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## New Employee Health and Wellness Survey Results Address what HR and Employees are Thinking

According to new [wellness survey data](#) published by HR consulting firm OfficeTeam, two-thirds of Human Resource managers (66%) reported their organization has expanded their health and wellness offerings in the past five years. And according to the same survey results, these efforts have not gone unnoticed. In fact, 89% of workers said their company is supportive of their wellness goals. HR managers were also asked to name the most innovative thing they've heard of a company doing to support employee health and wellness. Below are some of the survey's main results around unique approaches:

- Paying employees 'extra money' if they don't check work email while on vacation
- Offering on-site exercise, meditation, yoga and healthy cooking classes
- Providing free, on-site massages
- Having access to on-site nursing care and/or primary care
- Giving workers fitness tracking devices to wear
- Offering onsite personal trainers

Additional select findings include:

- Employees cited food at office celebrations (30%) and snacks brought in by colleagues (22%) as the biggest obstacles to meeting health and wellness goals (See Table 1)
- More than two in five professionals (44%) said they eat healthier when they work from home. Of all respondent groups, male employees (53%) and those ages 18 to 34 (55%) reported this most often
- Three in five professionals (60%) bring their lunch to the office. Women (73%) and workers 55 and older (75%) are most likely to pack their meals

**Table 1. Workers' biggest obstacles to achieving their health and wellness goals**

	Gender		Age		
	Male	Female	18-34	35-54	55+
<b>Food at office celebrations</b>	26%	34%	30%	28%	32%
<b>Snacks brought in by coworkers</b>	20%	23%	16%	23%	30%
<b>Free meals</b>	10%	11%	11%	10%	10%
<b>The vending machine</b>	11%	9%	10%	12%	5%
<b>The office candy jar</b>	9%	10%	8%	10%	10%
<b>Happy hours/after work drinks</b>	11%	5%	12%	8%	1%
<b>Business trips</b>	10%	5%	9%	6%	10%
<b>Bringing in Bagels</b>	3%	2%	4%	2%	2%

Source: OfficeTeam, January 10, 2018

The survey included responses from more than 300 HR managers at US companies and then separately, more than 1,000 US workers 18 years of age or older.

Please contact your Conner Strong & Buckelew account representative toll free at 1-877-861-3220 with any questions.



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