to offer NCC employees that are not currently offered:

Answered: 27 Skipped: 10

ANSWER CHOICES	RESPONSES
1.	100.00% 27
2.	77.78% 21
3.	77.78% 21

#	1.	DATE
1	Run	5/4/2022 2:46 PM
2	Yoga	5/4/2022 2:35 PM
3	Walks	4/29/2022 2:53 PM
4	Blood pressure machine	4/29/2022 2:38 PM

Interest Survey 2022

5	no specific ideas	4/28/2022 3:28 PM
6	expanded access to workout center	4/27/2022 4:23 PM
7	stress management	4/27/2022 9:40 AM
8	yoga sessions	4/27/2022 9:20 AM
9	Post Covid issues: isolation; wt gain; alcohol, drug use	4/27/2022 6:11 AM
10	Tennis	4/26/2022 9:57 PM
11	strenth and conditioning classes	4/26/2022 3:19 PM
12	weight watchers	4/26/2022 12:32 PM
13	Access to a health & wellness app (LifeOmic Precision Wellness) that offers tools & tips in life changes, access to health & wellness coach, way to socialize and compete with co-workers, etc	4/26/2022 12:31 PM
14	Unknown	4/26/2022 11:46 AM
15	Beginner Yoga / Stretching classes	4/26/2022 11:46 AM
16	Tai chi	4/26/2022 11:44 AM
17	Yoga	4/26/2022 11:42 AM
18	I don't know	4/26/2022 11:41 AM
19	Meditation	4/26/2022 11:34 AM
20	Health screenings	4/26/2022 11:34 AM
21	Yoga Sessions	4/26/2022 11:32 AM
22	How to exercise properly	4/26/2022 11:18 AM
23	na	4/26/2022 11:17 AM
24	personal fitness goal setting	4/26/2022 11:17 AM
25	Something about parents of little kids finding ways to make health a priority	4/26/2022 11:10 AM
26	More PA challenges like Body Breaks (great program)	4/26/2022 11:09 AM
27	?	4/26/2022 11:07 AM
#	2.	DATE
1	Walk	5/4/2022 2:46 PM
2	Stress managemebt	5/4/2022 2:35 PM
3	Blood drives	4/29/2022 2:53 PM
4	Office stretching	4/29/2022 2:38 PM
5	how to manage weight	4/27/2022 9:40 AM
6	mental health breaks/tips	4/27/2022 9:20 AM
7	Pickle ball	4/27/2022 6:11 AM
8	Pickle ball	4/26/2022 9:57 PM
9	safety on campus: holding railings, watch where walking, etc.	4/26/2022 3:19 PM
10	Virtual Game/Comedy Night because laughter is the best kind of medicine. (Play Heads Up, Pictionary or Scattergories etc.)	4/26/2022 12:31 PM
11	Weekly Running Group	4/26/2022 11:46 AM
12	Yoga	4/26/2022 11:44 AM
13	Tai Chi	4/26/2022 11:42 AM

Interest Survey 2022

14	I don't know	4/26/2022 11:41 AM
15	group stretching hybrid	4/26/2022 11:34 AM
16	Online fitness support groups	4/26/2022 11:34 AM
17	Meditation	4/26/2022 11:32 AM
18	How to eat properly	4/26/2022 11:18 AM
19	access to work out virtual programs	4/26/2022 11:17 AM
20	Walking Programs	4/26/2022 11:09 AM
21	?	4/26/2022 11:07 AM
#	3.	DATE
1	Sailing	5/4/2022 2:46 PM
2	Cycling	5/4/2022 2:35 PM
3	Mental health	4/29/2022 2:53 PM
4	Cholesterol test	4/29/2022 2:38 PM
5	aging well	4/27/2022 9:40 AM
6	newsletter about events/tips re: the time of year	4/27/2022 9:20 AM
7	Parental tips for post Covid behavior issues	4/27/2022 6:11 AM
8	Golf	4/26/2022 9:57 PM
9	revive the inter-faith group as part of wellness	4/26/2022 3:19 PM
10	Compile employee submitted healthy recipes and have them reviewed for nutritional value and made into digital cookbook	4/26/2022 12:31 PM
11	Weekly Faculty/Staff workouts in gym	4/26/2022 11:46 AM
12	Group sessions for Chronic Illness	4/26/2022 11:44 AM
13	Meditation	4/26/2022 11:42 AM
14	I don't know	4/26/2022 11:41 AM
15	healthy diet options	4/26/2022 11:34 AM
16	Fitness challenges	4/26/2022 11:34 AM
17	Meal Planning	4/26/2022 11:32 AM
18	How to go on a diet with the right food	4/26/2022 11:18 AM
19	guided meditation sessions	4/26/2022 11:17 AM
20	Cooking Demos - healthy foods/recipes	4/26/2022 11:09 AM
21	?	4/26/2022 11:07 AM

Q6 Would you be interested in more information on our Tobacco Free Campus?

Answered: 27 Skipped: 10

Interest Survey 2022

ANSWER CHOICES	RESPONSES	
Yes, this would be helpful	22.22%	6
No, this would not be helpful	74.07%	20
I did not know we were a tobacco free campus	3.70%	1
TOTAL		27

Q7 Please provide any additional feedback below.

Answered: 8 Skipped: 29

#	RESPONSES	DATE
1	Thank you	5/4/2022 2:46 PM
2	thanks for your work!	4/28/2022 3:28 PM
3	stress stress stress	4/27/2022 9:40 AM
4	Gym needs to be open on weekends	4/26/2022 9:57 PM
5	I'm really enjoying the April online Body Breaks classes! Thank you! Also, I have friends in the Lifetime Learners group -- they all have active minds, but mindfulness, memory or Tai Chi might be popular with them	4/26/2022 3:19 PM
6	I think the wellness program is an essential part for the college community.	4/26/2022 11:44 AM
7	I loved the student-led desk workout series. I hope these will continue to be offered.	4/26/2022 11:17 AM
8	More programming that can be done from you office/home setting. Desk based exercises.	4/26/2022 11:09 AM