

Top Loser Survey Results

1. This program has had a positive impact on me:

Strongly Disagree	9.5%
Disagree	2.4%
Neither Agree nor Disagree	7.1%
Agree	35.7%
Strongly Agree	45.2%

- *I truly appreciated the support of my college and the free use of the Mt. SAC Wellness Center*
- *Meeting with K.C. Kranz has been very helpful. She's great!*
- *I lost 13 lbs and hope to keep going*
- *I have continued to eat healthier*
- *I've been able to maintain my weight loss!*
- *Although I started losing weight before the competition started, being in it helped me lose even more and I am now down 106 pounds and still going. I have even been taken off some of my medications for High Blood pressure.*
- *Really motivated me to do something healthy for myself.*

2. I hope that Top Loser can come back to my workplace:

Strongly Disagree	7.1%
Disagree	0%
Neither Agree nor Disagree	7.1%
Agree	16.7%
Strongly Agree	69%

- *Absolutely!*
- *Unfortunately I wasn't able to attend the nutritional workshops because they were all on the same day and time.*
- *I would definitely participate again.*
- *Hopefully, I won't need it, but it is a good opportunity for others.*
- *The benefits to our work force are immeasurable.*
- *Please bring it back!*

3. I plan to use this program as motivation on my continued journey to better health and weight loss:

Strongly Disagree	7.1%
Disagree	7.1%
Neither Agree nor Disagree	9.5%
Agree	28.2%
Strongly Agree	50%

- *Yes, I started a healthy eating program and feel much better*
- *I made significant changes in my diet and exercise routine.*

4. This program has me interested in other resources at St. Jude and Blue Shield:

Strongly Disagree	4.8%
Disagree	14.3%
Neither Agree nor Disagree	40.5%
Agree	38.1%
Strongly Agree	2.4%

- *However, I am not likely to seek the information myself.*
- *How do we find out of the other resources offered to us???*
- *I didn't really learn what other resources they offer.*

5. Do you feel your work unit encouraged and supported your participation in Top Loser?

Strongly Disagree	0%
Disagree	7.1%
Neither Agree nor Disagree	14.3%
Agree	40.5%
Strongly Agree	38.1%

- *no one really talked about it in my department*
- *Yes, all the regular staff took part - so we could encourage each other*
- *We went in as a team.*
- *Two teams from our department!*

6. Do you feel Mt. SAC did an adequate job promoting Top Loser?

Yes	97.6%
No	2.4%

- *The e-mail communications were very clear*

7. What did you like best about the program?

- *Team support, programs offered and personal trainers.*
- *Free use of the Wellness Center and the monthly weigh ins to keep us on track*
- *The support from coworkers and campus.*
- *The classes and the enthusiasm by the committee members*
- *That others were joining me in my efforts to lose weight.*
- *The weigh in's.*
- *There was nothing I liked best*
- *It was fun to have on campus with co-workers.*
- *Money prizes*
- *The pounds I lost.*
- *Information Workshops and Free access to the gym*
- *the staff was great*
- *The competition and camaraderie.*
- *The intrinsic rewards by far, outweighed the potential monetary benefits. It was a great catapult to promoting wellness within my own department and amongst family and friends.*
- *Being able to meet with a personal trainer/ nutritionalist. The program's adoption by MT. SAC communicates to me that we are valued here and that I work for an institution that cares about the well-being of its people. That really makes me proud!*
- *I didn't get a chance to attend the luncheons but thought they were a great idea. My work schedule interfered*
- *it was opened to all, no one was excluded it was nice to see classified, faculty, and managers involoved*
- *I like that Mt. SAC integrated the Employee Wellness Program with the Top Loser program, allowing us access to the Wellness Center, physical assesment testing, and a personalized workout plan. I unfortunately had to drop out of the Top Loser Program because my doctor's recommendation due to an injury, but I think that I received very useful information about my health. I do plan to join this program again the next time it is offered.*
- *I enjoyed hearing about the little tips and that we would get awarded for the competition. Also, the certificate was great.*
- *the resources provied to help us lose the weight*
- *Free use of the Wellness Center facilities.*
- *Ability to join as a team...*
- *The workshops*
- *Workshops and free access to the wellness center*
- *the additional services offered at Mt. SAC (classes, open hours at the Wellness Center), plus it was a great motivator*
- *I liked the fact that the program was made available to all employees, and the classes offered for employees only.*
- *Team participation and the regular emails.*
- *Weight Loss*
- *That the Wellness Center offered free trainer support.*
- *The competition is exciting.*
- *Monthly weigh-in appointments.*

- *The Wellness Center staff was amazing, thank you so much for allowing us to use the center for free, that made such a difference.*
- *that there was a prize to win*
- *The positive feedback and having a contest that made me accountable.*
- *Feeling connected to the Wellness Center and the focus on employee health.*
- *I really liked the support received from team mates!*
- *I enjoyed the seminars most. Very informative.*
- *First, I love that the college supported this program. Second, the program was*

effective by offering use of the Wellness Center and by providing workshops on health-related issues. Thanks to all that made this program possible!

- *The health benefits and the participation was free. Very happy about this benefit as an employee.*
- *The campus participation encouraged us all to try harder.*
- *I appreciated that the wellness center services were provided to us. That was really helpful. I also like the lunch time boot camp on Wednesdays.*
- *access to the Wellness Center after work hour*

8. What would you like to see changed or improved about the program?

- *I wasn't as successful as I wanted to be. I would like to try again. Afternoon meetings (4ish) will be more convenient as I work nights at Mt. SAC*
- *Not sure if the winners were based just on weight loss, but would suggest a complete assessment of strength improvements, endurance improvements and measurable changes in inches, lung capacity etc.*
- *Clearer statement of rules.*
- *Better communication with the rules and if requirements changed:*
- *I think that there should be an opportunity to discuss your challenges at the weigh-ins with someone qualified to help. I was frustrated about not losing weight and the woman recording the information was just there for that and could not offer advice or suggestions.*

- *Weekly weigh in. Not having to decide to be a group or individual. Or having the option to change to individual if you see group members are not taking it seriously.*
- *People who do the weighing shouldn't be so negative and judgemental*
- *More interactive participation/guidance from St. Jude on how to lose weight, overcome plateaus, overcoming emotional eating, etc... maybe healthy cooking seminars*
- *More opportunities for interaction, support, etc.*
- *That I'd lose more weight.*
- *Access or information on speaking with the nutritionist to set up a meal plan to aid with the weight loss.*
- *I had some limitations due to my schedule and I couldn't attend the*

meetings. Perhaps offering the meetings several times a semester or on an appointment schedule.

- For teams that ended up as individuals, it didn't seem fair that the larger teams were competing and had no chance to win. If a team is reduced to 1 person, then they should be moved to the individual competitors and measured against them rather than against a team of 5. As a contestant, I questioned the validity of the calculation of the numbers, however since I didn't care about the monetary rewards, it was a minimal affect on how I participated. I'd do it all over again!
- varied times for workshops on nutrition. weekly support groups for ideas on meal planning, etc. exercise groups.
- Online, webinar type meetings...
- clear "open" hours for check-in (weigh-ins) and contact person.
- The weigh in appointments seemed a little unorganized, and I was rescheduled two times. It might be better to do a "drop in" weigh in during certain dates/times, rather than a scheduled appointment.
- I would like it to go for a longer length of time rather than just a couple of months.
- I would like to have more motivational support by having more workshops and personal weight management techniques. A dietician who can check individual food plan and make suggestions.
- I enjoyed the program, and would love to see additional fitness programs

- Some things I would like to see changed would be the offering of an expanded variety of classes and the inclusion of an exercise component to the Top Loser program (i.e., yoga, cardio-dance, zumba, or weight training).
- Better management of the end result and the winners.
- Better open hours for Wellness Center
- The psychological effects of weight management should be addressed.
- The prizes were distributed very unfairly. The people who lost the greatest percentage should have been given the highest prize. It only makes sense and it is ridiculous how prizes were distributed.
- I don't care for team challenges and prefer to do things on my own. Didn't like paying \$10 to participate, have better uses for it. Instead, I'd rather receive monthly newsletters with a range of resources -- research articles on nutrition, healthy recipes, activity suggestions for those of us who are basically sedentary.
- The fact that someone was able to win as a group when it was just 1 person is not right. He ended up winning more money than the person who won the individual award and he didn't even beat him percentage wise. That has to change, the language should read that if your team members drop out you can still be eligible to win the Individual Award but not the team award.
- The classes should be virtual and accessible on-line. It is too difficult to get away from our jobs to

participate in the meetings. Also we should get more support from the college for the time to attend.

- *I think it would be good to do at least once a year.*
- *More food alertness and possible recipe's that are both healthy and for weight loss.*
- *While I was not impacted by the issue, I did notice there were some challenges with calculating weight loss across individuals and groups. Perhaps those fine details could use another review. Overall, though, I believe the program was very well planned and executed.*

- *Clearer communication on weigh ins & weigh outs. Eliminate hiccups, record keeping.*
- *I thought the program was great. Maybe a few more info sessions on nutrition and exercise would allow more to attend.*
- *Maybe the program could be less time, about 8 weeks because I think over the duration, some focus was lost.*
- *more encouragement and motivation to encourage employees to participate.*