

Job Satisfaction Survey December 2008

Q1 Most people like some parts of their jobs and dislike other parts. Overall, taking the good and the bad, how satisfied are you with your job? If you are very satisfied, press 1. If you are somewhat satisfied, press 2. If you are somewhat dissatisfied, press 3. If you are very dissatisfied, press 4. If you are undecided, press 5.

Very satisfied58% *Very dissatisfied*..... 4%
*Somewhat satisfied*28% *Undecided*..... 2%
Somewhat dissatisfied..... 8%

Q2 How stressful is your job? If your job is often very stressful, press 1. If your job is usually somewhat stressful, press 2. If it is usually not very stressful, press 3. If you can't decide, press 4.

Very stressful.....25% *Not very stressful*...29%
*Somewhat stressful*45% *Undecided*..... 2%

Q3 Based on your experience on the job, how much loyalty has your employer earned from your co-workers? If you think your employer has earned a lot of loyalty from employees, press 1. If you believe the employer has earned some loyalty from employees, press 2. If only a little loyalty, press 3. If you think your employer has not earned any loyalty, press 4.

A lot of loyalty34% *A little loyalty*.....20%
Some loyalty42% *No loyalty*..... 4%

Q4 In your opinion, how concerned are the supervisors at your job for the welfare of the people who work with you? If you think the supervisors are very concerned for the welfare of employees, please press 1 now. If the supervisors are somewhat concerned, press 2. If the supervisors are not very concerned for the employees' welfare, press 3. If they are not at all concerned, press 4. If you have no opinion, press 5.

Very concerned.....41% *Not very concerned*15%
Somewhat concerned.....39% *Not at all concerned* 3%
No opinion..... 2%

Q5 With holiday parties and celebrations it is easy to gain weight this time of year. Estimates of actual weight gain vary, but it has been found that most people do not lose the weight once they have put it on. Have you gained weight over the holidays in the past? If yes, press 1. If no, press 2.

Yes 43%
No..... 57%

Q6 Do you tend to exercise less over the holidays? If yes, press 1. If no, press 2.

Yes 46%
No..... 54%

Q7 Do you overeat in times of stress? If yes, press 1. If no, press 2.

Yes 35%
No..... 65%

Q8 Is the current economic news adding to your stress level and causing you to overeat? If yes, press 1. If no, press 2.

Yes 17%
No..... 83%



WORKPLACE OPTIONS

Q9 Do you make New Year's resolutions that include weight loss or fitness? If yes, press 1. If no, press 2.

Yes 35%
No 65%

Q10 If your employer provided you with a free wellness coach to help you develop an eating and exercise plan would you take advantage of it? If yes, press 1. If no, press 2.

Yes 63%
No 37%

Q11 Is your job full time or part-time? If full time, press 1. If part-time, press 2.

Full time 77% Part time 23%

Q12 Do you have more than one part-time job? If yes, press 1. If no, press 2.

Yes 23% No 77%

Q13 How long have you worked for your current employer? If less than a year, press 1. If one to three years, press 2. If more than 3 years, press 3.

Less than a year 13% More than three years 70%
One to three years 18%

Q14 If you are a woman, press 1. If a man, press 2.

Woman 52% Man 48%

Q15 If you are less than 26 years of age, press 1. If you are 26 to 35, press 2. If you are 36 to 50, press 3. If you are 51 to 65, press 4. If your are 66 or older, press 5.

Less than 26 7% 51-65 44%
26-35 10% 66 or older 8%
36-50 31%

Q16 If you are Hispanic, press 1. If white, press 2. If black, press 3. If other, press 4.

Hispanic 14%
White 67%
Black 12%
Other 7%

Q17 What kind of industry do you work in? If you work in a service industry, press 1. If you work in retail or wholesale trade, press 2. If you work in finance, insurance or real estate, press 3. If you work in a construction or minerals industry, press 4. If you work in a manufacturing business, press 5. If you work in transportation, communication or utilities, press 6. If education, press 7. If health care, press 8. If you are a government employee, press 9. If other, press 0.

Service industry 18%
Retail or wholesale trade 10%
Finance, insurance, or real estate 7%
Construction or minerals industry 6%
Manufacturing business 9%
Transportation, communication, or utilities 5%
Education 14%
Health care 11%
Government employee 8%
Other 13%

