

How would you currently assess these different aspects of your life? - Your overall level of wellbeing

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	1001	153	627	221
Base: All Respondents (wtd)	1001	340	430	230
Top 2 Box (Net)	562	166	243	152
	56%	49%	57%	66%
		*		DE
Excellent	96	28	41	28
	10%	8%	9%	12%
		*		
Good	465	139	203	124
	46%	41%	47%	54%
		*		D
Fair	364	146	154	64
	36%	43%	36%	28%
		F*	F	
Bottom 2 Box (Net)	75	28	33	14
	7%	8%	8%	6%
		*		
Poor	65	24	29	12
	6%	7%	7%	5%
		*		
Terrible	10	4	4	2
	1%	1%	1%	1%
		*		
Sigma	1001	340	430	230
	100%	100%	100%	100%

Statistics:

Overlap formula used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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How would you currently assess these different aspects of your life? - Your overall level of wellbeing

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	775	114	497	164
Base: All Respondents (wtd)	758	245	342	172
Top 2 Box (Net)	440	129	199	112
	58%	53%	58%	65%
		*		
Excellent	72	21	31	20
	10%	9%	9%	12%
		*		
Good	368	108	168	93
	49%	44%	49%	54%
		*		
Fair	267	99	119	49
	35%	40%	35%	28%
		*		
Bottom 2 Box (Net)	51	17	24	11
	7%	7%	7%	6%
		*		
Poor	47	17	21	8
	6%	7%	6%	5%
		*		
Terrible	5	-	2	2
	1%	-	1%	1%
		*		
Sigma	758	245	342	172
	100%	100%	100%	100%

Statistics:

Overlap formula used

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Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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How would you currently assess these different aspects of your life? - Your mental health

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	775	114	497	164
Base: All Respondents (wtd)	758	245	342	172
Top 2 Box (Net)	407	116	189	103
	54%	47%	55%	60%
		*		
Excellent	78	23	31	23
	10%	9%	9%	14%
		*		
Good	330	93	158	79
	44%	38%	46%	46%
		*		
Fair	258	88	116	55
	34%	36%	34%	32%
		*		
Bottom 2 Box (Net)	93	42	37	14
	12%	17%	11%	8%
		*		
Poor	68	27	30	11
	9%	11%	9%	6%
		*		
Terrible	25	15	7	3
	3%	6%	2%	2%
		*		
Sigma	758	245	342	172
	100%	100%	100%	100%

Statistics:

Overlap formula used

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Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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How would you currently assess these different aspects of your life? - Your mental health

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	1001	153	627	221
Base: All Respondents (wtd)	1001	340	430	230
Top 2 Box (Net)	521	144	231	145
	52%	42%	54%	63%
		*		DE
Excellent	101	26	40	35
	10%	8%	9%	15%
		*		E
Good	420	118	191	110
	42%	35%	44%	48%
		*		D
Fair	361	143	151	67
	36%	42%	35%	29%
		F*		
Bottom 2 Box (Net)	119	52	49	18
	12%	15%	11%	8%
		*		
Poor	88	32	41	15
	9%	9%	9%	6%
		*		
Terrible	31	20	8	3
	3%	6%	2%	1%
		*		
Sigma	1001	340	430	230
	100%	100%	100%	100%

Statistics:

Overlap formula used

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Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

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Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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How would you currently assess these different aspects of your life? - Your physical health

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	1001	153	627	221
Base: All Respondents (wtd)	1001	340	430	230
Top 2 Box (Net)	535	170	223	142
	53%	50%	52%	62%
		*		E
Excellent	88	32	37	19
	9%	9%	9%	8%
		*		
Good	447	138	186	123
	45%	40%	43%	53%
		*		DE
Fair	393	150	164	80
	39%	44%	38%	35%
		*		
Bottom 2 Box (Net)	73	21	44	9
	7%	6%	10%	4%
		*	F	
Poor	65	17	41	8
	7%	5%	9%	3%
		*	F	
Terrible	8	4	3	1
	1%	1%	1%	*
		*		
Sigma	1001	340	430	230
	100%	100%	100%	100%

Statistics:

Overlap formula used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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How would you currently assess these different aspects of your life? - Your physical health

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	775	114	497	164
Base: All Respondents (wtd)	758	245	342	172
Top 2 Box (Net)	406	120	185	102
	54%	49%	54%	59%
		*		
Excellent	64	24	30	10
	8%	10%	9%	6%
		*		
Good	342	96	155	91
	45%	39%	45%	53%
		*		
Fair	297	110	124	62
	39%	45%	36%	36%
		*		
Bottom 2 Box (Net)	55	15	32	8
	7%	6%	10%	5%
		*	F	
Poor	53	15	32	7
	7%	6%	9%	4%
		*	F	
Terrible	2	-	1	1
	*	-	*	1%
		*		
Sigma	758	245	342	172
	100%	100%	100%	100%

Statistics:

Overlap formula used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

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Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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How would you currently assess these different aspects of your life? - Your financial health

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	1001	153	627	221
Base: All Respondents (wtd)	1001	340	430	230
Top 2 Box (Net)	420	126	170	123
	42%	37%	40%	53%
		*		DE
Excellent	70	14	31	25
	7%	4%	7%	11%
		*		D
Good	349	112	140	97
	35%	33%	32%	42%
		*		E
Fair	387	147	165	75
	39%	43%	38%	33%
		*		
Bottom 2 Box (Net)	194	67	95	32
	19%	20%	22%	14%
		*	F	
Poor	151	57	73	21
	15%	17%	17%	9%
		*	F	
Terrible	43	9	22	11
	4%	3%	5%	5%
		*		
Sigma	1001	340	430	230
	100%	100%	100%	100%

Statistics:

Overlap formula used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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How would you currently assess these different aspects of your life? - Your financial health

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	775	114	497	164
Base: All Respondents (wtd)	758	245	342	172
Top 2 Box (Net)	337	99	144	94
	44%	40%	42%	55%
		*		E
Excellent	52	13	21	19
	7%	5%	6%	11%
		*		
Good	285	86	123	76
	38%	35%	36%	44%
		*		
Fair	294	105	134	54
	39%	43%	39%	31%
		*		
Bottom 2 Box (Net)	128	41	63	23
	17%	17%	19%	13%
		*		
Poor	100	36	50	15
	13%	14%	15%	9%
		*	F	
Terrible	27	6	13	9
	4%	2%	4%	5%
		*		
Sigma	758	245	342	172
	100%	100%	100%	100%

Statistics:

Overlap formula used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	1001	153	627	221
Base: All Respondents (wtd)	1001	340	430	230
Physical fitness	550	189	246	115
	55%	55%	57%	50%
		*		
Sleep quality	656	200	306	150
	66%	59%	71%	65%
		*	D	
Financial security	540	157	250	133
	54%	46%	58%	58%
		*	D	
Sigma	3947	1219	1825	903
	394%	358%	424%	392%

Statistics:

Overlap formula used

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Minimum Base: 30 (**), Small Base: 100 (*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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How much do you agree or disagree with each of the following statements: - My workplace culture supports health and wellbeing initiatives

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	775	114	497	164
Base: All Respondents (wtd)	758	245	342	172
Top 2 Box (Net)	485	161	217	107
	64%	66%	64%	62%
		*		
Strongly Agree	113	46	51	16
	15%	19%	15%	9%
		*		
Somewhat Agree	372	114	166	91
	49%	47%	49%	53%
		*		
Bottom 2 Box (Net)	241	81	106	53
	32%	33%	31%	31%
		*		
Somewhat Disagree	154	43	71	40
	20%	17%	21%	23%
		*		
Strongly Disagree	87	39	35	13
	11%	16%	10%	8%
		*		
Don't Know	33	3	18	12
	4%	1%	5%	7%
		*		
Sigma	758	245	342	172
	100%	100%	100%	100%

Statistics:

Overlap formula used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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How much do you agree or disagree with each of the following statements: - My workplace culture supports health and wellbeing initiatives

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	1001	153	627	221
Base: All Respondents (wtd)	1001	340	430	230
Top 2 Box (Net)	597	197	264	135
	60%	58%	61%	59%
		*		
Strongly Agree	145	54	66	24
	14%	16%	15%	11%
		*		
Somewhat Agree	452	143	198	111
	45%	42%	46%	48%
		*		
Bottom 2 Box (Net)	320	110	136	75
	32%	32%	32%	32%
		*		
Somewhat Disagree	212	71	88	53
	21%	21%	20%	23%
		*		
Strongly Disagree	108	39	48	21
	11%	11%	11%	9%
		*		
Don't Know	84	33	30	20
	8%	10%	7%	9%
		*		
Sigma	1001	340	430	230
	100%	100%	100%	100%

Statistics:

Overlap formula used

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Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

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What specific area(s), if any, of your health and wellbeing are you most focused on improving?

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	1001	153	627	221
Base: All Respondents (wtd)	1001	340	430	230
Physical fitness	574	188	254	132
	57%	55%	59%	57%
		*		
Mental health	375	140	173	61
	37%	41%	40%	27%
		F*	F	
Diet and nutrition	485	152	221	112
	48%	45%	51%	49%
		*		
Sleep quality	468	148	218	102
	47%	44%	51%	44%
		*		
Financial health	420	123	209	88
	42%	36%	48%	38%
		*	DF	
Don't know	1	-	1	-
	*	-	*	-
		*		
Sigma	3378	1150	1539	688
	337%	338%	358%	299%

Statistics:

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Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (**), Small Base: 100 (*)

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Which of the following, if any, are getting in the way of improving your overall wellbeing?

		AGE		
	Total	18-34	35-54	55+
		D	E	F
Base: All Respondents (unwtd)	1001	153	627	221
Base: All Respondents (wtd)	1001	340	430	230
Rising costs and affordability issues	510	172	232	106
	51%	51%	54%	46%
		*	F	
Sigma	2334	781	1084	469
	233%	230%	252%	204%

Statistics:

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