

Summary of the 2017 County-wide HRA Survey Aggregate Results

- p. 1 • **General Health**- 49% describe their overall health as “Excellent” or “Very Good”
 - slight decrease from last year
- p. 2 • **Physical Activity**- 87% have increased or maintained physical activity
 - same as last year
- p. 3 • **Nutrition**- 46% said would like to improve eating behaviors- slight increase from last year
 - Water and walking were the top two improvements made- same as last year
- p. 4 • **Weight Management**- Weight loss success- 19% (16 people) lost over 20 pounds
 - same as last year
- p. 5 • **Tobacco**- 6 people were successful at quitting (2%)- same as last year
 - 59% (171 people) never smoked
- p. 5-6 • **Blood Pressure/ Cholesterol**- More than the majority of respondents have the lowest risk levels
 - same as last year
- p. 7 • **Flu Vaccination**- 66% received their flu shot which is the same as last year
 - Per CDC, nationally, around 42% of adults receive their flu shot; statewide, around 49% of adults receive their flu shot so County is above the national and state percentages.
- p. 7 • **Stress Levels at Work**- Highest percentages of feeling stressed are in the mid to high ranges
 - same as last year
- p. 9-10 • **Work Culture**- Employees feel supported for wellness activities at all levels from employer to directors to co-workers
 - same as last year

County Wellness Program

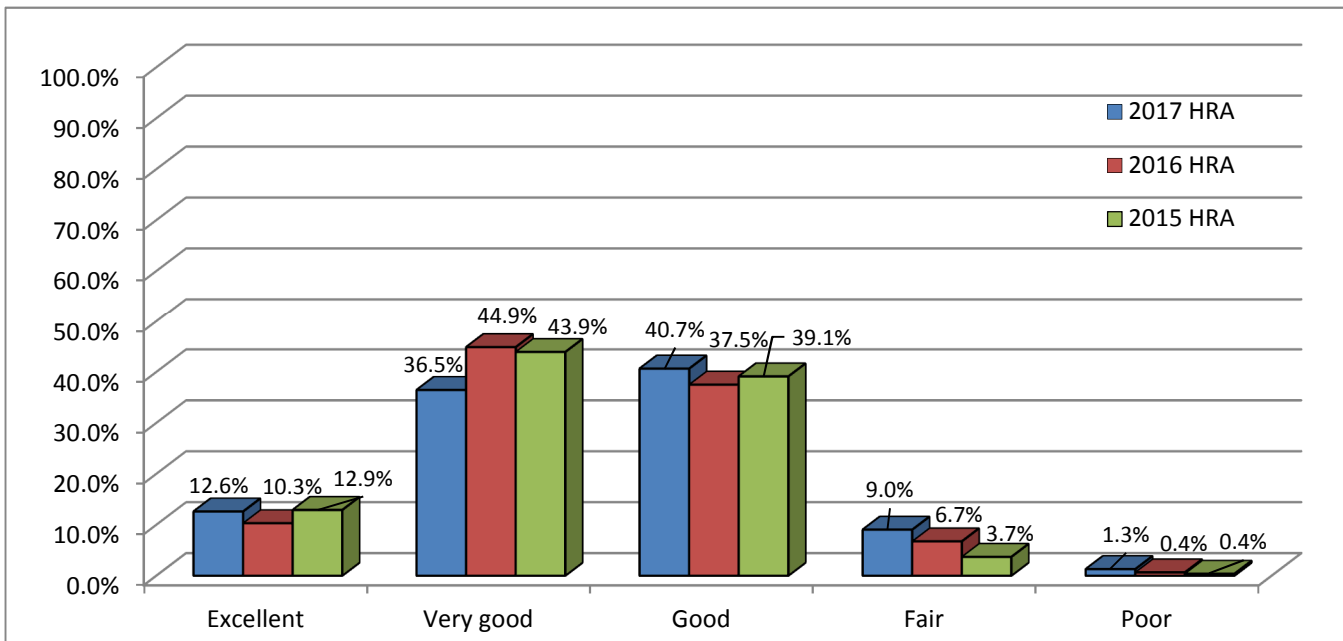
2017 Lancaster County- All Departments- Aggregate HRA Survey Results Comparison

- Main Survey Completion Period= September 12 - October 6, 2017
- Total Responses= 32% of County employees (310 out of 972 total full/part-time permanent employees)
- Total Responses from previous years
 - 2016= 33% (312 out of 946)
 - 2015= 30% (272 out of 918)

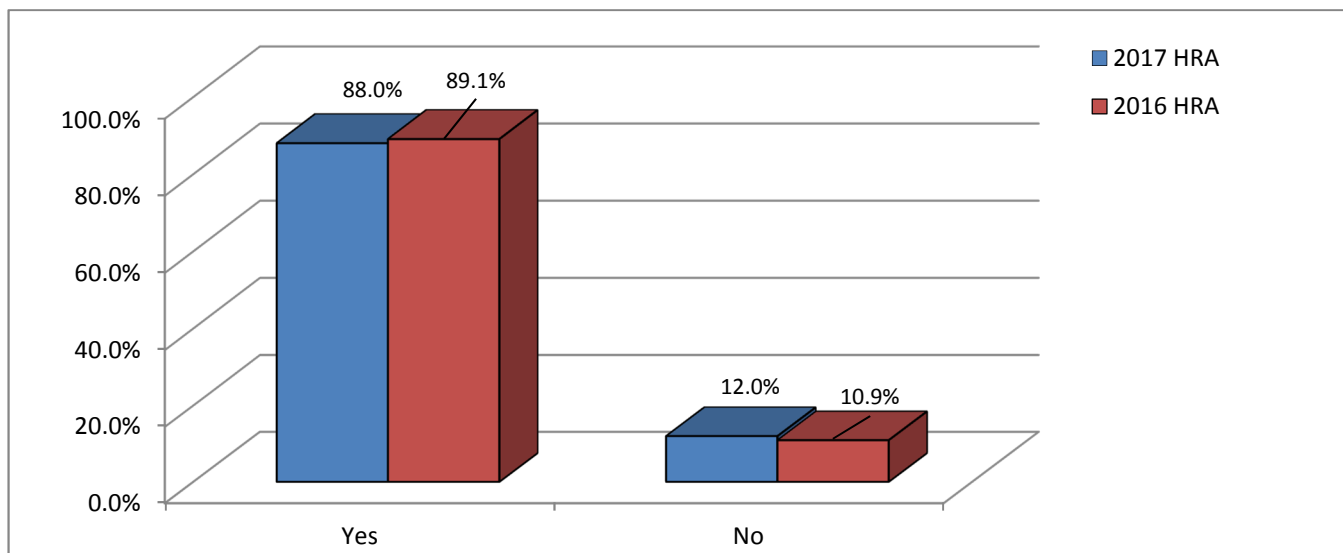
Survey Questions and Responses for All Lancaster County Departments Combined:

General Health

1. In general, how would you describe your overall health? (Total Responses- 310)

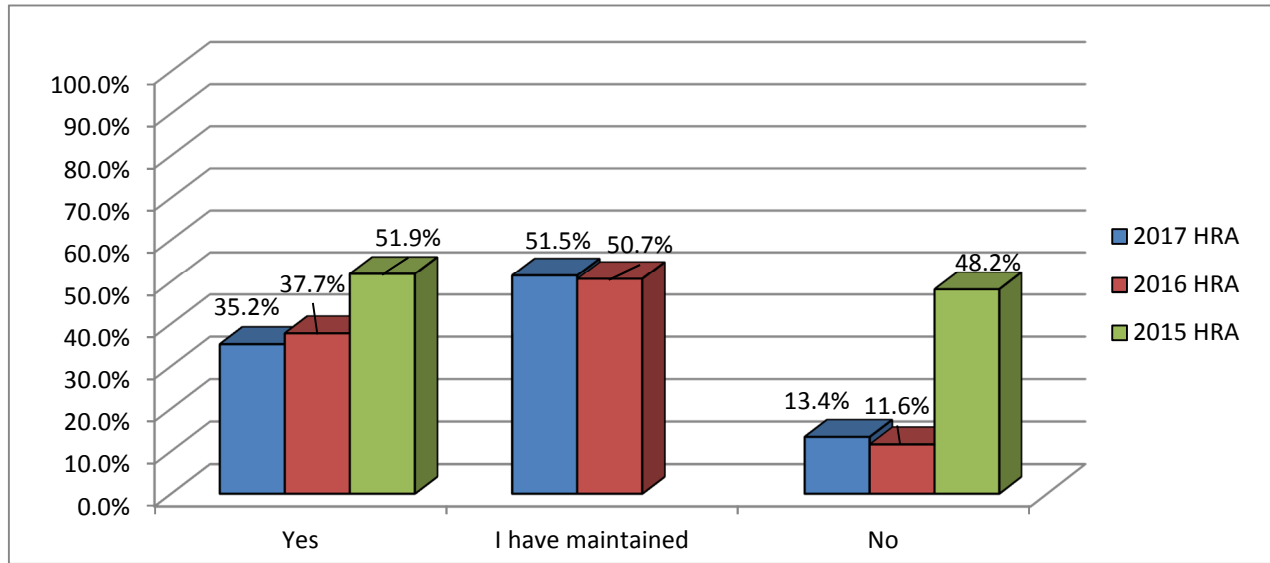


2. Do you have at least one person you think of as your personal doctor or health care provider? (Total Responses for 2016- 309)



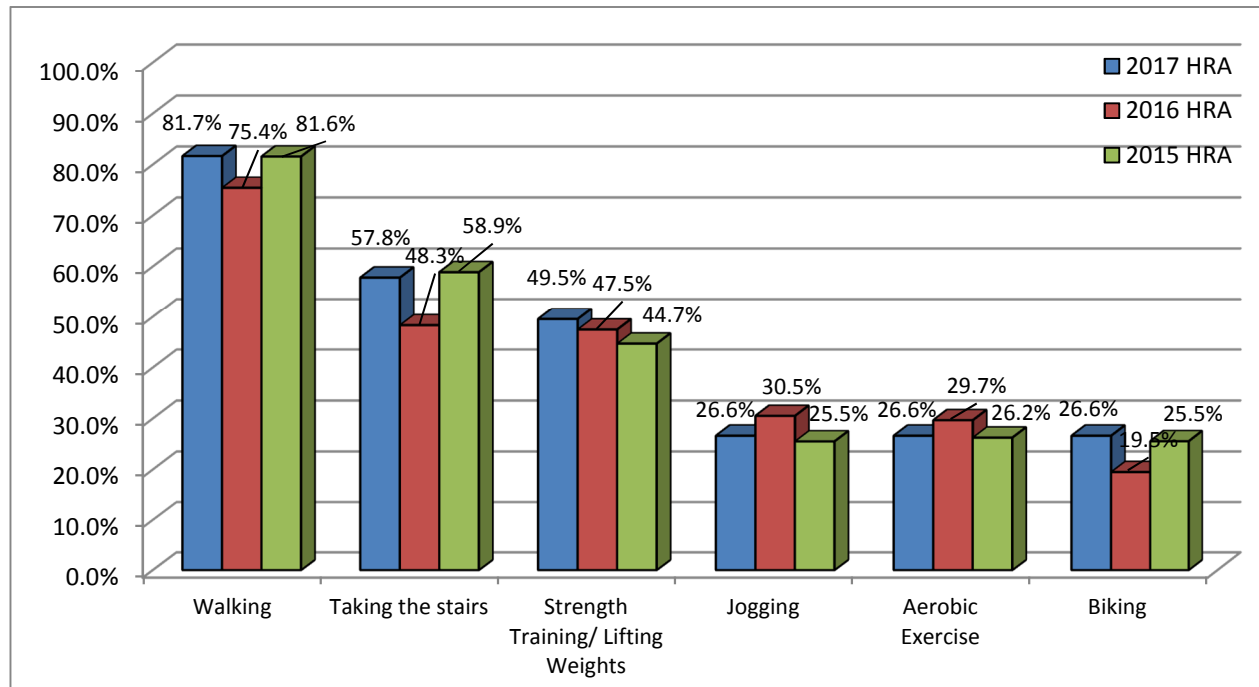
Physical Activity

3. Have you become more physically active in the past year? (Total Responses- 307)



4. If yes, check all the activities that you have increased:

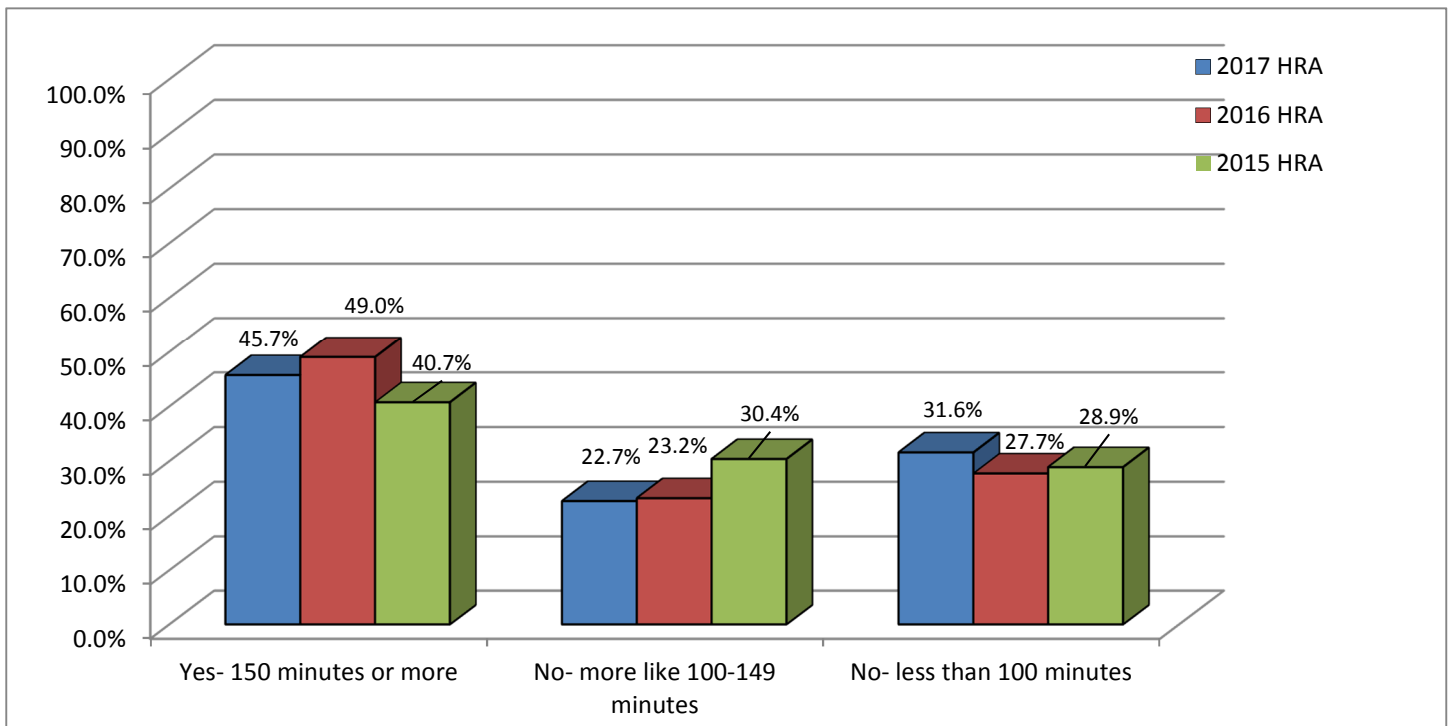
Top 5 Increased Activities:



Other Responses entered (Total- 16)	Count
Chasing my children/ grandchildren	3
Golf	2
Horseback riding	2
Gardening/ Landscaping	1
Mixed Fit classes at YMCA	1
Jazzercise	1
Floor workouts	1
High Intensity Interval Training and Bootcamp classes	1
General work keeping me more active	1
Rowing	1
Using the stepper at home	1
Physical therapy exercises	1

Physical Activity continued

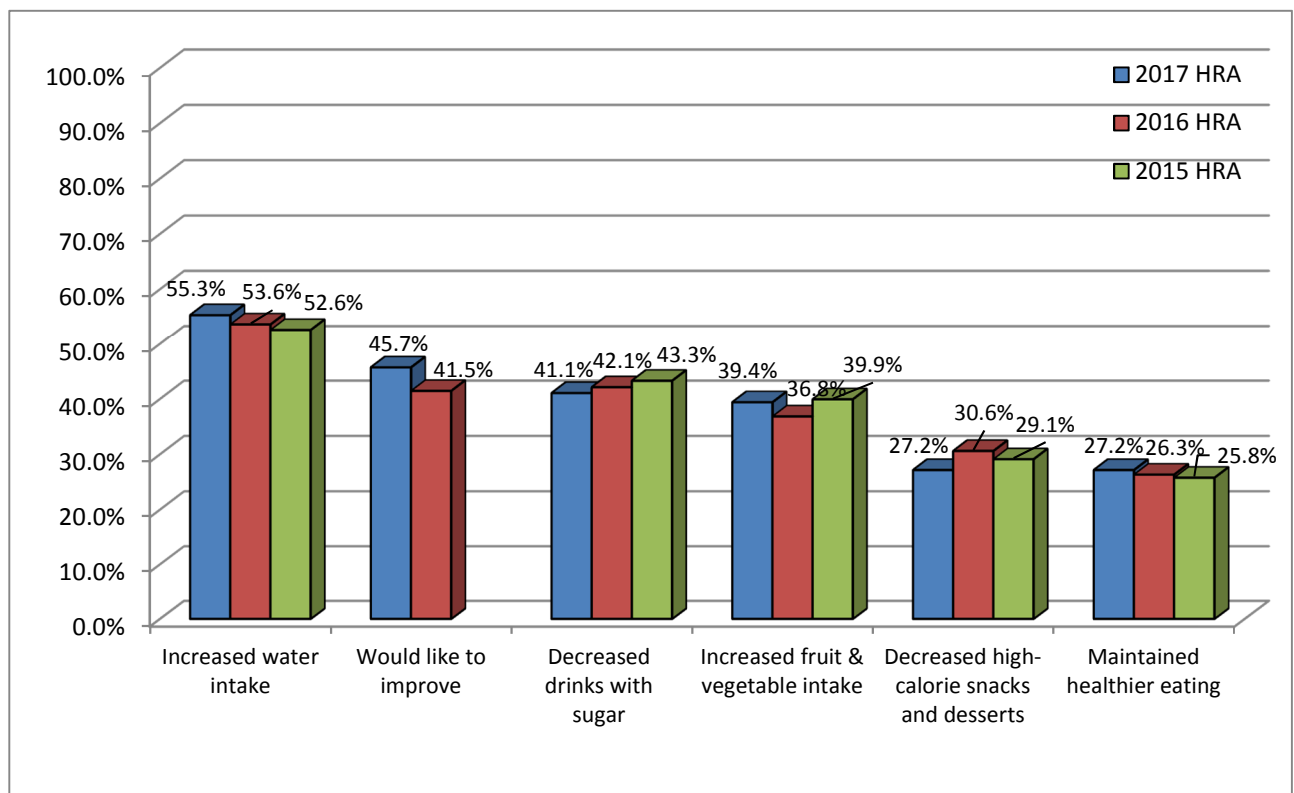
5. In an average week, do you participate in moderate-intensity physical activity for a total of 150 minutes or more? (Total Responses- 304)



Nutrition

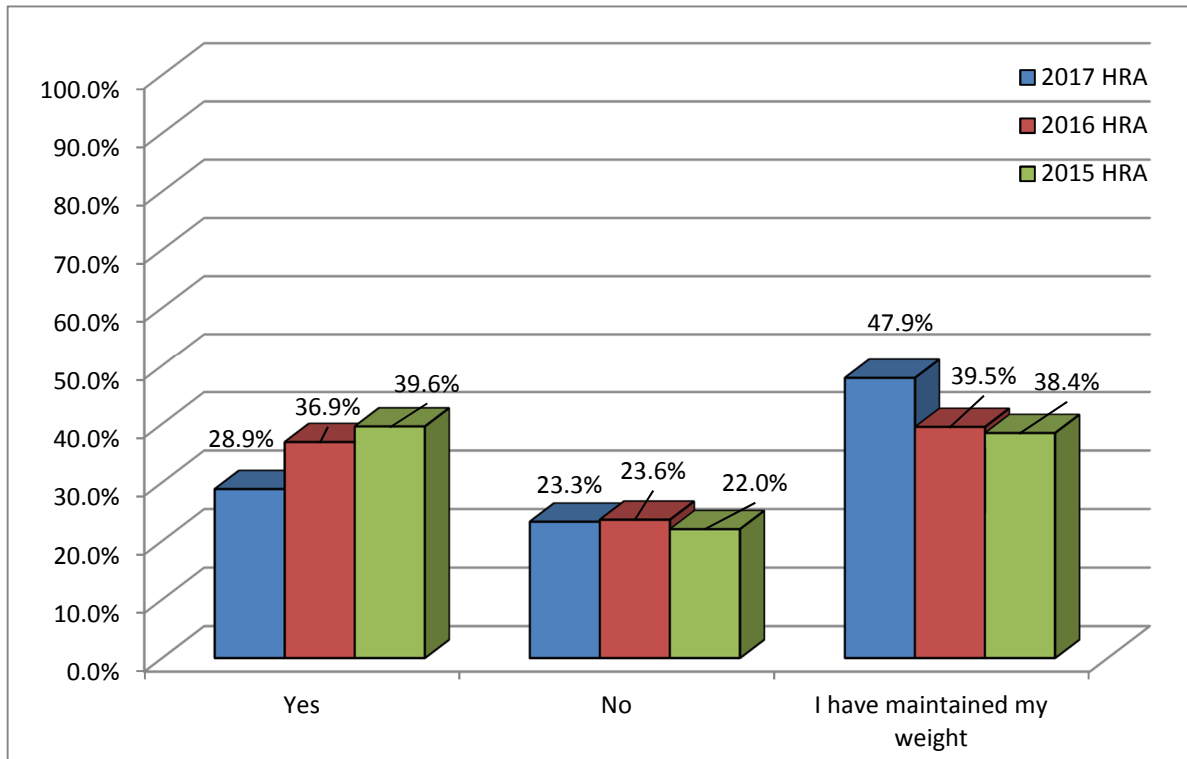
6. Has there been a change in your eating behavior in the past year?

Top 5 Changes in Eating Behavior:

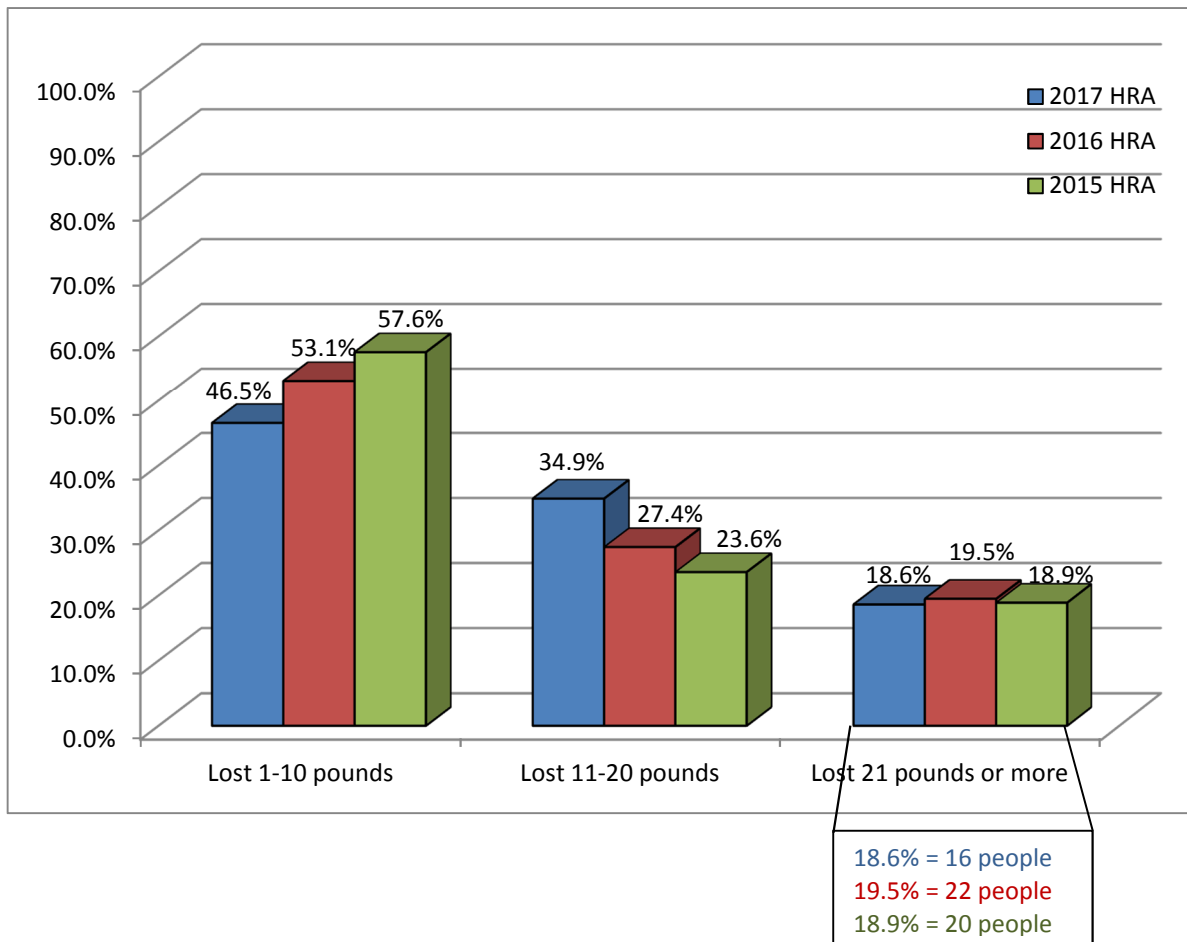


Weight Management

7. Have you lost weight in the past year? (Total Responses- 305)

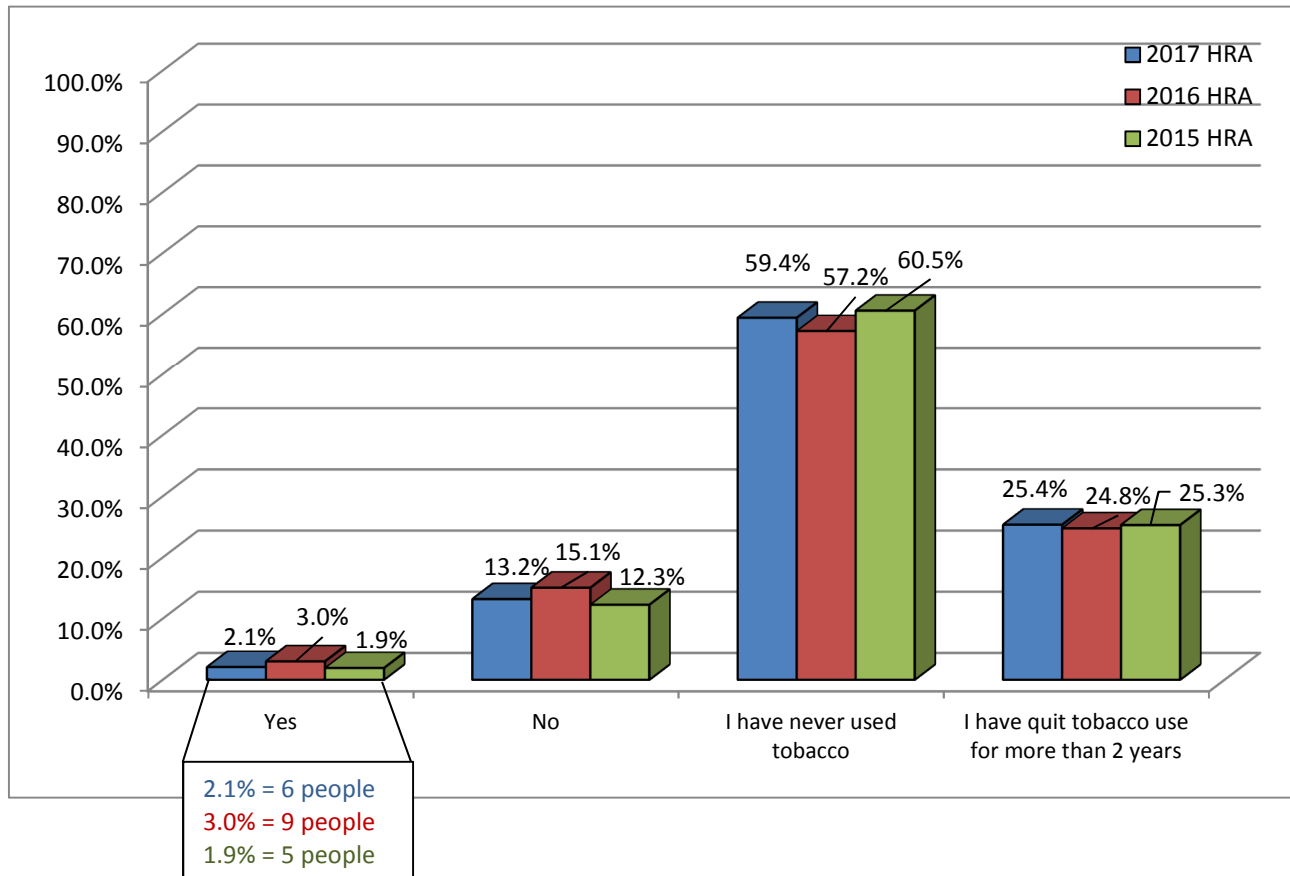


8. If yes, how many pounds have you lost? (Total Responses- 86)



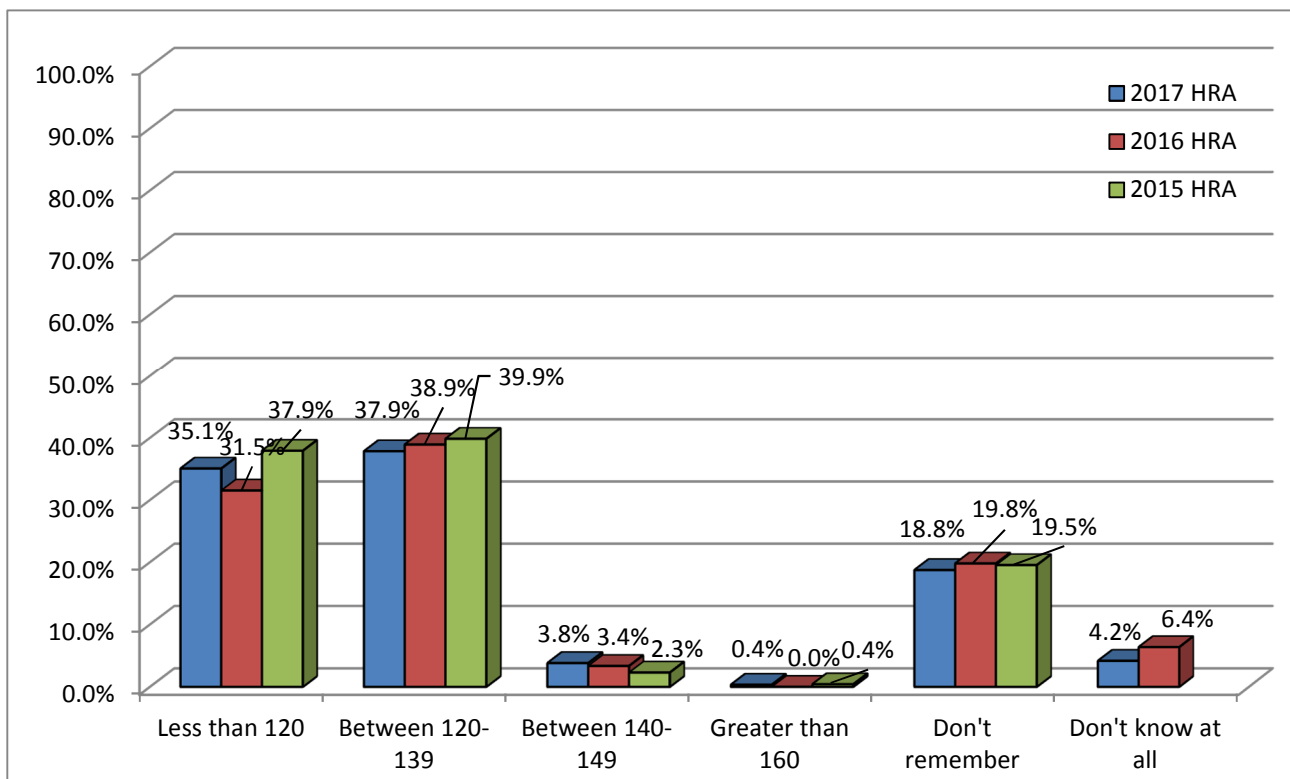
Tobacco Use

9. Have you been successful in quitting tobacco use in the past year? (Total Responses- 288)



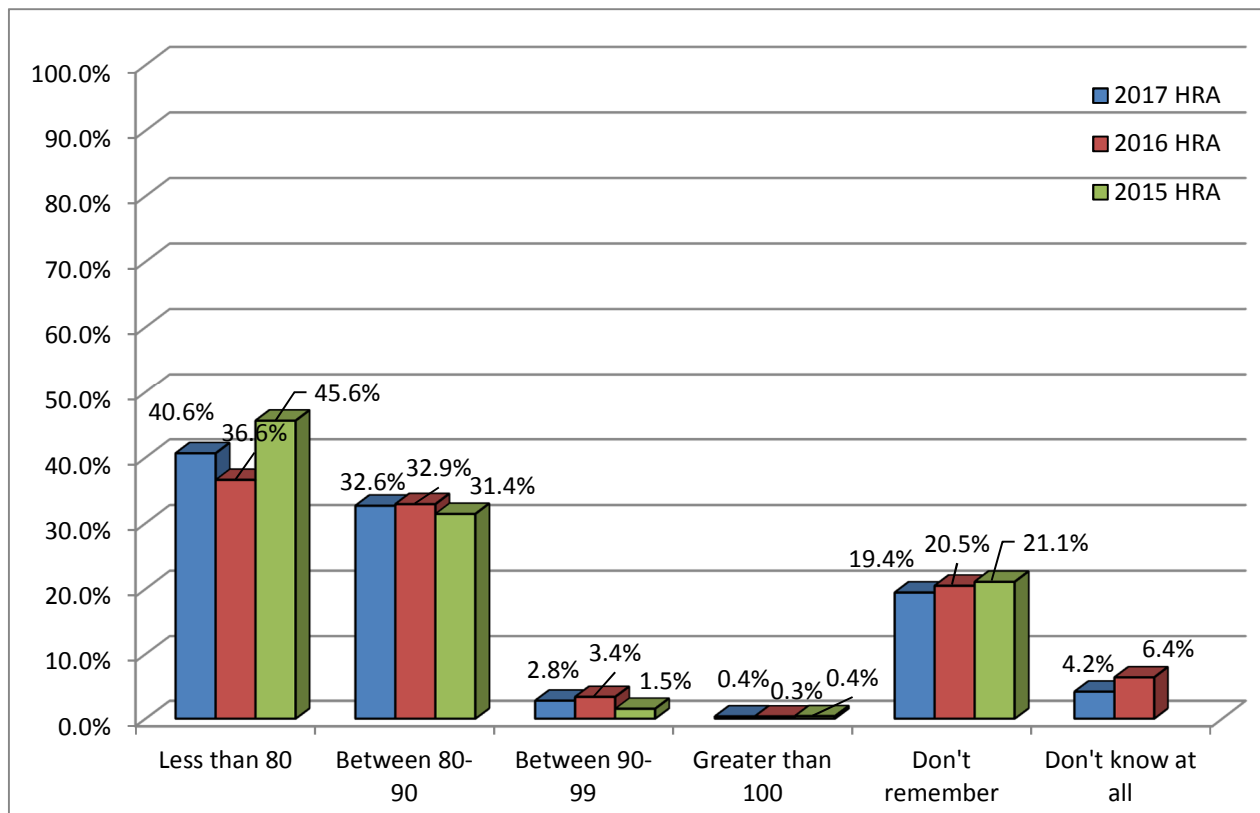
Blood Pressure

10. What was your systolic number (top number in a blood pressure reading)? (Total Responses- 288)



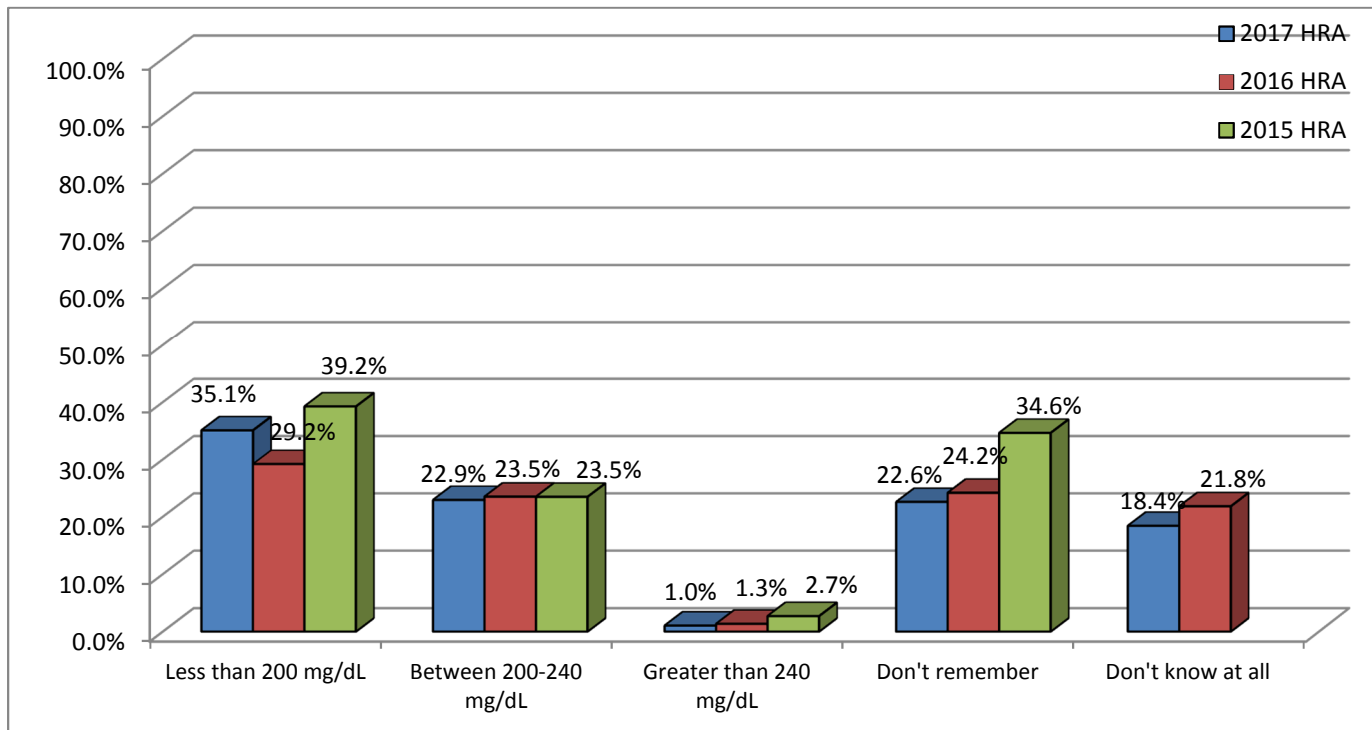
Blood Pressure continued

11. What was your diastolic number (bottom number in a blood pressure reading)? (Total Responses- 288)



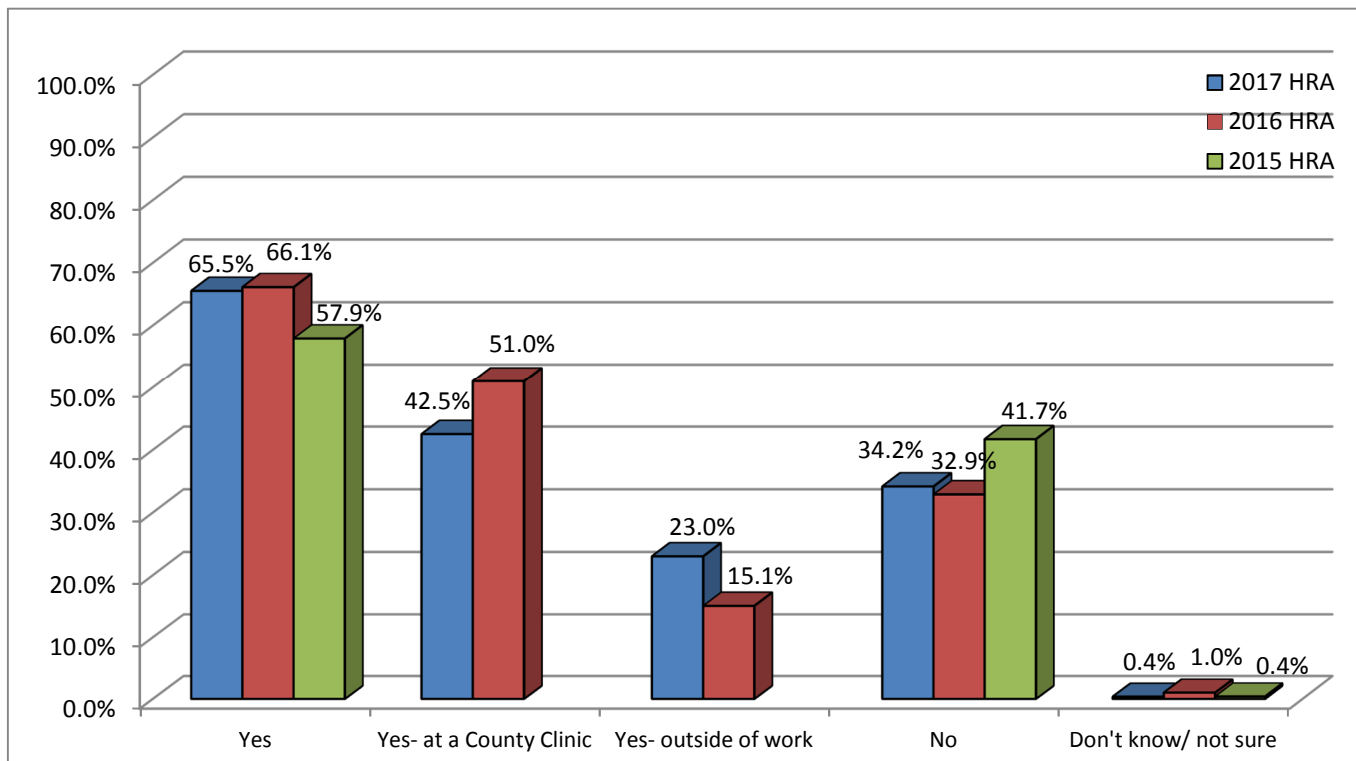
Blood Cholesterol

12. Thinking back to when your total cholesterol was last checked by a doctor, nurse, or other health professional, what was your total cholesterol? (Total Responses- 288)



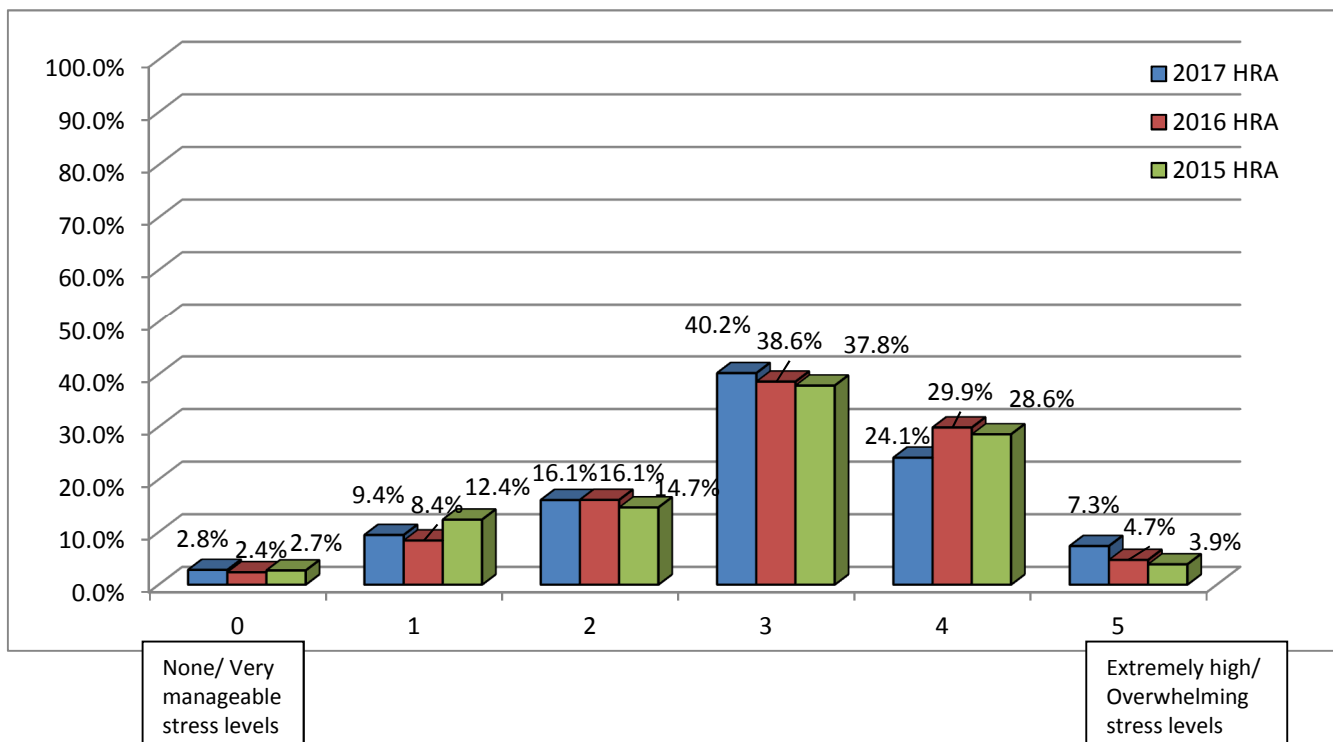
Flu Vaccination

13. During the past 12 months, have you had either a flu shot or a flu vaccine that was sprayed in your nose?
(Total Responses- 287)



Stress Management

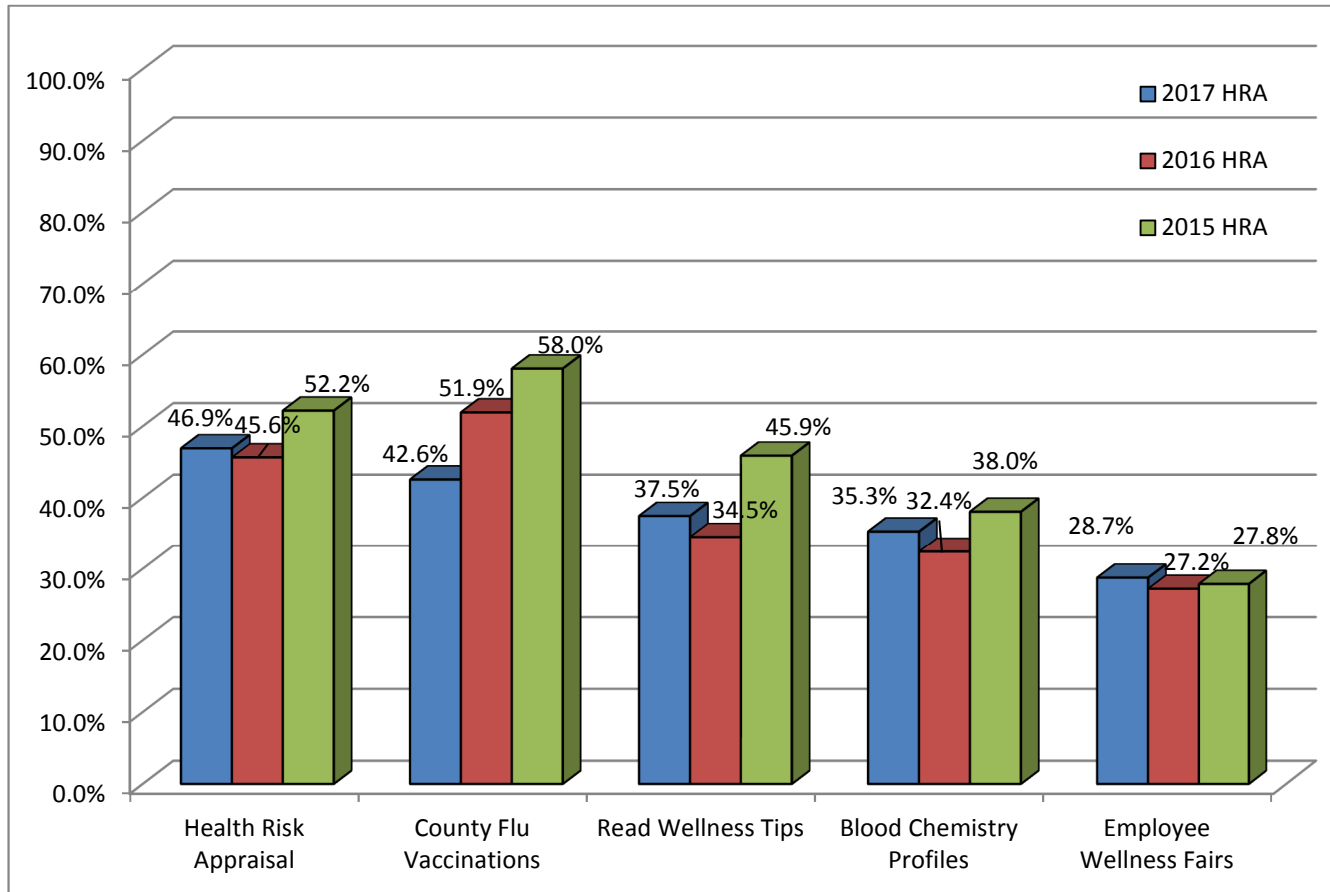
14. How would you describe your typical stress level at work in the past year? (Total Responses- 286)



County Wellness Participation

15. Check the wellness activities in which you have participated over the past year that have been promoted through the County Wellness Program:

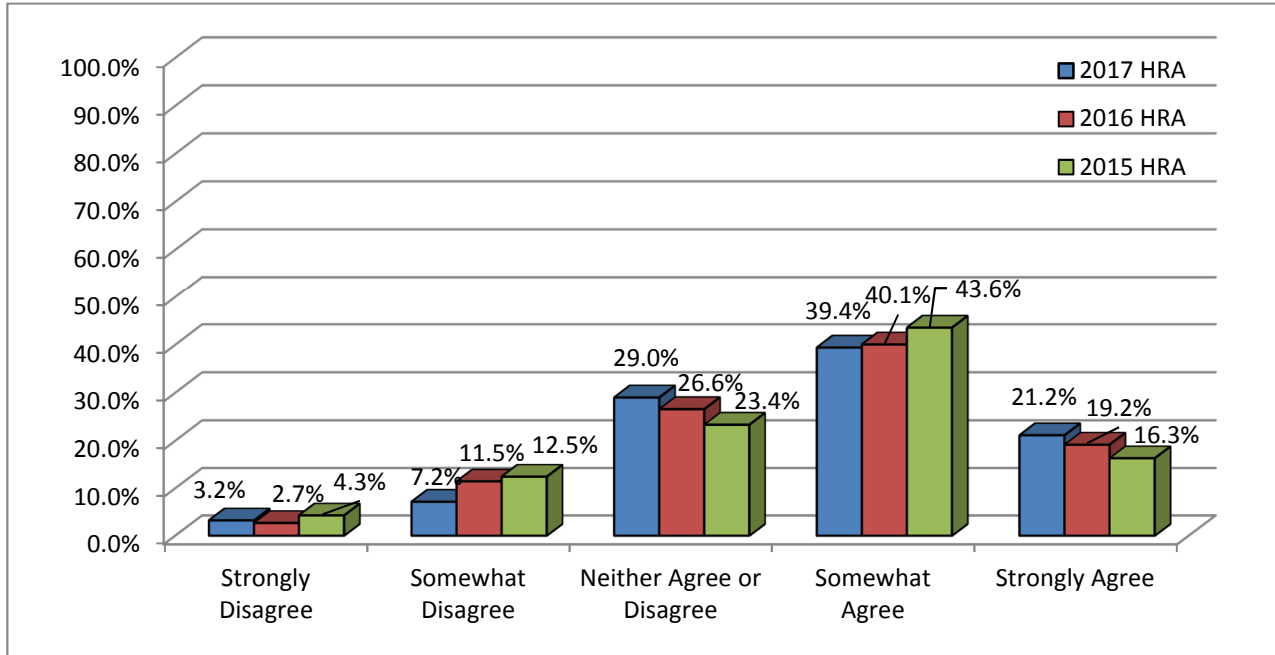
Top 5 Increased Activities:



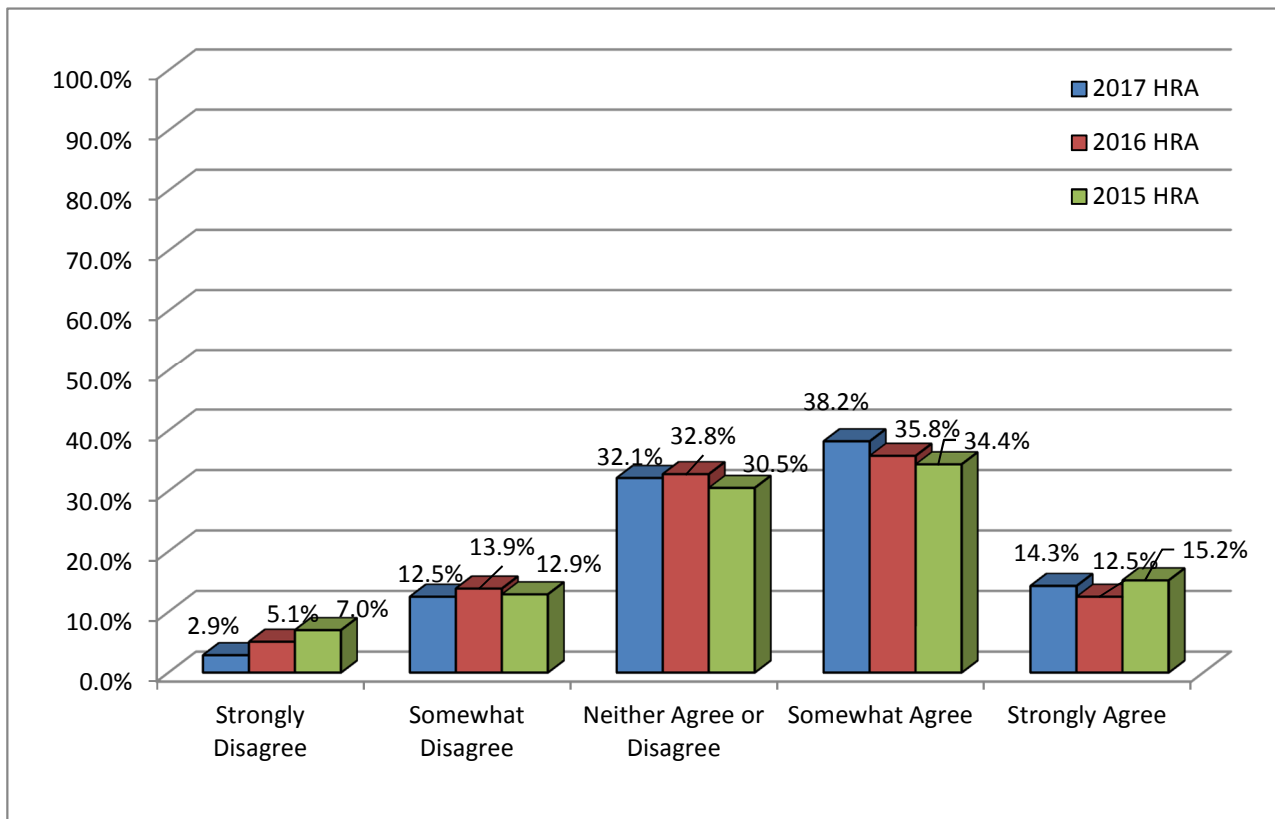
Other Responses entered (Total- 11)	Count
New Employee	4
Walk Daily	2
Blood Donations	1
Gardening/ Landscaping	1
Challenges through MyFitnessPal	1
Have had to do other things. These are not done with 2nd and 3rd shift people in mind	1
Eating Paleo at home	1

Work Culture

16a. My **Company** (Lancaster County) encourages employees to live healthy lives. (Total Responses- 279)

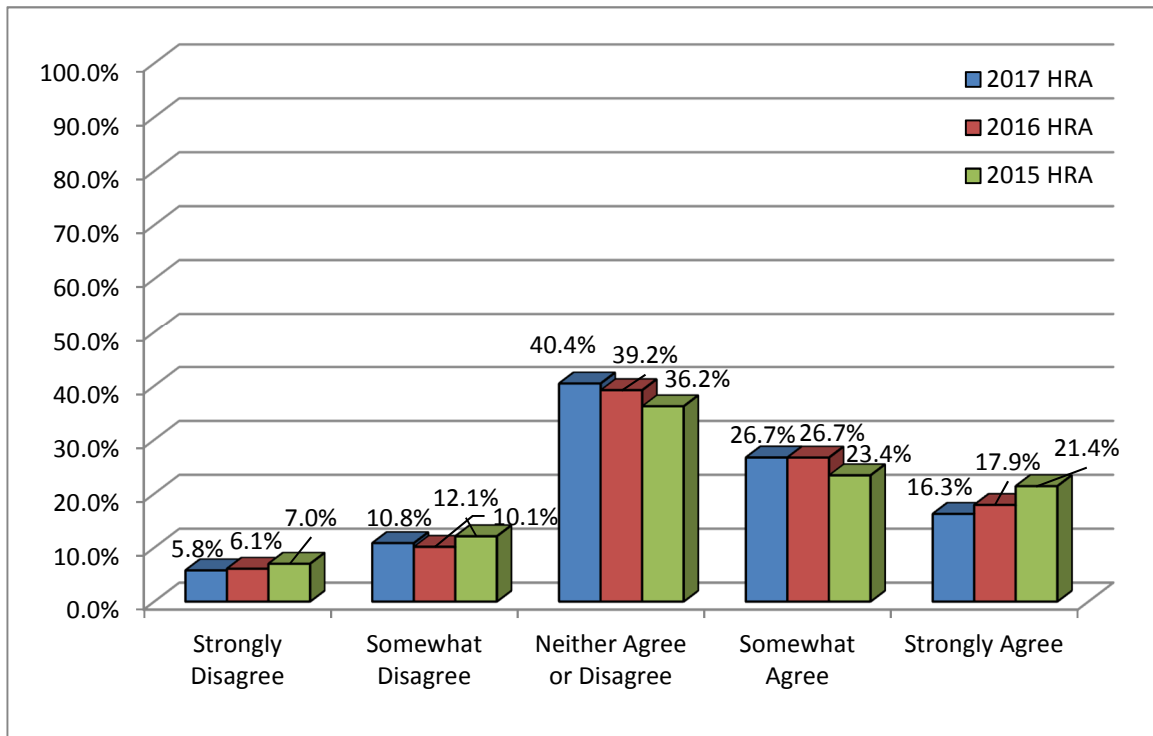


16b. My **County Department** encourages employees to live healthy lives. (Total Responses- 280)

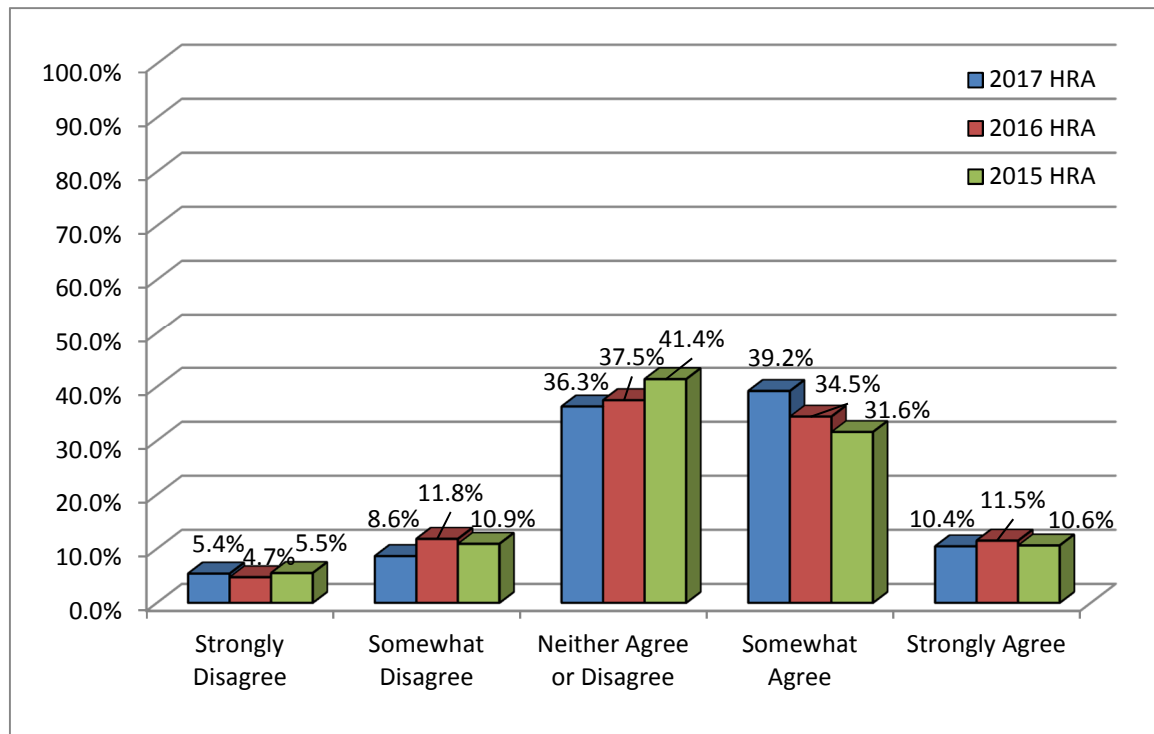


Work Culture continued

16c. My **Supervisor** supports my participation in worksite wellness activities. (Total Responses- 277)

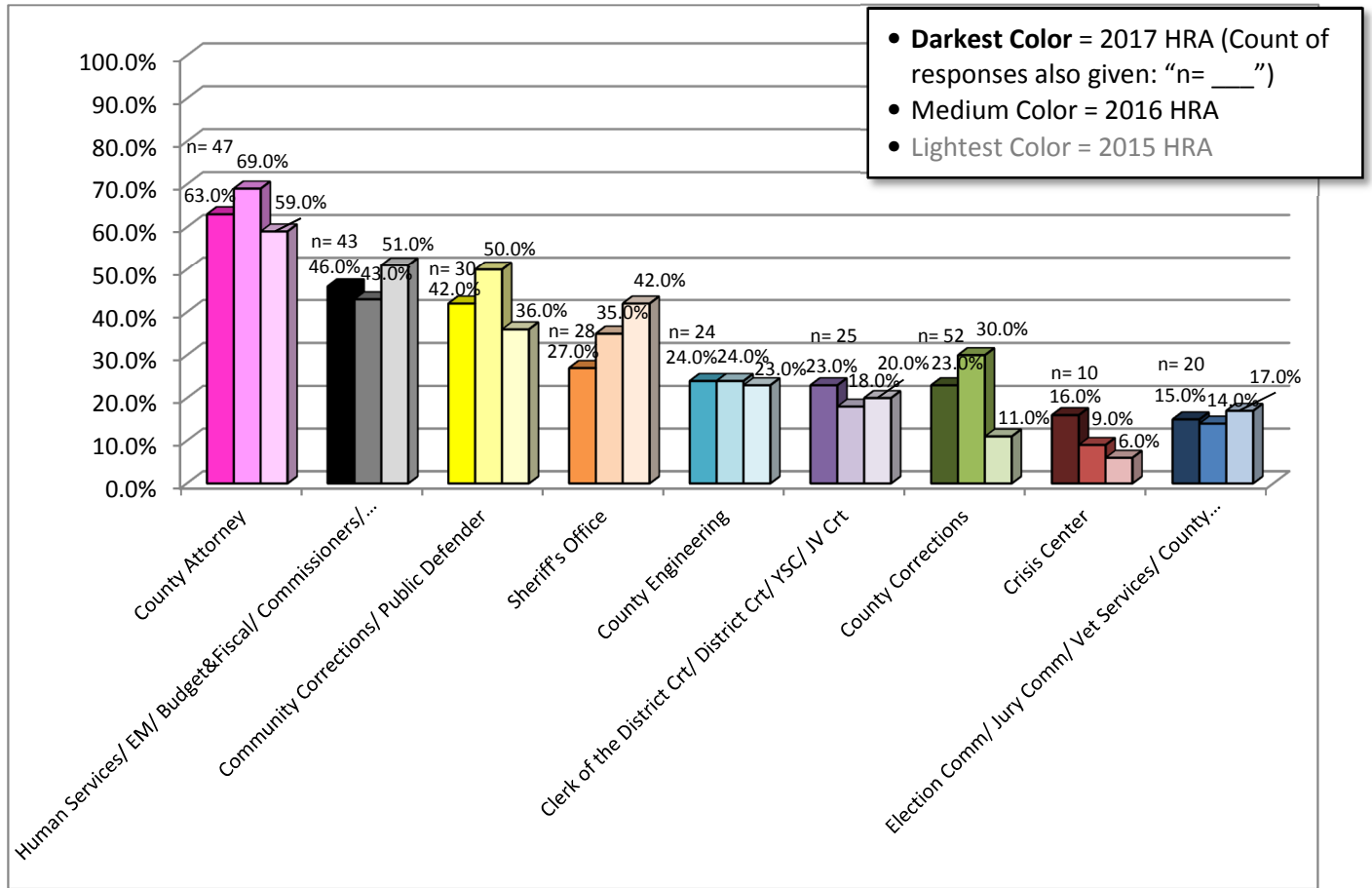


16d. My **Co-workers** encourage me to live a healthy life. (Total Responses- 278)

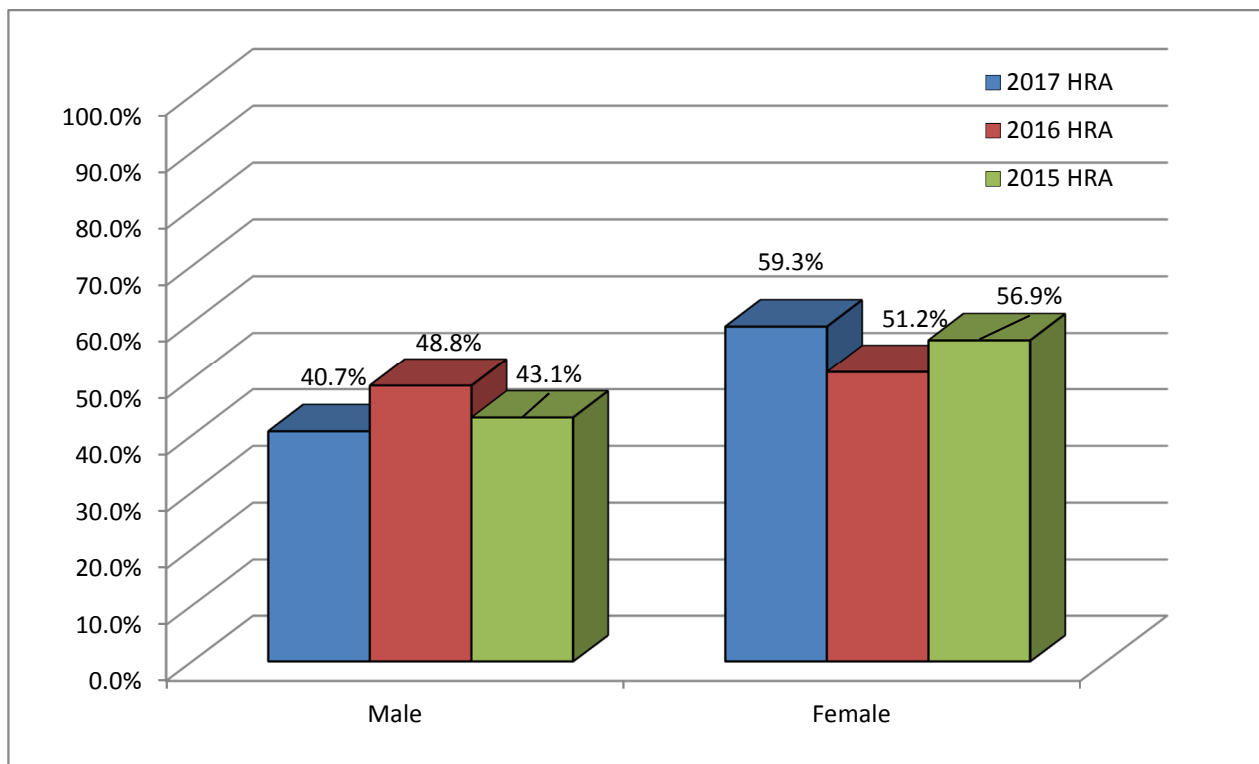


Questions about You

17. Participation Percentages by County Department Groups

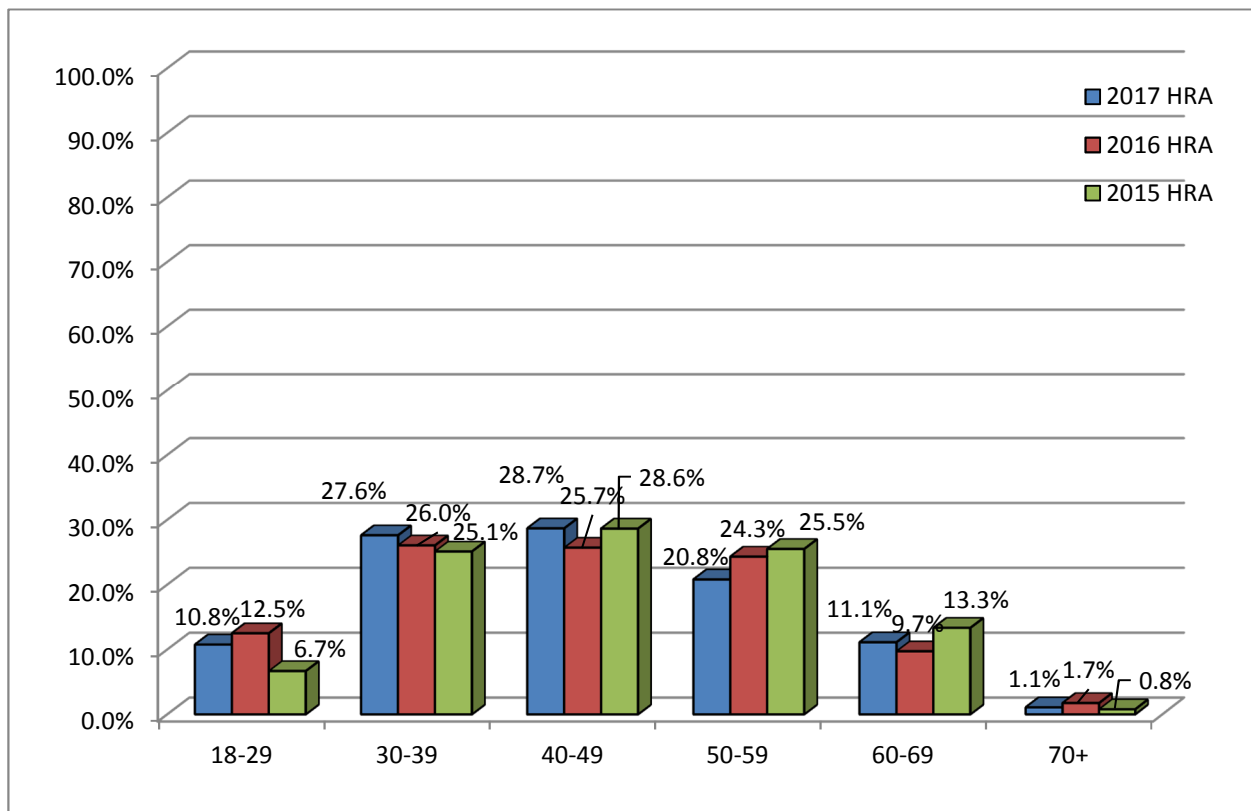


18. Gender (Total Responses- 280)



Questions about You continued

19. Age (Total Responses- 279)



20. Number of Years Employed with Lancaster County (Total Responses- 279)

