



ACC WELLNESS SURVEY RESULTS

The wellness survey was sent out in May 2007 by the Wellness Committee to all employees. At the end of three weeks 717 responses had been received, a response rate of approximately 25%, very similar to the 2007 Internal Customer Survey.

SUMMARY

- Almost 40% of respondents exercise 3 or more times per week, with 12% not exercising at all. The rest were in between, exercising fewer than 3 times per week.
- Nearly 64% feel that release time for documented exercise would be helpful—23% were not sure and 13% said it would not be helpful. Approximately 81% said yes they would find 90 minutes of release time per week valuable in terms of helping them get a workout into their schedule?
- When asked about partner/club/group support, our respondents indicated that they are interested in pursuing these top eight activities with other ACC employees:

walking	yoga	nutrition	stretching
healthy cooking	weight training	weight loss/maintenance	pilates

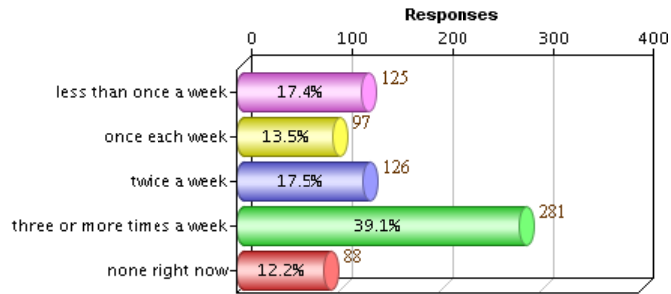
- Almost 50% indicated that incentives would encourage them participate in healthy activities, but slightly more than half, 52%, would still participate even if incentives weren't awarded. If incentives were given, the top preferred incentive was "wanting time off to participate" at 62%, followed by free massage at 60%, with free tickets to events and spa treatments not far behind.
- 58% would almost always purchase more nutritious snacks if available, with 24% saying they would sometimes do so.
- 67% think health assessments would be valuable, 29% somewhat valuable, and less than 1% of no value.
- In terms of wellness priorities, exercise facilities tops the list at 54%.
- Respondents indicated a variety of wellness areas in which they feel they could use support. They include:
 1. Weight control
 2. Cancer support
 3. Diabetes support
 4. Yoga and Pilates

5. Exercise classes (low and high impact) aging adults
 6. Nutrition/eating healthy/cooking tips for home and eating out
 7. Addiction issues – food, smoking, etc
 8. Stress management
 9. Women’s health and wellness issues
 10. Social events/sports such as walking, running, golf, intramurals
 11. Weight training
 12. Disease prevention
 13. Sports training for sporting events
- In terms of utilizing a wellness resource area containing books, videos, recipes, etc., 53.5% say they would possibly use it and 35% indicated they definitely would.
 - Best times for educational workshops and support groups:
 1. 6 pm (18.7%)
 2. 5 pm (18.3%)
 3. 12 pm (16.6%)
 - Employees indicated they can share their own expertise and specialties in the following areas:
 1. Dental hygiene
 2. Personal trainer & fitness consulting for cardio/weight training
 3. Tennis/biking/Tai Chi/running/judo/swimming/martial arts
 4. Post-Partum depression/Grief support
 5. Stress/Time management/Meditation/Diabetes education
 6. Cooking/Recipes
 7. Fitness for over 50
 8. Massage therapy
 9. Ergonomic assessment for worksite
 10. Food addictions
 - If wellness/fitness offerings are expanded beyond the current workshops offered, employees would like to see the following offerings included in the wellness program:
 1. Cardiovascular exercises/Weight training
 2. Cooking classes for healthy eating
 3. On-site health screenings for disease prevention
 4. Professional assessments of employees fitness level
 5. Nutrition
 6. Workshops and facilities at all campuses
 7. Weight loss and maintenance
 8. Social exercise/team sports
 9. Professional development credit for participation in wellness activities
 10. Walking paths
 11. Weekend wellness events such as fairs and participation in sponsored walks/runs
 12. Self-defense

WELLNESS SURVEY RESULTS

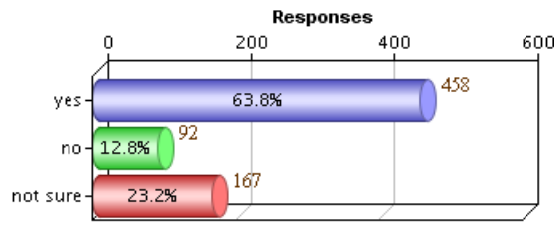
1. Are you currently exercising?

Almost 40% exercise 3+ times/week, with 12% not exercising at all. The rest were in between.



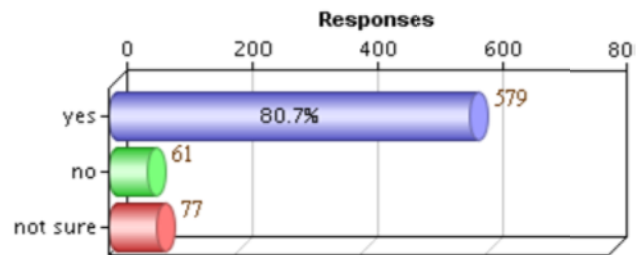
2a. Do you think ACC should provide release time (time off) for wellness/fitness activities?

Nearly 64% feel that release time would be helpful—23% not sure and 13% said no.



2b. If ACC were to provide you with 90 minutes of release time from work per week for documented exercise, would you find that valuable in terms of helping you get a workout in your schedule?

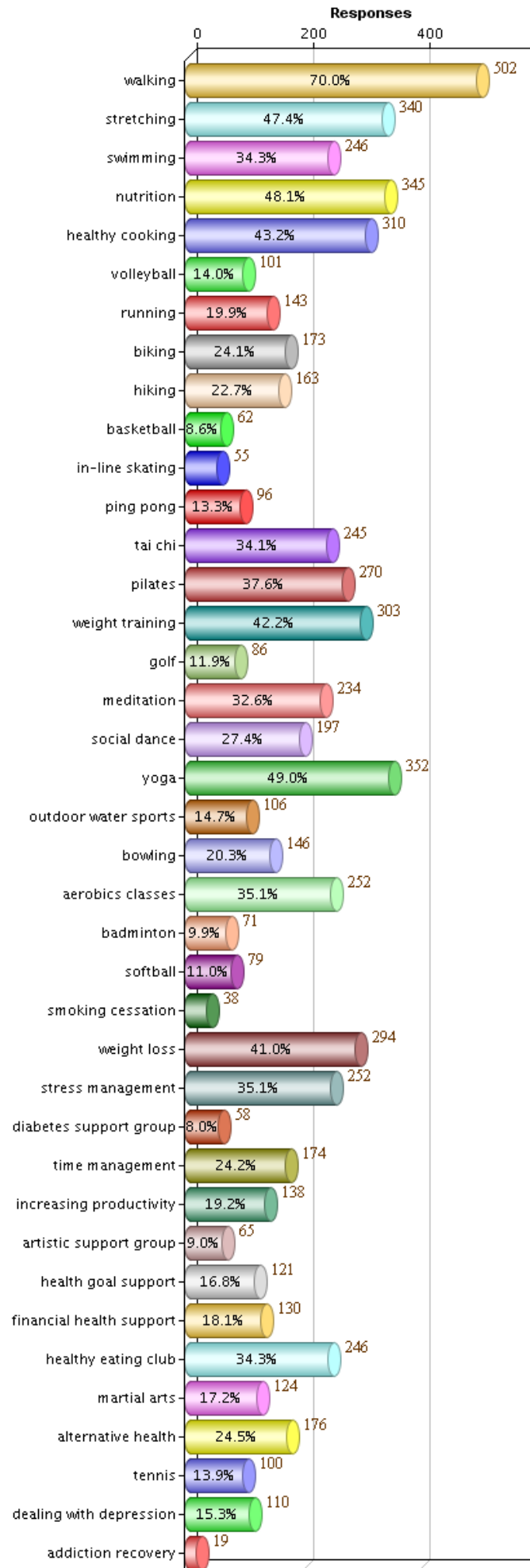
Around 81% said yes.



3. Many wellness programs cultivate community as well as provide support for engaging in healthy behavior by including support groups, clubs, partnerships and teams. Check all of the activities listed below that you might be interested in pursuing with other ACC employees.

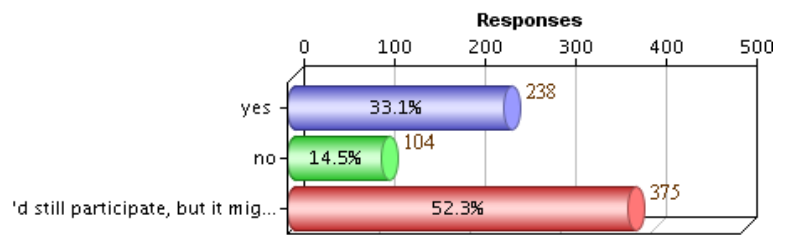
Overview: Our respondents have indicated that they are interested in pursuing these top eight activities with other ACC employees:

- walking
- yoga
- nutrition
- stretching
- healthy cooking
- weight training
- weight loss/maintenance
- pilates



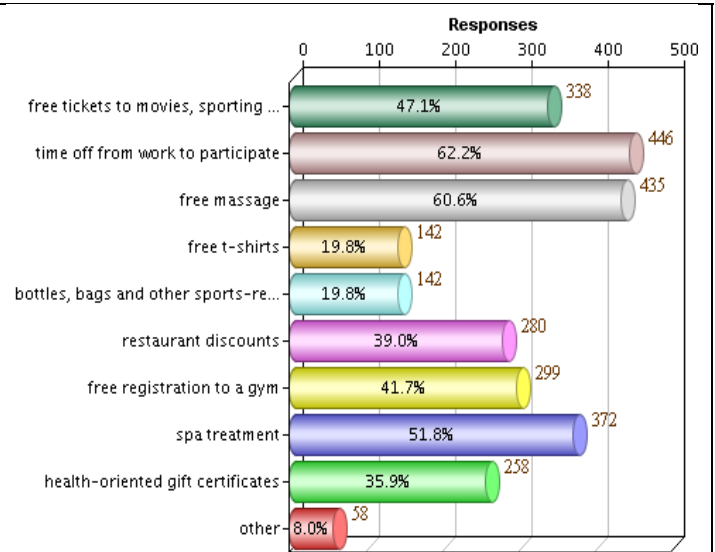
4a. Would the opportunity to receive shirts, bags, movie tickets, and other items for meeting goals and taking part in wellness activities motivate you to participate?

Overview:
 52% would still participate even if incentives weren't awarded, but if they were given, 62% want time off to participate, followed by free massage (60.5%).



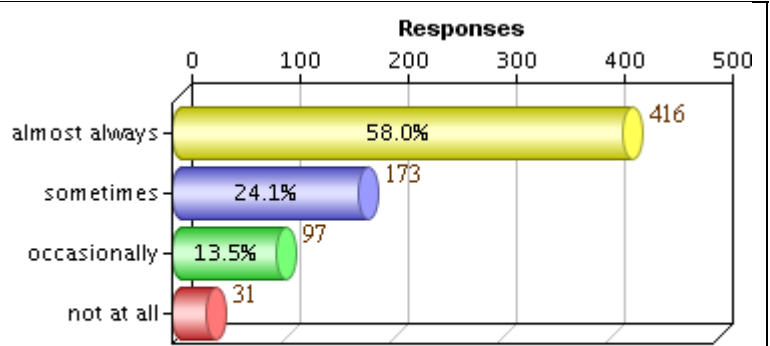
4b. Check the incentives which you would find the most motivating for participation

Overview:
 Time off from work and massage top the preferred incentive list with free tickets to movies, etc and spa treatment not far behind.



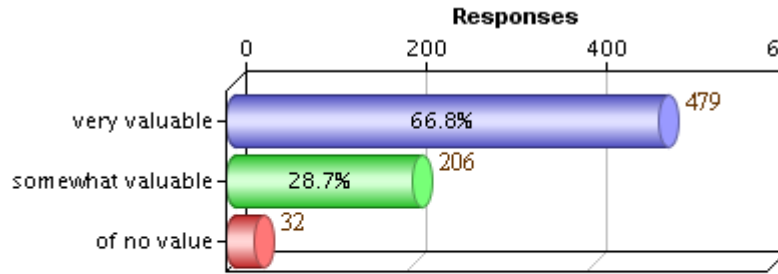
5. If more nutritious snack choices were available at your campus, would you be interested in purchasing them when looking for a snack?

58% would almost always purchase more nutritious snacks if available, with 24% saying sometimes.



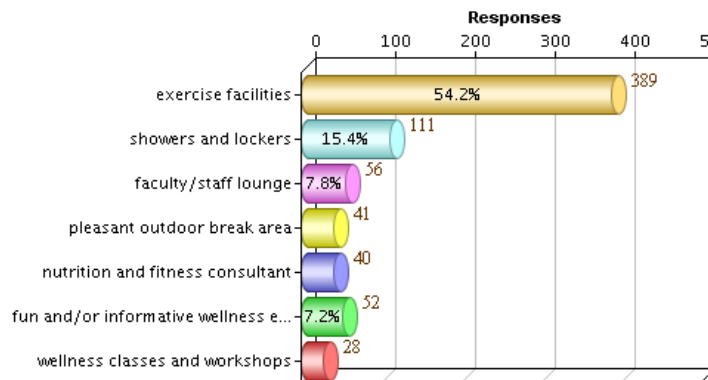
6. If ACC offered health assessments/consultations that took base-line fitness measurements and offered programming suggestions (fitness, nutritional, etc.) based on goals and other data, would you find this:

67% think this would be valuable, 29% somewhat valuable, and less than 1% of no value.



7. Please rank from one to seven, with one being your top choice and seven being your last choice, the wellness-producing facilities and services you would like to have on your home campus.

Summary: Exercise facilities tops the list of wellness "wants."



8. Is there is a particular wellness area in which you feel that you could use support, whether it be a class, support group, educational session or event? If "yes" what is it?

Our respondents have indicated a variety of wellness areas they feel they could use support. They include:

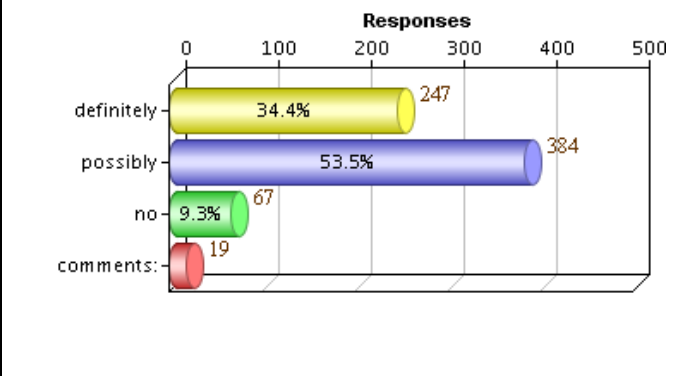
- Weight control
- Cancer support
- Diabetes support
- Yoga, pilates
- Exercise classes, low and high impact, aging adults
- Nutrition/eating healthy/cooking tips for home and eating out
- Addiction issues – food, smoking
- Stress management
- Women’s health & wellness issues

See attached list for details

- Social events/sports such as walking, running, golf, intermurals
- Weight training
- Disease prevention
- Sports training for sporting events

9. As part of their wellness program, some worksites get books, recipes, videos, and other items for use by employees who want to learn more about health and wellness issues and choices. Would you use this kind of resource if available?

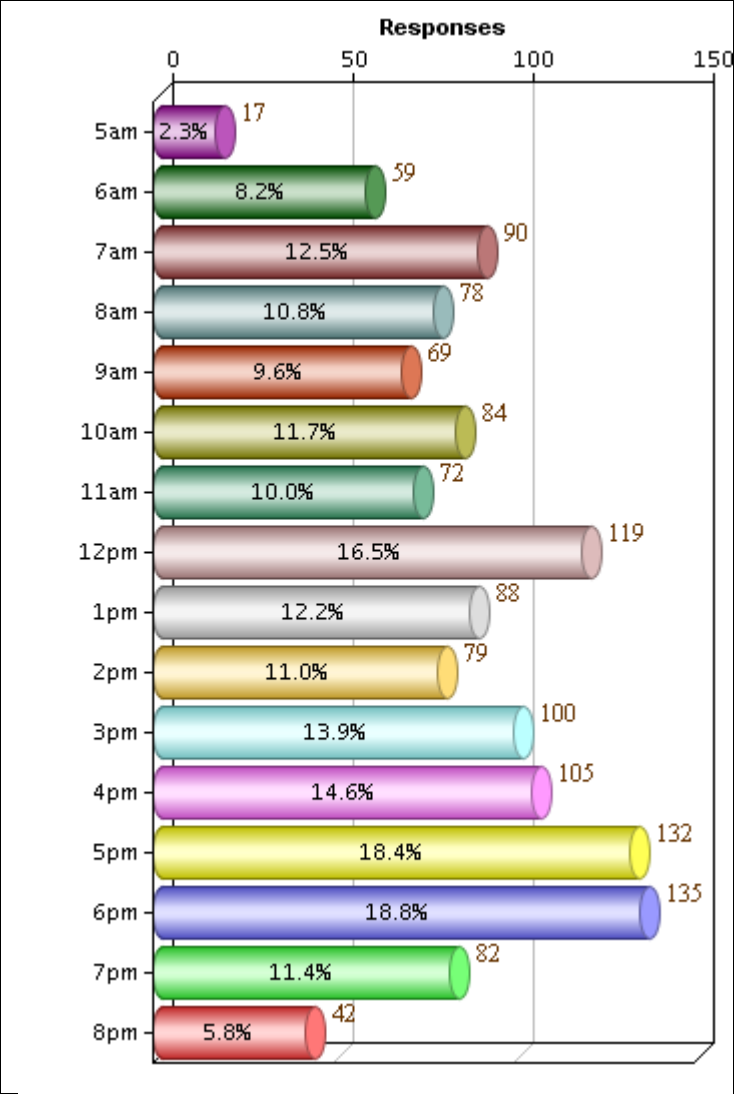
53.5% say possibly and 35% definitely.



10. What are the best times and days for you for educational workshops and support groups?

Overview: The best times for educational workshops and support groups according to our responses are:

- 6pm (18.7%)
- 5pm (18.3%)
- 12 pm(16.6%)



<p>11. Do you have any particular expertise or health-related specialty that you would be willing to share with a group through the wellness program? If "yes" what is it?</p> <p>What our employees indicated they can share of their own expertise and specialties:</p> <ul style="list-style-type: none"> • Dental hygiene • Personal trainer & fitness consulting for cardio/weight training • Tennis/biking/TaiChi/running/judo/swimming/martial arts • Post-Partum depression/Grief support • Stress/Time management/Meditation/Diabetes education • Cooking/Recipies • <i>Fitness for over 50</i> • <i>Massage therapy</i> • <i>Ergonomic assessment for worksite</i> • <i>Food addictions</i> 	<p><i>See attached list for details.</i></p>
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<p>12. If wellness/fitness offerings are expanded beyond the current workshops offered, what would you like to see included in the program?</p> <p>Our employees would like to see the following offerings included in the wellness program:</p> <ul style="list-style-type: none"> • Cardiovascular exercises/Weight training • Cooking classes for healthy eating • On site health screenings for disease prevention • Professional assessments of employees fitness level • Nutrition • Offered workshops and facilities at all campuses • Weight loss and maintenance • Social exercise/team sports • Professional development credit for participation in wellness activities • Walking paths • Weekend wellness events such as fairs and participation in sponsored walks/runs • Self-defense 	<p><i>See attached list for details</i></p>
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