

Appendix 1 – Wellbeing Results, Headline Figures

To what degree do you feel that the City of London is committed to your health and wellbeing? (Answered by 1322)

Answer Choices	Responses by %	Response Actual
Completely	4%	51
Significantly	26%	344
Moderately	45%	590
A Little	18%	241
Not at All	7%	96

Are you aware if the City has a stated approach to health and wellbeing?
(Answered by 1314)

Answer Choices	Responses by %	Response Actual
Completely	7%	86
Significantly	18%	235
Moderately	31%	409
A Little	22%	295
Not at All	22%	289

Do you think that the City of London cares about your health and wellbeing?
(Answered by 1307)

Answer Choices	Responses by %	Response Actual
Completely	4%	56
Significantly	23%	296
Moderately	42%	547
A Little	22%	290
Not at All	9%	118

Do you feel that your line manager cares about your health and wellbeing?
(Answered by 1294)

Answer Choices	Responses by %	Response Actual
Completely	22%	290
Significantly	38%	489
Moderately	22%	278
A Little	11%	140
Not at All	8%	97

Do you feel that the City of London has a strong culture of encouragement, recognition and positive feedback? (Answered by 1294)

Answer Choices	Responses by %	Response Actual
Completely	3%	38
Significantly	21%	276
Moderately	39%	508

A Little	22%	284
Not at All	15%	188

Mental Health Scoring

Included in the survey were five questions which were constructed by the World Health Organisation (WHO) to examine mental health and wellbeing levels. The results suggest that 44% of the answers given by respondents indicate that they have poor mental wellbeing, which is an indicator of depression. 15% of respondents indicate that they have significantly poor mental wellbeing, which total 70 employees. This is comprised of 7% male (32 employees) and 8% female (38 employees). (Answered by 1160)

The top themes emerging from the survey data were:

1. An annual health assessment
2. Opportunity to learn techniques and strategies to manage stress
3. Increased number of healthy food options
4. Improved relationships with colleagues
5. Opportunities to exercise more during the day
6. More control over how I do my work
7. More regular breaks from sitting time
8. Access to an Employee Assistance Programme
9. Opportunities to feel more connected through volunteering
10. Help to lose weight
11. Help to stop smoking