

Wellness Challenge Survey Results

Spring 2007

We hope you enjoyed participating in the Wellness Challenge.

Huge success, based on the surveys handed in, **55% exercised more, 42% lost weight, 72% decreased eating unhealthy foods, 72% improved eating habits, 58% felt better physically, 66% felt emotionally better, 53% had more energy, 97% are going to try and continue to eat better, 32% actually slept better, and 100% want to do more contest!!!!**

We did a side survey for smokers to see how eating better and exercising affected them, 47% said the contest made them want to quit smoking, and 88% said they would like a stop smoking program and contest.

1. How was the length of the contest?
Perfect - 76%
too long - 4%
too short - 18%
2. What motivated you the most?
Pride – 63%
Prizes – 28%
Peer pressure – 8%
3. Did this contest help you exercise more?
Yes – 55%
No – 44%
4. Did this help kick-start you, to try to continue to exercise more?
Yes – 71%
No – 24%
5. Did you see any weight loss or gain?
Loss – 42%
Gain – 2%
Same – 55%
6. Did you decrease eating certain unhealthy foods?
Yes – 72%
No – 28%
7. Did you become more aware of the quality of the food you were eating?
Yes – 89%

No – 11%

8. Did your eating habits improve? **Yes – 72%**

No – 27%

9. Did you physically feel better during the contest? **Yes – 58%**

No - 15%

Normal 28%

(If no, do you know why?) Personal matters, stress, injury

10. Did you feel better mentally/emotionally during the contest about yourself?

Yes – 66%

No – 11%

Normal - 23%

(If no, do you know why?): felt guilty if

didn't exercise, personal matters

11. Will you try to continue to eat healthier? **Yes – 97%**

No – 3%

12. Did you have more energy during the contest? **Yes – 53%**

No – 47%

13. Did you sleep better during the contest? **Yes – 32%**

No – 68%

14. If on maintenance drugs, do you feel your odds to eliminate them have improved?

Yes - 22%

No- 78%

15. Did your household either exercise more or eat healthier because of you?

Yes – 59%

No – 41%

16. Do you smoke?

Yes – 43%

No - 57%

17. Did the contest help you to want to quit smoking? **Yes - 47%**

No – 53%

18. Would you like a stop smoking contest or program? **Yes - 88%**

No – 12%

19. Has this contest helped you improve your lifestyle?

Yes – 74%

No – 26% Which was interesting as several no's lost weight and were happy because of it, ate less or better or slept better and want to do more contest.

20. Would you like to participate in future contests? **Yes - 100%**

21. Comments

- a. Lost 5 lbs, I'm liking that
- b. Want a weight loss contest
- c. Surprising easy to go to fruit market and pick up more than just oranges and cantaloupe, I now like whole grains
- d. It felt good to have some motivation that I don't normally have for my health.
- e. I would like to see a gym in the plant for people to work out before, or lunch or after work.
- f. Made me aware of the benefits if eating healthier, I am more likely to look at what is in the contest of the items I purchase. I started consuming organic products as well. This was already being done by the rest of my family, but I resisted. The entire house hold has benefited from the literature I take home from Seyer.
- g. Get a personal trainer, dietician to come in and help design personal program
- h. Have a nurse come in for blood test results on all areas of health
- i. The contest keeps you on target making you want to exercise even when you're pooped, and it becomes part of your lifestyle
- j. I got out and did more yard work and got more work done and felt better, thank you
- k. Was working out 3 days and now 7 and that is a lot and I have to keep doing it
- l. Didn't eat as much chips and cookies
- m. Not eating after 7:30pm
- n. Lost 2 lbs
- o. Lost 7-8 lbs

For those who didn't participate your honesty in these questions is important to us.

22. Could you let us know why you believe you didn't participate in the contest?

- a. Personal reasons- did exercise more and eat better but didn't turn in points
- b. Couldn't find the time
- c. Did exercise and eat but didn't have time to fill out points

23. Would there have been something we could have changed that would have gotten you to participate more than you did? Yes; No if yes please describe
- a. I want to participate in future events
 - b. Worked a lot
24. Is there a type of contest or program you would like to participate in to help keep your future medical expense down and to live a healthier lifestyle?
- a. Personal problems have settled down so I am ready