

# EMPLOYEE WELLNESS

## RESULTS FROM WHEELife 2017 SUMMER SURVEY

### WE ASKED: WHAT CAN WCU DO TO HELP EMPLOYEES DEVELOP HEALTHY EATING HABITS?

#### TOP THEMES FROM YOUR RESPONSES:

1. Host events like cooking demonstrations or shared meals and include opportunities to learn about nutrition.
2. Encourage healthier food choices – more than the salad bar.
3. Include healthier options in vending machines.



#### NOTABLE IDEAS:

- The Dining hall can offer smaller serving sizes at reduced cost.
- Offer a sugar cleanse or other healthy eating challenge.
- Ensure that food servers are educated about food allergies and don't inadvertently cross-contaminate food.



### WE ASKED: WHAT CAN WCU DO TO HELP EMPLOYEES BE PHYSICALLY ACTIVE?

#### TOP THEMES FROM YOUR RESPONSES:

1. Improve walkability of campus – signage for campus walking routes, distribute walking maps, improve pedestrian-car safety.
2. Encourage staff to take short wellness breaks and share ideas for fitness activities that can be done in an office or building.
3. Whee for Life and Campus Recreation and Wellness are doing a great job connecting staff to fitness opportunities!



#### NOTABLE IDEAS:

- Walking meetings
- 'Desk-ercise'
- Help connect interested staff to existing walking groups.



### WE ASKED: WHAT CAN WCU DO TO HELP EMPLOYEES REDUCE STRESS LEVELS?

#### TOP THEMES FROM YOUR RESPONSES:

1. Host meditation or self-care activities and workshops.
2. Advocate for appropriate compensation and staffing.
3. Allow for flex scheduling.



#### NOTABLE IDEAS:

- Encourage supervisors to hold office-wide service activities as team building opportunities.
- Ensure supervisors know how to create a supportive work environment.
- Encourage employees to use their lunch break for an actual break.

### WE ASKED: WHAT CAN WCU DO TO HELP EMPLOYEES QUIT SMOKING?

#### TOP THEMES FROM YOUR RESPONSES:

1. Ban smoking on campus.
2. Create a smoking cessation support group or buddy system.



#### NOTABLE IDEAS:

- Smoking allows people to take breaks from work and community. Help smokers find both without smoking.
- Quitting smoking is about breaking the smoking habit and understanding your triggers.

### WHAT NEXT?

The Employee Wellness team will meet with campus constituents and decision-makers to determine next steps. Watch for updates in the Whee for Life newsletter.