IU Workplace Health & Wellness Survey – IU Overall

Due to rounding, percentages throughout the document may not always add up to 100%.

What are our demographics?

First, please answer just a few questions about you. These questions will help us know whether employees who complete the survey include all groups of IU employees. We will also be able to better understand the health needs of different groups of employees - like staff, faculty, men, or women.

1. Please select the campus with which you are most closely affiliated.

<table>
<thead>
<tr>
<th>Campus Description</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>IU Bloomington</td>
<td>46.6%</td>
</tr>
<tr>
<td>IUPUI, Indianapolis</td>
<td>40.6%</td>
</tr>
<tr>
<td>IUPUC, Columbus</td>
<td>0.9%</td>
</tr>
<tr>
<td>IU East, Richmond</td>
<td>1.8%</td>
</tr>
<tr>
<td>IU Kokomo</td>
<td>1.4%</td>
</tr>
<tr>
<td>IU Northwest, Gary</td>
<td>2.4%</td>
</tr>
<tr>
<td>IU South Bend</td>
<td>3.7%</td>
</tr>
<tr>
<td>IU Southeast, New Albany</td>
<td>2.6%</td>
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</tbody>
</table>

2. What is your general employee classification type?

<table>
<thead>
<tr>
<th>Classification Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAFF APPOINTMENTS</td>
<td></td>
</tr>
<tr>
<td>Staff - Professional</td>
<td>45.2%</td>
</tr>
<tr>
<td>Biweekly Staff – Clerical</td>
<td>19.0%</td>
</tr>
<tr>
<td>Biweekly Staff – Technician</td>
<td>4.2%</td>
</tr>
<tr>
<td>Biweekly Staff – Nursing</td>
<td>0.4%</td>
</tr>
<tr>
<td>Biweekly Staff – Service/Maintenance</td>
<td>4.8%</td>
</tr>
<tr>
<td>Biweekly Staff – Law Enforcement</td>
<td>0.4%</td>
</tr>
<tr>
<td>ACADEMIC APPOINTMENTS</td>
<td></td>
</tr>
<tr>
<td>Faculty or Librarian, Tenured</td>
<td>9.4%</td>
</tr>
<tr>
<td>Faculty or Librarian, Tenure Track</td>
<td>3.9%</td>
</tr>
<tr>
<td>Faculty or Librarian, Non-Tenure Track</td>
<td>8.1%</td>
</tr>
<tr>
<td>Research Appointment (Research Associates, Post-Docs, Scientists)</td>
<td>3.6%</td>
</tr>
<tr>
<td>Other Academic Rank</td>
<td>0.8%</td>
</tr>
</tbody>
</table>

3. What is your gender?

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>68.2%</td>
</tr>
<tr>
<td>Male</td>
<td>31.8%</td>
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</tbody>
</table>

4. Are you Hispanic or Latino?

<table>
<thead>
<tr>
<th>Hispanic/Latino</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>2.1%</td>
</tr>
<tr>
<td>No</td>
<td>96.3%</td>
</tr>
<tr>
<td>Don’t know/not sure</td>
<td>1.6%</td>
</tr>
</tbody>
</table>

IU OVERALL RESULTS
5. Which one of these groups would you say best represents your race?

- **89.5%** White
- **5.1%** Black or African American
- **3.4%** Asian
- **0.0%** Native Hawaiian or Other Pacific Islander
- **0.3%** American Indian or Alaska Native
- **1.7%** Two or more races

6. What is the highest level or year of school you completed?

- **0.2%** Grade 11 or less
- **5.6%** Grade 12 or GED (High school graduate)
- **12.1%** Some college or technical school
- **6.0%** Associate’s degree
- **27.4%** Bachelor’s degree
- **25.1%** Master’s degree
- **23.5%** Professional or doctoral degree

7. What is your age group?

- **1.1%** 18-24 years
- **17.8%** 25-34 years
- **21.8%** 35-44 years
- **27.6%** 45-54 years
- **27.7%** 55-64 years
- **4.0%** 65+ years
How healthy are our IU workplaces?

Our workplaces can encourage or discourage healthy choices and healthy lives. The following set of questions will help us take a closer look at our IU workplaces and how well they support the health of employees. When we say “your workplace,” we mean the building(s) where you usually work and places nearby that you can get to easily.

8. Overall, how safe do you think your workplace is? Please rate on a scale of 1-10 by circling the number.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>0.5%</td>
<td>0.7%</td>
<td>2.2%</td>
<td>2.7%</td>
<td>6.2%</td>
<td>6.3%</td>
<td>13.9%</td>
<td>26.2%</td>
<td>26.5%</td>
<td>14.7%</td>
</tr>
</tbody>
</table>

9. To what extent do you agree with the following statements?

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>In your workplace, your co-workers support your efforts to be healthy.</td>
<td>1.8%</td>
<td>5.6%</td>
<td>30.3%</td>
<td>46.1%</td>
<td>16.1%</td>
</tr>
<tr>
<td>In your workplace, management considers workplace health and safety to be important.</td>
<td>3.1%</td>
<td>9.1%</td>
<td>26.7%</td>
<td>43.5%</td>
<td>17.6%</td>
</tr>
</tbody>
</table>

10. Overall, how supportive is Indiana University of your personal health? Please rate on a scale of 1-10 by circling the number.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>1.8%</td>
<td>2.1%</td>
<td>3.7%</td>
<td>4.5%</td>
<td>11.0%</td>
<td>12.8%</td>
<td>17.6%</td>
<td>23.3%</td>
<td>14.4%</td>
<td>8.8%</td>
</tr>
</tbody>
</table>

11. Please rate how you feel about each of the following statements.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be physically active</td>
<td>6.8%</td>
<td>19.9%</td>
<td>30.2%</td>
<td>32.9%</td>
<td>10.1%</td>
</tr>
<tr>
<td>Eat a healthy diet</td>
<td>6.1%</td>
<td>19.5%</td>
<td>38.9%</td>
<td>28.3%</td>
<td>7.1%</td>
</tr>
<tr>
<td>Live tobacco free</td>
<td>1.7%</td>
<td>2.7%</td>
<td>10.9%</td>
<td>41.8%</td>
<td>42.9%</td>
</tr>
<tr>
<td>Manage my stress</td>
<td>10.0%</td>
<td>22.7%</td>
<td>39.3%</td>
<td>22.3%</td>
<td>5.6%</td>
</tr>
<tr>
<td>Work safely</td>
<td>2.0%</td>
<td>7.1%</td>
<td>21.4%</td>
<td>53.2%</td>
<td>16.4%</td>
</tr>
</tbody>
</table>
12. Are these programs or resources available at your workplace? When we say “your workplace,” we mean the building(s) where you usually work and places nearby that you can get to easily.

<table>
<thead>
<tr>
<th>Resource</th>
<th>Available?</th>
<th>IF YES: How often do you use it/ participate?</th>
<th>IF NO/Don't Know (in parentheses): How often would you use it/ participate if it were available?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
<td>Don't know/ not sure</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>94.6%</td>
<td>4.7%</td>
<td>0.7%</td>
</tr>
<tr>
<td>Microwave</td>
<td>95.6%</td>
<td>3.7%</td>
<td>0.7%</td>
</tr>
<tr>
<td>Access to refillable water stations</td>
<td>72.1%</td>
<td>24.1%</td>
<td>3.8%</td>
</tr>
<tr>
<td>Opportunities to buy fresh fruits and vegetables</td>
<td>40.0%</td>
<td>50.2%</td>
<td>9.8%</td>
</tr>
<tr>
<td>Healthy food options in vending machines</td>
<td>15.5%</td>
<td>60.3%</td>
<td>24.2%</td>
</tr>
<tr>
<td>Healthy food options to purchase in the cafeteria or other food service</td>
<td>54.1%</td>
<td>34.4%</td>
<td>11.5%</td>
</tr>
<tr>
<td>Stress management or stress reduction classes/programs</td>
<td>17.0%</td>
<td>45.5%</td>
<td>37.5%</td>
</tr>
<tr>
<td>Stairways that are accessible and safe</td>
<td>89.5%</td>
<td>7.8%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Signs that encourage use of stairs</td>
<td>20.4%</td>
<td>63.9%</td>
<td>15.7%</td>
</tr>
<tr>
<td>A place to work out or exercise such as an on-site exercise room</td>
<td>22.2%</td>
<td>71.4%</td>
<td>6.4%</td>
</tr>
</tbody>
</table>

-- continued on next page --
<table>
<thead>
<tr>
<th>Resource</th>
<th>Available?</th>
<th>IF NO/Don’t Know (in parentheses): How often would you use it/participate if it were available?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Bike racks</td>
<td>87.3%</td>
<td>7.4%</td>
</tr>
<tr>
<td>A place to shower</td>
<td>30.0%</td>
<td>58.4%</td>
</tr>
<tr>
<td>A place to bike or walk</td>
<td>71.3%</td>
<td>21.0%</td>
</tr>
<tr>
<td>A walking program</td>
<td>16.0%</td>
<td>55.9%</td>
</tr>
<tr>
<td>Ergonomics (work station or computer setup, proper lifting, etc.)</td>
<td>40.2%</td>
<td>42.3%</td>
</tr>
<tr>
<td>Flu shots at work</td>
<td>82.8%</td>
<td>9.9%</td>
</tr>
<tr>
<td>Employee Assistance Program (access to professional counseling)</td>
<td>56.8%</td>
<td>13.4%</td>
</tr>
<tr>
<td>Programs to help people stop smoking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ALL IU CURRENT SMOKERS</td>
<td>60.4%</td>
<td>10.2%</td>
</tr>
<tr>
<td>Healthy weight/weight loss programs</td>
<td>31.0%</td>
<td>29.0%</td>
</tr>
<tr>
<td>Blood pressure monitoring device available for self-assessment</td>
<td>12.1%</td>
<td>57.3%</td>
</tr>
<tr>
<td>A true smoke-free workplace</td>
<td>85.1%</td>
<td>12.4%</td>
</tr>
<tr>
<td>A private area/lactation room for moms who are breast-feeding ALL IU WOMEN AGED 18-44 YEARS</td>
<td>26.0%</td>
<td>33.5%</td>
</tr>
</tbody>
</table>

IU OVERALL RESULTS
13. Can you identify one specific way in which your workplace could be more supportive of health? Feel free to tell us about it.

*Analysis of employee qualitative responses is being conducted separately.*

**How healthy are we?**

In the next section, we’re going to ask some questions that will help us better understand the advantages and challenges to health in our community of IU employees.

**Health in General**

14. Would you say that in general your health is ---

14.2% Excellent
39.2% Very good
36.3% Good
8.9% Fair
1.4% Poor

15. Now thinking about your *physical health*, which includes physical illness and injury, were there any days during the past 30 days when your physical health was not good?

62.3% No
37.7% Yes . . . . . . . . . . . . . . . . . . How many days? (enter number from 1-30)

*Average number of days in “yes” respondents = 7.2;*
*Overall average number of days for all respondents = 2.7*

*(n=151) Don’t know/not sure*

16. Now thinking about your *mental health*, which includes stress, depression, and problems with emotions, were there any days during the past 30 days when your mental health was not good?

57.2% No
42.8% Yes . . . . . . . . . . . . . . . . . . How many days? ________ (enter number from 1-30)

*Average number of days in “yes” respondents = 9.6;*
*Overall average number of days for all respondents = 4.1*

*(n=291) Don’t know/not sure*
17. During the past 30 days, were there any days that poor physical or mental health kept you from doing your usual activities, such as self-care, work, or recreation?
   - 69.4% No
   - 30.6% Yes

   How many days? ______ (enter number from 1-30)

   Average number of days in “yes” respondents = 6.9;
   Overall average number of days for all respondents = 2.1

   (n=167) Don’t know/not sure

18. How often do you get the social and emotional support you need? (Please include support from any source.)
   - 18.5% Always
   - 41.7% Usually
   - 23.5% Sometimes
   - 10.7% Rarely
   - 5.7% Never

Preventive Services

19. About how long has it been since you last visited a doctor for a routine checkup? (A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.)
   - 71.3% Within past year (anytime less than 12 months ago)
   - 14.9% Within past 2 years (at least one year but less than 2 years ago)
   - 6.9% Within past 5 years (at least 2 years, but less than 5 years ago)
   - 5.9% Five or more years ago
   - 1.0% Never

   (n=99) Don’t know/not sure

20. When did you last have your blood pressure checked by a health professional?
   - 90.2% Within past year (anytime less than 12 months ago)
   - 9.6% More than 12 months ago
   - 0.3% Never

   (n=45) Don’t know/not sure
21. When did you last have a cholesterol test?
   - **71.9%** Within past year (anytime less than 12 months ago)
   - **15.9%** Within past 2 years (at least one year but less than 2 years ago)
   - **6.9%** Within past 5 years (at least 2 years, but less than 5 years ago)
   - **2.0%** Five or more years ago
   - **3.2%** Never
   *(n=182) Don’t know/not sure*

22. Have you had a lab test for high blood sugar or diabetes within the past three years?
   - **76.6%** Yes
   - **23.4%** No
   *(n=286) Don’t know/not sure*

23. During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose?
   - **60.3%** Yes
   - **39.7%** No
   *(n=9) Don’t know/not sure*
Health Conditions

In this section, you’ll be skipping some questions that don’t apply to you. After you mark your answer, just follow the directions in *italics* right beside your answer choice to know which question to answer next.

24. Have you EVER been told by a doctor, nurse, or other health professional that you have **high blood pressure**?
   - **25.5%** Yes ... *(Go to next question)*
   - **1.7%** Yes, but female told only during pregnancy ... *(Skip to question 27)*
   - **61.4%** No ... *(Skip to question 27)*
   - **11.4%** Told borderline high or pre-hypertensive ... *(Skip to question 27)*
     *(n=22) Don’t know/not sure ... *(Skip to question 27)*

25. Have you EVER done any of these things to help manage your high blood pressure? (Mark all that apply.)
   - **42.1%** Read info on the internet
   - **3.5%** Took a class or course
   - **64.9%** Increased physical activity
   - **70.0%** Changed what/how you eat
   - **70.4%** Lost weight or attempted to lose weight
   - **26.8%** Used some form of alternative medicine
   - **54.4%** Regularly checked blood pressure at home with a home-monitoring device
   - **3.3%** None of these things

26. Are you currently taking prescription medicine for high blood pressure?
   - **80.3%** Yes
   - **19.7%** No
   *(n=1) Don’t know/not sure*

27. Have you EVER been told by a doctor, nurse, or other health professional that your **blood cholesterol is high**?
   - **39.5%** Yes ... *(Go to next question)*
   - **60.5%** No ... *(Skip to question 30)*
     *(n=74) Don’t know/not sure ... *(Skip to question 30)*
28. Have you EVER done any of the things listed below to help manage your high cholesterol? (Mark all that apply.)
   - 42.3% Read info on the internet
   - 4.0% Took a class or course
   - 68.1% Increased physical activity
   - 80.1% Changed what/how you eat
   - 67.0% Lost weight or attempted to lose weight
   - 24.9% Used some form of alternative medicine
   - 4.0% None of these things

29. Are you currently taking prescription medicine for high cholesterol?
   - 45.1% Yes
   - 54.9% No
   - (n=2) Don’t know/not sure

30. Have you EVER been told by a doctor, nurse, or other health professional that you have diabetes?
   - 6.1% Yes ... (Go to next question)
   - 2.1% Yes, but female told only during pregnancy ... (Skip to question 33)
   - 5.6% Told pre-diabetes or borderline diabetes ... (Go to next question) – mistake, next question is diabetics only
   - 86.2% No ... (Skip to question 33)
   - (n=16) Don’t know/not sure ... (Skip to question 33)

31. Have you EVER done any of the things listed below to help manage your diabetes or pre-diabetes? (Mark all that apply.)
   - 56.9% Read info on the internet
   - 54.2% Took a class or course
   - 71.1% Increased physical activity
   - 85.8% Changed what/how you eat
   - 82.5% Lost weight or attempted to lose weight
   - 34.3% Used some form of alternative medicine
   - 73.2% Regularly checked blood sugar at home with a glucose monitor
   - 1.2% None of these things
32. Are you currently taking prescription medicine (pills or insulin) for diabetes?
   - 84.8% Yes
   - 15.2% No
   - (n=0) Don’t know/not sure

33. Has a doctor, nurse, or other health professional EVER told you that you had asthma?
   - 14.6% Yes ... (Go to next question)
   - 85.4% No ... (Skip to question 36)
   - (n=42) Don’t know/not sure ... (Skip to question 36)

34. Do you still have asthma? —Error in electronic survey
   - Yes .... (Go to next question)
   - No .... (Skip to question 36)
   - Don’t know/not sure .... (Skip to question 36)

35. Do you currently have prescription medicine for asthma? —Error in electronic survey
   - Yes
   - No
   - Don’t know/not sure

36. Arthritis can cause symptoms like pain, aching, or stiffness in or around a joint. Has a doctor, nurse, or other health professional EVER told you that you have some form of arthritis?
   - 24.5% Yes ... (Go to next question)
   - 75.5% No ... (Skip to question 39)
   - (n=72) Don’t know/not sure ... (Skip to question 39)

37. Have you EVER done any of the things listed below to help manage your arthritis or joint symptoms? (Mark all that apply.)
   - 47.0% Read info on the internet
   - 3.2% Took a class or course
   - 54.8% Increased physical activity
   - 51.7% Lost weight or attempted to lose weight
   - 38.8% Had physical therapy
   - 35.5% Used some form of alternative medicine
   - 12.3% None of these things

IU OVERALL RESULTS
38. Are you now limited in any of your usual activities because of arthritis or joint symptoms?
   - 36.9% Yes
   - 63.1% No
   *(n=35) Don’t know/not sure*

39. Do you have chronic or recurrent low back pain?
   - 27.3% Yes ... *(Go to next question)*
   - 72.7% No ... *(Skip to question 42)*
   *(n=70) Don’t know/not sure ... *(Skip to question 42)*

40. Have you EVER done any of the things listed below to help manage your chronic or recurrent low back pain? (Mark all that apply.)
   - 39.0% Read info on the internet
   - 6.3% Took a class or course
   - 56.3% Increased physical activity
   - 46.2% Lost weight or attempted to lose weight
   - 50.4% Had physical therapy
   - 32.7% Used some form of alternative medicine
   - 10.7% None of these things

41. Are you currently taking prescription medicine for low back pain?
   - 12.2% Yes
   - 87.8% No
   *(n=8) Don’t know/not sure*

42. Have you EVER been told by a doctor, nurse, or other health professional that you have carpal tunnel syndrome?
   - 10.3% Yes
   - 89.7% No
   *(n=52) Don’t know/not sure*
43. Have you EVER been told by a doctor, nurse, or other health professional that you had a **depressive disorder** (including depression, major depression, or minor depression)?
   - **22.4%** Yes
   - **77.6%** No
   - *(n=71) Don’t know/not sure*

44. Have you EVER been told by a doctor, nurse, or other health professional that you have **heart disease** (heart attack, angina, bypass)?
   - **3.2%** Yes
   - **96.8%** No
   - *(n=34) Don’t know/not sure*

### Lifestyle

45. How often do you get enough restful sleep to function well in your job and personal life?
   - **7.0%** Always
   - **52.8%** Most of the time
   - **28.9%** Sometimes
   - **10.2%** Rarely
   - **1.2%** Never
   - *(n=2) Don’t know/not sure*

46. How would you describe your cigarette smoking habits?
   - **71.9%** Never smoked ... *(Skip to question 48)*
   - **24.2%** Used to smoke ... *(Skip to question 48)*
   - **3.9%** Still smoke ... *(Go to next question)*

47. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?
   - **51.1%** Yes
   - **48.9%** No
   - *(n=2) Don’t know/not sure*
48. Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all? Snus (Swedish for snuff) is a moist smokeless tobacco, usually sold in small pouches that are placed under the lip against the gum.
   - 0.6% Every day
   - 0.4% Some days
   - 99.0% Not at all

49. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
   - 83.8% Yes
   - 16.2% No
   *(n=31) Don’t know/not sure*

50. In the average week, how many days do you engage in **vigorous physical activity** (exercise or work) that is hard enough to make you breathe heavily and make your heart beat faster --- for at least 20 minutes? Examples include running, brisk walking or heavy labor such as chopping, lifting, or digging.

<table>
<thead>
<tr>
<th>None</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>Don’t know / not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>23.5%</td>
<td>14.1%</td>
<td>14.2%</td>
<td>18.8%</td>
<td>10.5%</td>
<td>10.5%</td>
<td>5.1%</td>
<td>3.3%</td>
<td><em>(n=80)</em></td>
</tr>
</tbody>
</table>

51. In the average week, how many days do you get 30 minutes or more (for at least 10 minutes at a time) of **light to moderate physical activity**? Examples include walking, pushing a lawn mower, or slow cycling.

<table>
<thead>
<tr>
<th>None</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>Don’t know / not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.7%</td>
<td>10.6%</td>
<td>13.6%</td>
<td>18.4%</td>
<td>11.5%</td>
<td>15.8%</td>
<td>8.5%</td>
<td>11.9%</td>
<td><em>(n=67)</em></td>
</tr>
</tbody>
</table>

52. In the average week, how many days do you do **physical activities or exercises to strengthen your muscles**? Count activities using your own body weight like yoga, sit-ups, push-ups and those using weight machines, free weights or elastic bands. Do not count aerobic activities like walking, running, or bicycling.

<table>
<thead>
<tr>
<th>None</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>Don’t know / not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>37.0%</td>
<td>12.7%</td>
<td>14.8%</td>
<td>16.0%</td>
<td>7.8%</td>
<td>5.8%</td>
<td>2.6%</td>
<td>3.3%</td>
<td><em>(n=68)</em></td>
</tr>
</tbody>
</table>
Calculated variables
Percent meeting aerobic activity guidelines: 63.4%
Percent meeting strength training guidelines: 50.3%
Percent meeting both aerobic and strength training guidelines: 41.9%

53. How often do you think most people your age use seat belts when driving or riding in a car?
   - 47.1% Always
   - 48.7% Often
   - 3.8% Sometimes
   - 0.2% Seldom
   - 0.1% Never
   (n=247) Don’t know/not sure

54. How often do you think most people your age text while driving a car?
   - 1.9% Always
   - 24.8% Often
   - 39.0% Sometimes
   - 25.4% Seldom
   - 8.9% Never
   (n=410) Don’t know/not sure

55. How much time do you spend traveling to and from work each day (roundtrip)?
   - 19.5% Less than 15 minutes
   - 35.0% 15-30 minutes
   - 30.5% 30-60 minutes
   - 10.6% 60-90 minutes
   - 4.4% More than 90 minutes

56. Think about a usual week. Over the course of most days of the week, whether at home or at work, how much time do you spend sitting?
   - 2.1% Almost none of the time
   - 12.3% Approximately ¼ of the time
   - 26.5% Approximately ½ of the time
   - 42.6% Approximately ¾ of the time
   - 16.4% Almost all the time

57. When you are at work, which of the following best describes you?
83.7% Mostly sitting ... *(Go to next question)*
7.6% Mostly standing ... *(Skip to question 59)*
6.9% Mostly walking ... *(Skip to question 59)*
1.8% Mostly heavy labor or physically demanding work ... *(Skip to question 59)*

58. During a usual 8 hour work day, about how many times are you able to get up and move around for any reason, such as walking to a meeting room, the photocopier, the restroom...or just to stand up and stretch?
   1.5% 0-2 times
   18.6% 3-5 times
   27.2% 5-7 times
   52.6% 8 or more times

To what extent do you agree with the following statement?
59. My job regularly requires me to perform repetitive or forceful hand movements.
   16.0% Strongly disagree
   27.7% Disagree
   37.0% Agree
   19.4% Strongly agree

<table>
<thead>
<tr>
<th>60. Based on your usual eating patterns, how often do you choose to ...</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Usually</th>
<th>I don't eat/drink either of these</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drink low fat or skim milk instead of regular white milk?</td>
<td>13.0%</td>
<td>7.5%</td>
<td>6.9%</td>
<td>72.6%</td>
<td><em>(n=951)</em></td>
</tr>
<tr>
<td>Eat whole-grain sandwich bread instead of white sandwich bread?</td>
<td>2.5%</td>
<td>4.4%</td>
<td>15.5%</td>
<td>77.6%</td>
<td><em>(n=277)</em></td>
</tr>
<tr>
<td>Eat a high fiber cereal instead of a donut?</td>
<td>3.6%</td>
<td>6.5%</td>
<td>19.8%</td>
<td>70.0%</td>
<td><em>(n=754)</em></td>
</tr>
<tr>
<td>Eat baked or broiled chicken instead of fried chicken?</td>
<td>1.2%</td>
<td>4.2%</td>
<td>24.0%</td>
<td>70.6%</td>
<td><em>(n=392)</em></td>
</tr>
<tr>
<td>Eat frozen yogurt instead of ice cream?</td>
<td>12.1%</td>
<td>23.4%</td>
<td>36.2%</td>
<td>28.3%</td>
<td><em>(n=879)</em></td>
</tr>
<tr>
<td>Eat a vegetable instead of potatoes?</td>
<td>1.8%</td>
<td>7.9%</td>
<td>44.3%</td>
<td>46.0%</td>
<td><em>(n=35)</em></td>
</tr>
<tr>
<td>Order a grilled chicken sandwich at a fast food restaurant instead of ordering a hamburger?</td>
<td>6.7%</td>
<td>18.2%</td>
<td>40.4%</td>
<td>34.7%</td>
<td><em>(n=1019)</em></td>
</tr>
</tbody>
</table>

IU OVERALL RESULTS
Drink water or diet beverages instead of a sugar-sweetened beverage or soft drink?

<table>
<thead>
<tr>
<th></th>
<th>1.3%</th>
<th>4.6%</th>
<th>12.2%</th>
<th>81.9%</th>
</tr>
</thead>
</table>

Pack your lunch for work instead of buying/eating out?

<table>
<thead>
<tr>
<th></th>
<th>5.1%</th>
<th>10.2%</th>
<th>18.9%</th>
<th>65.8%</th>
</tr>
</thead>
</table>

61. About how tall are you without shoes?

_____ feet  _____ inches

62. About how much do you weigh without shoes?

(Women, if you are currently pregnant, please answer based on your weight before this pregnancy.)

_______ pounds

Calculated variable, BMI
- Underweight: 1%
- Normal weight: 38%
- Overweight: 32%
- Obese: 29%

Stress

63. How often do you find your work stressful?

- 7.8% Always
- 33.1% Often
- 47.3% Sometimes
- 10.7% Hardly ever
- 1.1% Never

64. How often during the past month have you felt used up at the end of the day?

- 20.5% Very often
- 27.6% Often
- 35.5% Sometimes
- 14.7% Rarely
- 1.7% Never

65. All in all, how satisfied would you say you are with your job?

IU OVERALL RESULTS
25.4% Very satisfied
56.3% Satisfied
14.2% Dissatisfied
4.1% Very dissatisfied

66. During the past year, how much effect has stress (from all sources at work or at home) had on your health?
   19.6% A lot
   50.0% Some
   25.3% Hardly any
   5.1% None

Do you have a story to tell?

67. We’ve come to our last question! Have you participated in any health or well-being programs at Indiana University that had a positive or negative impact on you? Please feel free to share your story.

Analysis of employee qualitative responses is being conducted separately.

Thank you for participating in this important survey. In 2013, results will be shared with all employees of Indiana University, and we hope you’ll find that it was worthwhile to add your voice to this assessment of our workplace health and culture.