

UPEI Faculty and Staff Wellness Program Survey Results Summarization



December 2022

310 responses

1. *Of the current UPEI Healthy Campus Committee initiatives offered, please identify which programs you have and/or would like to participate in?*

- Track access at UPEI Sports Centre (59%)
- Fitness Training Subsidies with Sports Centre Fitness Programs (55%)
- Wellness Checks (45%)
- Meditation and Gentle Yoga Classes (44%)
- Virgin Pulse GO Challenge (31.9 %)
- Wellness Presentations (26.1 %)
- I haven't participated in any of the offerings (6.2%)

2. *What are your top 3 health and wellness priorities? (Top 4 are below)*

- Physical (strengthening muscles, stretching, flexibility, fitness)
- Nutrition (healthy eating habits, meal planning, water intake, affordable foods, less processed foods, etc.)
- Mental health (weight control, managing stress, burnout, mental health breaks, routines during darker month, supports, mindfulness, meditation)
- Health and wellness priorities
- Social connections

3. *Please list the top three wellness activities you would like to be offered as part of an Employee Wellness Strategy (top 5 included below)*

- Subsidized/free fitness centre and track
- Fitness classes/intramurals
- Healthy eating
- Meditation/calming/mindfulness
- Yoga

4. What barriers currently prevent you from being more active and engaging in wellness activities?

- Lack of time (74.2%),
- Too expensive (41.9%)
- Inflexible work schedule (26.5%)
- Programming not of interest (21.6%)
- Unsure of what exercises to do safely (14.8 %)
- Lack of access to a shower (13.5%)
- No place to store a bike (5.2%)
- Feeling unsafe to walk across campus (2.9%)
- Medical condition which requires supervision while exercising (2.3%)
- Motivation (depression, procrastination, lack of commitment, laziness)
- Access (shower, bike parking/storage, gym hours, not comfortable changing with my students.)
- Communication/Awareness

5. I wish the Employee Wellness Program would:

- Improve communications
- Offer cost free/reduced programming/memberships/subsidies
- Expand scheduling (flexibility, online, shorter sessions, all year offerings)
- Add varied programming (stress management, Indigenous, wellness activities)
- Offer more nutrition information.

6. What programming health topics are you interested in?

- Physical activity (80.1%)
- Healthy eating (72.3%)
- Stress management (65.1%)
- Health screening (48.2%)
- Sleep education (35.8%)
- Environmental (workplace) wellness (31.6%)
- Injury prevention (24.8%)
- Disease prevention (24.4%)
- Spiritual (14%)
- Mental health

7. What would encourage you to participate in wellness programming at work?

- Free or discounted access to athletics facilities (87.7%)
- Free or discounted access for personal training services (68.1%)
- Incentives/prizes (48.7%)
- Flexible Work schedule (45.2%)
- Personal competitions (31%)
- Group competitions (26.5 %)

8. Please provide us with what types of incentives you would like

- Gift cards (77.7%)
- Fitness equipment (ie. yoga mats, strength bands, etc.) (52.6 %)
- UPEI branded clothing (49.7 %)
- Coupon to UPEI Bookstore (47.1%)
- Passes to fitness facilities (i.e. fitness centre, pool, rink, etc.) and programming
- Recognition - thank you for participating and encouragement/support to attend.

9. Which is your preferred wellness programming delivery method?

- Both in person and online (51%)
- In person (43.9%)
- Online (5.1%)

10. Please indicate times of the day you would most likely participate in a wellness activity

- Lunch time: noon - 1 pm (56.1%)
- Late afternoon: 4:30 pm - 6 pm (49%)
- Weekends: Saturday/Sunday (33.2%)
- Early mornings: 6:00 am - 8:00 am (30.6%)
- Mid-afternoon: 1:30 pm - 4:30 pm (24.2%)
- Late evening: 6:00 pm - 10:00 pm (22.3%)
- Mid-morning: 8:00 am - 11:30 am (19%)

11. How long should a wellness program/activity be? (check all that apply)

- 45 minutes (70%)
- 30 minutes (45.8%)
- 60 minutes (39.7%)
- 2 hours (4.2%)