

County of Santa Barbara Wellness Interest Survey

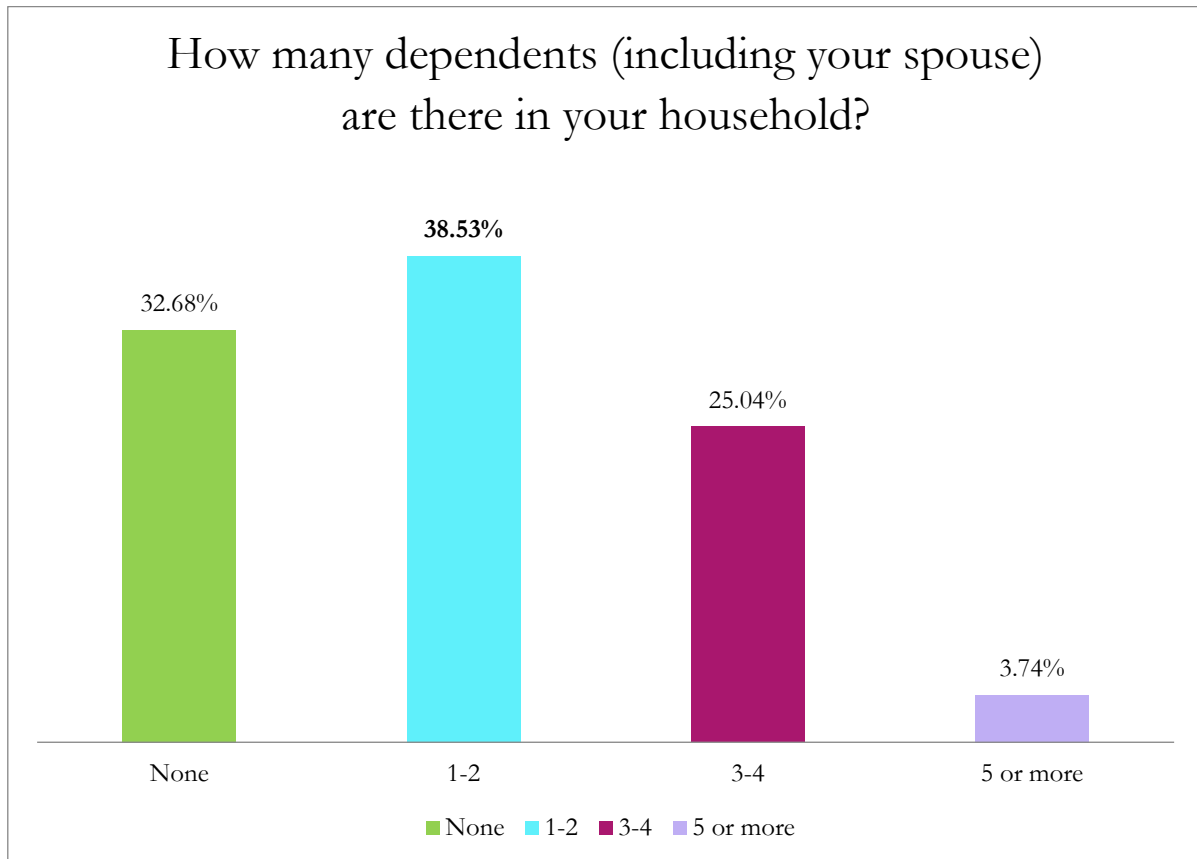


Results Summary 2021

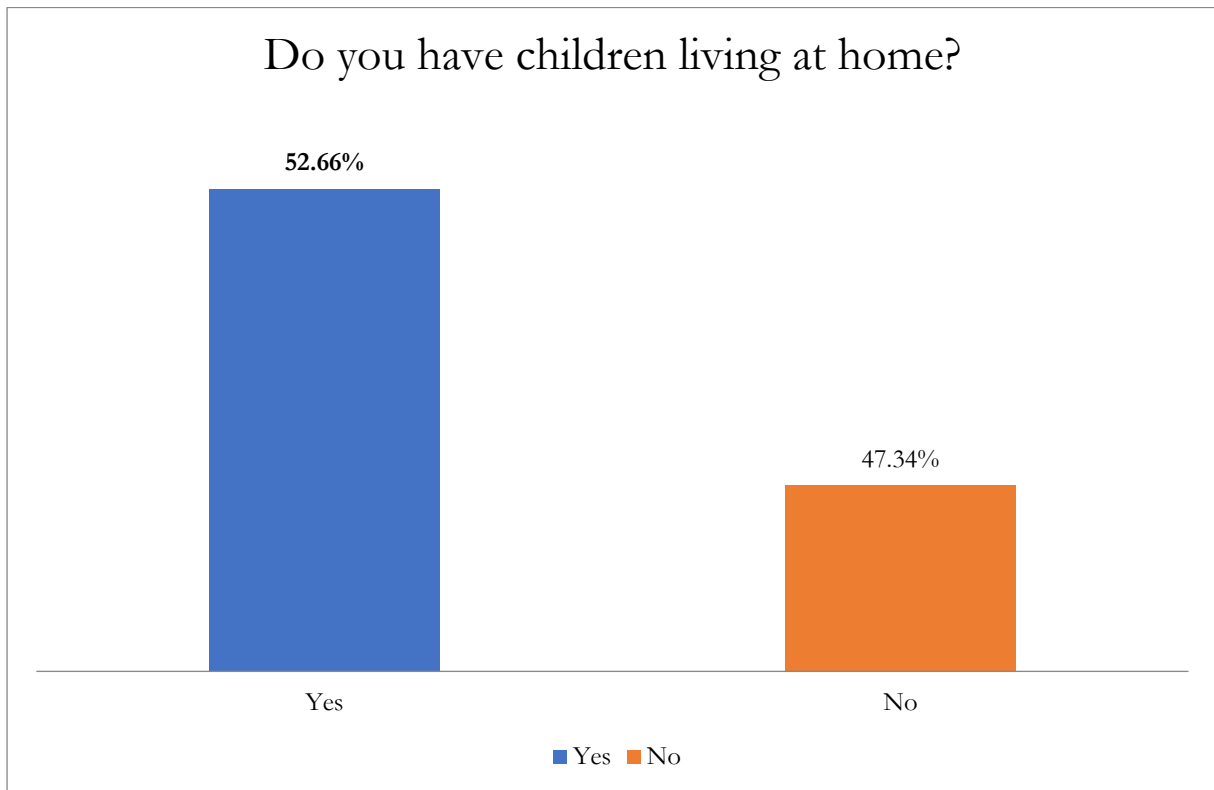
Demographics:

Gender	Number	Percentage
Male	344	26.96%
Female	907	71.08%
Prefer not to specify	25	1.96%
Total	1,276	100%
Age in Years	Number	Percentage
< 21	0	0%
21-30	162	12.67%
31-40	330	25.80%
41-50	325	25.40%
51-60	328	25.65%
Over 60	101	7.90%
Prefer not to specify	33	2.58%
Total	1279	100%

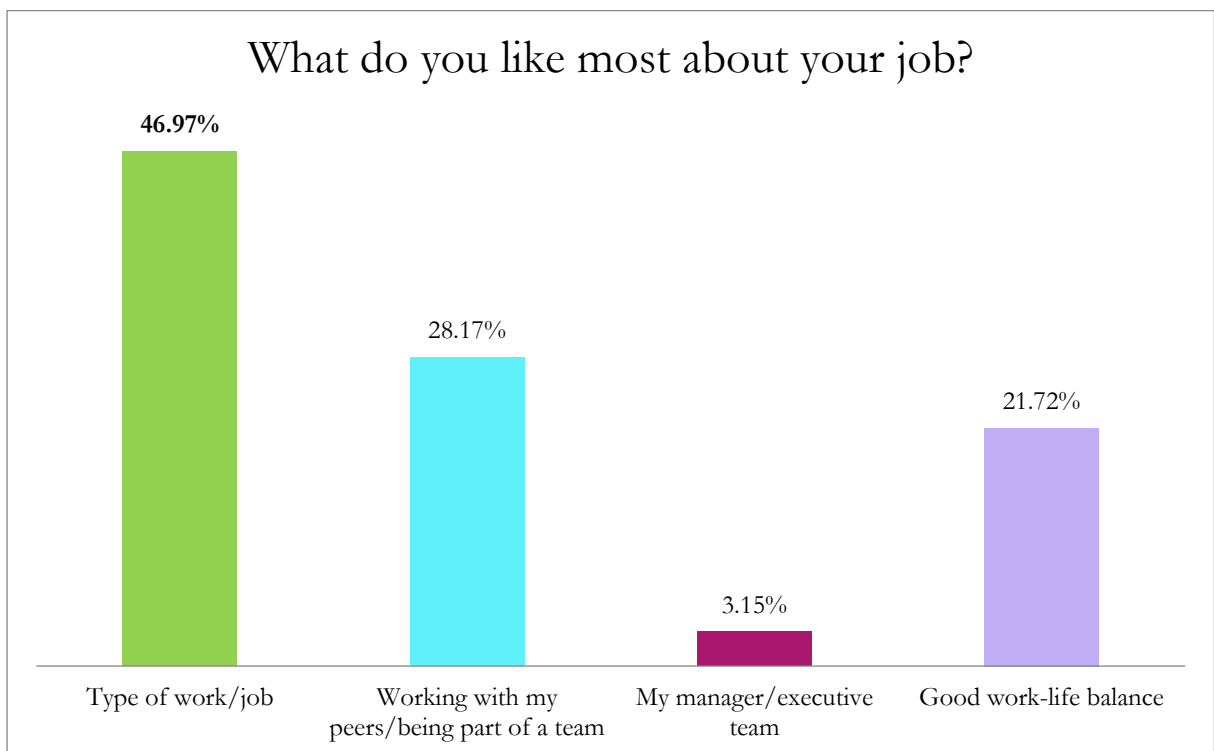
To understand employees' needs and interests, a wellness survey was conducted at the beginning of April. This table shows the gender and age distribution of participants in the Wellness Survey. Approximately 4,200 county employees had the opportunity to complete the questionnaire. Thirty percent (30%) completed the survey.



County of Santa Barbara Wellness Interest Survey



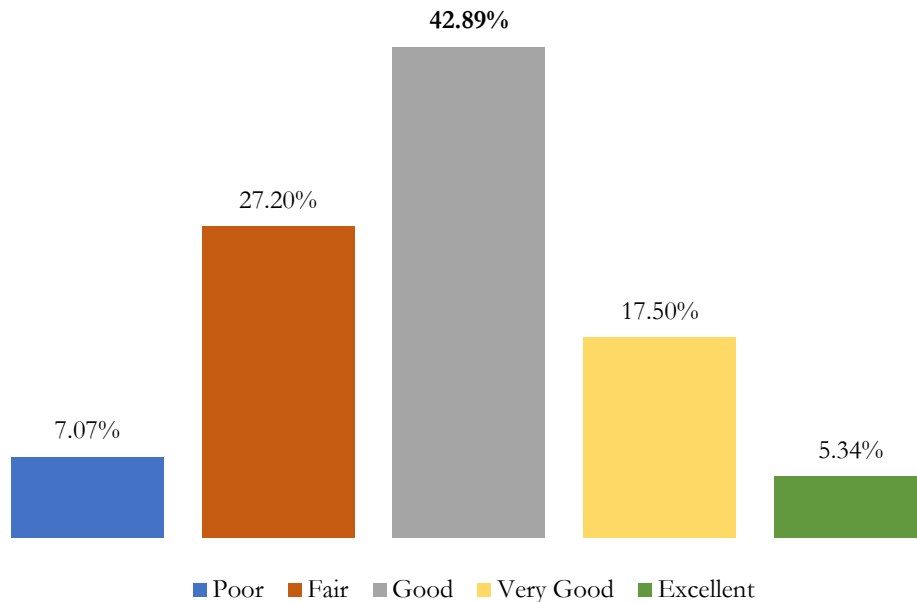
Work & Life:



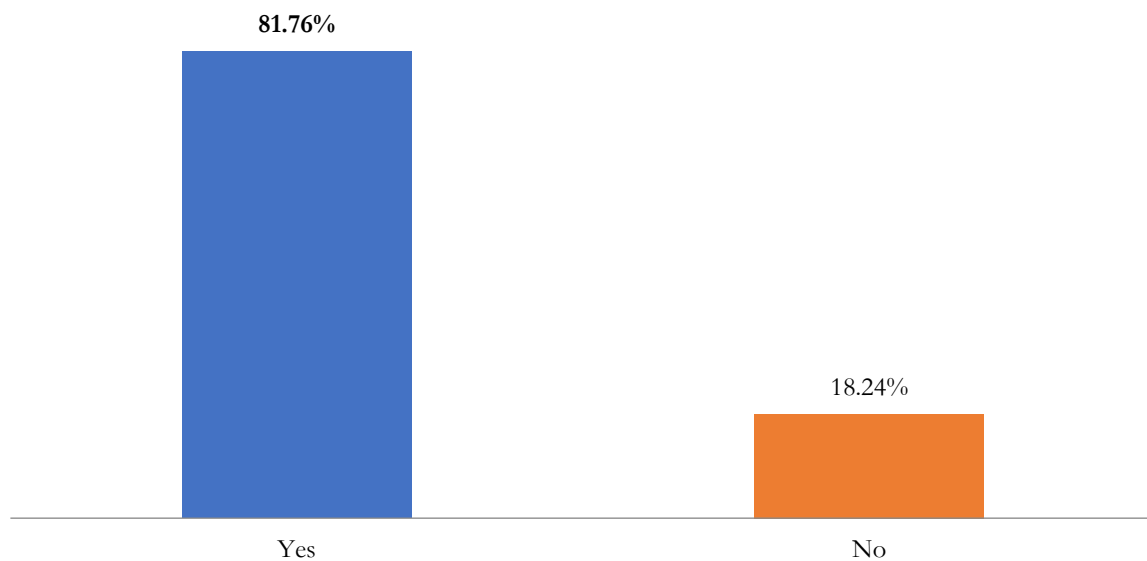
County of Santa Barbara Wellness Interest Survey



How would you describe your work-life balance?

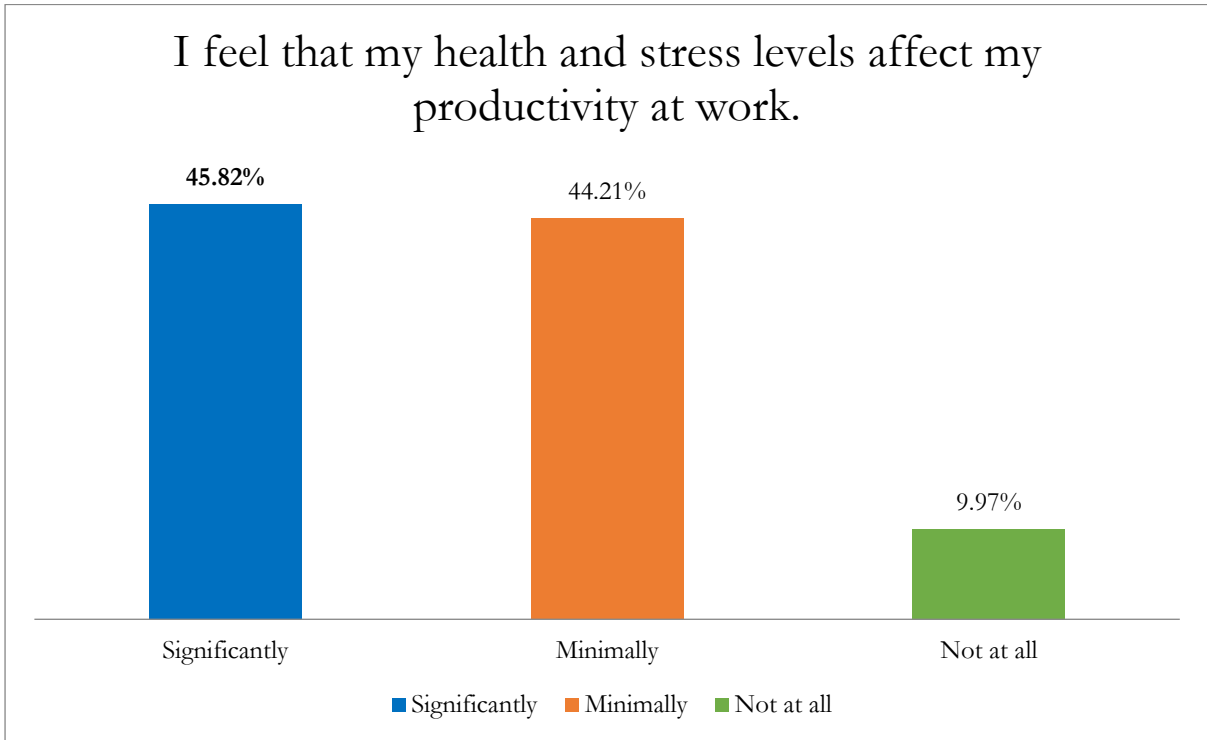


Does your job give you the flexibility to meet the needs of your personal life?

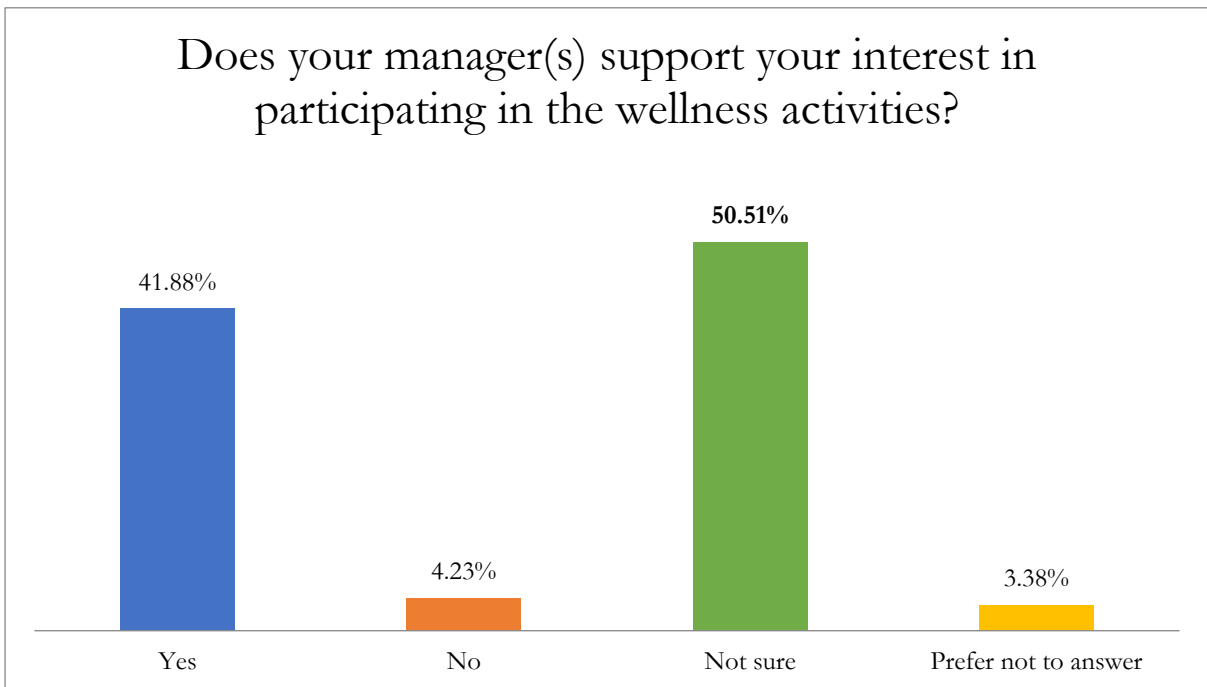


These charts show what participants like most about their job. Approximately 46% of participants like the type of work they perform. 43% of participants also describe their work-life balance as good and feel like their job gives them the flexibility to meet the needs of their personal life.

County of Santa Barbara Wellness Interest Survey



This chart shows that 46% of participants significantly feel their health and stress levels affect their productivity at work. There was almost a tie between the two responses: “significantly” and “minimally.”

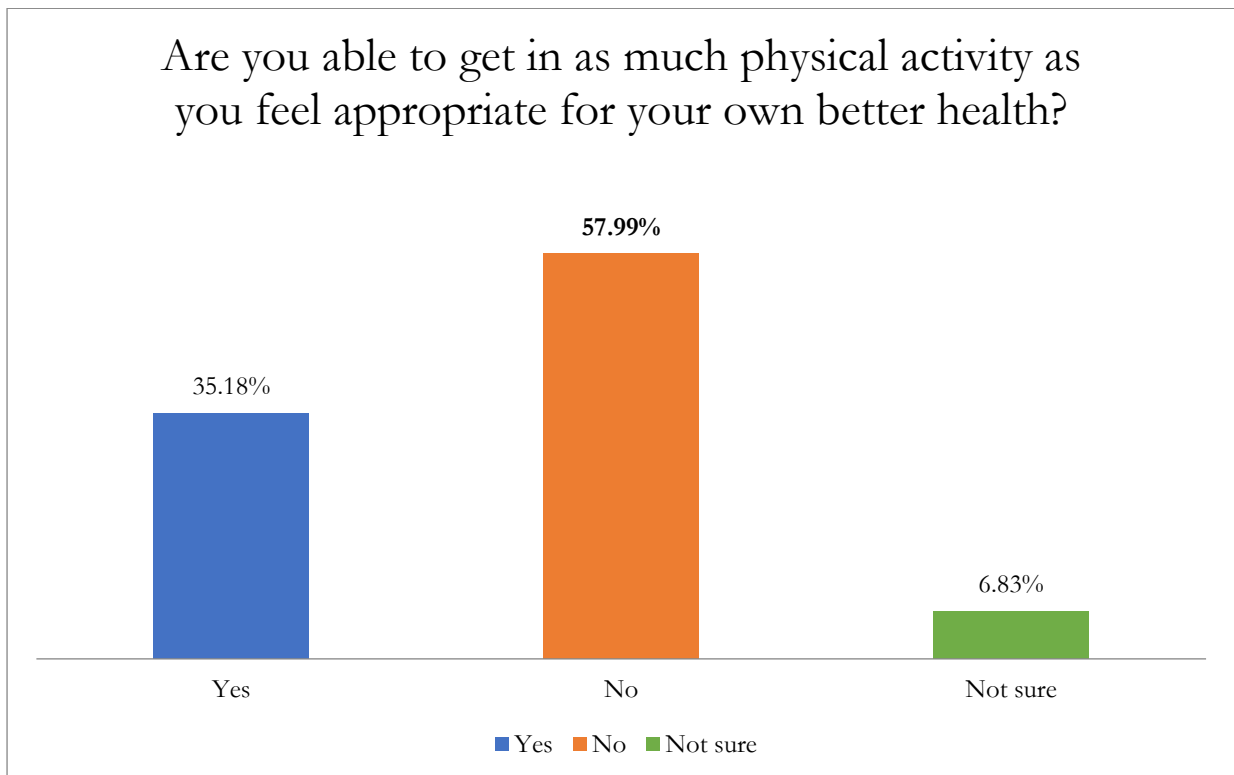


This chart provides the participants’ perception of management’s support of employee wellness. The majority (approximately 51%) of participants identified that they are not sure if management supports their participation in wellness activities, but 42% of participants state their managers do support their interest in participating in wellness activities.

County of Santa Barbara Wellness Interest Survey



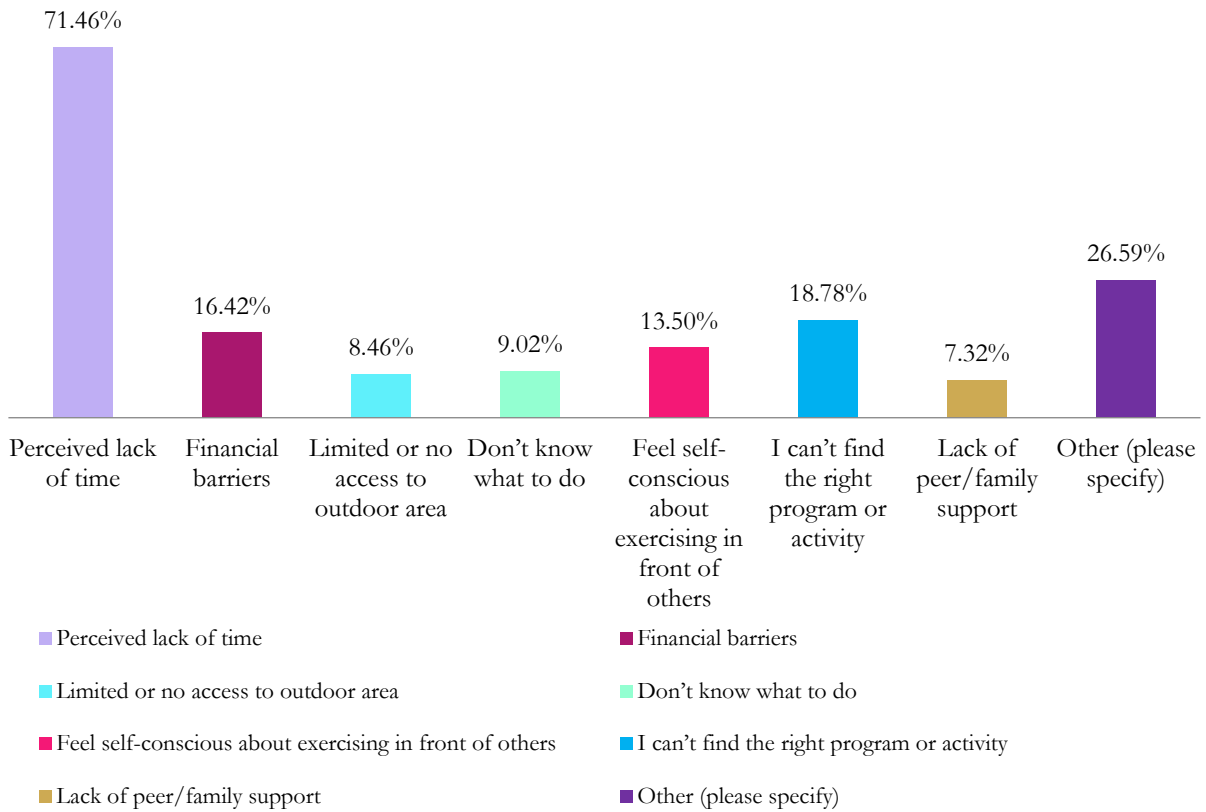
Health Behaviors:



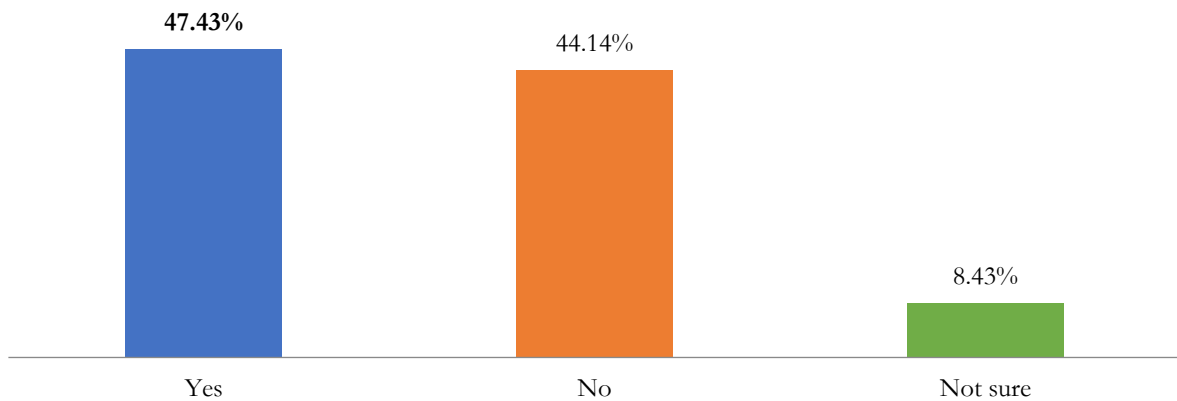
County of Santa Barbara Wellness Interest Survey



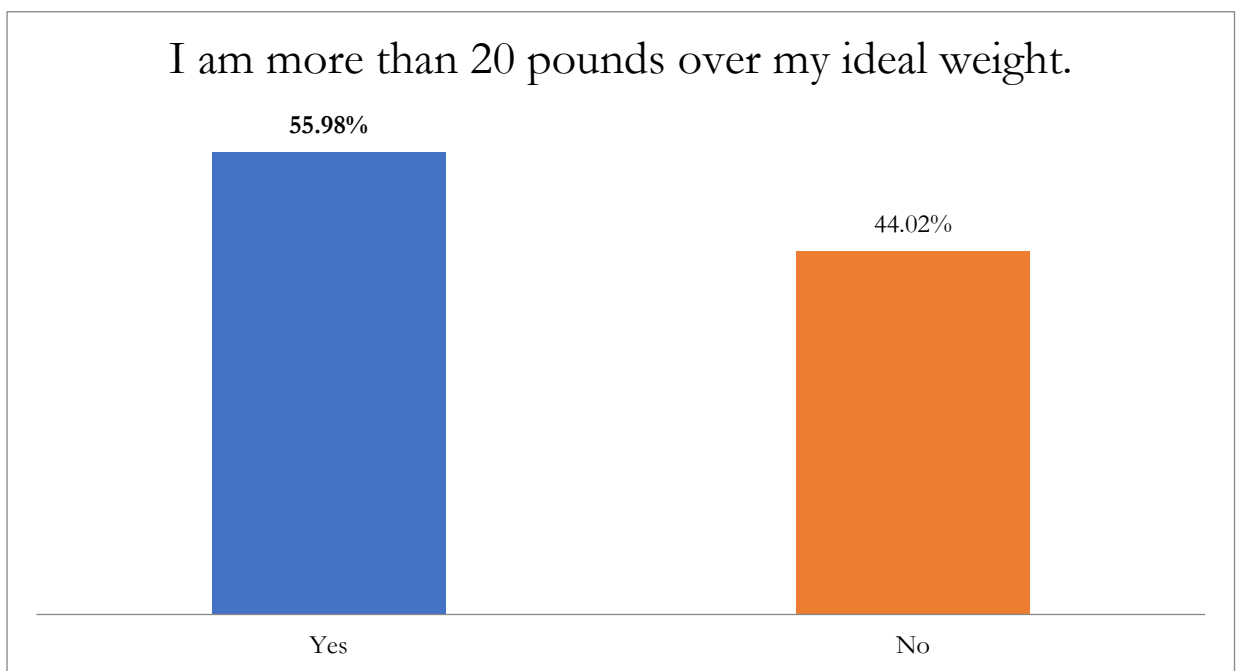
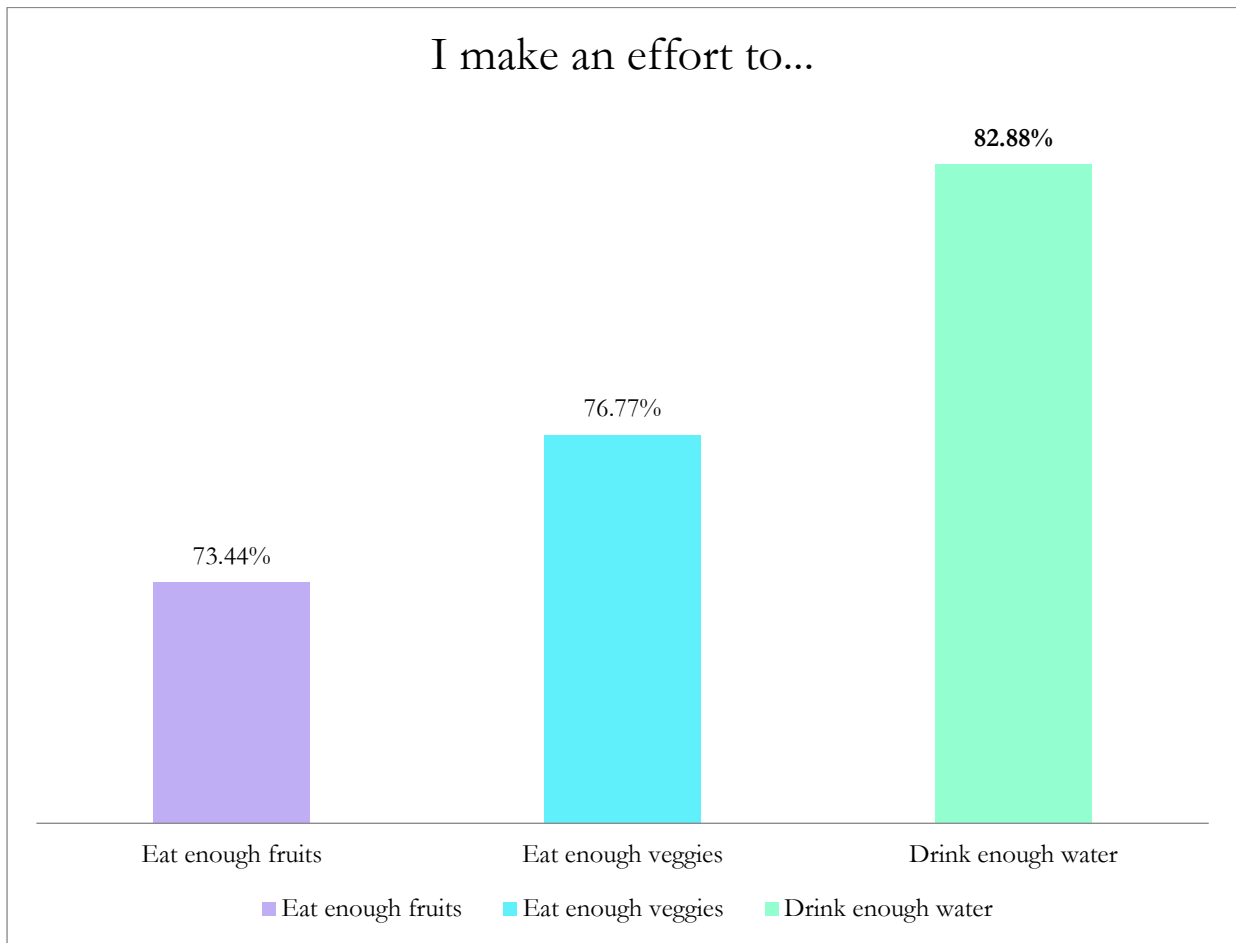
What are some barriers that continue to get in your way of becoming more active? (Check all that apply).



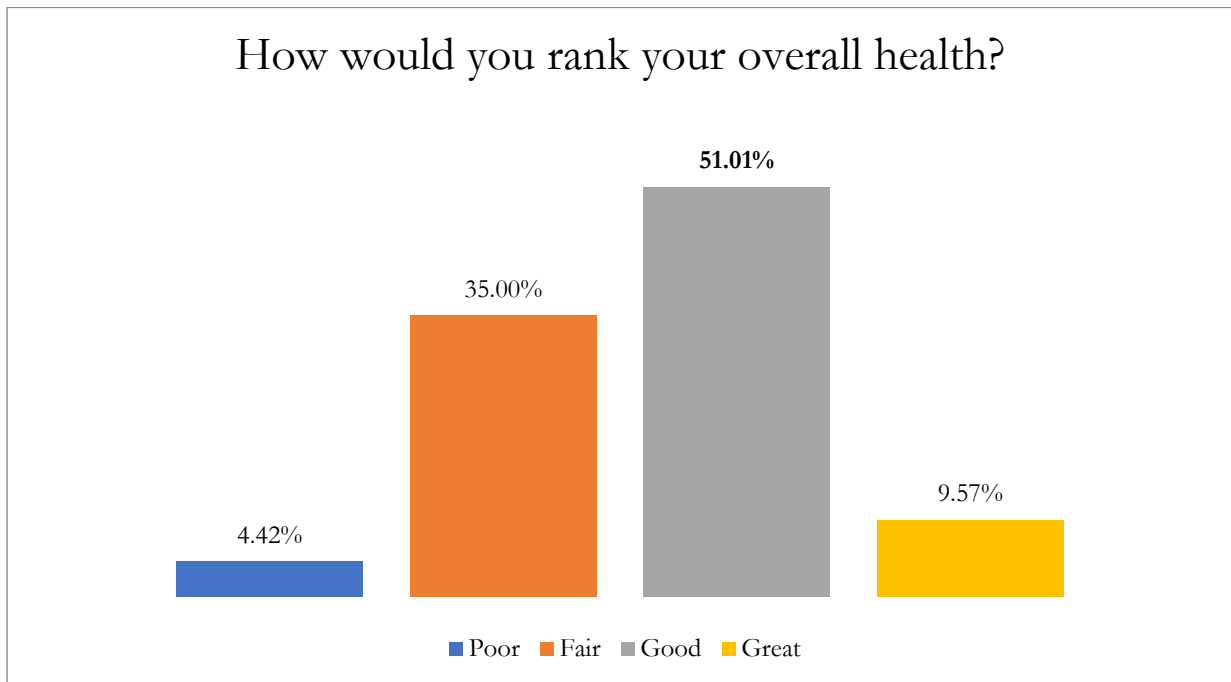
Do you find that you eat as nutritiously as you feel appropriate for your own better health?



County of Santa Barbara Wellness Interest Survey

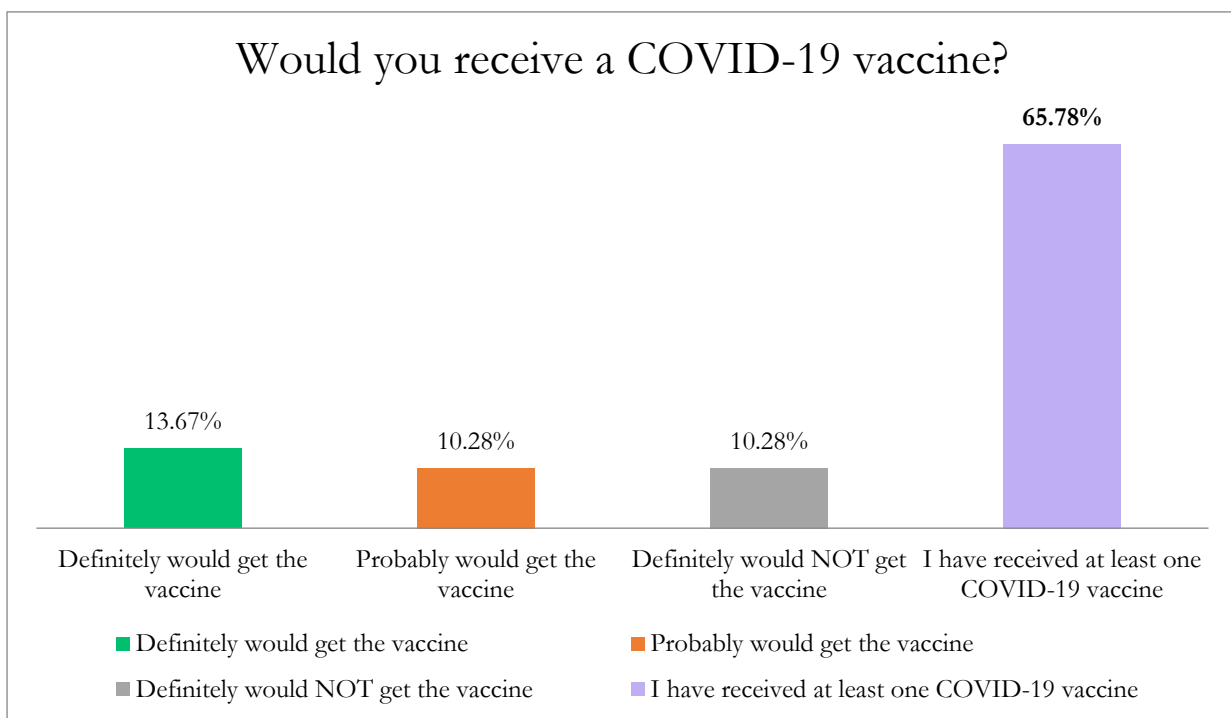


County of Santa Barbara Wellness Interest Survey



These charts provide an insight into participants’ health behaviors. Participants seem to practice stress management regularly, they don’t feel like they to get in as much physical activity due to perceived lack of time. Participants do feel like they eat as nutritiously as possible and about 83% of participants make an effort to drink water. Nevertheless, approximately 56% of participants feel they are 20 lbs. over their ideal weight. Overall, participants ranked their overall health to be good.

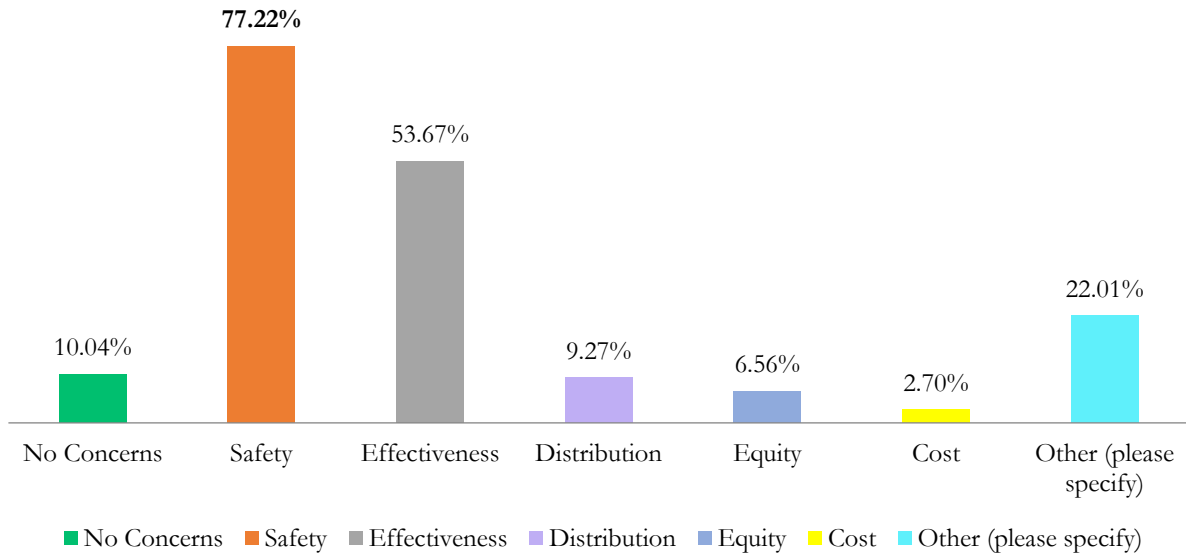
Covid-19 Vaccine:



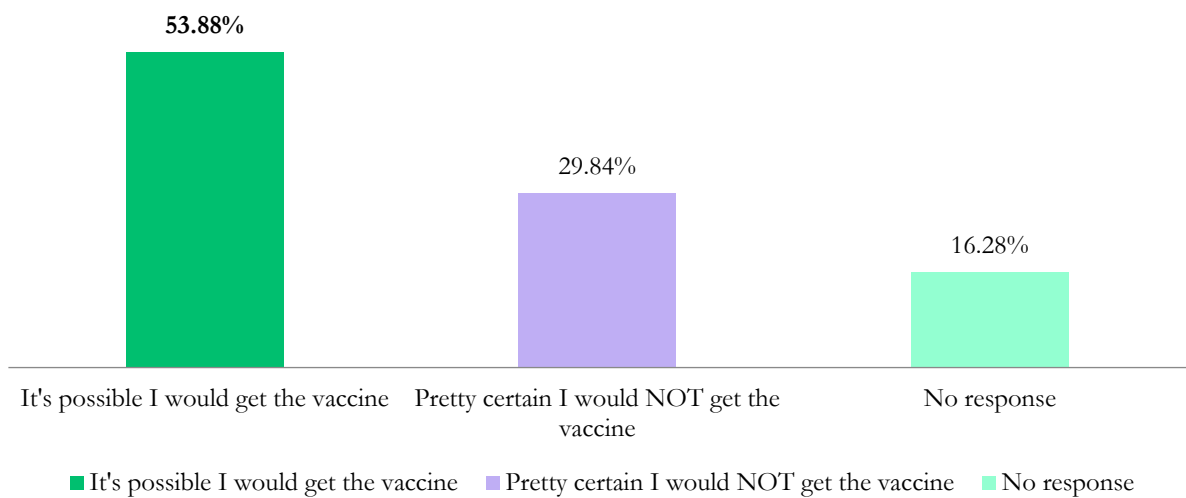
County of Santa Barbara Wellness Interest Survey



Do you have any concerns associated with getting the vaccine? (Check all that apply).



Would you receive the vaccine once more people start getting the vaccine, and there is more information about it:

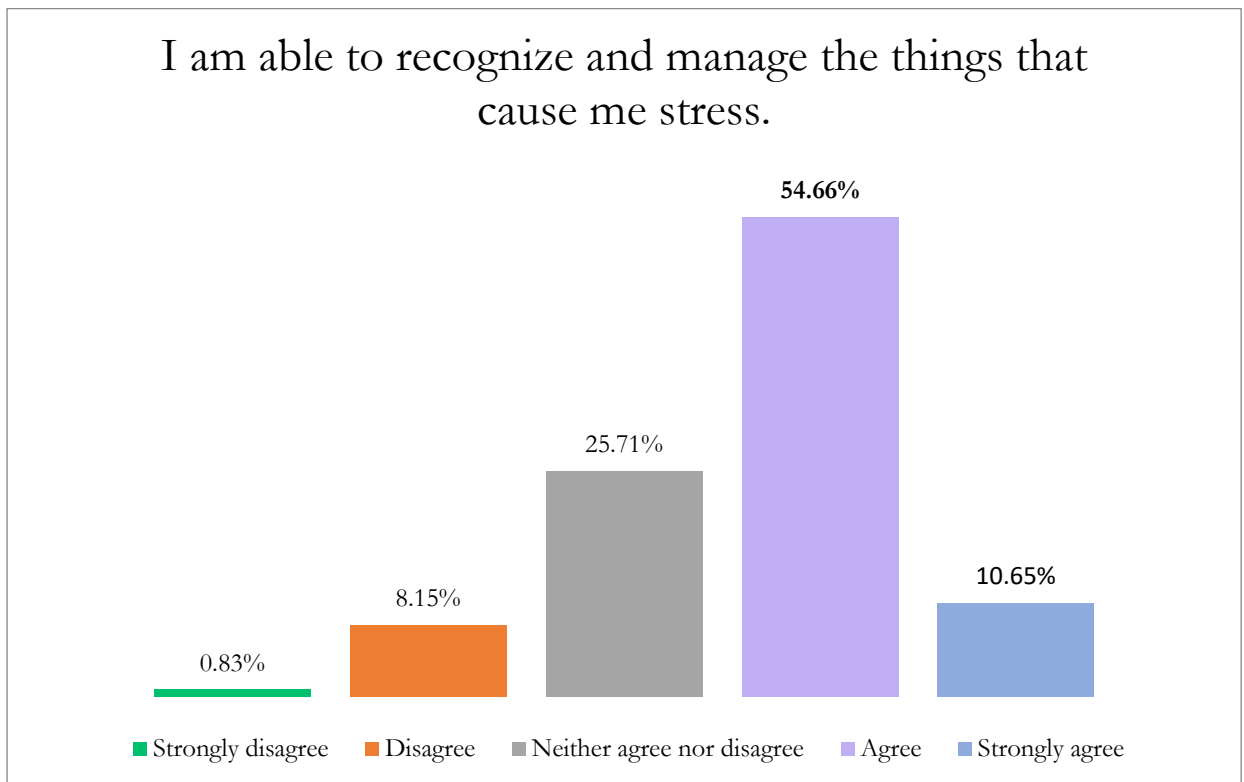
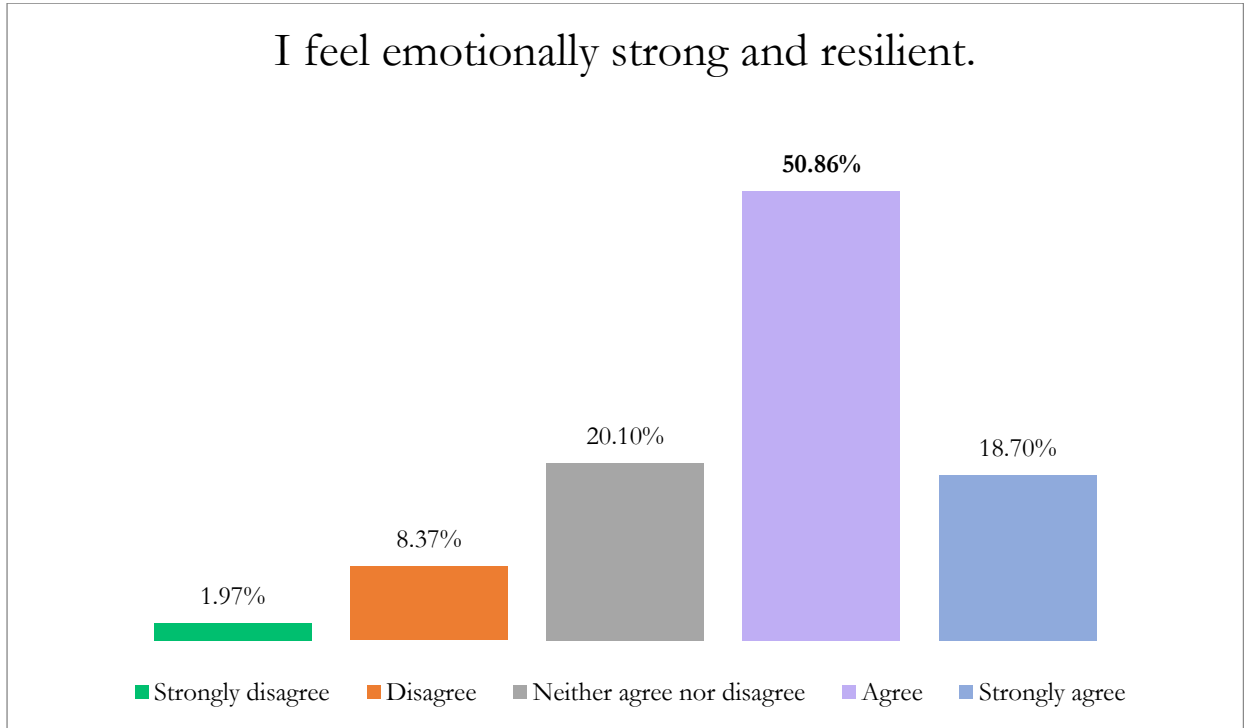


These charts show that 66% of participants have received the COVID-19 vaccine. For those that haven't received the vaccine, their top concern is safety. Also, for those that haven't received the vaccine they selected to possibly get the vaccine once more people start getting the vaccine and there is more information about it.

County of Santa Barbara Wellness Interest Survey



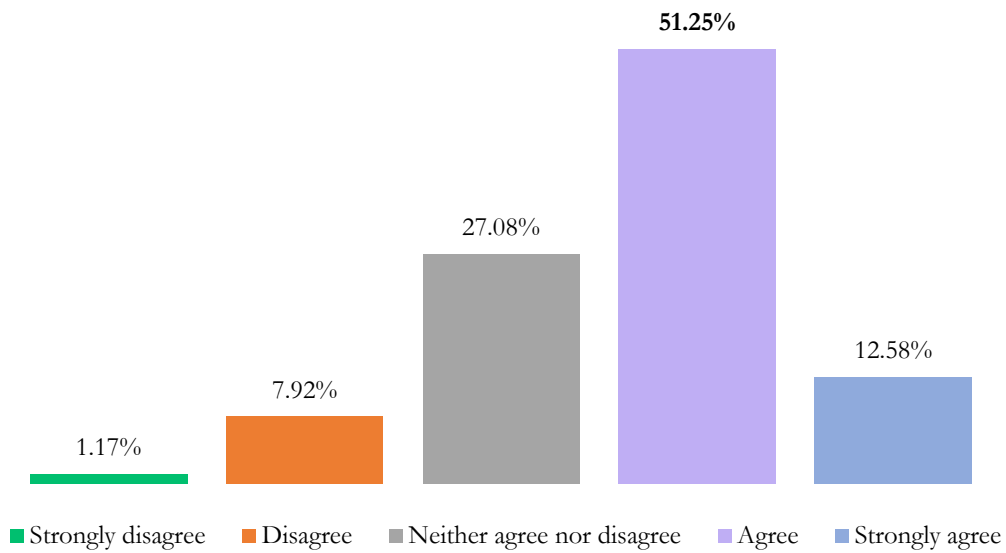
Emotional & Social Wellness:



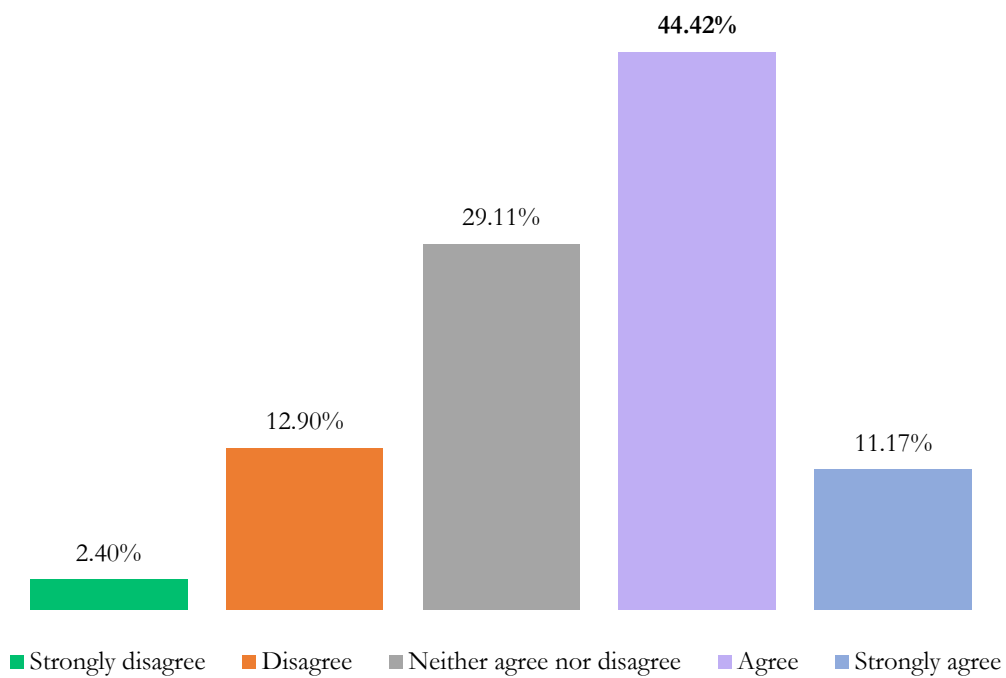
County of Santa Barbara Wellness Interest Survey



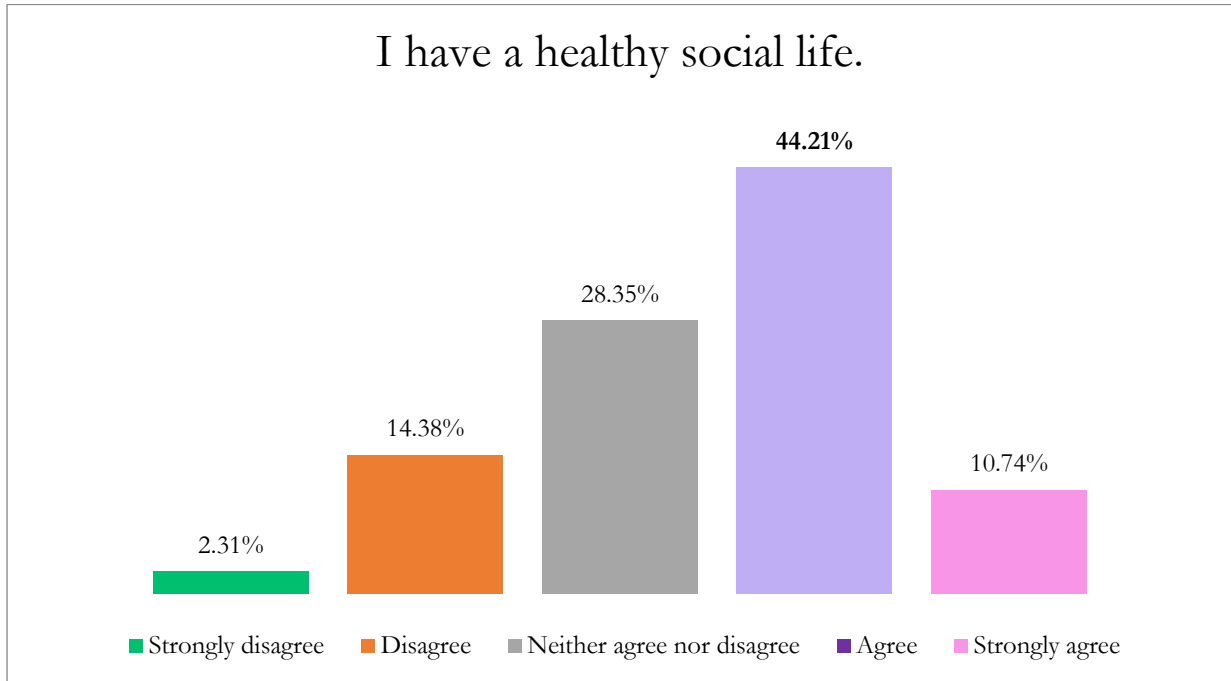
I find it easy to express my emotions in positive, constructive ways.



I feel a sense of belonging to a group or community.

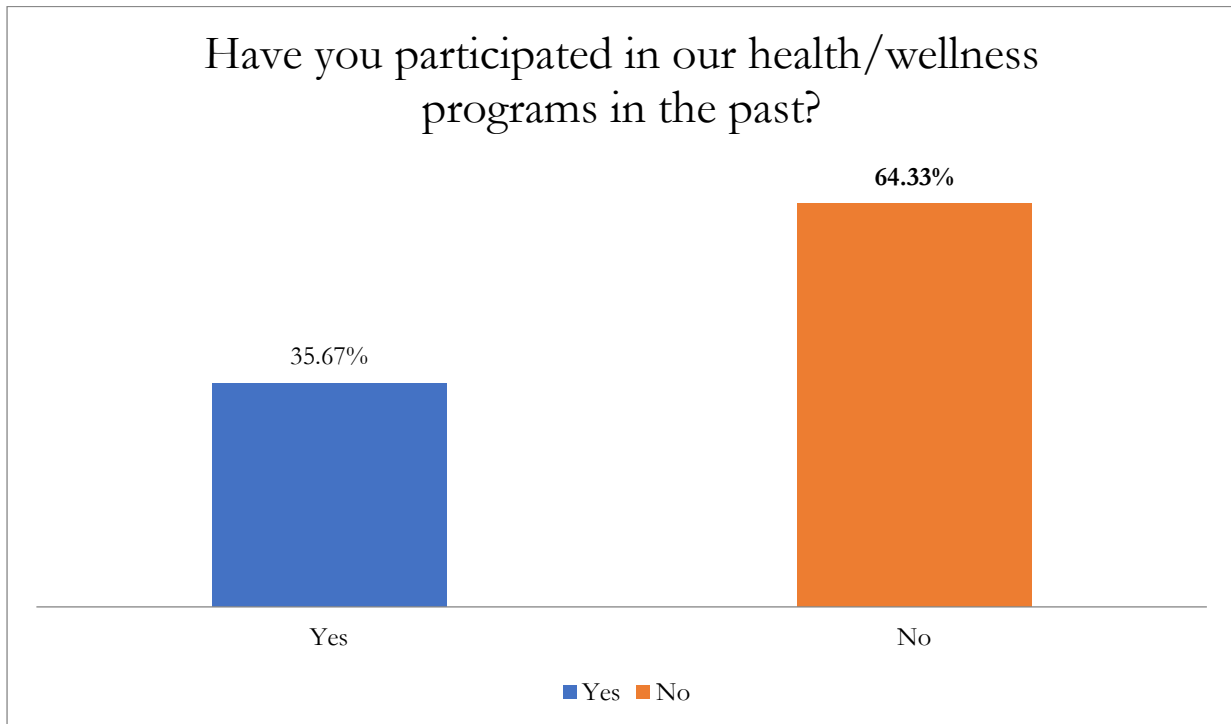


County of Santa Barbara Wellness Interest Survey



These charts show that participants agree to be able to manage stress, find it easy to feel emotionally strong, express emotions in positive, constructive ways, have a healthy social life, and feel a sense of belonging to a group or community.

Wellness Program:

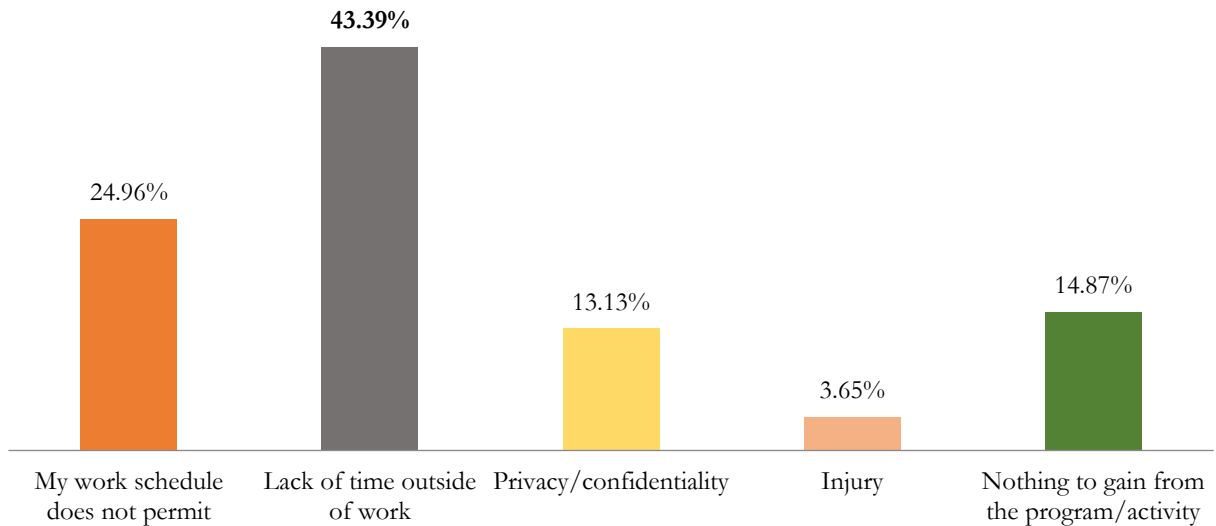


This chart helps us understand if County employees have participated in our Wellness Program. Approximately 64% of the survey participants have not been involved in the past.

County of Santa Barbara Wellness Interest Survey

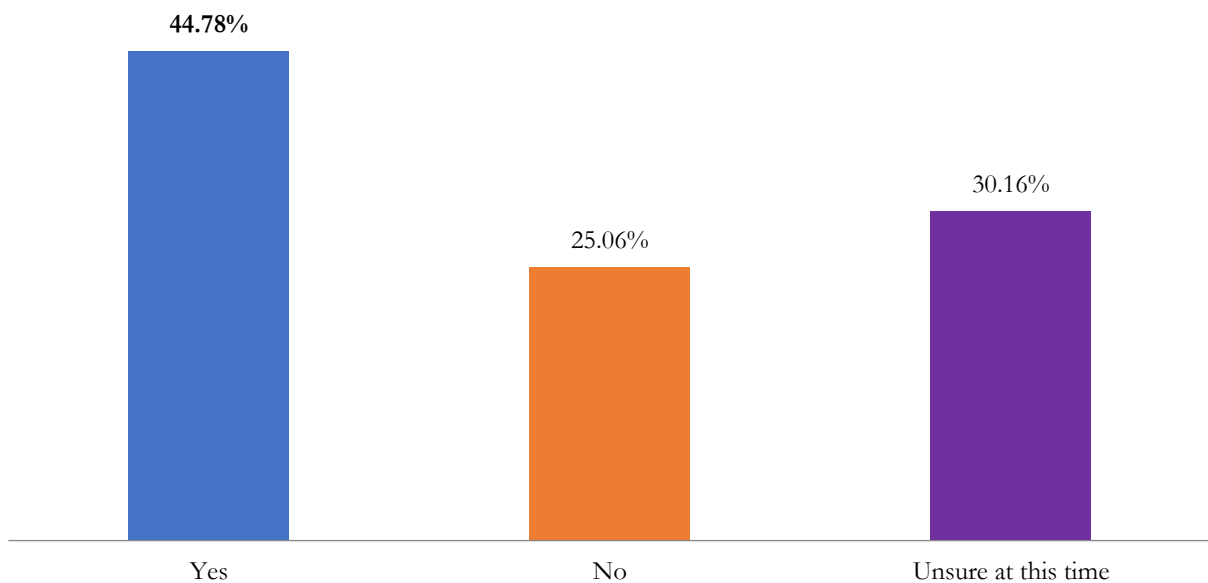


Which one of the following is the main reason why you might not participate in a health/wellness program?



This chart shows why County employees might not be involved with the Wellness Program. Approximately 43% of participants selected not having time outside of work to participate in a wellness activity.

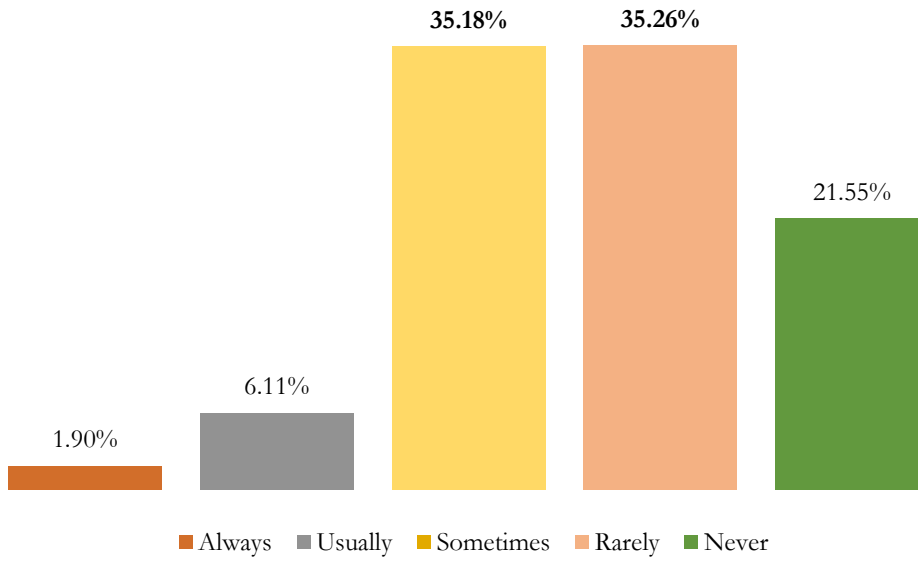
Would you be interested in having access to more mental health resources at work?



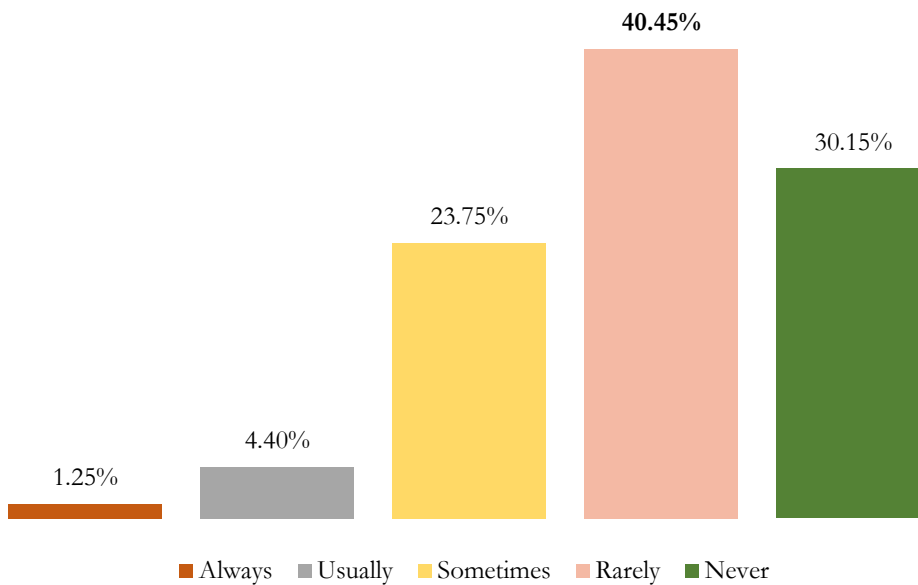
County of Santa Barbara Wellness Interest Survey



During the past two weeks, how often has your mental health interfered with your personal relationships?



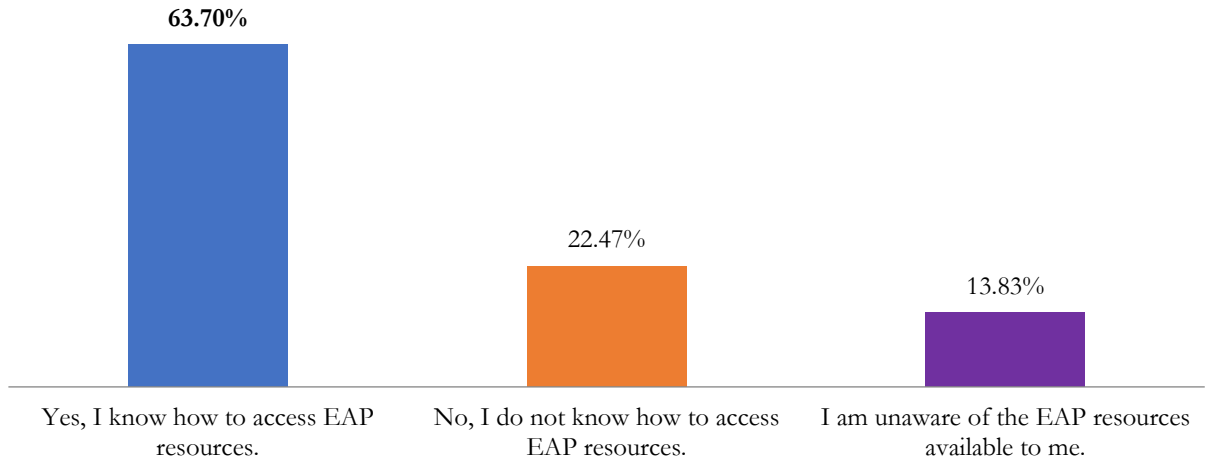
During the past two weeks, how often has your mental health interfered with your ability to get work done or accomplish tasks?



County of Santa Barbara Wellness Interest Survey



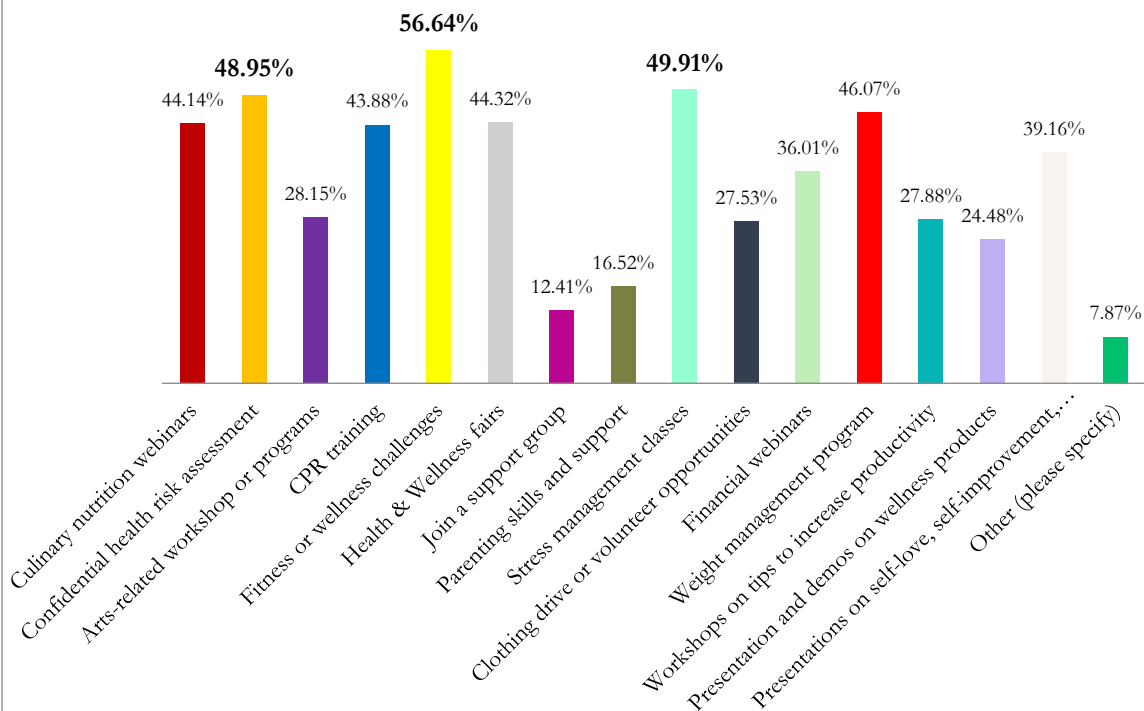
Do you know how to access the Employee Assistance Program (EAP) resources?



These charts show that participants are interested in having more access to mental health resources.

Participants feel that their mental health has sometimes and rarely interfered with their personal relationships and rarely interfered with their ability to her work done or accomplish a task. Approximately 63% of participants are aware of our EAP program.

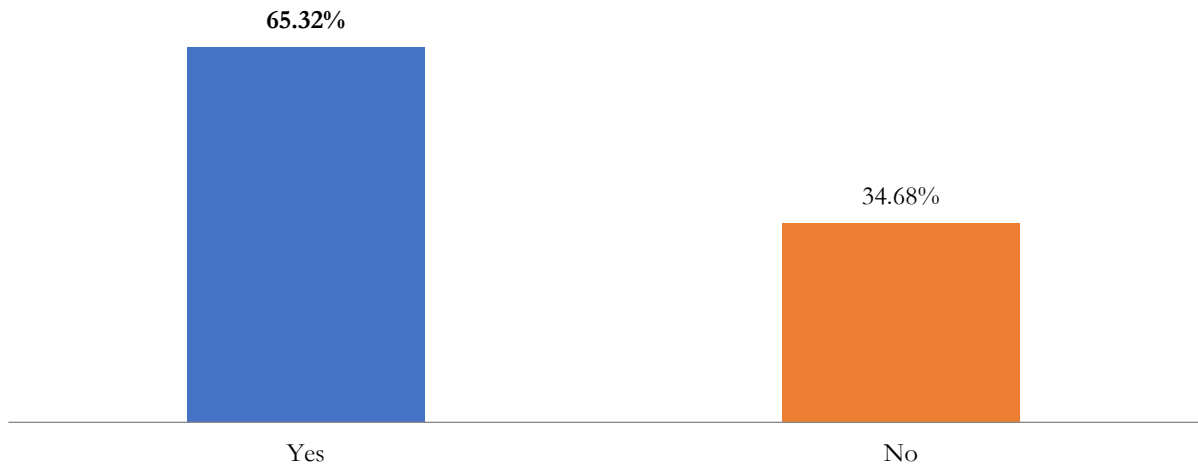
Would you participate in any of the following wellness activities regularly if they were offered at work?



County of Santa Barbara Wellness Interest Survey

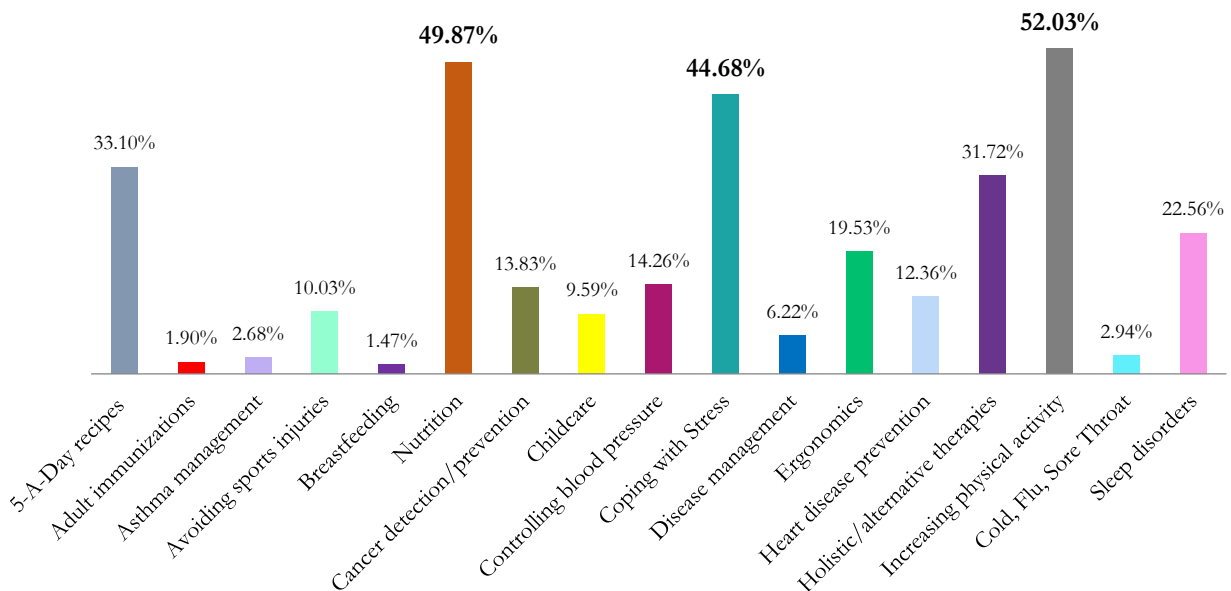


Would you be interested in completing a confidential health risk assessment that would give you a set of personal health recommendations?



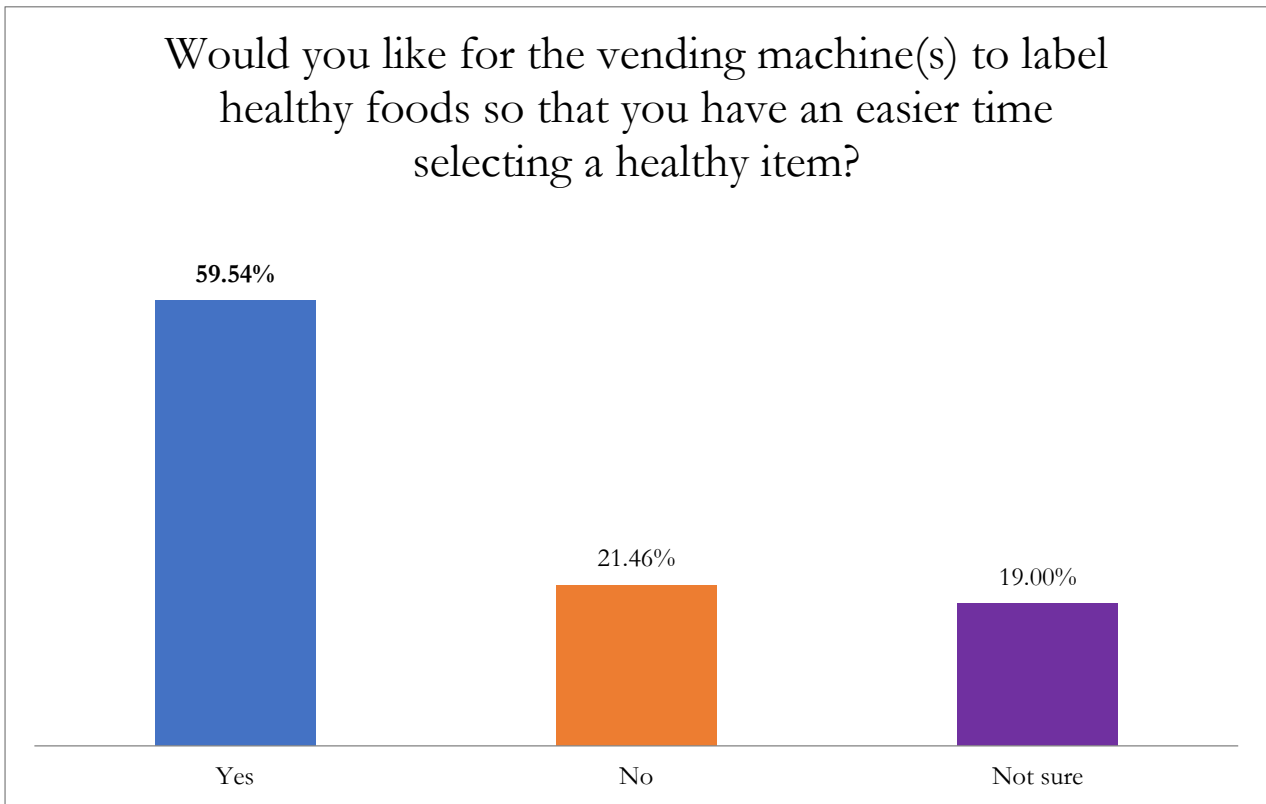
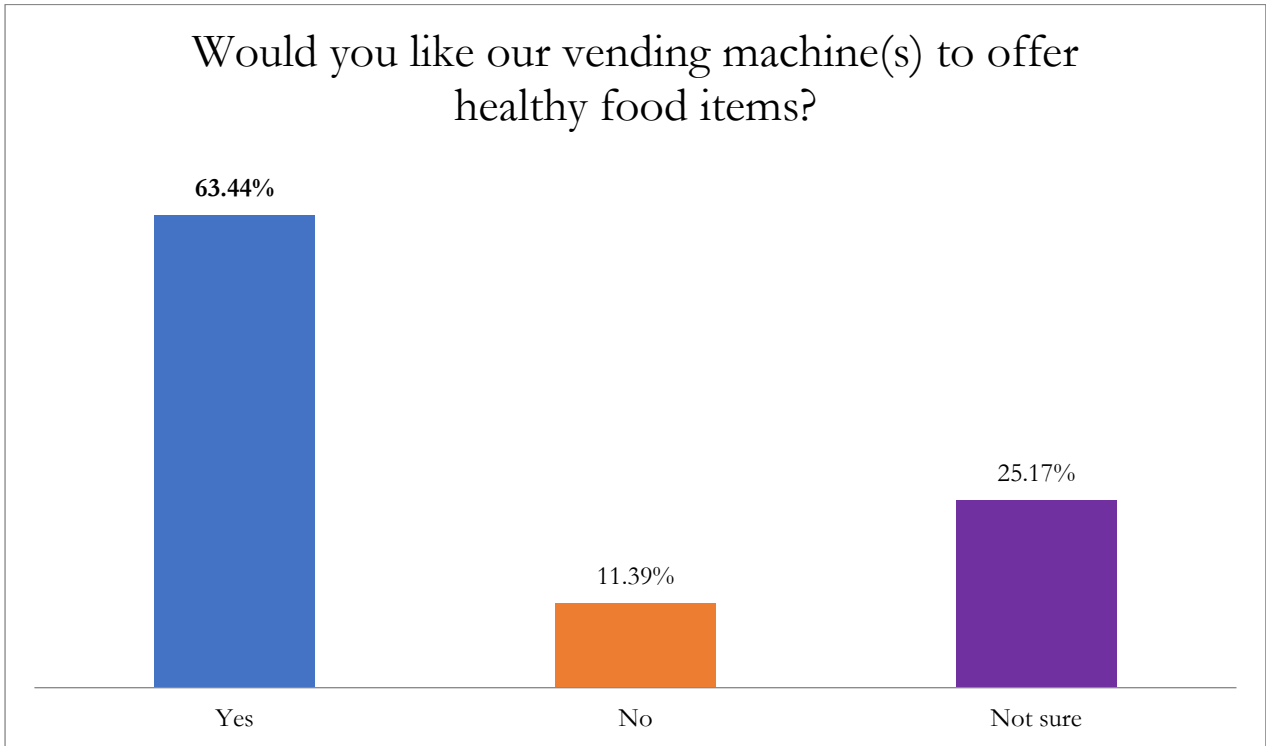
These charts show the participants interests in health and wellness topics/programs. Fitness/wellness challenges, stress management classes, and confidential health risk assessments generated the most interest.

Check the top 3 health topics that interest you the most.



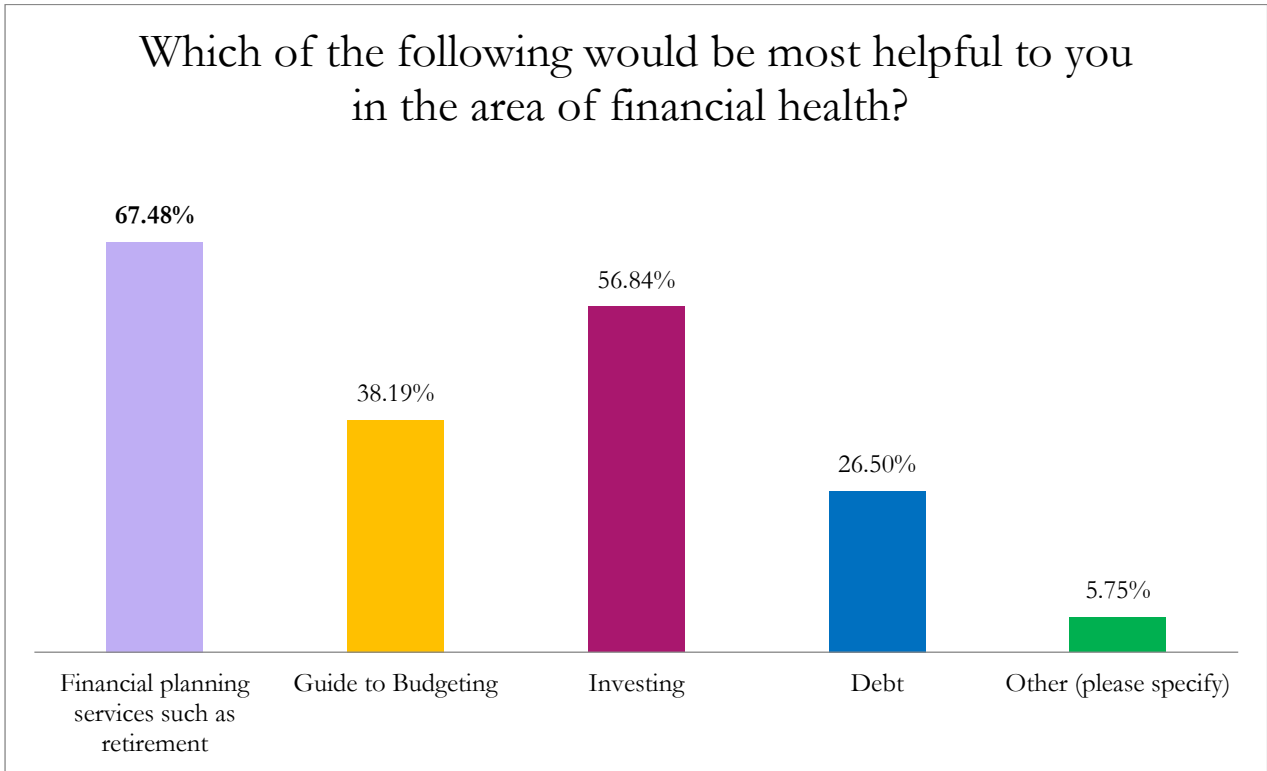
This chart shows the health topics that interest participants. Increasing physical activity, coping with stress, and nutrition are the top 3 choices.

County of Santa Barbara Wellness Interest Survey

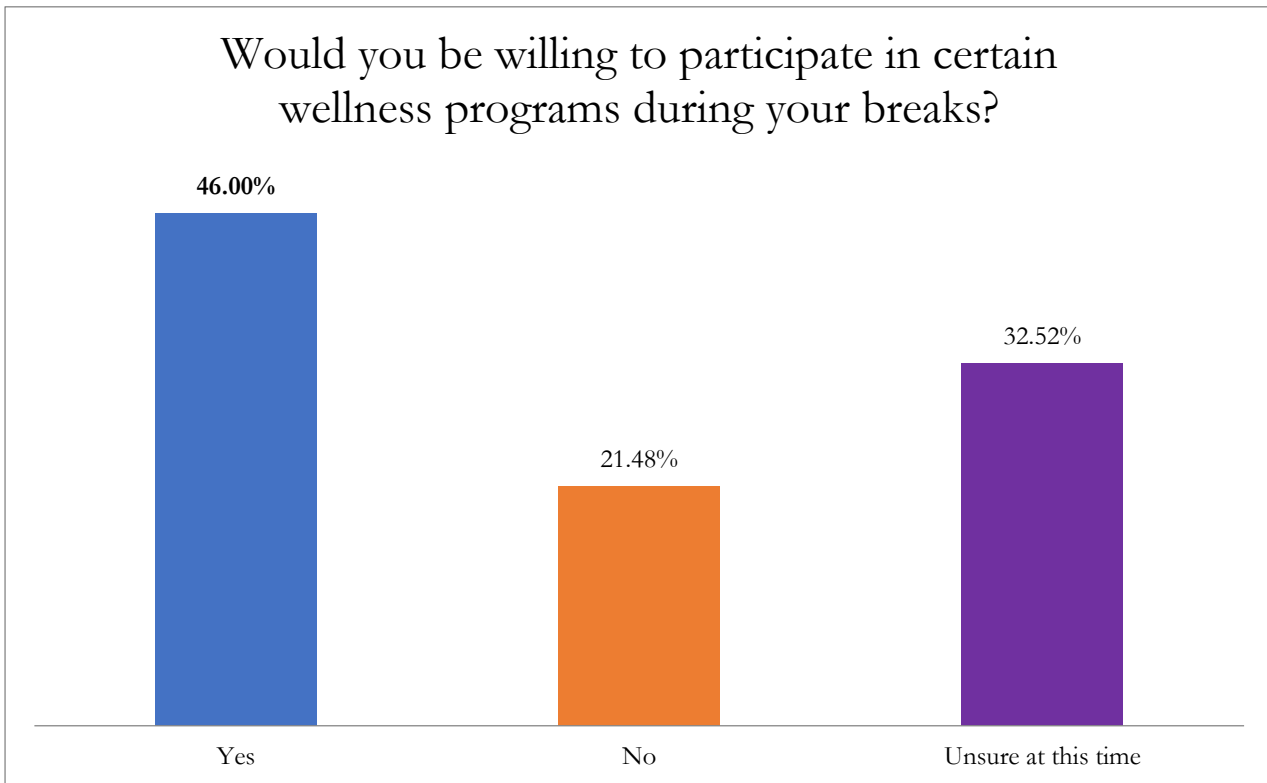


These charts show that participants would like our vending machines to offer healthy food items and for the healthy food items to be labeled so that employees have an easier time selecting a healthy item.

County of Santa Barbara Wellness Interest Survey



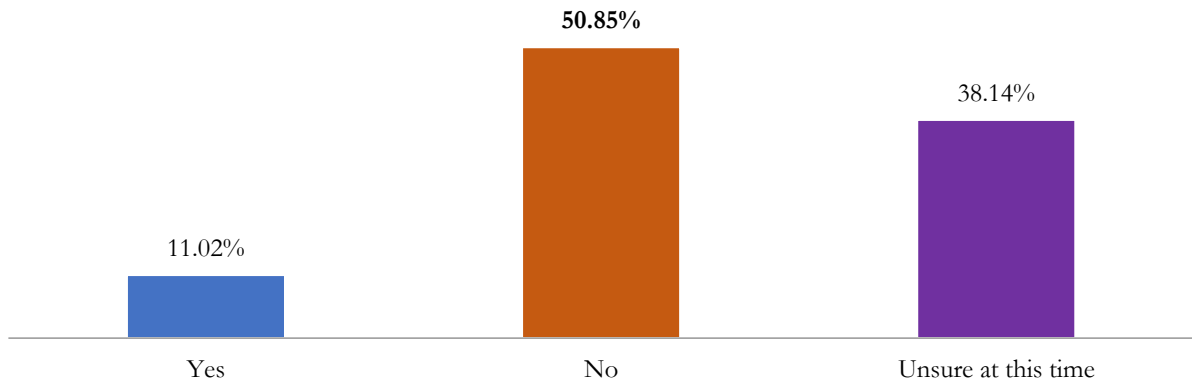
This chart shows that participants are more interested in participating in financial planning services such as retirement.



County of Santa Barbara Wellness Interest Survey

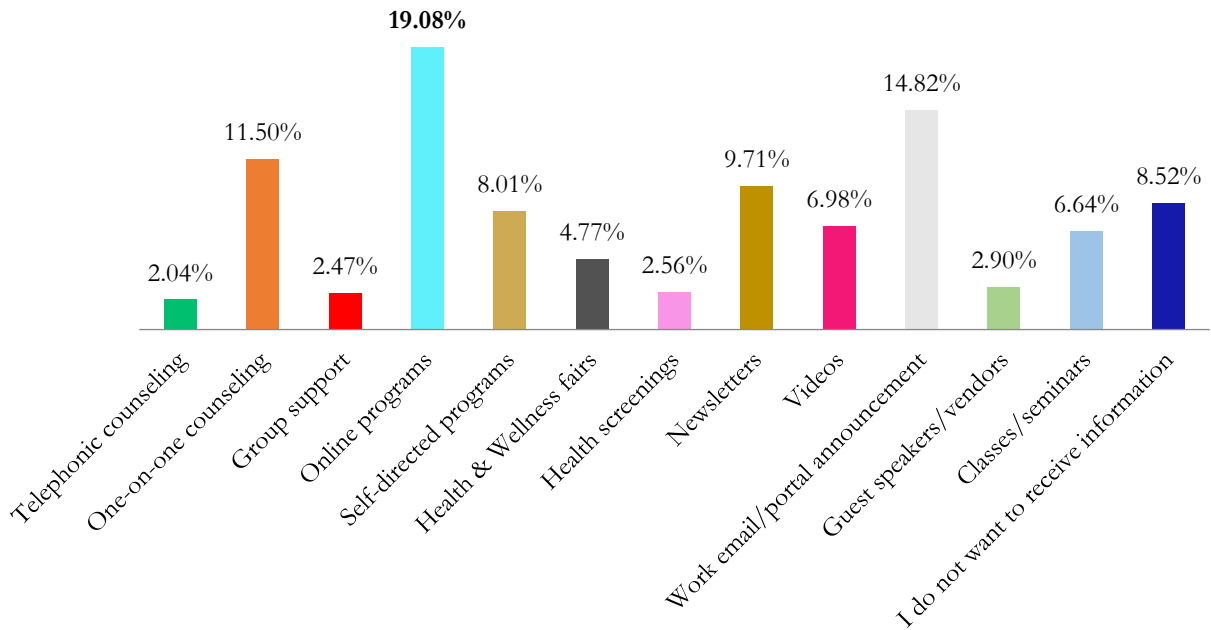


Would you be interested in serving as a member of a wellness committee for the County of Santa Barbara?



These charts show that 46% of participants are willing to participate in certain wellness programs during their break and 11% of participants are interested in joining a wellness committee at this time.

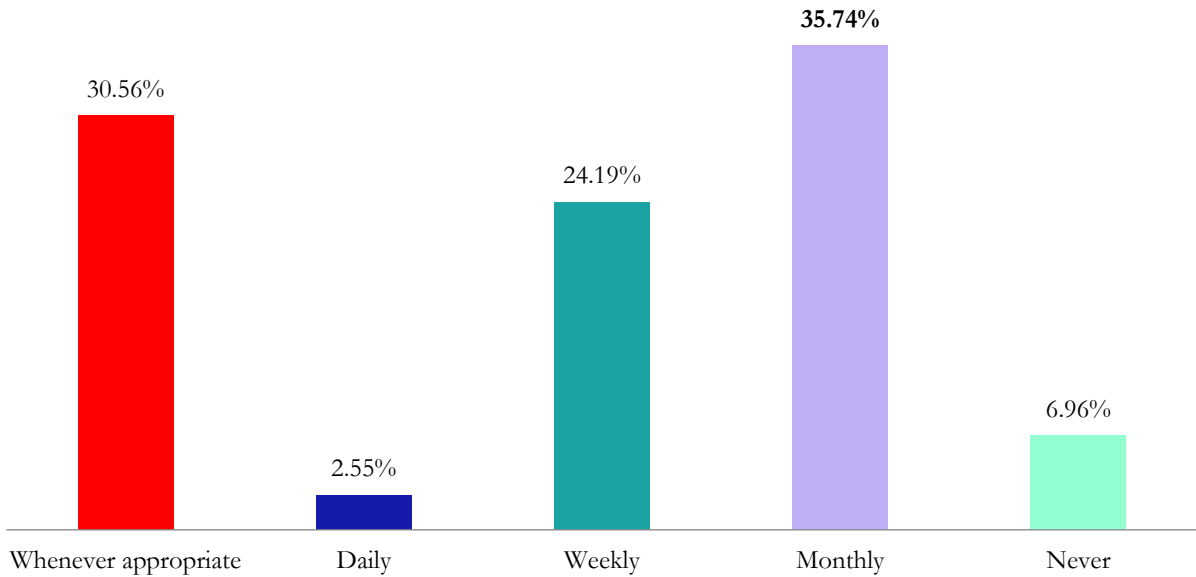
How would you like to receive health and lifestyle information?



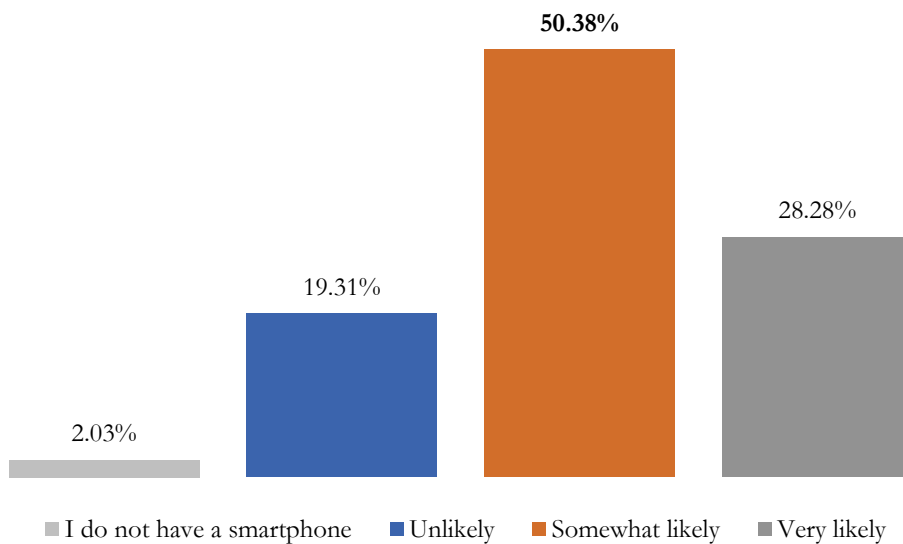
County of Santa Barbara Wellness Interest Survey



How often would you like to receive information about health and lifestyle information?



How likely are you to use apps on your smartphone concerning wellness?



These charts show that participants would like to receive health and lifestyle information via online programs, every month and somewhat likely would use apps on their smartphone concerning wellness.