THE NEW YORK ACADEMY OF MEDICINE

WorkWell NYC
Healthy Workforce. Healthy City.

PERSPECTIVES OF NYC EMPLOYEES ON WORKWELL NYC

New York City's Worksite Wellness Program



The New York Academy of Medicine conducted the first annual survey for all City employees in Spring of 2020.

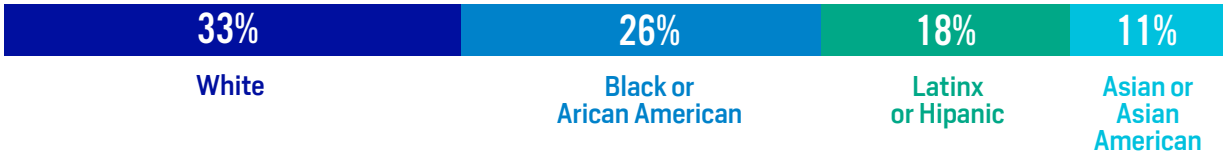
EMPLOYEES WERE ASKED QUESTIONS ABOUT

- Their health needs and priorities
- Engagement in, and perceptions of, WorkWell NYC programs
- Self-reported health
- Recommendations for the future

DEMOGRAPHICS

7,977 City employees completed the Annual Pulse survey





- **Half** reported working for the City of New York for at least **10 years** and **1/4** for at least **20 years**.
- Respondents represented over **60 city agencies**.
- The top respondent agencies were **Department of Education (DOE)** and **Health + Hospitals (H+H)**.

KEY FINDINGS FROM THE SURVEY



6 OUT OF 10 surveyed employees participated in at least one WorkWell NYC program in the last 12 months



67% of the surveyed employees were **familiar** with WorkWell NYC– the worksite wellness programs

PROGRAMS WITH THE MOST PARTICIPATION

FLU SHOT

Free flu shots offered at worksite clinics across the city

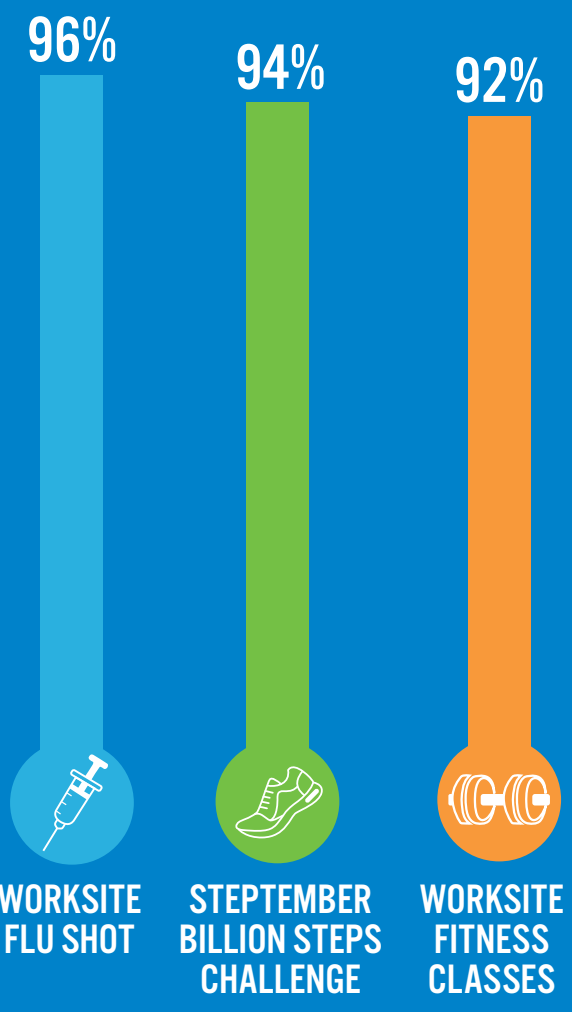
STEPtember Steps Challenge

Month-long walking challenge where employees compete on teams or on their own to increase their daily step counts

Worksite Fitness Classes

8-10 week worksite fitness classes held at lunchtime or before/after work

PROGRAMS WITH THE HIGHEST RATINGS



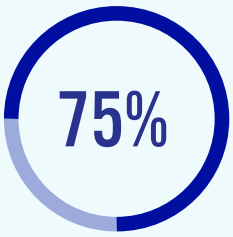
WHAT MOTIVATED EMPLOYEES TO PARTICIPATE IN THE PROGRAMS?

70% Wanting to make a healthy change

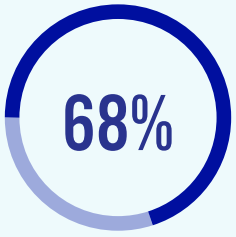
56% Interesting topic area

43% Convenient times & locations

WHAT WERE SOME HEALTH IMPROVEMENTS MADE BY PARTICIPANTS?



Improved **Eating Habits**



Increased **Physical Activity and Exercise**



Attended more to **Personal Health &Well-being**

WHAT DO PARTICIPANTS SAY ABOUT WORKWELL NYC PROGRAMS?

"All of the programs are excellent, and I intend to take advantage of all of them this year."

"I think WorkWell does a pretty good job and the programs are fun. Especially the ones that involve co-workers."

"All of the programs that I participated in were well run and I gained a wealth of knowledge."

"Good job recognizing worker's need to feel better as whole – physical, emotional, and mental well-being. Happy employees increase productivity and morale."

"The effort invested into the health and wellbeing of NYC employees is truly appreciated."



of participants say they would recommend WorkWell NYC programs to co-workers.



of participants say that participating in WorkWell NYC programs improved relationships with coworkers.



of participants say that WorkWell NYC programs improved employee morale at worksite.

TOP SUGGESTIONS TO IMPROVE WORKWELL NYC OFFERINGS

- Better/more frequent communications and advertisement
- More convenient times.
- More programs to be offered at their worksite.

To learn more about WorkWell NYC and its offerings, please visit: **https://www1.nyc.gov/site/olr/wellness/wellnesshome.page**

Source: WorkWell NYC Annual Pulse Survey conducted in 2020 collected responses from 7,977 NYC employees.