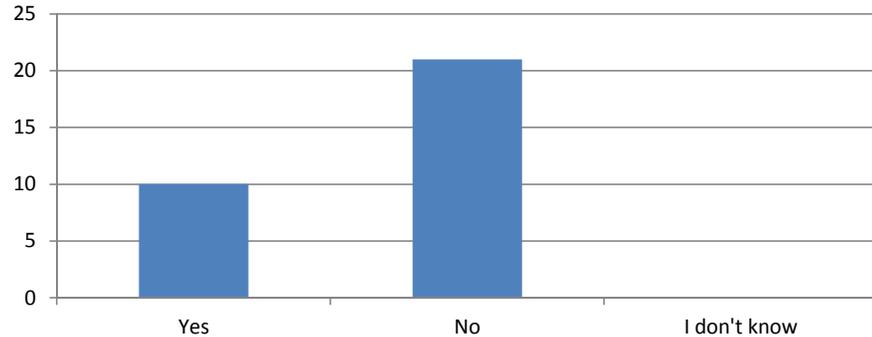


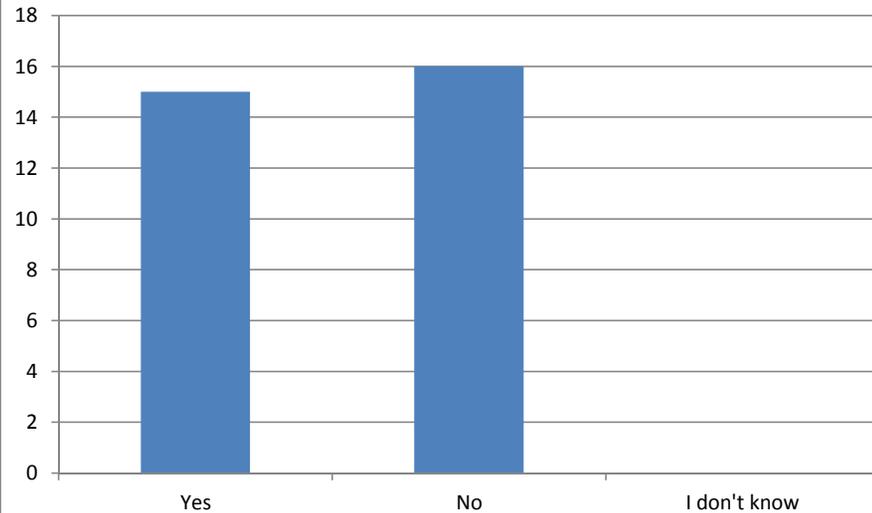
2013 NH NRCS Health and Wellness Survey Results

1a. Are you able to get in as much physical activity as you feel is appropriate for your own better health?



I could always use more physical activity, but I am happy with what I am able to fit into my schedule.
 If we had more time off @ work for physical activity I would take it for sure.
 Usually only take my lunch break and use it to go for a walk. Not enough after sitting @ the computer all day though.
 There's always room for improvement
 More physical activity would be better as would eating better.
 Although I have ample time to get my physical activity in at home or non-work hours, I often cannot find the motivation.

1b. Do you find that you eat as nutritiously as you feel is appropriate for your own better health?



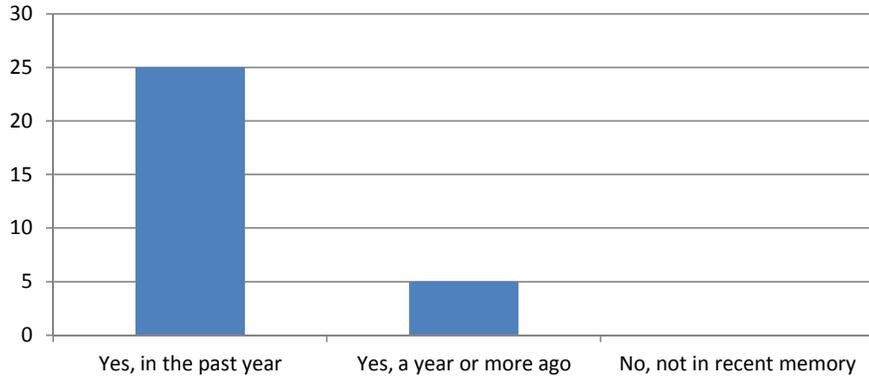
I could eat a little better, but for the majority, I eat well.
 Do eat well and nutritiously a great deal of the time; but still am prone to bad snacking practices, especially at work
 I want to add more fruits and vegetables to my diet.
 80% healthy foods, 15% not nutritious, 5% unhealthy foods
 I cook for my family and supplement with food that is too high in carbohydrates.
 I need to find a way to provide a full nutritious meal that is healthy too. Oh, and one that the kids will eat!
 Generally good, but will periodically have a cheese burger, fried chicken, pizza etc. (all American diet)

 I don't always have time to prepare a nutritious meal because of being active after work.
 With more than the occasional sugar binge...

 I'm currently stuck in a food rut, I eat pretty healthy, but I'd like to incorporate more fresh healthy food into my diet that are easy to prepare.
 Could do better, but have cravings for sugar and salt.
 I have been working on eating better but could use a lot more help in figuring out new dishes or spicing up the variety in my diet.

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2. Have you given thought to making a personal lifestyle change related to better health?



I practice yoga regularly, either at home or in class. It is certainly a huge part of my lifestyle. I love chocolate and sweets, so I would like to improve my eating habits to include more fruits and vegetables to help better offset the sweets ;)

Use to be a competitive athlete with a much faster metabolism. I really need to concentrate on diet and cardio exercise to have any hope of a healthy weight. Will-power is not what it use to be either.

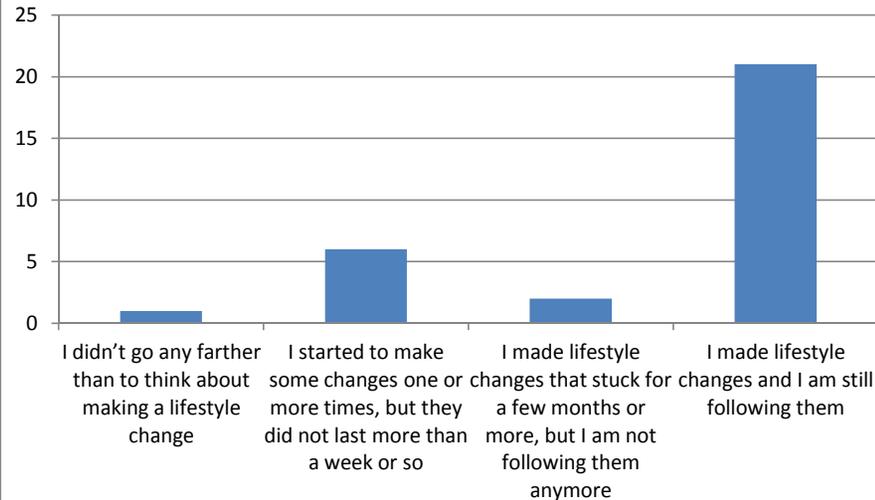
I'm always playing with what I eat and what I do, based on feeling, time and resources.

I've been going to the gym for an hour 2-3 times per week, mostly before work or on the weekends. I have been doing this since mid-January and hope to stick to it.

My lifestyle for health went downhill with move as I had inexpensive aerobic classes I went to regularly. I'm finding classes now and following DVDs.

Made lifestyle changes, but don't always stick to them.

2a. If "Yes" which one statement best describes you?

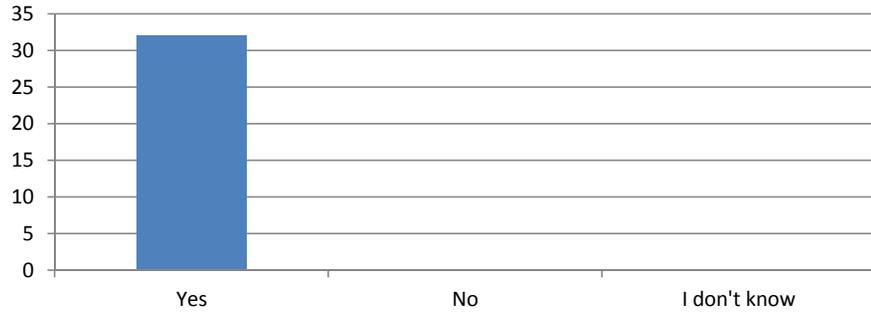


i.e. exercise
still many changes to make stick
I work out regularly and eat healthy on most days.
I need to make additional changes and need to find time to exercise.
All of the above, really.
Due to injuries not a s physically active as I need to be.
Gave up drinking.

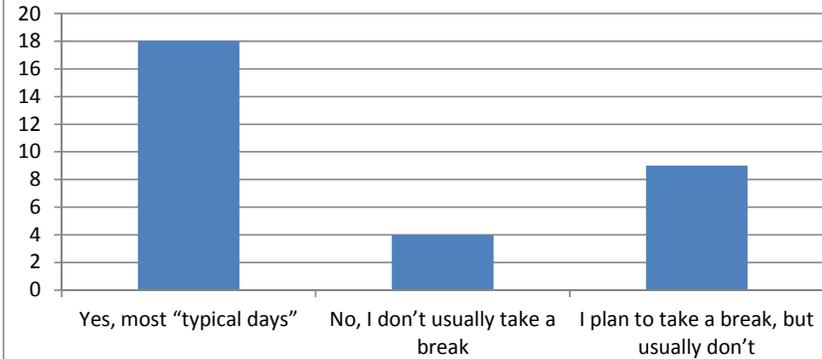
I have made great strides in my diet. I feel 100% better than I did. I would like to incorporate exercising into my life. In the past I was more an a on/off exerciser. I would love to find a reasonable exercise plan that doesn't burn me out and doesn't require a ton of time. I understand that exercising takes time, but spending 1-2 hours a day can be a little too much. That was the program I was on previously.

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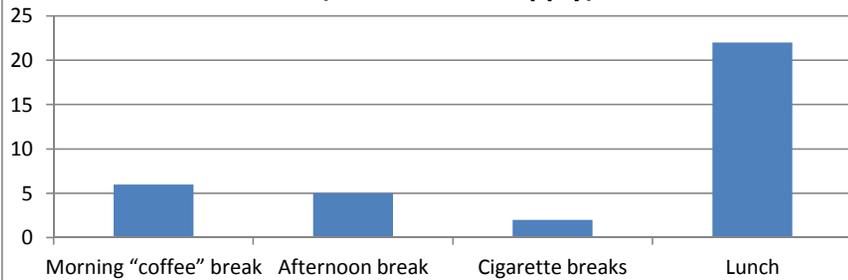
3. Do you think that good nutrition and regular physical activity can contribute to better productivity at work?



4. Do you typically take regular breaks during the day?

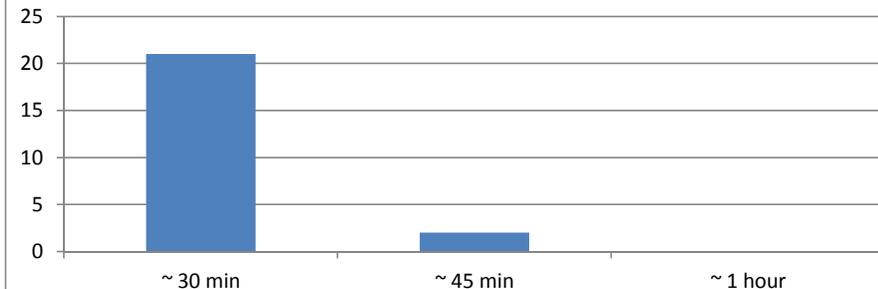


4a. If "yes", what breaks do you most often take? (Check all that apply)

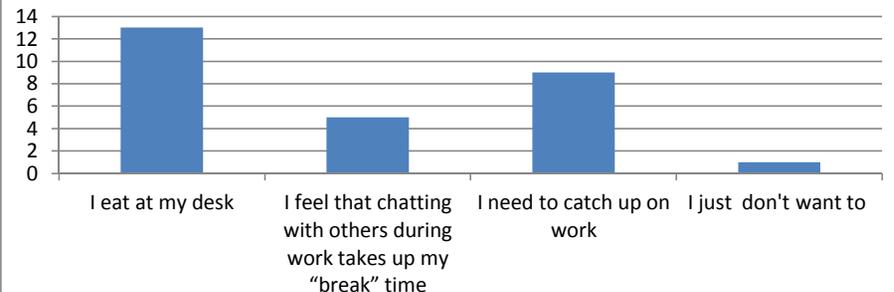


As an ACES person I am part-time and can do many things outside the workplace.

If "yes" for lunch, about how much time do you usually take?

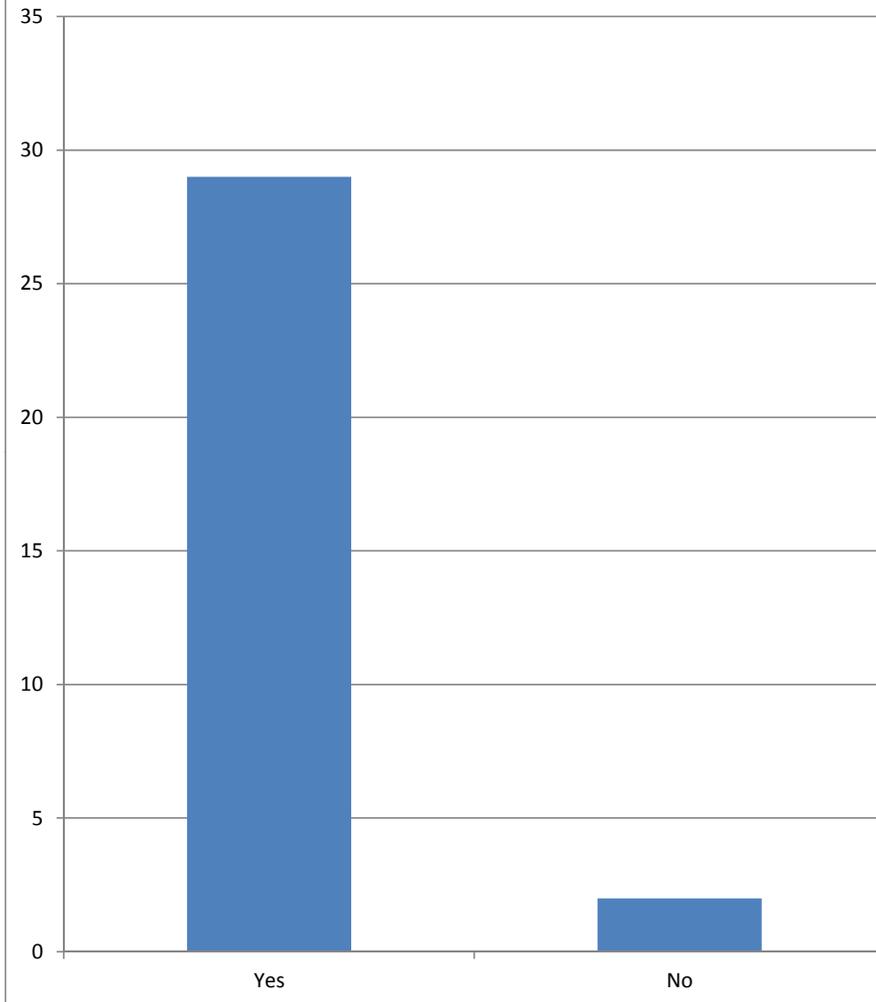


If "no", you don't take breaks, why not? (Check all that apply)



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5. Would you be more willing to take fitness or health-related breaks if you knew that your workplace encouraged it?



My workplace "encourages" it, but the workload doesn't allow for it.

I already take a fitness lunch break and walk for 30-45 minutes, if possible.

Nice thought, but I would probably end up taking it as often as I take lunch.

(My office is) Not a pedestrian friendly location for walking breaks.

I already spend my lunchtime walking.

Depends on what the definition of "encouraged" is. The more liberal the definition, the more willing I would be.

Don't really know "the policy" written or unwritten re: breaks.

Often times I don't take small mental breaks because I feel that I am being unproductive. Although when I am asked to take a break with a group, I do notice that I am more focused when I return to my desk. If the workplace encouraged health related breaks I would probably be more apt to participate.

I would definitely take a short break for a walk outside if I felt it was encouraged by my supervisor.

It always feels as though my workload is too significant to justify taking even a 15 minute break.

Only if I didn't have to stay later at work. If I could not take a fitness or health related break during work on work time I would not do it then, I would be more likely to go after work.

I would like some kind of regular cardio work (walking for 30 min) at noon then to able to eat lunch at my desk, if allowed by management.

There are times now when it seems like taking my lunch break is frowned upon by my co-workers.

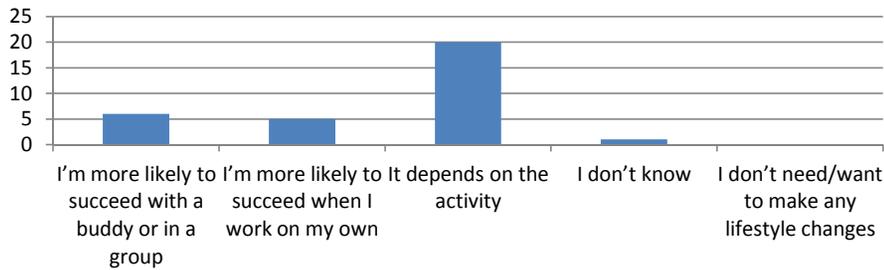
Most definitely would take advantage of the time! I understand that the Forest Service has a wellness program when an employee can take up to an hour a day for physical activity. Similarly, the State of Maine Forest Service offers the same benefits to it's employees.

I feel that physical activity has not been encouraged or promoted nearly enough in our agency. I am an already participate in a weekly ski race and I take AL to participate.

Currently do during lunch.

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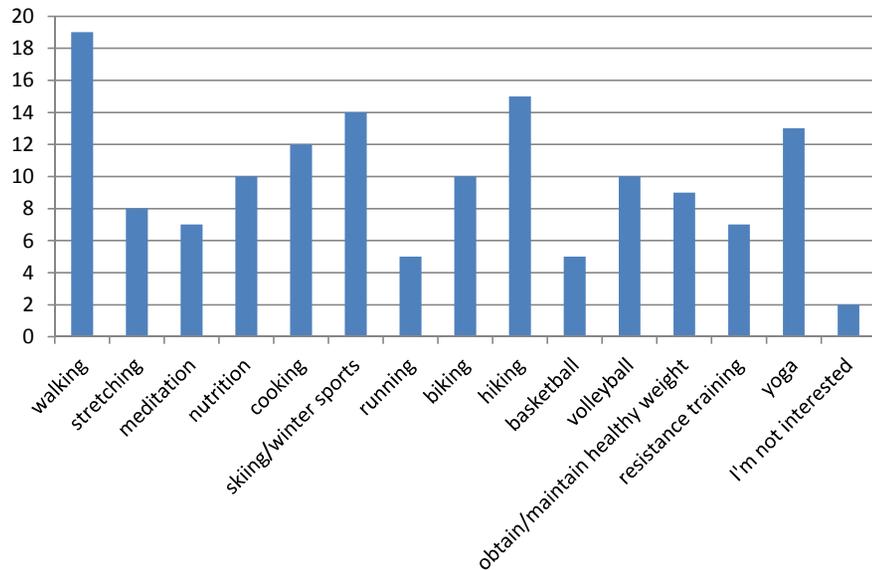
6. Making important lifestyle changes is rarely easy for anyone. Still, some people have a better chance for success when they work with a buddy or in a group. Others have a better chance for success working by themselves. Which style better describes you?



I don't like group activities.
I'm a fairly fast walker and others usually slow me down.

If everyone would stop bringing in those tempting sugar-filled treats, that would help some.
For me it's nice to have a mix of groups and solo activities.
In most cases having group support is more appealing than working alone.
I'm in a small office. I'm not sure how doing something together would work.
I like strength training on my own, but enjoy golf, tennis, basketball etc.
I work out regularly with a friend.

7a. What kind of group might you participate with on an informal basis if you knew others shared your interest

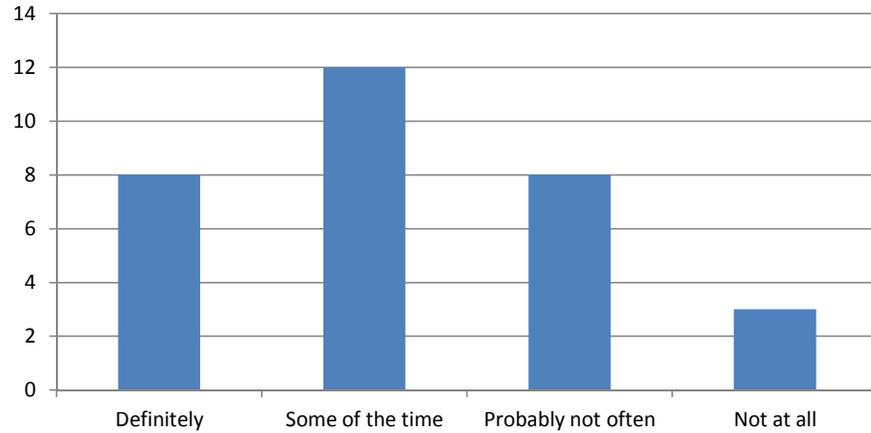


7b. If group activities are planned, when would you participate (Check all that apply)



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8. I would buy healthy snacks at the worksite if they were available. For example, low fat yogurt, fresh cheese, dried fruit and nut mix, fresh fruit, whole-grain crackers, instead of candy, chips, cookies, cupcakes, etc.



I tend to bring snacks from home.

I bring my own food and try not to waste money on sudden cravings.

I would never buy candy, chips or conventional snacks in the kitchen.

Generally I do not buy anything at work.

Generally it's less expensive to bring my own, but every now and then it would be great to have a healthy option - but given what we have now, I'd rather have nothing.

Add seltzer! I would consider buying a healthy tupperware lunch prepared by someone in the office if the portions and prices were right.

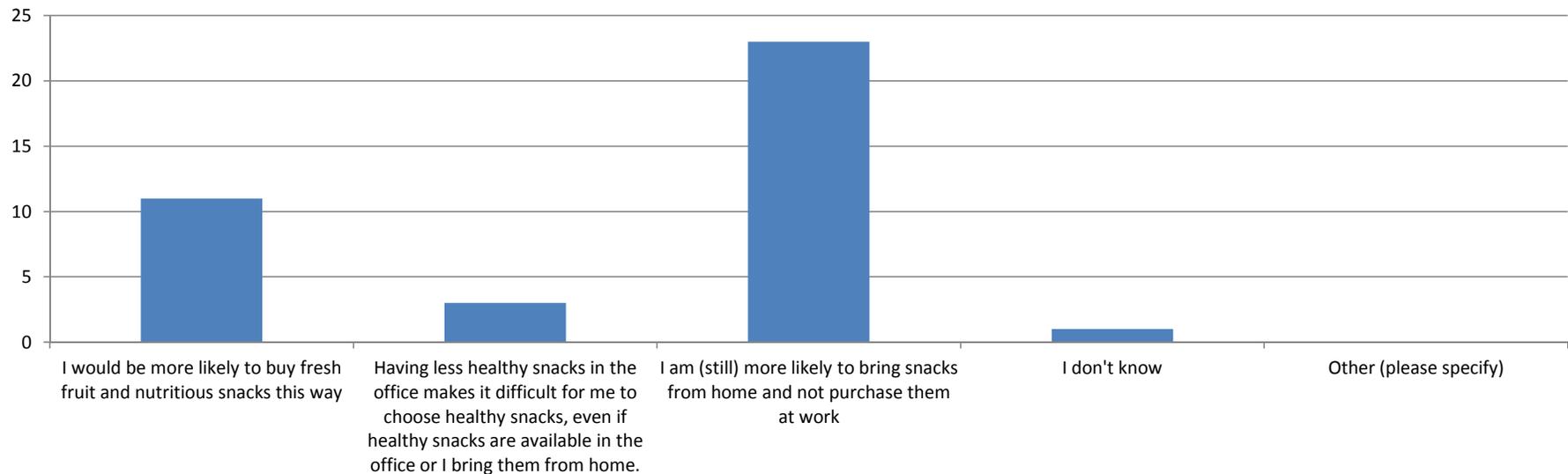
I might be upset, but maybe I'd decide it wasn't worth the walk/drive outside the building and get the unhealthy snack I want.

Workplace doesn't sell stuff.

Since I started to change my diet as of 1/1/2103, I have not bough anything from the "food stand" in the kitchen. Most, if not all of those foods are unhealthy, processed food. If there were healthier options, and I was in a pinch I may purchase them.

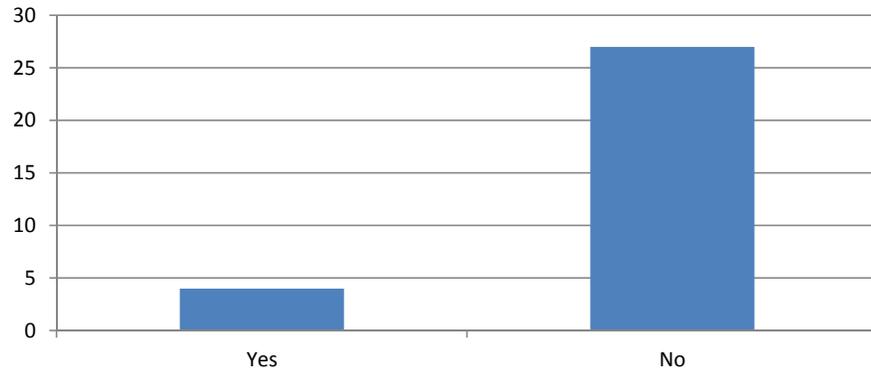
If working fulltime, I would bring things from home.

9. At some worksites, employees maintain a selection of healthy snacks separate from any on-site vending machines. Their "healthy snack bowl" has things like fresh fruit and single-serving packages of raisins, applesauce, cereals and nuts, all at a modest price.



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10. If 'unhealthy' snacks are currently available in common areas of your office, would you be upset if they were no longer available?



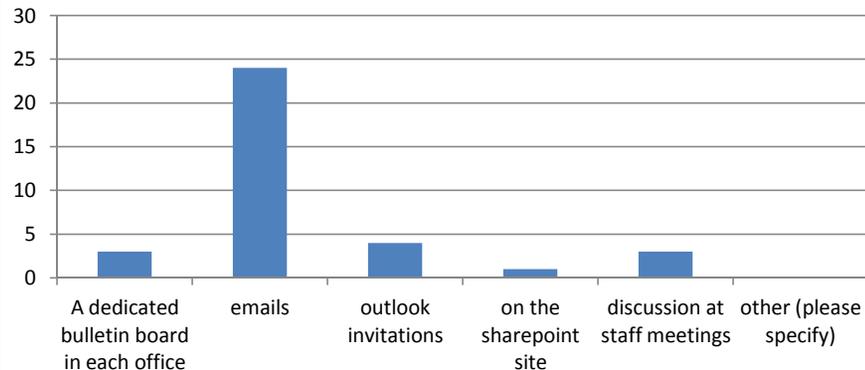
I would be very happy if they were NOT available.
The occasional unhealthy item is brought in to the office which is fine and enjoyable, but day-to-day it is better not to have them around.

The snacks in the state office break room are junky. I've seen way too many people trying to avoid them but get sucked in and are embarrassed/upset about eating them.
The "freebies" on the big table are often worse. The lifetime supply of valentine's chocolates only lasted a few hours... who was happy about that?
NO!

My thought is get rid of them. It is only an unneeded temptation. That's just my opinion.

If I wanted them, I could bring them from home; but having bought snacks for the employee area, I found that some of the healthier snacks that were bought did not move swiftly from the area. I also was asked by employees to purchase the healthier snacks for the area.

11. If the NH NRCS Wellness Committee wanted to get out information about their activities, news, or tips about healthy lifestyle choices, what would be your preferred way to get that information? (Select one)

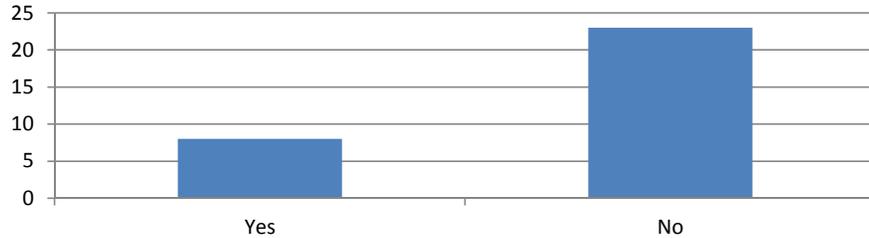


Not too many emails, please.

Virtually no "all employee" gathering exist anymore. Not even Cultural Awareness Day.
I like the idea of sending out emails and having central bulletin boards.

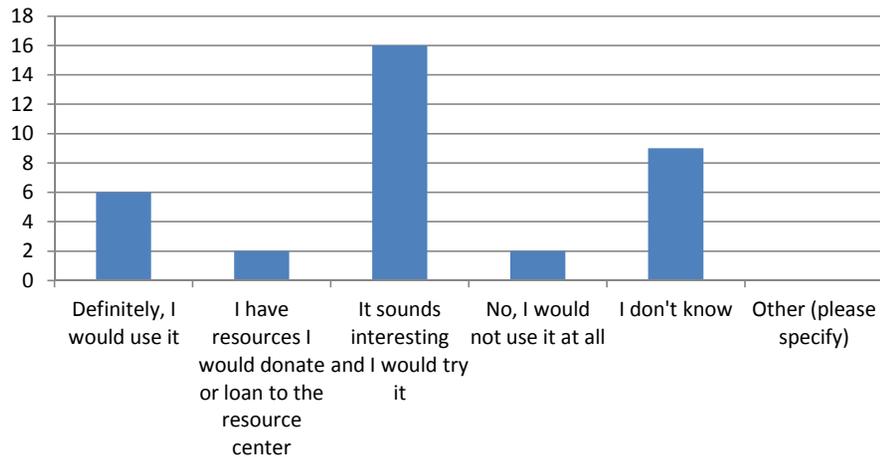
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12. Do you have any particular health or wellness related specialty or interest that you would be willing to share with a group?



yoga
 using the USDA Super Tracker
 I play in a competitive volleyball league on Thursdays in Exeter.
 I'm a triathlete. I would be interested in mentoring others and sharing resources - books, articles and experience.
 stretching - basic to advanced; anything dance related.
 Many interests - would definitely want to participate and possibly share...
 strength training.
 I wouldn't say it's a specialty, but I have been very interested in making my own h... (cut off... tragic!)

13. As part of their wellness program, some worksites get books, recipes, videos, and other items for use by employees who want to learn more about health and wellness issues and choices. Would you use this kind of resource center (check all that apply)?



Especially for recipes.
 But time off for physical activity (even 20 min) would be more beneficial.
 I have some Nia (trademarked fitness program that I like) DVDs that I would loan.

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Open Comments

Having employees work together for their own benefit is great!

I appreciate this effort and look forward to becoming more involved with the H&W (cut off)

I think this is great. Generally I think think that people are unaware of healthy vs (cut off).

I am encouraged to see a focus on wellness & physical activity withing NRCS (cut off)

I think this could be a good thing for some folks here at NRCS, just not me.

If someone has a nintendo Wii, we can host "just dance" competitions!

I think this is a great opportunity. It will be interesting to see how we will make this work.

Thanks!

Great idea! Thanks for providing!

I think this is great and I'm excited. If I could make one suggestion, it would be that it would help to figure out what motivates folks. I think providing resources and opportunities are good, but it's the initial motivation that is tough and then the ability to stick with it that can be the hardest part. I guess working in groups will help to motivate, and through repetition it will become habit, and the bad habits and urges will start to fade away.

I had more thoughts on the health and wellness thing:

1. Portion size: Quick and dirty ideas of how much of something to eat, either on your plate or throughout the day. Such as the portion size of meat should be smaller than your fist (not sure if that is true, but I heard that once).
2. Eating local. Where to get local items. How to plan a shopping experience. I know when I go to Market Basket that it will have 95% of what I am going in for. However, it would be good to know what farms produce what, and where they are located.
3. Making exercising fun. Kickball, capture the flag, paintball....these activities go away when you become an adult. Doesn't mean we still can't have fun and exercise at the same time. Most people who are unmotivated, sit on their comfy couch, super lethargic because of the crappy food they are eating which makes them feel gross and without energy, and think of eating healthy as starving themselves or not eating tasty food, while being put through repetitious military style drills in order to lose weight. If we could make it fun, I think we would have more people on board.
4. Activities should be inclusive or be designed so that there are multiple degrees of intensity. Not everyone is going to want to join in, and that is fine. But we don't want to alienate people either.
5. I think eating healthy, and exercising goes good with good financial health as well. Maybe we could branch out every once in a while into the world of finances and budgets. I personally love budgeting. I am a huge dork. I know someone who works at citizens bank and presents on these types of topics all the time. I'm sure she wouldn't mind coming in.
6. On that note I think it also can go into world health, reducing, reusing, recycling and repurposing. There is so much that we throw way every day, but if we could utilize those things more effectively and maybe know how to repurpose something or create an item out of something that others would think is trash.
7. As far as energy savings go, I tried to figure out how much energy we use at work, so that we could start to lower it. Unfortunately, I was told that we don't really know. GSA pays for the utility bills. If we were able to know the monthly usage we could work to lower it as a group.

Questions or comments? Contact Shari Cohen or Kim McCracken 603-868-7581