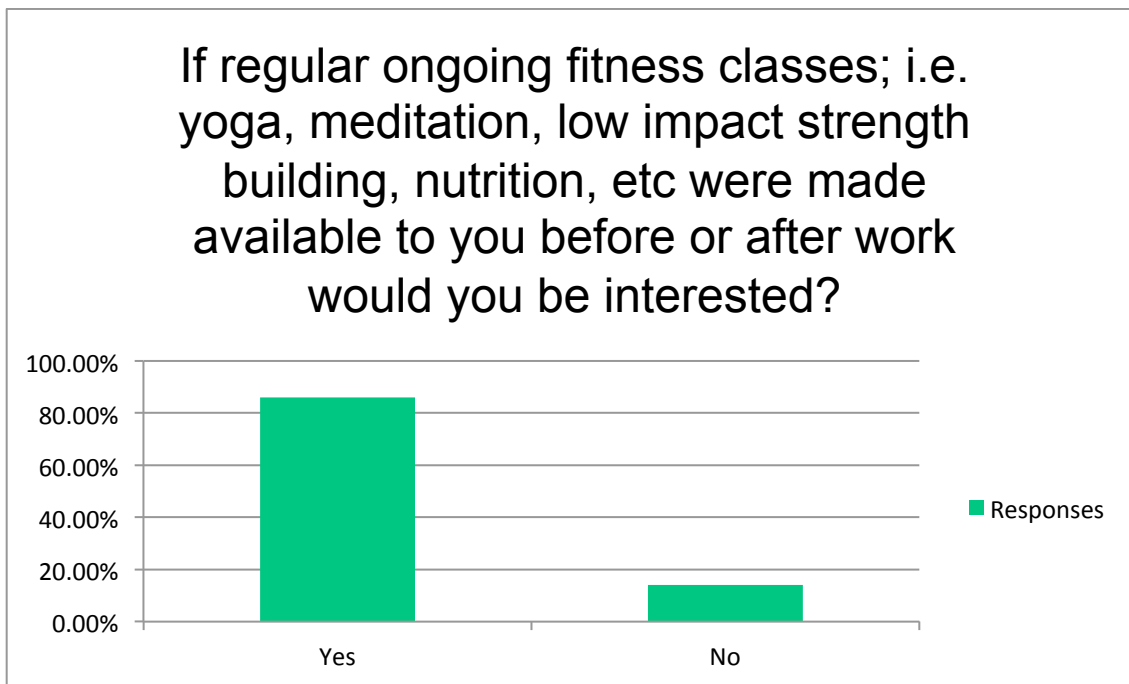
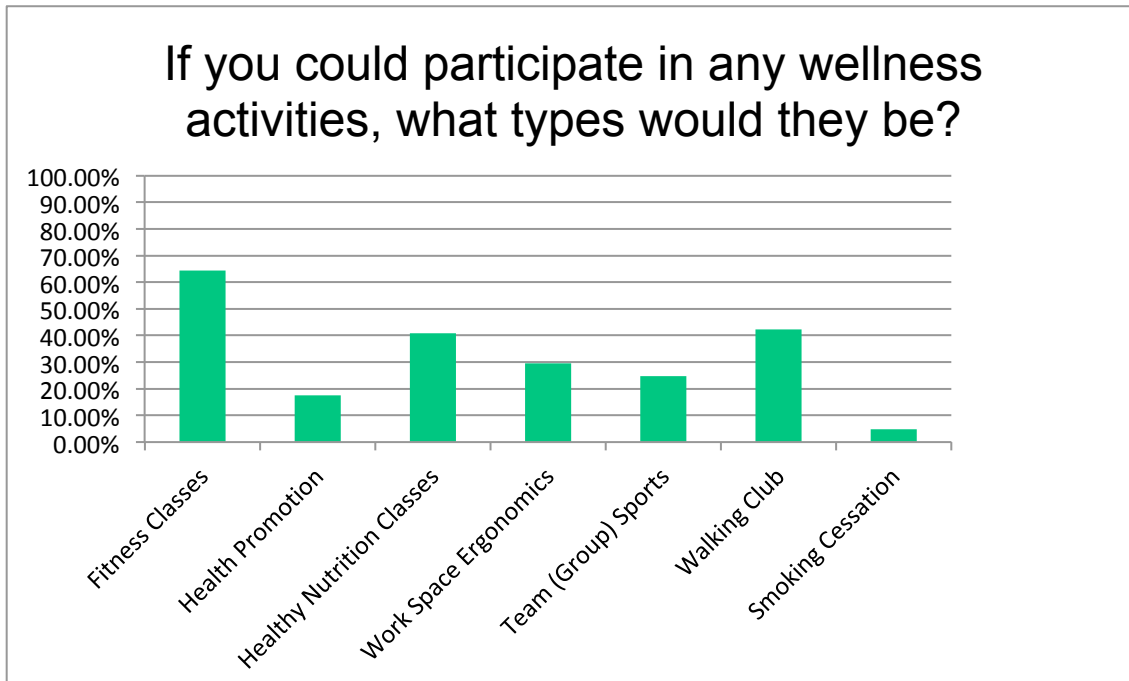
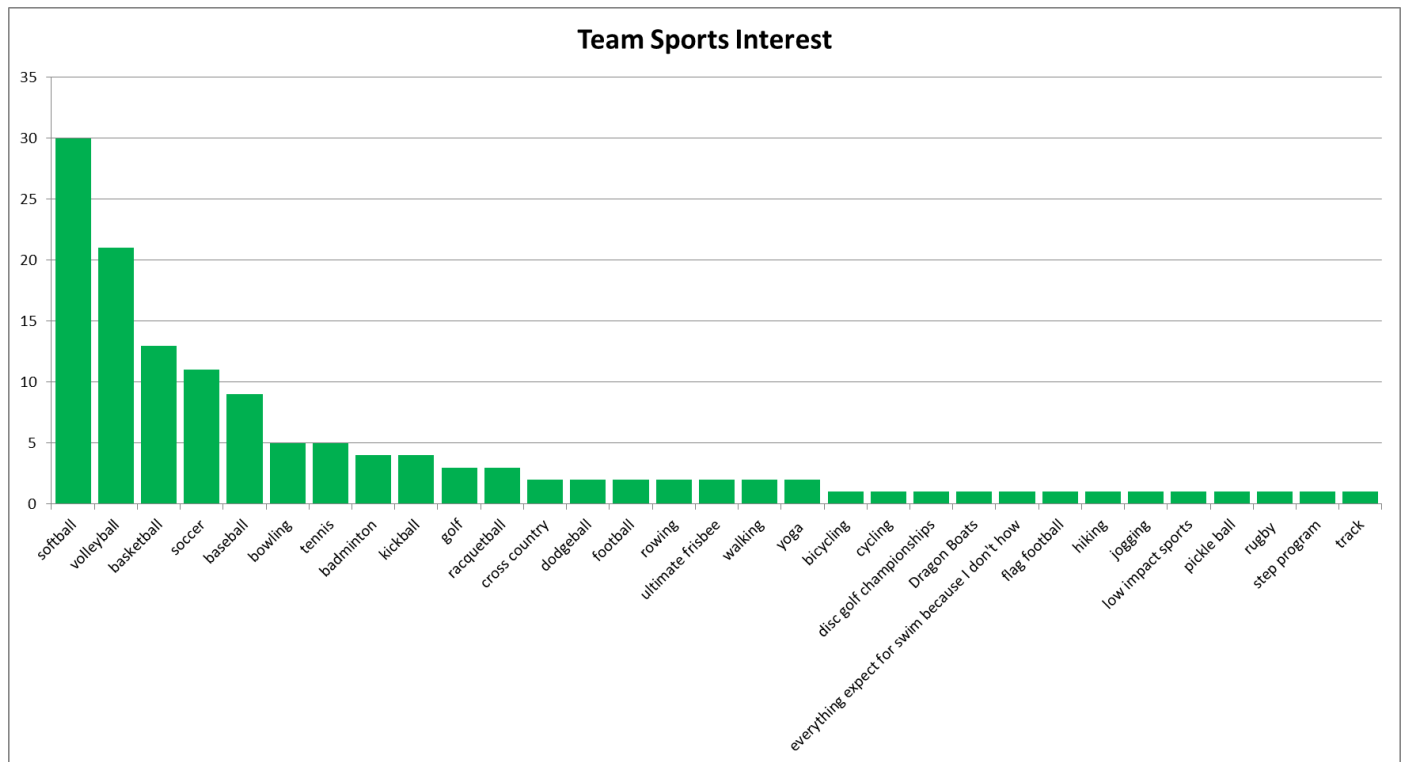
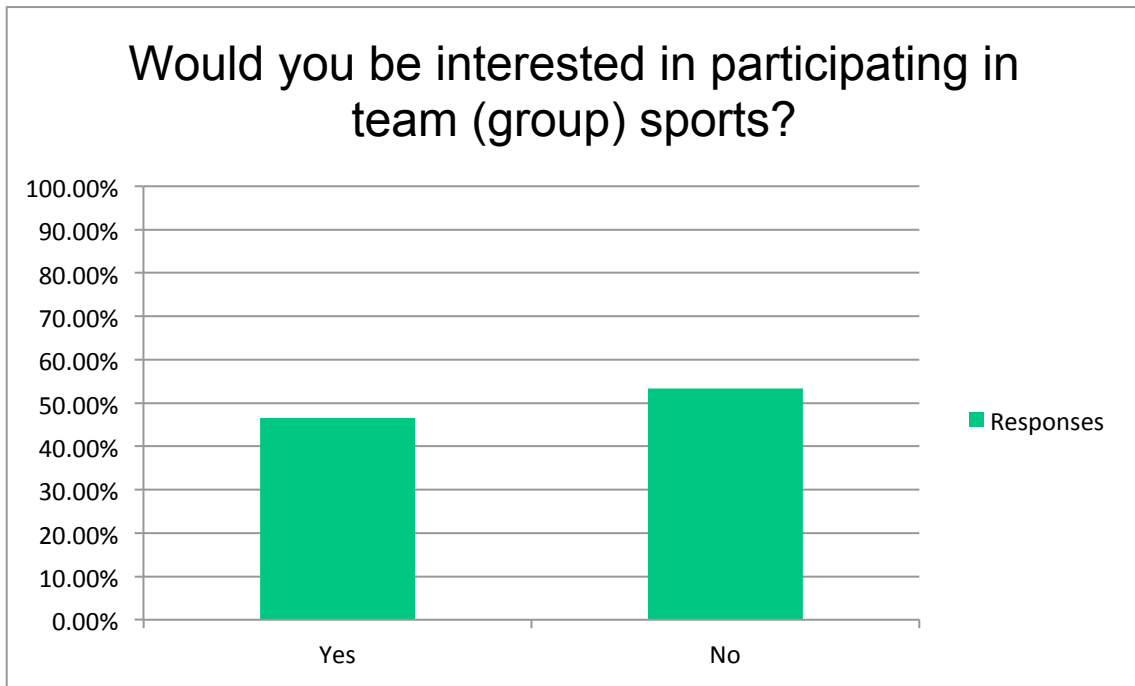


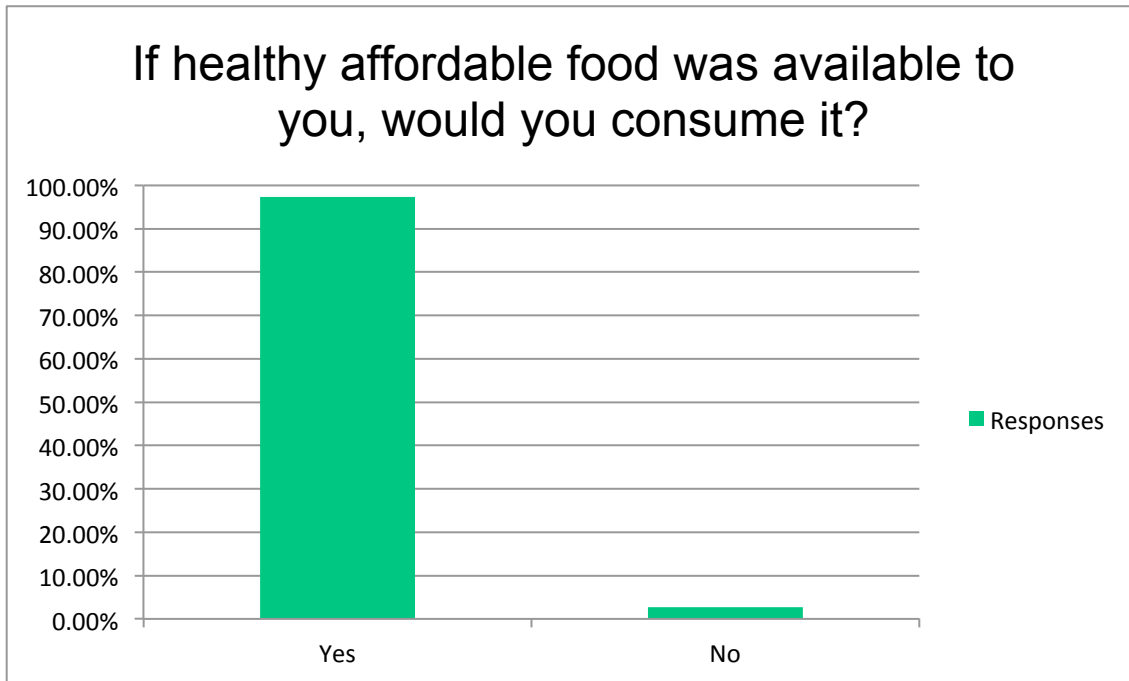
Blue Zone- Culture of Wellness Staff Survey Results



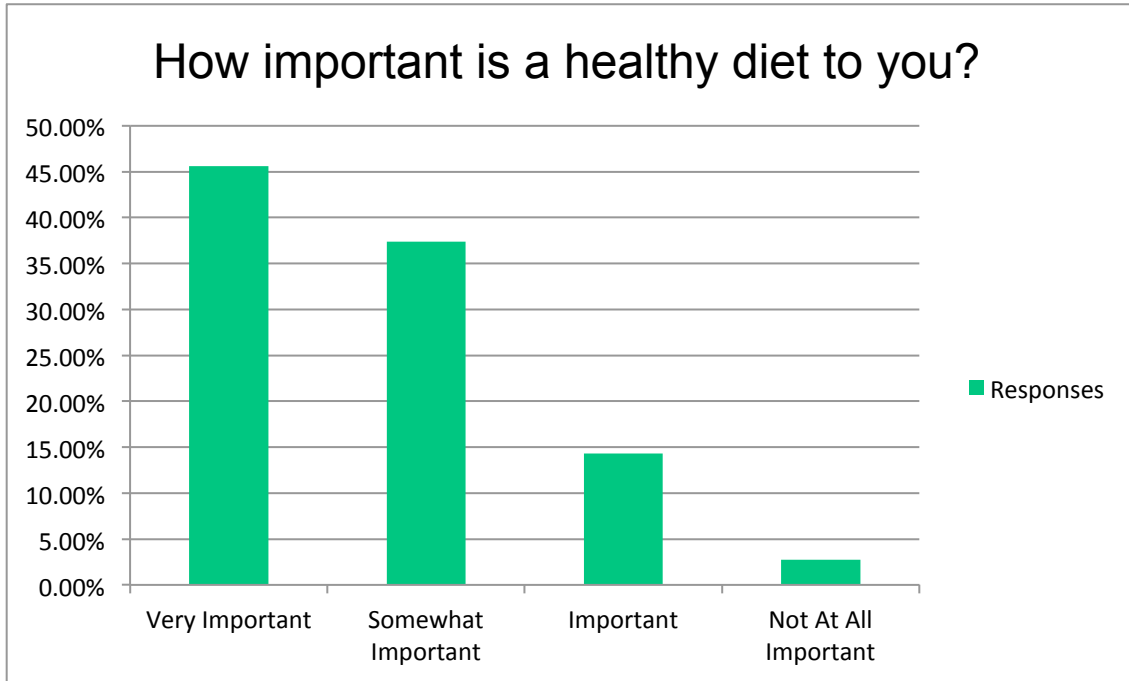
Blue Zone- Culture of Wellness Staff Survey Results



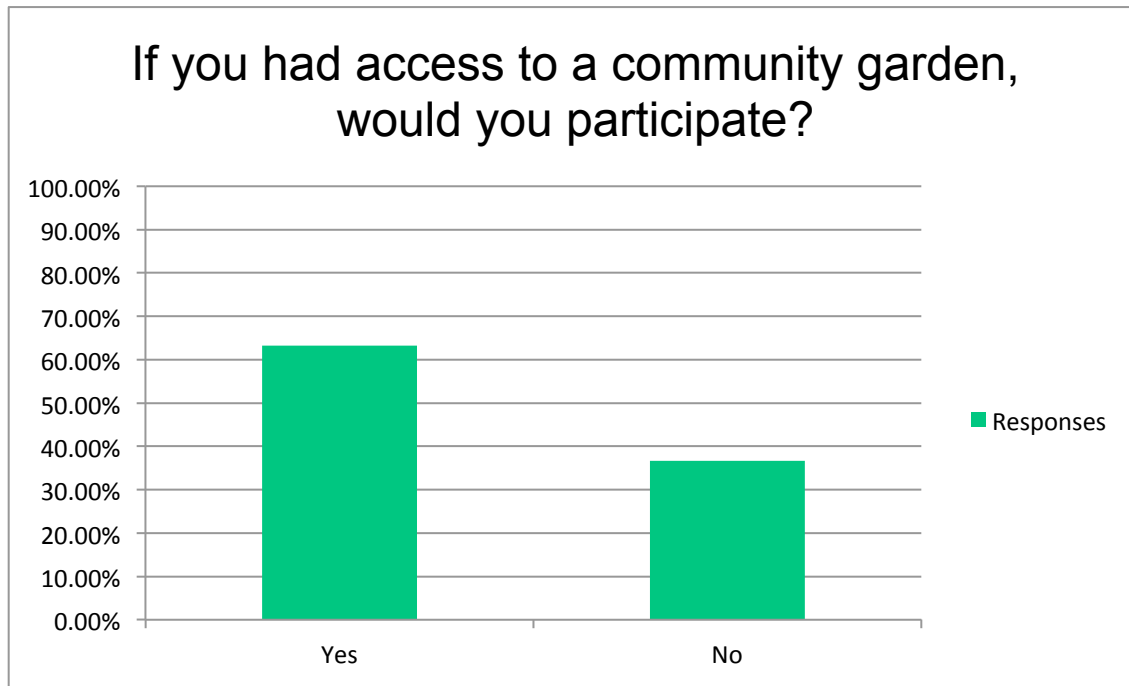
Blue Zone- Culture of Wellness Staff Survey Results



Blue Zone- Culture of Wellness Staff Survey Results



Blue Zone- Culture of Wellness Staff Survey Results



If you had access to a community garden, would you participate?

Yes 63%	<ul style="list-style-type: none"> • Really I think my answer is maybe. Depends on how far away it is, how much other things I have going on, etc. • Affordable veggies would be awesome. • I love to Garden • Friendship, common purpose, possibility of donating excess food • because I live in an apartment and I miss my garden • would like to • It's a good idea • Fresh food is good and it's not always easy to grow in town. • It'd be great to be involved and contribute • to have fresh fruits and produce readily available • Nothing better than fresh produce. • Community gardens are a great way to share organic produce and people who garden tend to eat more fruits and vegetables. • I enjoy eating fresh vegetables • VEGGIES AND FRUIT • I love fresh fruit and veggies and also enjoy gardening/yardwork • Yes, If I had a place that was easy to access (not too far out of the way) and free/ very low cost to participate • fresh veggies and healthier • I love gardening and it would be amazing to take my kids to teach them how to grow and take
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Blue Zone- Culture of Wellness

Staff Survey Results

care of their own food.

- Would be nice to work for food. Healthy
- I have heard great things about community gardens, it benefits many people. I am an advocate of organic gardening. I garden at home, have many plants-flowers and herbs in pots.
- I think this would be a fun way to get to know other people that work for CCS and to grow my own food and be able to take it home.
- It's a great resource for people who can't afford good nutrition. Plus it gets you out in the fresh air.
- Because the garden would be good, fresh vegetables are awesome.
- Because it helps encourage the costumers to eat healthier and it gives them something to do to help with meal choices and meal prep.
- Good for you
- Fresh fruits and veggies are always a good thing.
- Everyone should have access to healthy food
- It would fun and healthy both mentally and physically
- To be health
- I've always wanted to garden just never got around to it
- I think it's a great idea because with a garden we would have fresh fruits and veggies! And it would be fun to maintain.
- I think it would be a wonderful idea to have a community garden for everyone to take care of and to share
- I like fresh air and sunshine, I like healthy foods like fruits and vegetables, and I would be interested in learning how to grow those things myself
- To help provide good fresh healthy food for myself and others
- Great way to relax and fresh food a plus
- I will in order to save money and eat healthy foods.
- Fresh veggies.
- I think it would be great to work as a team and produce something everybody could benefit from.
- Growing Fresh Vegetables are Important
- Yes it be nice to have a garden
- Not everyone has a space/place to grow a garden
- good way to save money
- I enjoy digging in the dirt and I think I would enjoy the feeling of doing something good, with others (the community it would create)
- I love gardening and eating food that I have seen grow up from a seed!
- I do not have a garden area at my home. Fresh produce is so tasty
- Not a big fan of gardening or the outdoors, however I do enjoy fresh veggies.
- health benefits
- I enjoy growing things, especially my own food!
- It's good to know where your food comes from. Encourages teamwork
- I like Gardening, and growing my own fruit's

Blue Zone- Culture of Wellness

Staff Survey Results

- Fresh food is the best food!
- Great way to have access to fresh produce without needing own garden space and know-how. A group effort and chance to learn from experienced gardeners.
- Like to garden and a great way to share the work and build relationships.
- started a garden at the home I work at
- Fresh Produce
- We have a garden at home, and I would love to learn more and get some tips.
- I grew WAY too many tomatoes at my house this summer, in a Community Garden they would be shared easier. I do not have room for veggies that take up a lot of room such as squash, so a CG would be ideal.
- Could met other customers and their staff since we one big family
- Cheaper than store purchases fun gardening
- I would participate because I love seeing things grow.
- Absolutely! I can't find a single reason why not. Growing own food is healthy, good for the environment and gets people together.
- I like to eat vegetables
- I would love to participate in a community garden. I'd be happy to bring plants and/or seeds. I am by no means a gardener, but we had a community garden at one of my previous employer's offices. It was great!
- Because many people would benefit from it.
- Because fresh non chemical veggies are best
- On-site vegetables and fruits would be healthy living reminders for employees and make us better role models for our customers.
- I enjoy fresh fruit and veggies
- Because it would be a great opportunity to work together as a community and reap the benefits of a garden. It would be cheaper than buying vegetables/fruits at the store
- I like that idea. Have had gardens in the past. Would have to be close to Keizer or Salem.
- I have a small garden in the back, but space is limited. It would be nice to get feedback from others.
- Yes, for fresh fruits and vegetables.
- Good for mind, body, spirit and social
- It would be nice to grow something.
- I think it is a really great resource for the community
- I would want to help grow healthy fruits and vegetables.
- I think it would be fun to participate in and also have the ability to have fresh produce
- Local home grown garden is better nutrition than store bought. I like to garden.
- Helps build community, access to healthy foods, fun!
- the access
- Love gardening and the idea of sharing
- I would absolutely take part in a Community Garden. I have always wanted to have one on my own but it takes a lot of time and effort that I do not currently have. If it was a community garden it would benefit more than one person and take away the stress of a single person having to build it and maintain it.

Blue Zone- Culture of Wellness

Staff Survey Results

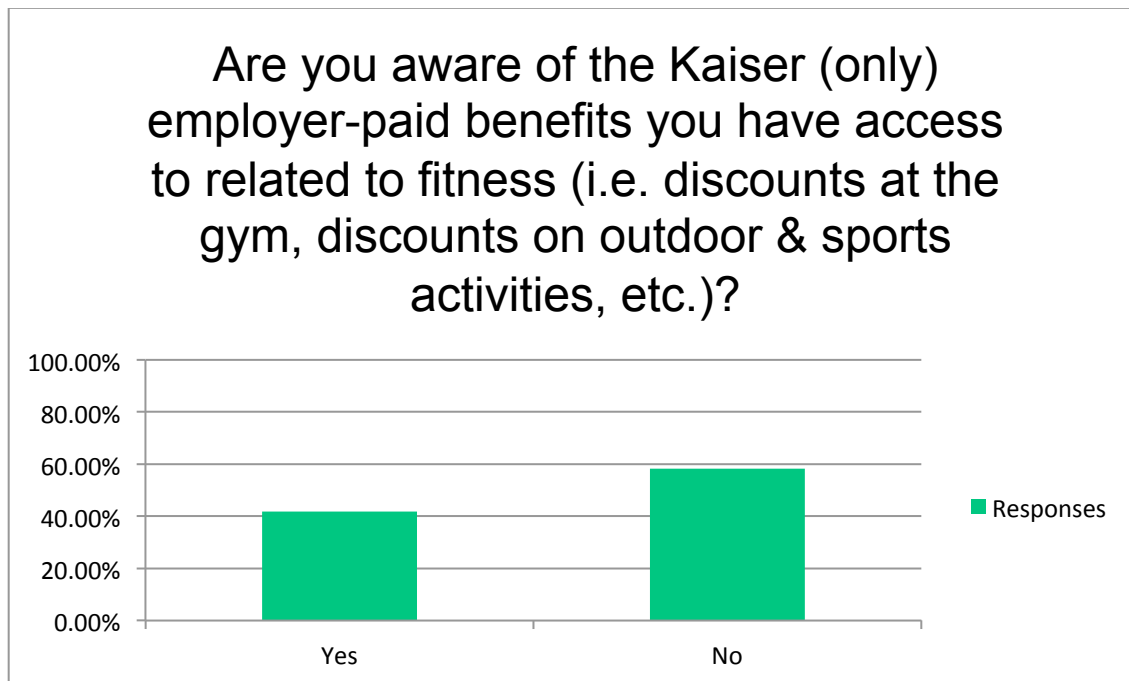
- Relaxing, socialize with people with whom I wouldn't otherwise.
- Well I have a garden at home but it would be fun to work with others. Digging in the dirt is good for you!
- I think a community garden would be wonderful. I believe it is very helpful to know where your food comes from and how to grow it.
- I love to learn how to garden. I always keep my plants.
- It's fun and educational
- Fresh veggies from the garden are delicious
- It's a good opportunity to help the community, and get some good food out of it.
- Organic good taste better and is good for us.

No
37%

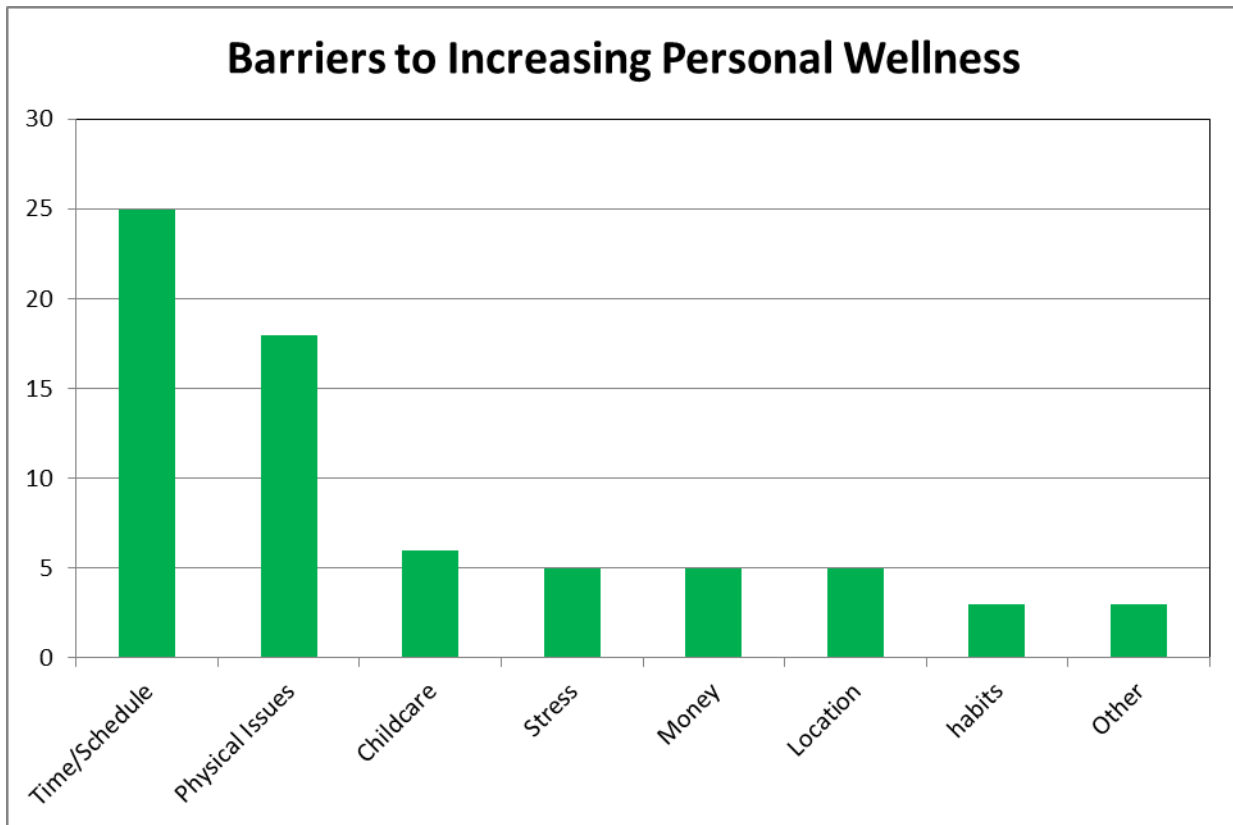
- no time for extra work
- I enjoy gardening as a source of solitude.
- N/A
- I don't like to garden
- Do not like to garden
- time
- I'm not sure I would have time
- Shop at Farmers Market
- I like to gown my own food at home
- I do not have the time.
- I have my own garden at home
- I do not have a green thumb!
- Not- have own garden
- I am unsure of how safe the area would be from "stuff"
- Depended where its located
- Not into gardening, but do like healthy, natural food
- #2 and #10 would be yes if you could bring your family. Especially with activities before and after work.
- Time
- Gym time
- I love to garden, I have my own garden, and I have a garden at the home I work in already
- I already have a vegetable garden at home
- no time
- No time or interest
- I don't like to garden
- I don't one I my town
- I have a garden at home
- Not interested in gardening
- Have my own garden
- "Do not have time. I am also already apart of Salem Harvest
- "
- I have a garden at my home.
- I have a garden space at my home.

Blue Zone- Culture of Wellness Staff Survey Results

- Doesn't interest me.
 - The location may be an issue
 - NA
 - I garden at home and would not put time in two places
 - not available in day time
 - I don't have a green thumb
 - Honestly, I'm just too busy with work and my home life
 - Cause I wouldn't
 - Bad knees
 - I have a garden.
 - I already have a garden.
 - I prefer to only eat foods I grow myself at home and prepare meals for myself at home.
 - I prefer buying my own produce
 - I have my own vegetable garden and fruit trees at home
 - do not trust the neighborhood
 - I have space in my own backyard to do a garden and I don't.... not my thing really
 - I typically don't prepare fresh meals.
 - It's just not a hobby of mine
 - Not interested, purchases vegetables from locally sourced stores/stands
 - I will not take time participate in taking care of the garden
 - I don't trust other people.
 - No time
 - I prefer to keep my extra time private and garden at my own home.
-



Blue Zone- Culture of Wellness Staff Survey Results



Note: Comments can be in more than one category

Are there any barriers you face to increasing your personal wellness?

Yes
49%

- Too much stress at both home and work to want to stop smoking which is perhaps the biggest reliever of stress and what seems to calm me the most and get my head back on the most. Also, have some health issues that keep me in a lot of pain so much of the time. Even though I know that physical activity would likely help alleviate it, hard to want to be physically active when hurt so badly. Also, sleep is hard because I have so much anxiety and hurt so bad.
- Unreliable work schedule
- Time
- time, motivation, working though temptations
- Mental health isn't taken seriously within the organization and I feel like I am always at work because of the scheduling
- Currently existing behavioral patterns (habits).
- Time. Cannot seem to find time to work out
- significant back and hip issues which limit my physical activity and what exercise I can do
- Constant change in work hours.
- Lack of Time, increased work load, no work out partner, lack of space and organization are my current barriers.

Blue Zone- Culture of Wellness Staff Survey Results

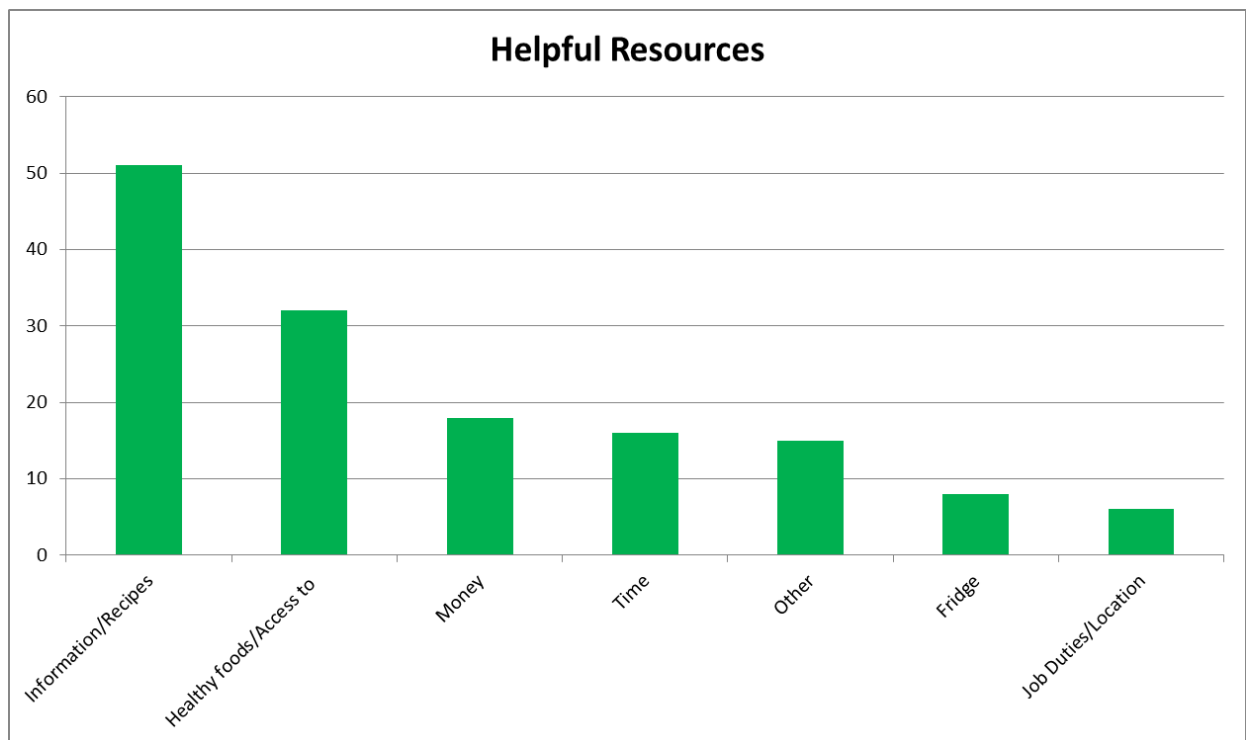
- not able to walk like I use to - foot problems
- Time/Energy and health
- Childcare while I exercise or activities I can bring the little one to.
- time, money, time, money
- Childcare and financially not being able to afford a gym membership or other physical activities.
- Taking the time to plan and cook meals ahead of time
- Fatigue and not enough time.
- working NOC
- Time and money, mostly. I work full time and have a family at home. Also, location is a factor for some things. I live on the coast in Lincoln City and don't have a Kaiser locally or access to many things that a larger town has.
- Health issues...asthma...back pain...
- Diabetic, Open heart Surgery, age.
- At this time a bad hip, ankle
- I need sleep
- really busy with work hardly any time for breaks and lunches, not very many food options available in our area, and busy home life
- Chronic illness and pain issues
- Busy schedule, too many priorities. Child care
- no
- Daycare, money
- I have medical issues causing pain. I have ok days and high pain days. But I'm almost always in some sort of pain.
- I don't feel safe walking outside the BSB by myself. I would like to take a walk at times, but never by myself.
- I have too much on my plate at work and work causes a lot of stress. Focusing on communication, clear roles/responsibilities, knowing that leadership has my back, productive meetings, systems that work and are maintained, and having the appropriate tools to do the work would help remove this barrier
- health issues
- smoking
- Personal motivation and recent injuries...I am busy!
- "Time, being a single parent, working 2 jobs
- "
- Long hours of sitting in front of a computer.
- Time management, some physical limitations.
- Lack of support outside of work
- Generally speaking, I do not move enough once I am off work. I have a pretty sedentary job, and I would like to exercise more especially during the fall and winter months. I enjoy exercise, but I prefer doing it in a group. Often it is challenging to find a time that works for multiple people.
- sitting most of the day
- medical
- Diabetes

Blue Zone- Culture of Wellness Staff Survey Results

- Long commute/sedentary position
- Lack of time and energy
- behavior modification
- Distance to activities and time
- Motivation! and Time
- Time to work out during the work day
- stress from job
- time
- Ongoing motivation, lack of personal support, managing stress or other emotional times.
- I feel like having a job where you sit all day can definitely be a barrier. I definitely do not move enough during the hours I am at work. I do what I can to move but would like to find more ways to move during the day
- Few recreational options available in the McMinnville area.
- support at home
- My feelings towards the job
- Time, money, self-motivation
- Childcare
- My own mindset. It is hard to change bad habits.

No
51%

Blue Zone- Culture of Wellness Staff Survey Results



What sorts of resources would be helpful in eating a healthy diet?

- Work in a group home. Nothing is really limiting now except time to prepare the healthy foods as I like them or even take the time out to sit and eat sometimes.
- More healthy options for the people that spend most of the shift driving.
- Better discounted food which is considered healthy.
- Filtered water - the water filter in the refrigerator was recently changed, which improved the water but it still tastes awful.
- time and money
- money
- cheaper healthy foods
- Having the time to actually cook the food
- Vending machines with healthy snacks.
- Knowing the food triangle and how to use it.
- Healthy recipes
- Information
- recipes
- N/A
- Better understand of healthy nutrition. How to shop for and cook healthy meals
- At home I do, at work, not much room to store it when it needs to stay cold.
- "Meal prep time
- "
- not sure

Blue Zone- Culture of Wellness Staff Survey Results

- Healthy food
- Better financial health
- affordable fresh food
- money, time
- Steam veggies, any lean meat and portion per meal.
- not sure
- fridge
- A new refrigerator
- diabetic diet
- Information, tips, and lists of healthy foods. I have been eating a healthy diet (for the most part) for many years.
- meal planning and ideas to save money on food when shopping
- I try to provide a healthy diet for my family, and what really has helped is meal prepping for a week at a time.
- classes with different recipes
- Just support.
- Cheese
- Just a work place fridge really.
- Menus and recipes
- Community garden
- free food
- Vegetables
- online
- recipes and cook books
- options that are premade and inexpensive
- Availability
- Access, funds, recipes or menus for ideas
- Being available
- Newsletters, recipes, support groups
- Fruits, vegetables, chicken, etc.
- Coupons or deals
- Vegan
- I don't know.
- Pinterest is what I use
- variety, easy access
- Store
- none
- I've already got that covered
- healthy food provided weight watchers
- an available space to eat other than my office
- Coupons, affordable places to buy food
- daily lunch menu
- "Learning what an actual balanced meal looks like, for breakfast, lunch and dinner.
- "

Blue Zone- Culture of Wellness Staff Survey Results

- I believe that balance is important, and if nutrition is going to be discussed I would like to see it brought up with a balance between healthy choices and enjoyment of food rather than the usual "good food"/"bad food" binary.
- Access to healthy snacks
- convenient healthy options
- N/A
- I already eat a healthy diet
- weekly meal planners and posters with info regarding how what you eat effects how you feel & your health
- Healthy recipes.
- education
- Meal planning
- education
- nutrition information including fat, fiber, sugar and calories
- I can't think of any
- more help with shopping
- A stove in the break room
- Secure Refrigerator
- My problem with eating healthy is that unhealthy food taste so much better. So maybe recopies for delicious healthy foods.
- A summary of medical research that has not been funded by food industry is most helpful.
- Salad
- Reminders , net-working
- healthier choices inside the homes
- time to eat
- breaks to walk in the morning and afternoon
- easy recipes, meal prep tips
- Time management
- online recipes
- I have the needed resources.
- lots fresh fruits
- Diabetes diet
- potluck/family styles lunches once a week where each person brings a meal
- Potluck/recipe sharing events.
- Recipes
- I believe that my diet is very healthy.
- Information about eating a healthy diet.
- More fruits and vegetables in house sites.
- More knowledge, quick guides on how to eat healthy or which places in our area have healthy options.
- Healthy cooking classes
- salad bar, challenges/competitions
- NA
- education, recipes

Blue Zone- Culture of Wellness Staff Survey Results

- Time to prep and eat
- affordable organic produce
- I am not sure which
- Internet
- Internet, classes
- Na
- N/A
- N/A
- Access to food and a cleaner kitchen
- I eat a very healthy diet. Consuming healthy affordable food if made available to me is a consideration, as long as it is heart-healthy and diabetic-friendly.
- Healthy recipes, cooking classes, classes on how to eat healthy and what to eat-
- not sure
- Cooking classes. Access to affordable healthy food.
- Planned menus.
- NA
- Garden
- Recipes
- pamphlets
- More affordable
- Discounts, coupons, or community partnerships.
- Not having someone take food I prepare for myself from the fridge.
- Possible a vending machine and/or lunch for purchase that was in my workplace or nearby
- Nutrition classes, cooking classes
- I travel to different sites to work, so eating healthy is a challenge. I can pack fruit and vegetables whole where they do not need to be refrigerated.
- access to farmers markets or health food stores
- delivery
- Not sure if the question is in regards to work or home life? At work healthy eating is easy. Home life is where the problem arises with convenience of fast and easy food that might not be the best choices.
- easier access
- stove
- Snacks, seasonal fruit and veggies
- recipes and menus for cooking and eating healthy
- "Nutrition classes
- Classes based on specialty issues with nutrition
 - gluten free
 - vegan
 - vegetarian"
- cooking utensils, stove
- Weekly meal plans with shopping lists, dietician or nutritionist
- Healthy food for meetings and work events
- Meal preparation

Blue Zone- Culture of Wellness Staff Survey Results

- **fruit vein machine**
- **Menus**
- **Designated garden space at my worksite**
- **Someone buying it for me.**
- **Nutrition classes, ongoing healthy recipes included on the intranet as a reminder**
- **Lunch break for me. I eat an apple and peanuts sesame seeds for lunch**
- **Higher pay to afford healthier food**
- **I don't know**
- **Nutrition coaching**
- **Nutrition data**
- **Group support**
- **Easy recipes**