Mission

- Improving the health of Purdue’s faculty, staff, retirees, and spouses/same-sex domestic partners
- Promoting lifestyle changes through innovative prevention and at-risk programs
- Addressing the competing demands of the employee's professional and personal life

Meet the Staff

Mindy Paulet, Manager of WorkLife Programs – reports to Brent Bowditch, Director of Compensation and Benefits, under Vice President for Human Resources
Julie Huetteman, Health & Wellness Administrator
Cheryl Laszynski, WorkLife Administrator
Tina Hodson, WorkLife Programs Assistant
Manju Jarori, WorkLife Programs Assistant
Linda Monahan, Registered Dietitian
Sara Primeau, EAP Counselor
Branna Shores, WorkLife Specialist
Amber Simons, WorkLife Wellness Specialist

2010-11 Statistics

Total Participation – 11,716
- Employee Assistance appointments – 964
- Wellness Screenings – 1,814
- Flu Shots – 5,968
- Offerings (classes/programs) – 2,508
- Nutrition Consultations - 220
- Family caregiver fair attendees – 242

Employee Assistance

Total Appointments: 964; Unique Clients: 336

Employee/Family Client Type 2010-11
- Employee 234
- Employee/Spouse 48
- Spouse 20
- Employee/Family 12
- Employee/Dependant 10
- Dependent 9
- Other 3

Top Presenting Problems Addressed by EAP

- Marital/Partner 22%
- Job/Career Issues 19%
- Stress/Anxiety 14%
- Other 13%
- Child/Parent 12%
- Depression 10%
- Family 5%
- Grief/Loss 5%

220 Nutrition Consultations with 159 unique clients in 2010-11.

Class/Program Offerings

- Stress 26
- Interpersonal/Relational 24
- Nutrition 19
- Weight 14
- Financial 14
- Physical Activity 10
- Mental Health 6
- Preventive 5
- Self Care 5
- Chronic Conditions 4
- Other 4

Awards

2007, CUPA-HR Midwest Region Institutional Award of Excellence
2010, Working Mother 100 Best Companies (ranked 74/100 in WorkLife)
2010, Finalist for Indiana's Healthiest Employers

Contact WorkLife Programs:
1601 W. State Street
West Lafayette, IN 47906
49-45461 or worklife@purdue.edu
In 2010-11 WorkLife spent a total of $959,335 dollars on programs to support Purdue University faculty and staff. Over half (57%) of the budget was spent on Wages & Fringe Benefits. In addition, 21% of the total budget ($199,006) was spent on Flu Shots. Finally, Wellness Screenings and Core Programming each accounted for 11% of the total budget in 2010-11; Incentives accounted for less than 1% of the total budget.

In 2010 the WorkLife Programs Survey was administered to 10,726 University employees and yielded a total of 1,739 responses. The majority (54%) of respondents were Administrative/Professional Staff, followed by 22% Clerical Staff, 13% Faculty, and 11% Service Staff. Additionally, the majority of respondents were female, accounting for 65% of respondents.

In 2010, 85% of respondents Strongly Agreed/Agreed that WorkLife Programs contribute to better employee morale. This is consistent with previous survey results indicating in 2009 that 81% of respondents shared this sentiment as well as 84% in 2008. Selected survey results from 2010 are presented below.

**Quality of Life**

- My immediate supervisor models a healthy lifestyle. 70.0% Strongly Agree/Agree, 30.0% Strongly Disagree/Disagree
- The people I work with demonstrate their commitment to quality of life through their use of resources such as flextime. 59.5% Strongly Agree/Agree, 40.5% Strongly Disagree/Disagree
- The people I work with are positively recognized for efforts to live a healthy lifestyle. 36.9% Strongly Agree/Agree, 63.1% Strongly Disagree/Disagree
- The people I work with support participation in WorkLife Programs, services or offerings. 64.4% Strongly Agree/Agree, 35.6% Strongly Disagree/Disagree
- The people I work with are encouraged to take advantage of staff development and wellness program opportunities. 66.5% Strongly Agree/Agree, 33.5% Strongly Disagree/Disagree
- The stress of meeting family/personal responsibilities keeps me from doing my best while at work. 25.3% Strongly Agree/Agree, 74.7% Strongly Disagree/Disagree
- No matter how hard I work, I can’t get everything done. 50.5% Strongly Agree/Agree, 49.5% Strongly Disagree/Disagree
- I feel physically/emotionally drained at the end of the work day. 55.1% Strongly Agree/Agree, 44.9% Strongly Disagree/Disagree

**Managing Finances**

Respondents were generally confident in managing debt, credit, and budget. However, 65% of respondents reported being only somewhat confident/not at all confident in managing their retirements. Additionally, over half (54%) of respondents reported being only somewhat confident/not at all confident in managing savings for emergencies.

Additional Results:
- Only 41% of respondents reported feeling energized in their workplace/department.
- 97% of respondents Strongly Agreed/Agreed that investing in prevention of disease is a good strategy for Purdue.
- 72% of survey respondents recommended preventive screenings.

Office of Institutional Research I Hovde Hall of Administration I 610 Purdue Mall I West Lafayette, IN 47907-2040
Phone: (765) 494-7139 I Email: oir@purdue.edu I www.purdue.edu/oir