

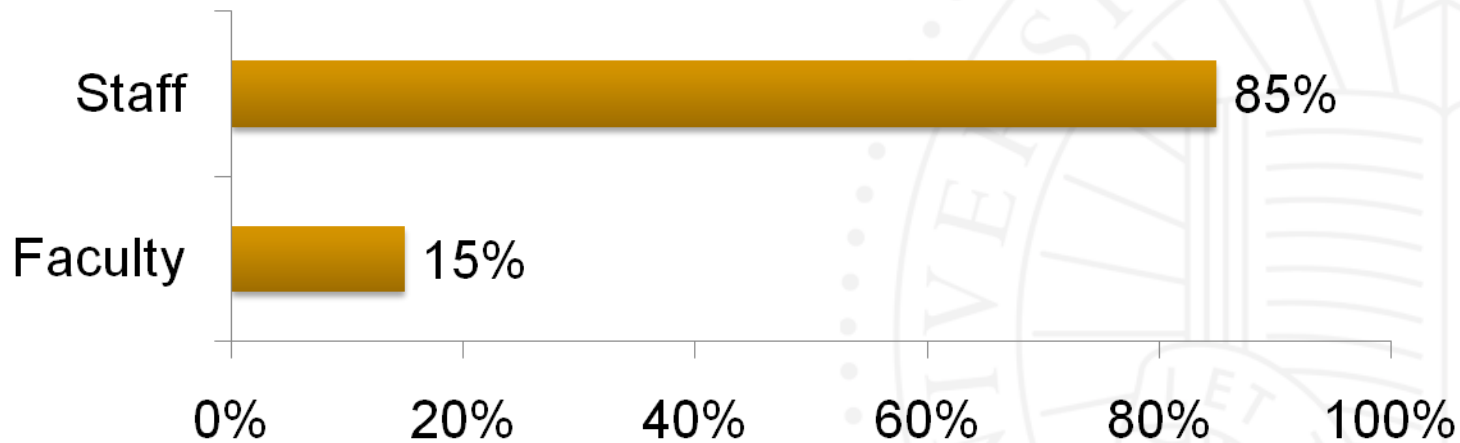
Wellness and Work/Life Programs

2009 Needs Assessment Survey Results

November 10, 2009

Demographics

- › 591 assessments were completed
 - › 473 online
 - › 118 hardcopy



Top five Wellness programs of interest

Combined N=590*	Staff N=499	Faculty N=88
Physical Activity/Fitness	Physical Activity/Fitness	Stress Management
Stress Management	Weight Management	Physical Activity/Fitness
Weight Management	Stress Management	Sleep Well
Nutrition	Nutrition	Weight Management
Women's Health	Women's Health	Women's Health

*Three hardcopy respondents declined to specify if they were staff or faculty.

Top five health screenings of interest

Combined N=521*	Staff N=437	Faculty N=81
Cholesterol	Blood Pressure	Cholesterol
Blood Pressure	Cholesterol	Skin Exam
Skin Exam	Abdominal Cancer Screening	Echocardiogram
Abdominal Cancer Screening	Echocardiogram	Bone Density
Echocardiogram	Body Mass Index (BMI)	Abdominal Cancer Screening

*Three hardcopy respondents declined to specify if they were staff or faculty.

Best days & time

Days

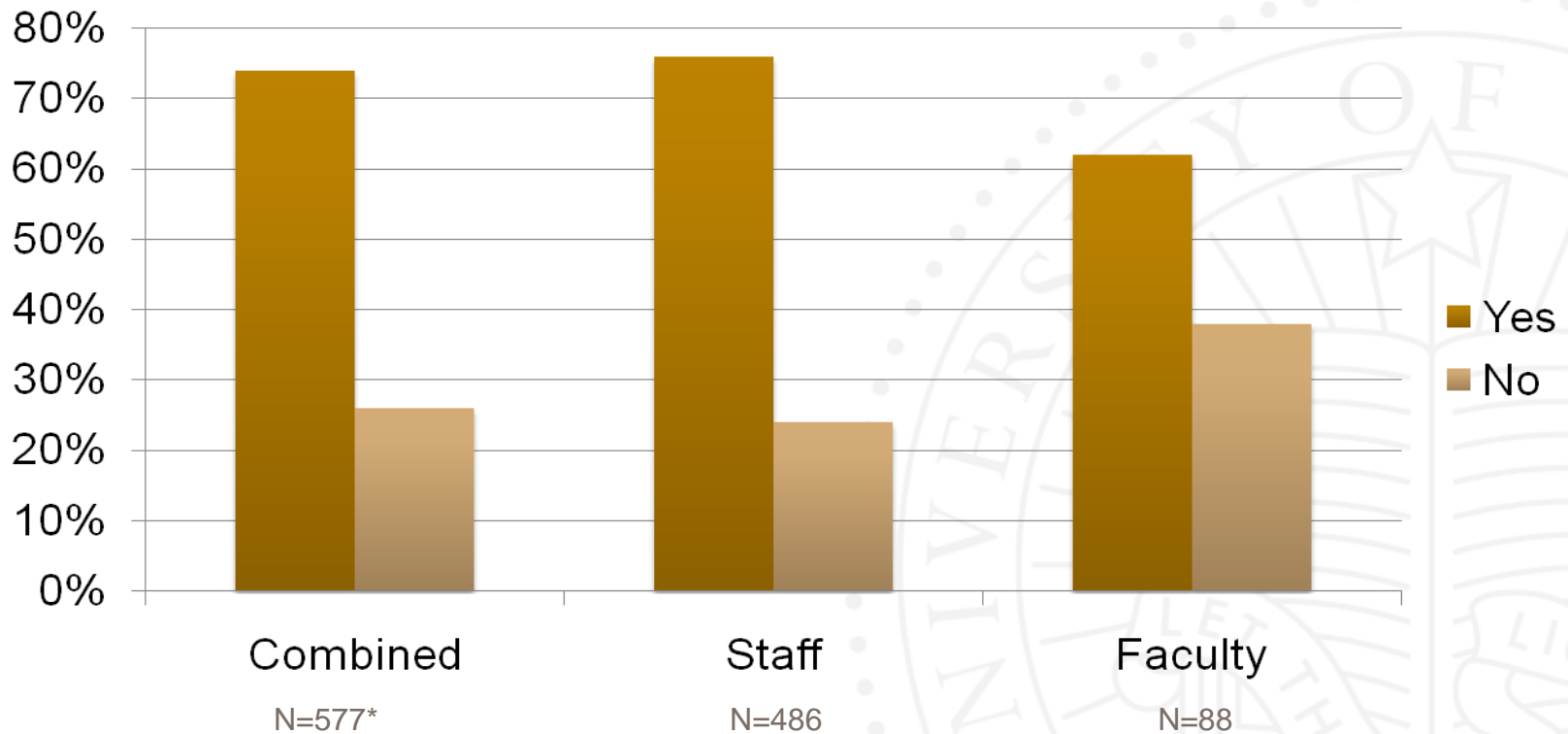
Combined N=580*	Staff N=489	Faculty N=88
Thursday	Thursday	Thursday
Friday	Friday	Monday
Wednesday	Wednesday	Wednesday

Times

Combined N=582*		Staff N=491		Faculty N=88	
Lunch	11a-1p	Lunch	11a-1p	Morning	8a-11a
After work	4p-6p	After work	4p-6p	Lunch	11a-1p
Afternoon	1p-4p	Afternoon	1p-4p	After work	4p-6p

*Three hardcopy respondents declined to specify if they were staff or faculty.

Is the current work environment at UCR conducive to positive health practices?



*Three hardcopy respondents declined to specify if they were staff or faculty.

Wellness Environment Comments Cited

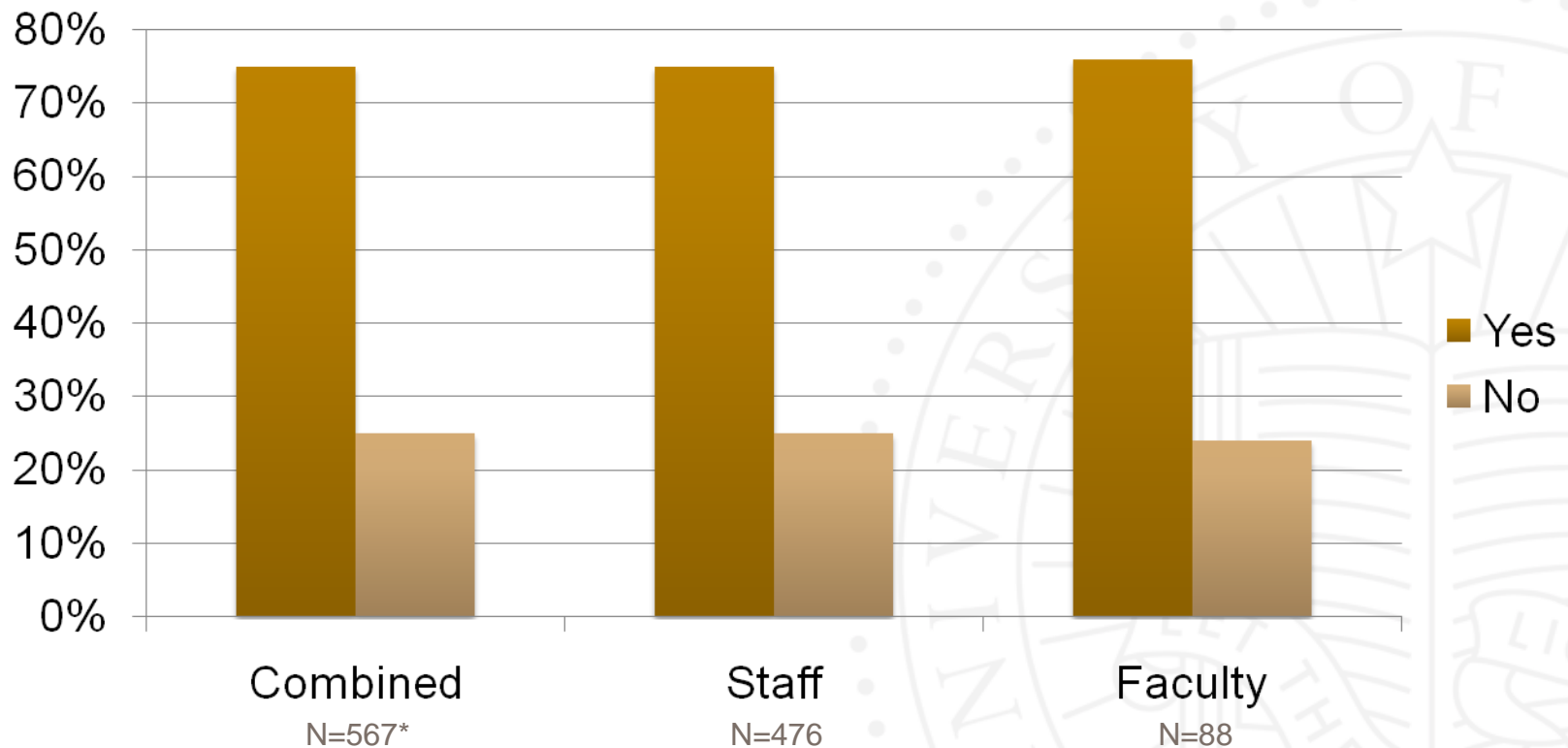
Combined N=137	Staff N=107	Faculty N=30
30% high levels of stress	35% heavy workloads/schedules	30% lack of or access to exercise/recreation facilities
38% heavy workloads/schedules	35% high levels of stress	20% poor health food choices on campus
13% lack of or access to exercise/recreation facilities	13% lack of leadership support	17% high levels of stress
12% poor health food choices on campus	11% budget/furlough/layoff concerns	13% heavy workloads/schedules
12% lack of leadership support	9% poor health food choices on campus	7% a lack of leadership support
9% budget/furlough/layoff concerns	8% lack of or access to exercise/recreation facilities	3% budget/furlough/layoff concerns
4% lack of access to programs	5% lack of access to programs	

Top five Work/Life programs of interest

Combined N=581*	Staff N=491	Faculty N=87
Alternative Work Schedule	Alternative Work Schedule	Pre-Retirement Seminars
Financial Support	Financial Support	Financial Support
Corporate Discounts	Work/Life Workshops	Community Involvement
Work/Life Workshops	Corporate Discounts	Tuition Reimbursement/ College Savings
Tie between: Pre-Retirement Seminars Tuition Reimbursement/ College Savings	Tuition Reimbursement/ College Savings	Mortgage Assistance

*Three hardcopy respondents declined to specify if they were staff or faculty.

Is the current work environment at UCR conducive to positive work/life balance practices?



*Three hardcopy respondents declined to specify if they were staff or faculty.

Work/Life Environment Comments Cited

Combined N=120	Staff N=107	Faculty N=13
30% heavy workloads/schedules	32% heavy workloads/schedules	23% budget/furlough/layoff concerns
18% lack of leadership support	20% lack of leadership support	15% high levels of stress
14% lack of alternative work arrangements	16% lack of alternative work arrangements	15% heavy workloads/schedules
13% budget/furlough/layoff concerns	12% budget/furlough/layoff concerns	8% lack of leadership support
13% high levels of stress	13% high levels of stress	
7% lack of access to programs	7% lack of access to programs	

For more information contact

Julie Chobdee

Wellness Program Coordinator

951-827-1488, julie.chobdee@ucr.edu

Heidie Rhodes

Human Resources Policy & Program Manager

951-827-2463, heidie.rhodes@ucr.edu

Marilyn Parker

Program Administrative Assistant

951-827-3195, marilyn.parker@ucr.edu

