



MSD Wellness Survey Results, 2010

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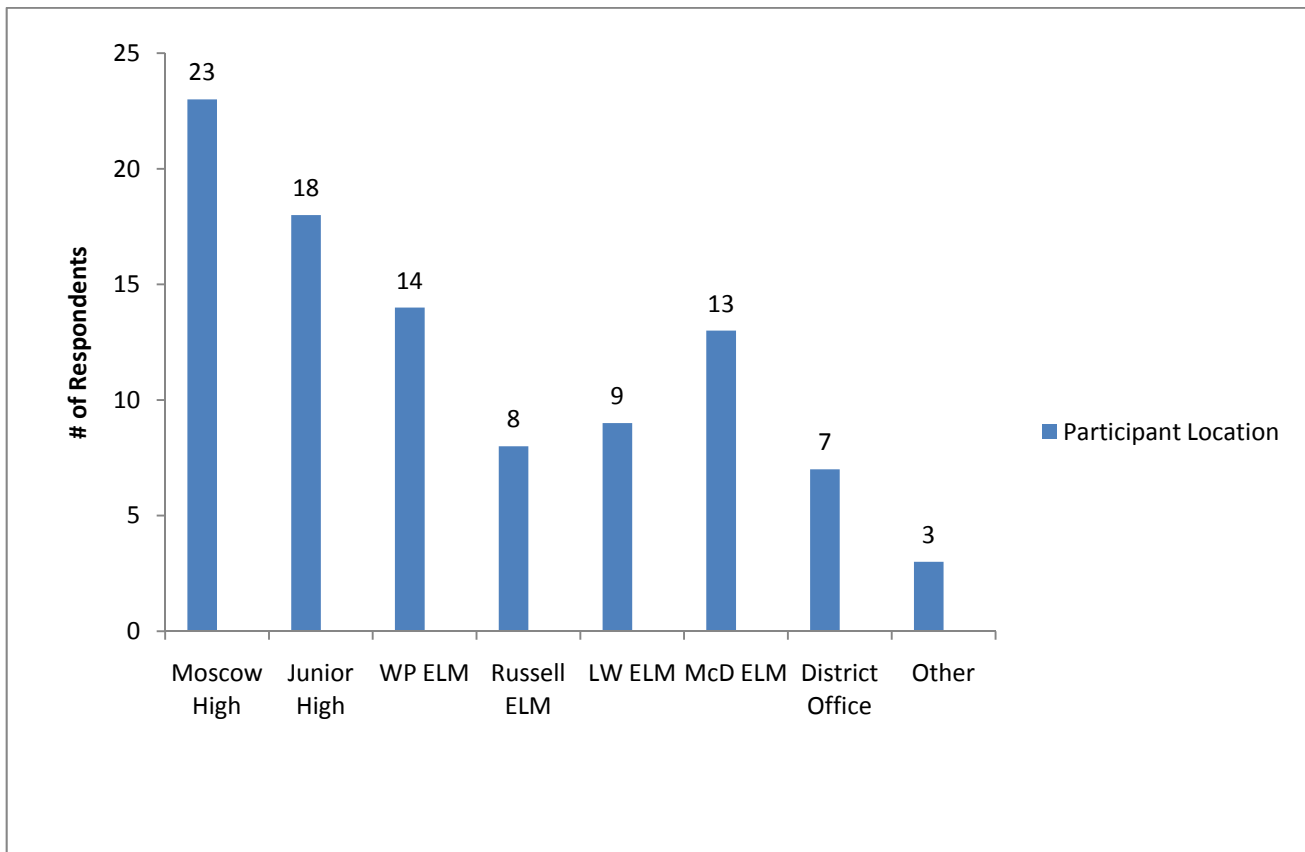
Overview of responses to twenty questions and recommendations for the Moscow School District
Wellness program.

RESULTS

Twenty questions were presented to the staff and faculty via an on-line survey and one week was allotted for response time. The results received from the MSD survey are broken down by each question and followed by recommendations for programming and future survey administration. Ninety-five respondents completed the survey.

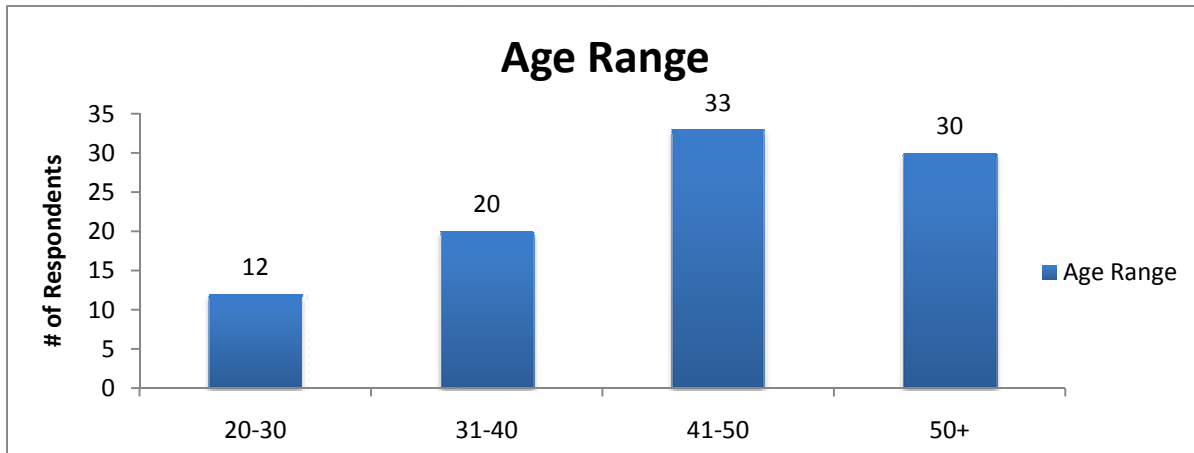
Question One- What is your primary school or district employment location?

24% of the respondents came from the high school and 19% came from the Junior High. The rest of the respondents were well spread among the elementary schools and district office.



Question Two- What is your age range?

The age range had 63 (66%) of the respondents over the age of 40; 30 respondents over the age of 50, and 33 between the ages of 41-50; 20 between the ages of 31-40 and 12 respondents under the age of 30.

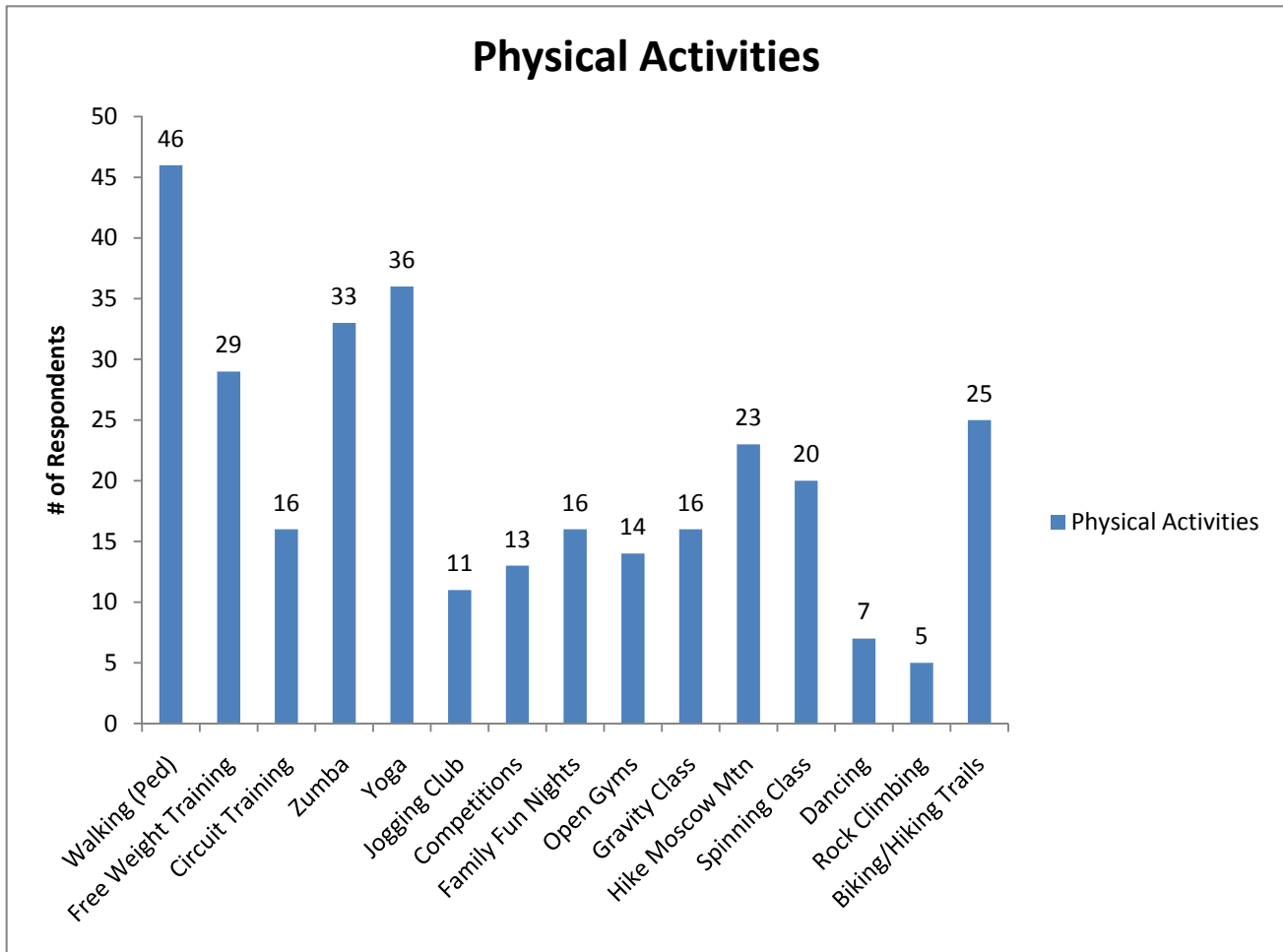


Question Three- Gender

The survey had 79 responses from females and 16 responses from males.

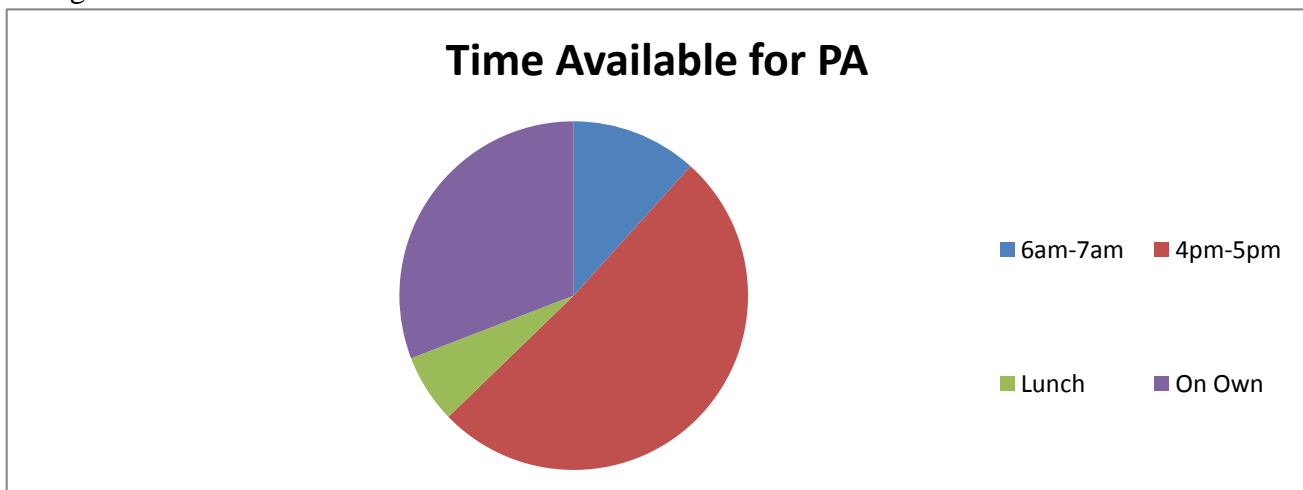
Question Four- Physical Activity Interests: Select the TOP THREE choices you would participate and/or have interest in.

The top three activities chosen were: the walking club, yoga, and zumba; followed by free weight training and biking/hiking trails.



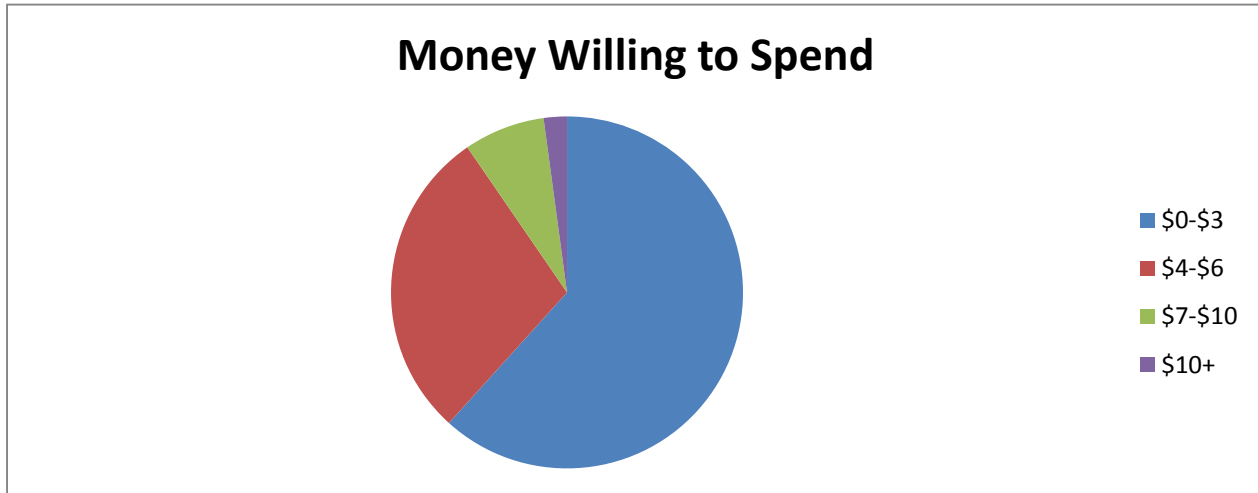
Question Five- When would you most likely participate in physical activity options?

48 respondents identified that 4pm-5pm as the best time and 29 prefer to be physically active on their own time. Eleven respondents identified 6am-7am and six people would like to be physically active during their lunch break.



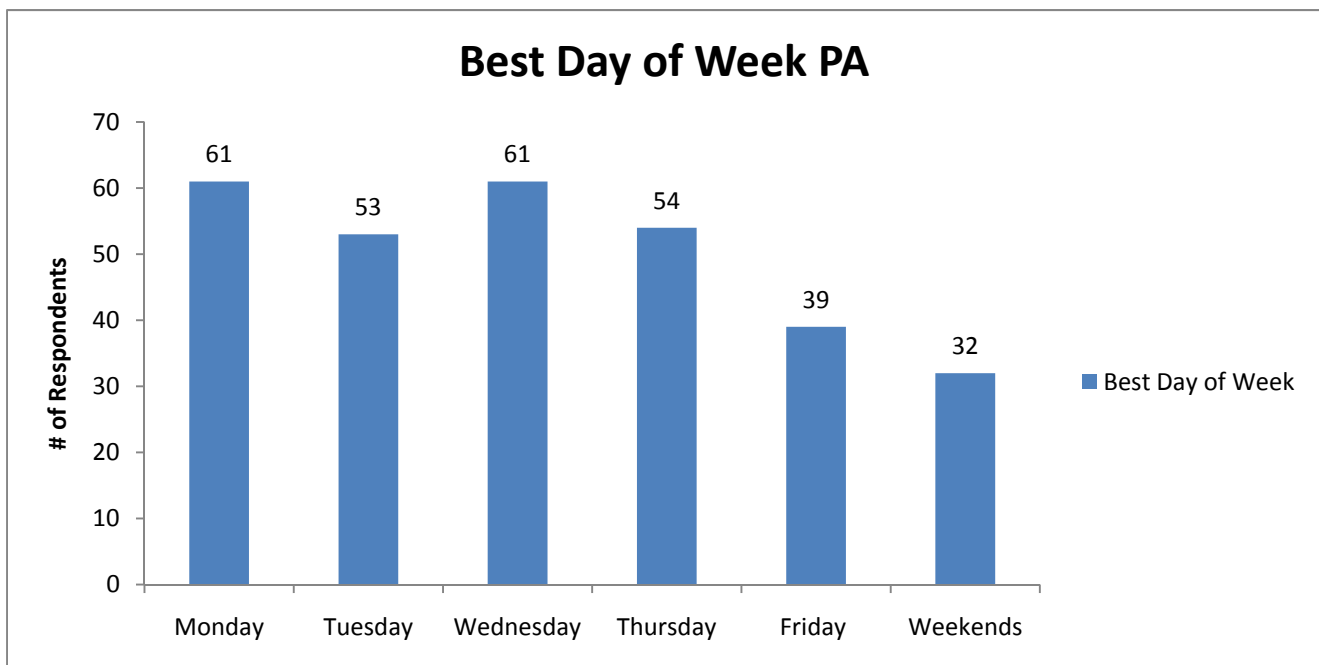
Question Six- How much would you be willing to pay each time you attend a class for certain physical activity options?

85 (90%) of the respondents want to keep the cost per activity under \$6. Only two respondents are willing to pay over \$10 per class and 7 respondents are willing to pay between \$6-\$10.



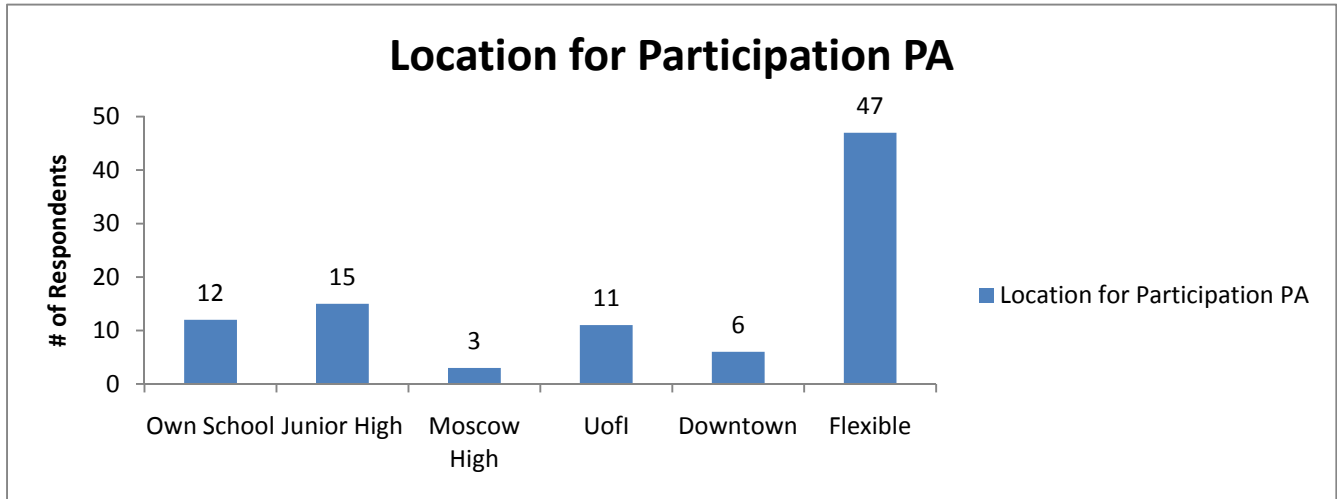
Question Seven- What days work best for you for to participate in physical activity options?

According to the survey the best days for physical activity are Mondays and Wednesdays (61 respondents for each), but Tuesdays and Thursdays are almost as popular (53 and 54 respondents). Friday had 39 respondents and weekends were identified by 32 responses.



Question Eight- Where would you most likely participate in physical activity options?

Forty-seven (50%) respondents seemed to be flexible as to where they would most likely participate. The most popular site is the Junior High school with 15 (16%) of respondents mentioning that as their top choice. All other locations had similar responses.

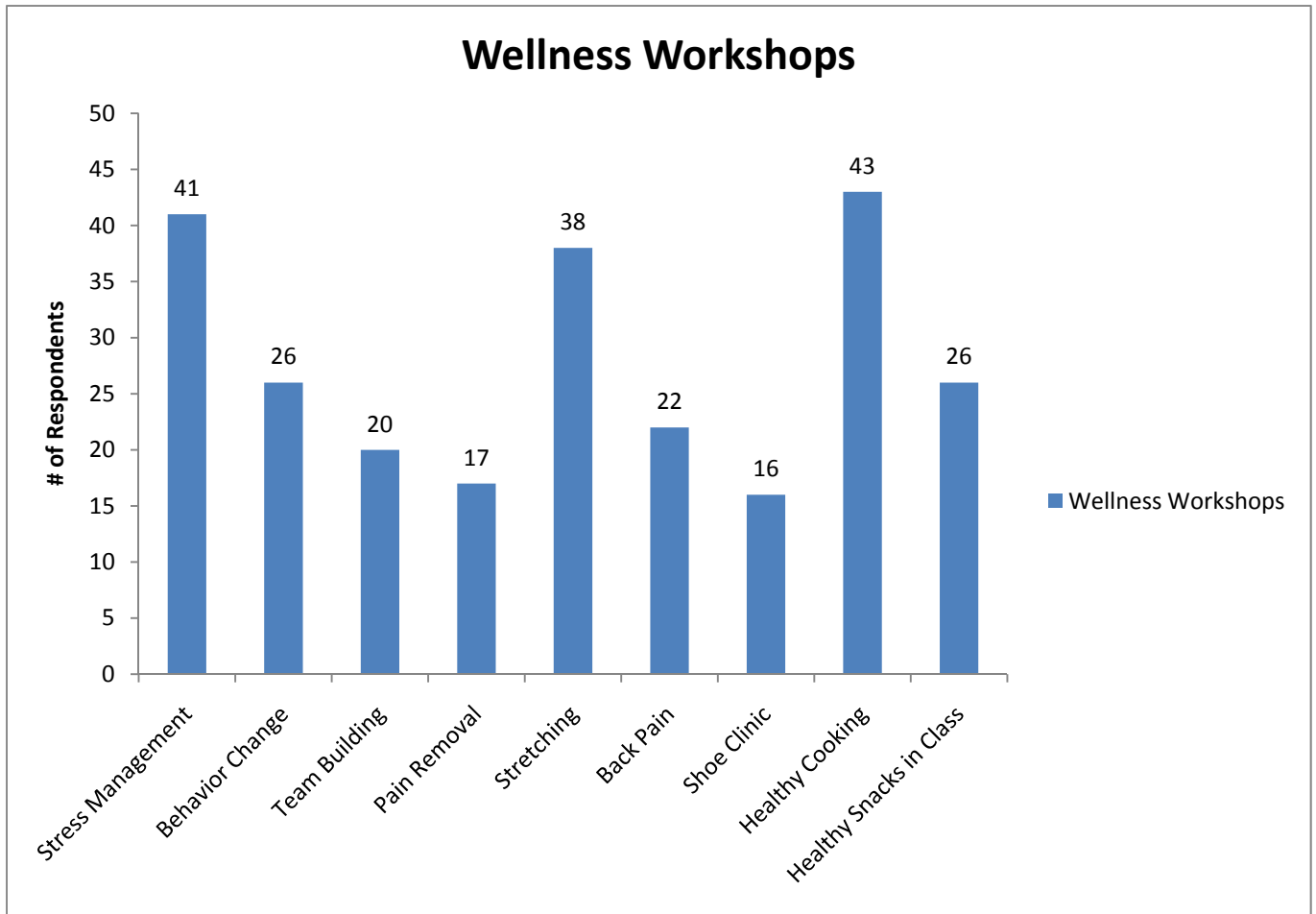


Questions 9 and 10- Are you willing to help coordinate an activity? What activity?

The survey shows 16 people willing to help coordinate an activity. The only activity with more than two responses was a jogging/running club with four responses. Three respondents indicated that they would help coordinate hiking and biking trails. Other responses included the following activities: aerobics, gravity, cardio circuit, roller blading, yoga, spinning, walking and line dancing, weight training, dance, and Zumba.

Question 11- Wellness Workshops and Educational Opportunities: Please select TOP THREE.

The most popular choice was Cooking Healthy for You and Your Family with 43 responses, followed by Stress Management with 41 responses and the Stretching program with 38 responses and then Behavior Change and Healthy Snacks tied with 26 responses each. Following those options in this order were: Preventing Lower Back Pain (22), Team Building (20), Permanent Pain Removal (17), and selecting shoes (16)



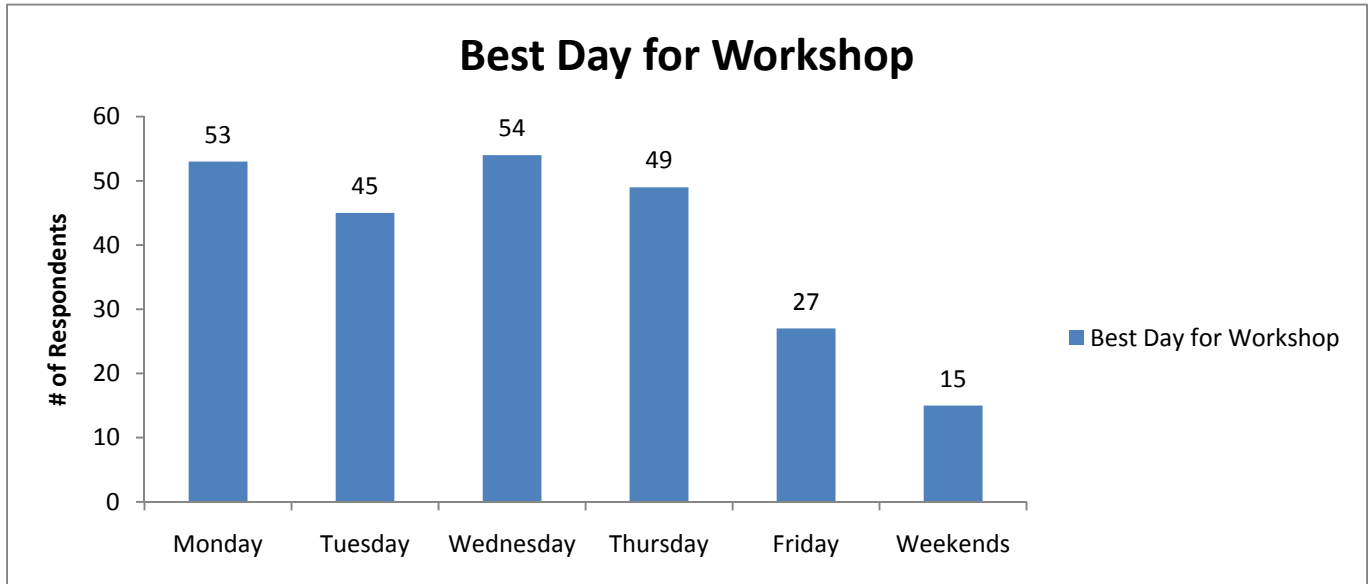
Question 12- When would you most likely participate in an educational workshop?

The most popular time is 3:30pm-4:30pm with 59 (68%) responses. 7am-8am received 16 responses and the lunch break received 12 responses.



Question 13- What days work best for you to participate in an educational workshop?

Similarly to days identified for physical activity options, Monday-Thursday appear to be the best days for educational workshops. Wednesday gained the most responses with 54 and Monday had 53 responses. Following those days was: Thursday (49), Tuesday (45), Friday (27) and weekends (15).



Question 14- Where would you most likely participate in an educational workshop?

49 of the respondents reported being flexible with their location and 23 prefer to have it at their own school. The Junior High school produced 13 respondents and the High school had five responses.

Question 15 and 16- Are you willing to help coordinate or teach an educational workshop? What workshop?

The survey had four people identify that they would be willing to help coordinate a workshop, with two identifying they would help wherever needed, and one willing to help with cooking, and one willing to help with healthy snacks.

Question 17- Yes I am interested in finding a....:

We had three options for this question and a work out buddy gave us 23 responses with an accountability partner gaining 15 responses. No interest was identified in the rest of the options.

Question 18 and 19- How do you want to celebrate your participation in the Moscow School District Wellness Program? Other options?

Forty-two respondents said they would like an end of the year “get together” and 51 respondents identified a t-shirt would be a good celebration. In addition other celebratory options included: a fun run to raise money for a good cause, facebook page, physical activities at get together, have rewards

for people who reach goals, ice cream cake, discount on running shoes at Tri-State, healthy lunch, being featured in the newspaper, rent the pool, reduce health insurance costs, a tote bag for snacks and sneakers.

Question 20- What other needs can we help you meet? Questions, comments and suggestions.

People responded to this question with these comments: yoga and free weight class after 4:45 would be so great; concern about accountability partners; the PCRHS staff feels disconnected due to school times; incentives would be ideal; having the Coordinated School Health Team at the annual benefits fair each October; paying less for the SRC at the University of Idaho; other dance classes and swimming added to the list; and thanks for doing the survey.

RECOMMENDATIONS FOR PROGRAMMING

It appears that there is great interest from the faculty in the Moscow School District to continue and/or start a wellness program that meets their needs. The survey produced a high response rate from women and this needs to be taken into account as programming is planned. There appears to be some correlation with activities and workshops chosen with the large amount of women responses.

The following are recommendations from the data provided:

Physical Activity

- Physical activity gets initiated following Thanksgiving Break of the year 2010 and that there would be activities offered on Monday, Tuesday, Wednesday and Thursday.
- The activity that gained the most interest and would be easy to implement is the walking club. A good option for this would be for the walking club to start at one school and walk by other schools on a set route, therefore gaining other walking club members as they walk by the participating schools. Start two days a week with an opportunity to increase.
- Offer yoga and Zumba as a program at the Junior High School in the upstairs mat room.
- Offer free weights program. May need to check that people may have seen the word “free” and impulsively clicked that as an option. Regardless, a free weight training could be combined with a circuit training once a week.
- Offer hiking and biking outings including Moscow Mountain starting on the weekends in spring.
- Offer family fun nights perhaps once a month.
- The activities available at the University of Idaho SRC and other Activity Centers in Moscow should be posted in every faculty lounge and the school offices. Perhaps explore 2 for 1 deals with these agencies which will support an activity ‘pal’ concept.
- A proposed schedule for physical activities in the Moscow School District might look like:

Day	Activity	Time/Interest
Monday	Walking Club	3:30-4:30pm/ high interest
Tuesday	Yoga at MJHS	4pm-5pm/ high interest
Wednesday	Walking Club	3:30-4:30pm/ high interest
Thursday	Weight Training at MJHS	4pm-5pm/ high interest
Friday	Family Fun Nights	Once a month 7pm-9pm/ moderate interest
Saturday	Hiking Trails	Once a month starting in the spring 10am-Noon/ high interest
Sunday	Spiritual Connections	Increase overall wellness

Wellness Activities

- Offer Cooking Healthy for You and Your Family between Thanksgiving and Christmas breaks. This would be the ideal time for this workshop as cooking and eating increases, and healthy habits are always needed.
- Offer Stress Management between Thanksgiving and Christmas breaks as students and staff begin to reach that crunch time.
- Spring semester offer these workshops: Taking Steps to a Healthy Lifestyle, Tailoring a Stretching Program to Meet your Needs and Healthy Snacks and Smart Choices in the Classroom. Here is a proposed schedule for these workshops:

Workshop	Date	Reason	Location and Time
Healthy Cooking	December 15 th	Right Before Christmas Break- encourage healthy eating habits with the 3 weeks off	MJHS @ 3:30pm
Stress Management	January 12 th	Prepare the faculty and students for finals	MHS @ 3:30pm
Behavior Change	January 24 th	Encouragement for New Year's Resolutions and find something to improve on if they haven't already	MJHS @3:30pm
Healthy Snacks	February 10 th	Prepare for the Valentine's day treats and sweets- encourage students to bring healthy snacks	McDonald or West Park Elementary @ 3:30pm
Stretching Program	March 23 rd	As the weather warms up and they become more active outside.	MJHS @ 3:30pm
Other Workshops Could be Made Available			

RECOMMENDATIONS FOR FUTURE SURVEYS

This survey seemed to be effective and concise, but there are a couple of areas for improvement.

- Ask respondents to identify their school
- Add swimming and fishing, as recommended by participants to the activity choices.
- Ask if the participants are willing to pay for a wellness workshop and how much.
- Identify the total number of participants who were sent the survey to determine a realistic picture of the interest that was shown.