






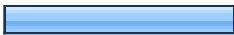







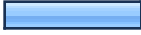


**1. After reviewing the Plan Year 2011 Wellness Program Summary, please choose the statement that best describes your knowledge of the program:**

		Response Percent	Response Count
I am aware of all of the opportunities offered through the County's Wellness Program.		49.1%	78
I am aware of some of the opportunities offered through the County's Wellness Program.		48.4%	77
I am not aware of any of the opportunities offered through the County's Wellness Program.		2.5%	4
		<b>answered question</b>	<b>159</b>
		<b>skipped question</b>	<b>0</b>

**2. Of the opportunities offered through the Wellness Program during plan year 2011, I was able to participate in: (Please check all that apply)**

		Response Percent	Response Count
Education Classes		25.3%	39
Health Club Dues Reimbursement Program		20.1%	31
Tobacco Cessation Reimbursement Benefit		1.9%	3
<b>Wellness Screening</b>		<b>70.8%</b>	<b>109</b>
Free "Eat Right For Life" book		34.4%	53
Community Weight Loss Challenge		8.4%	13
Tobacco Cessation Program		0.6%	1
Not Able to Participate		24.0%	37
<b>answered question</b>			<b>154</b>
<b>skipped question</b>			<b>5</b>

**3. Lewis and Clark County is genuinely interested in my overall health.**

		Response Percent	Response Count
Strongly Agree		21.5%	34
<b>Agree</b>		<b>53.8%</b>	<b>85</b>
No Opinion		20.3%	32
Disagree		3.8%	6
Strongly Disagree		0.6%	1
<b>answered question</b>			<b>158</b>
<b>skipped question</b>			<b>1</b>





**4. The County's Wellness Program has made a positive impact on at least one of my health choices.**

		Response Percent	Response Count
Strongly Agree		13.4%	21
<b>Agree</b>		<b>54.8%</b>	<b>86</b>
No Opinion		24.2%	38
Disagree		6.4%	10
Strongly Disagree		1.3%	2
<b>answered question</b>			<b>157</b>
<b>skipped question</b>			<b>2</b>





**5. I read the Weekly Wellness messages:**

		Response Percent	Response Count
Always		26.4%	42
<b>Regularly, but miss one occasionally</b>		<b>43.4%</b>	<b>69</b>
Once in a while		25.2%	40
Never		5.0%	8
<b>answered question</b>			<b>159</b>
<b>skipped question</b>			<b>0</b>








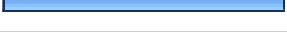













**6. Of the Weekly Wellness messages I have read, I read because: (Check all that apply)**

		Response Percent	Response Count
They contained useful information.		61.6%	93
They were interesting.		43.7%	66
I happened to have time.		41.7%	63
I was interested in the recipe.		32.5%	49
	Other (please specify)		5
<b>answered question</b>			<b>151</b>
<b>skipped question</b>			<b>8</b>

**7. The reason(s) I don't read the Weekly Wellness messages : (Check all that apply)**

		Response Percent	Response Count
I don't feel like I have time during the work day.		73.6%	53
Messages are not interesting.		9.7%	7
I'm already a pretty healthy person.		18.1%	13
Messages are too long.		11.1%	8
	Other (please specify)		11
<b>answered question</b>			<b>72</b>
<b>skipped question</b>			<b>87</b>



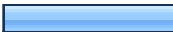



**8. Of the following options, please choose the class topics you would find most helpful or interesting: (Check all that apply)**

		Response Percent	Response Count
How a Healthy Diet Relates to Your Overall Health		29.8%	42
Understanding Whole Grains		27.7%	39
Budgeting/Finance		24.1%	34
Aging Gracefully		34.0%	48
Grocery Shopping Pitfalls		26.2%	37
Understanding Fats and Oils		24.1%	34
Understanding Food Labels		24.8%	35
Healthy Cooking on a Budget		41.8%	59
How To Make Your Favorite Dishes More Healthy		35.5%	50
Ask the Nutritionist		20.6%	29
Managing Stress		41.8%	59
Chronic Pain		19.9%	28
Healthier Options When Dining Out		32.6%	46
Healthier Options At Work		20.6%	29
Cooking Demonstration		15.6%	22
The Right Diet for YOU		30.5%	43
<b>The Right Exercise Plan For YOU</b>		<b>46.8%</b>	<b>66</b>
Meal Planning 101		29.1%	41
A Recipe Trade		23.4%	33
Tobacco Cessation		7.8%	11
Time Management/Organization		24.1%	34

<b>answered question</b>	<b>141</b>
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<b>skipped question</b>	<b>18</b>
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### 9. Choose the following reason or reasons that describe why you have participated in few or no wellness education classes:

		Response Percent	Response Count
I cannot take time during my work hours because I am too busy.		49.5%	49
I cannot take time during my work hours because my supervisor would not approve.		5.1%	5
They're not at convenient locations for me.		25.3%	25
They're not at convenient times for me.		35.4%	35
Past topics have not interested me.		22.2%	22
I'm not comfortable attending.		9.1%	9
		Other (please specify)	28

<b>answered question</b>	<b>99</b>
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<b>skipped question</b>	<b>60</b>
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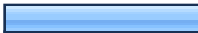

**10. I would attend an education class outside of my normal work hours if the topic interested me.**

		Response Percent	Response Count
Strongly Agree		7.1%	11
<b>Agree</b>		<b>59.0%</b>	<b>92</b>
No Opinion		17.3%	27
Disagree		14.7%	23
Strongly Disagree		1.9%	3
<b>answered question</b>			<b>156</b>
<b>skipped question</b>			<b>3</b>


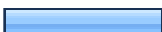



**11. What would be the best time for an education class for you?**

		Response Percent	Response Count
Day(s) of the week:		89.3%	100
Time(s) of day:		90.2%	101
<b>answered question</b>			<b>112</b>
<b>skipped question</b>			<b>47</b>



**12. I am aware that spouses are invited to wellness education classes whenever employee participation levels permit.**

		Response Percent	Response Count
Yes		29.0%	45
No		71.0%	110
answered question			155
skipped question			4





**13. If individual training sessions with a Personal Trainer were paid by the County Wellness Program, I would sign up.**

		Response Percent	Response Count
Very Likely		52.9%	83
Somewhat Likely		23.6%	37
Maybe		14.6%	23
Unlikely		7.6%	12
Definitely Not		1.3%	2
Comment:			7
answered question			157
skipped question			2






### 14. I have never participated in the County Wellness Screenings.

		Response Percent	Response Count
True		13.0%	20
False (If false, skip to question 16.)		87.0%	134
<b>answered question</b>			<b>154</b>
<b>skipped question</b>			<b>5</b>










### 15. I have never participated in the annual wellness screenings because:

		Response Percent	Response Count
I don't know enough about how it works.		31.6%	6
I don't see how it benefits me.		0.0%	0
My health is none of the County's business.		15.8%	3
I'm too busy.		5.3%	1
<b>Other (please specify)</b>		<b>47.4%</b>	<b>9</b>
<b>answered question</b>			<b>19</b>
<b>skipped question</b>			<b>140</b>





**16. I would utilize free services from a health coach if I failed one or more of the wellness screening criteria.**

		<b>Response Percent</b>	<b>Response Count</b>
Strongly Agree		29.3%	43
<b>Agree</b>		<b>51.7%</b>	<b>76</b>
No Opinion		15.0%	22
Disagree		3.4%	5
Strongly Disagree		0.7%	1
<b>answered question</b>			<b>147</b>
<b>skipped question</b>			<b>12</b>






## 17. When talking about healthier lifestyle choices, which statement best describes you?

		Response Percent	Response Count
I'm too set in my ways to make changes now.		0.7%	1
I don't have a weight problem so I don't see why eating healthy is important.		0.7%	1
I don't have a weight problem so I don't see why exercise is important.		0.7%	1
I'm ready to make changes toward a healthier life, but don't know where to start.		16.2%	23
I'm almost ready to make healthier lifestyle choices, but I need more information.		4.2%	6
<b>I'm a healthy person but I still want to learn more.</b>		<b>60.6%</b>	<b>86</b>
I'm a health nut.		4.2%	6
I'm too busy to make any major changes to my lifestyle.		6.3%	9
I am ready to make a change but members of my family are not.		6.3%	9
		<b>answered question</b>	<b>142</b>
		<b>skipped question</b>	<b>17</b>





**18. I have taken steps toward healthier lifestyle choices, through tobacco cessation, increasing my physical activity, or improving eating habits in the last year:**

		Response Percent	Response Count
Strongly Agree		16.7%	25
<b>Agree</b>		<b>61.3%</b>	<b>92</b>
No Opinion		18.7%	28
Disagree		3.3%	5
Strongly Disagree		0.0%	0
<b>answered question</b>			<b>150</b>
<b>skipped question</b>			<b>9</b>






**19. I would participate in a team activity, such as a softball or volleyball team, if it were offered.**

		Response Percent	Response Count
Strongly Agree		5.2%	8
Agree		26.6%	41
No Opinion		21.4%	33
<b>Disagree</b>		<b>35.7%</b>	<b>55</b>
Strongly Disagree		11.0%	17
<b>answered question</b>			<b>154</b>
<b>skipped question</b>			<b>5</b>

**20. I can make major improvements to my health by making small changes in my daily habits.**

		Response Percent	Response Count
Strongly Agree		32.0%	49
<b>Agree</b>		<b>61.4%</b>	<b>94</b>
No Opinion		5.2%	8
Disagree		1.3%	2
Strongly Disagree		0.0%	0
<b>answered question</b>			<b>153</b>
<b>skipped question</b>			<b>6</b>

**21. Having wellness resources, such as books, magazines or DVDs, available to check out would be very helpful.**

		Response Percent	Response Count
Strongly Agree		9.7%	15
<b>Agree</b>		<b>45.5%</b>	<b>70</b>
No Opinion		31.2%	48
Disagree		12.3%	19
Strongly Disagree		1.3%	2
<b>answered question</b>			<b>154</b>
<b>skipped question</b>			<b>5</b>

**22. Overall I would rate the County's Wellness Program:**

		<b>Response Percent</b>	<b>Response Count</b>
Very Good		27.6%	42
<b>Good</b>		<b>57.2%</b>	<b>87</b>
No Opinion		13.2%	20
Not Very Good		1.3%	2
A waste of time		0.7%	1
<b>answered question</b>			<b>152</b>
<b>skipped question</b>			<b>7</b>