



HealthierFeds Physical  
Activity Challenge:

Results from the Twelve  
Month Follow-up Survey

Submitted to  
The Work/Life Group  
Center for Employee and Family  
Support Policy  
Strategic Human Resources

UNITED STATES OFFICE OF PERSONNEL MANAGEMENT



February 2009

**HealthierFeds Physical Activity Challenge:  
Results from the Twelve Month Follow-up Survey**

**Submitted to:**

**The Work/Life Group  
Center for Employee and Family Support Policy  
Strategic Human Resources Policy Division**

---

**Assessment Services Branch, Center for Talent Services  
Division for Human Resources Products and Services  
U.S. Office of Personnel Management  
Washington, D.C.: February 2009**

## Executive Summary

This report presents results of the analysis of a survey administered as a follow-up to the HealthierFeds Physical Activity Challenge. Sponsored by the Office of Personnel Management, the Department of Health and Human Services, and the President's Council on Physical Fitness and Sports, the Challenge promoted participation in regular, moderate exercise. The Challenge took place from January 22, 2007 to April 1, 2007 with the purpose of promoting health by facilitating positive changes in physical activity levels, behaviors, and related attitudes and motivation. The extent to which such changes occurred was assessed in follow-up studies, including this survey issued 12 months after the Challenge. Respondents to the survey included eligible participants: Federal employees, Government contractors, retirees, and family members of Federal employees. The Work/Life Group of OPM's Center for Employee and Family Support Policy, Division for Strategic Human Resources Policy, partnered with OPM's Assessment Services Branch, Center for Talent Services in the Division for Human Resources Products and Services in the reporting and analysis.

### Physical Activity Levels, Intensity and Duration

- The majority of respondents to the twelve month Challenge survey were full-time Federal employees (93%).
- Almost half (45%) of survey respondents reported that they were engaged in more physical activity 12 months after the Challenge than at the start of the Challenge.
- In terms of activity intensity, participants reported a greater average number of days engaging in moderate (3.7) versus vigorous activity (2.7) during the week prior to the survey. In addition, a larger percentage of participants engaged in moderate activity for 5 to 7 days in the week prior to the survey (39%) than engaged in vigorous activity for 5 to 7 days in the week prior (24%).
- Participants reported that on any one day, the actual time (minutes, hours) they engaged in vigorous activity exceeded the time respondents spent in moderate activities. Asked to report the time spent in activity on a single day in the week prior to the survey, 32% reported spending just over an hour to more than 2 hours in vigorous activity while 26% spent the same amount of time involved in moderate activities.
- Similar activity levels were reported across participant groups (e.g., Federal employees, retirees). With the exception of family members, fewer respondents engaged in moderate physical activity for more than an hour in a single day than engaged in vigorous activity for more than an hour in a single day: 26% of full-time employees (vs. 32% for vigorous activity), 27% of part-time employees (vs. 31%), 23% of contractors (vs. 31%), 28% of retirees (vs. 32%), and 26% of family members (vs. 25%).

### Behaviors and Attitudes

- Over half of the participants reported that they are more likely to look for ways to fit physical activity into the day (55%) and to try to eat a healthy diet (51%) 12 months after the Challenge than at the start of the Challenge.
- With 50% more likely to enjoy being physically active, and 49% more likely to be aware of the benefits of physical activity, results suggest that the Challenge may have had a beneficial influence on shaping positive attitudes among many participants.

- Results from the different participant groups (e.g., Federal employee, retiree) show similar patterns. Since the Challenge, roughly half of each group of respondents expressed being more likely to engage in positive behavior and attitude changes with respect to physical activity.

### **Motivation to Change**

- More than half of survey respondents were more likely to feel motivated to engage in physical activity 12 months after the Challenge than at the start of the Challenge (52%). Slightly fewer (44%) were more likely to encourage or be encouraged by a coworker to be physically active.
- A number of factors proved to be strongly motivating to participants in maintaining or increasing their level of physical activity, including a desire to improve overall health (86%), desire to improve energy level and/or alleviate stress (74%), and desire to lose weight (69%). Fewer reported being motivated by a desire to maintain or increase the physical activity level achieved through the Challenge (25%), another program similar to the Challenge (10%), or a physician's recommendation to get more exercise (16%).

Based on this survey sample, a large proportion of those who participated in the HealthierFeds Physical Activity Challenge report 12 months after the Challenge being more physically active, more likely to look for ways to stay fit and eat healthy diets, and/or more motivated to participate in physical activity.

The Physical Activity Guidelines for Americans encourages adults ages 18-64 to participate in 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. Overall survey results show respondents are well on the way to meeting or exceeding these guidelines.

## Contents

Introduction.....	5
Results.....	5
Physical Activity Levels and Intensity .....	6
Behaviors and Attitudes.....	11
Motivation to Change .....	12
Appendix A.....	14
Appendix B.....	16
Appendix C.....	19

## Introduction

---

The Work/Life Group of OPM's Center for Employee and Family Support Policy, Division for Strategic Human Resources Policy, partnered with OPM's Assessment Services Branch, Center for Talent Services in the Division for Human Resources Products and Services to analyze and report on the twelve month HealthierFeds Physical Activity Challenge Survey. Sponsored by OPM, the Department of Health and Human Services, and the President's Council on Physical Fitness and Sports, the HealthierFeds Challenge took place from March 18 to April 1, 2007. The Challenge promoted participation in regular, moderate physical activity. Successful participants engaged in physical activity for 30 minutes per day, five or more days per week, for a period of six weeks.

A follow-up survey assessed changes in physical activity behaviors and related attitudes and motivation of participants in the 2007 HealthierFeds Physical Activity Challenge. The 8-item survey was administered 12 months post Challenge by the Work/Life Group in the spring of 2008 (see Appendix A for actual survey content). Respondents to the survey included eligible Challenge participants: Federal employees, Government contractors, retirees, and family members of Federal employees. The survey was sent to approximately 27,000 participants and was subsequently completed and returned by 7,105 respondents (with 1,850 undeliverables, the response rate was calculated as 28%). The Work/Life Group provided data from the twelve month survey of Challenge participants to CTS/ASB psychologists for analysis (for comparison, Appendix C shows results to the six month survey). This report provides results of the analysis.

## Results

---

Table 1 shows percentage and number (N) of survey respondents for each Challenge participant category. The majority of participants described themselves as full-time employees (93%).

**Table 1.** Respondent Characteristics

	<b>Percent (%) (N)</b>
Full-time Employee	93% (6,540)
Part-time Employee	2% (162)
Contractor	3% (174)
Federal Retiree	1% (83)
Family Member of Federal Employee	1% (46)
No Response Provided	1% (100)
Total	100% (7,105)

The survey asked participants to report on their frequency and levels of physical activity, behaviors and attitudes toward physical activity, and what motivates them to remain physically active. The following section describes results according to survey group and topics.

**Physical Activity Levels and Intensity**

Participants were asked to compare their current and pre-Challenge physical activity levels. Shown in Figure 1, a total of 89% were at least as active since participating in the Challenge.

**Figure 1.** Changes in Activity Twelve Months After the Challenge

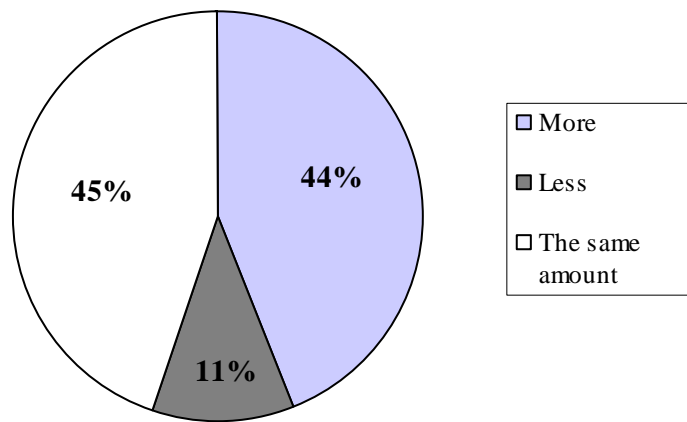


Table 2 provides responses to the same item by respondent group. Looking within groups, roughly half of all part-time employees (50%) and contractors (49%) were involved in *more* physical activity, while the largest percentage of retirees (53%) and family members (49%) reported the *same amount* of physical activity since the Challenge.

**Table 2.** Changes in Activity Twelve Months after the Challenge by Participant Type

	<b>Less</b>	<b>Same Amount</b>	<b>More</b>	<b>Total</b>
	Percent (N)	Percent (N)	Percent (N)	Percent (N)
All Respondents	11% (753)	45% (3,120)	44% (3,030)	100% (6,903)
Full-time Employee	11% (710)	45% (2,923)	44% (2,812)	100% (6,445)
Part-time Employee	8% (13)	42% (66)	50% (80)	100% (159)
Contractor	13% (22)	38% (66)	49% (85)	100% (173)
Federal Retiree	7% (6)	53% (43)	40% (32)	100% (81)

	Less	Same Amount	More	Total
Family Member of Federal Employee	4% (2)	49% (22)	47% (21)	100% (45)

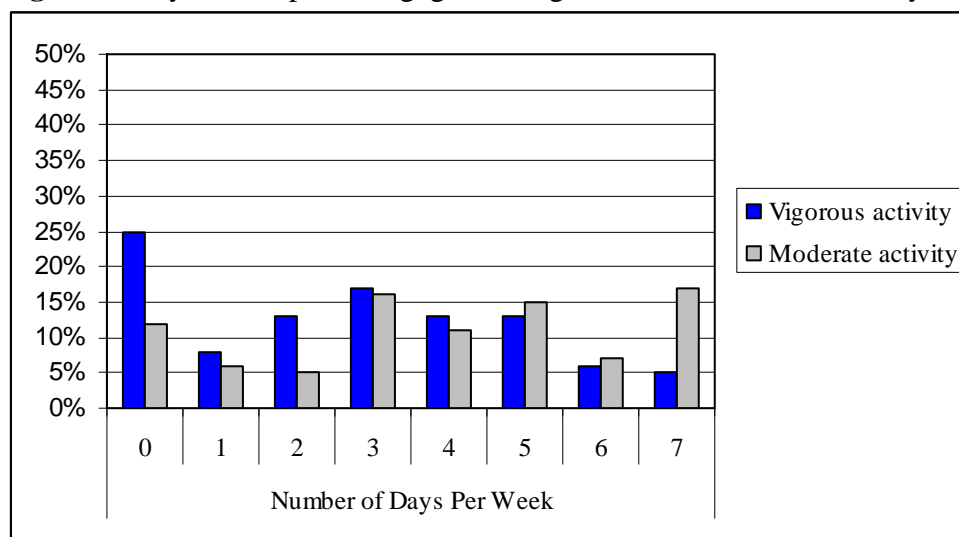
Challenge participants were asked how many days during the prior week they had engaged in vigorous activity (e.g., *heavy lifting, digging, aerobics, or fast bicycling*) or moderate physical activity (e.g., *carrying light loads, bicycling at a regular pace, walking, or doubles tennis*). As displayed in Table 3, participants reported spending a greater average number of days engaged in moderate physical activity than vigorous physical activity during the week prior to the survey.

**Table 3.** Average Number of Days Per Week Participants Engaged in Physical Activity

Average days of vigorous activity during the last 7 days	2.7
Average days of moderate activity during the last 7 days	3.7

Results in Table 4 show the specific number of days participants spent in each activity type over the course of the previous week. Half of the participants involved in vigorous activity did so for 1-4 days. Similarly, for those who were involved in moderate activity, 38% did so for 1-4 days. Higher frequencies of activity, 5-7 days, were reported by 24% of those involved in vigorous activity, while 39% of those involved in moderate physical activity engaged for 5-7 days.

**Figure 2.** Days Participants Engaged in Vigorous vs. Moderate Activity During Prior Week





**Table 4.** Number of Days Participants Engaged in Vigorous vs. Moderate Activity During the 7 Days Prior to the Survey

	Number of Days Per Week							
	0	1	2	3	4	5	6	7
Vigorous activity	25%	8%	13%	17%	13%	13%	6%	5%
Moderate activity	12%	6%	5%	16%	11%	15%	7%	17%

Table 5 expands on Table 4 results by showing the differences in number of days for vigorous as compared with moderate activity participation by surveyed group (e.g., full-time employee, retiree). A fairly substantial proportion of each group engages in vigorous activity for five days or more days; retirees show the greatest rates of participation—33% versus 25% for full-time employees, 27% for part-time employees, 28% for contractors, and 28% for family members. Also shown in Table 5, a comparatively larger portion of each group engages in moderate physical activity for five days or more: 39% of full-time employees, 38% of part-time employees, 43% of contractors, 47% of retirees, and 29% of family members.

**Table 5.** Number of Days Respondents Performed Vigorous Compared with Moderate Physical Activities During the 7 Days Prior to the Survey by Challenge Participant Group

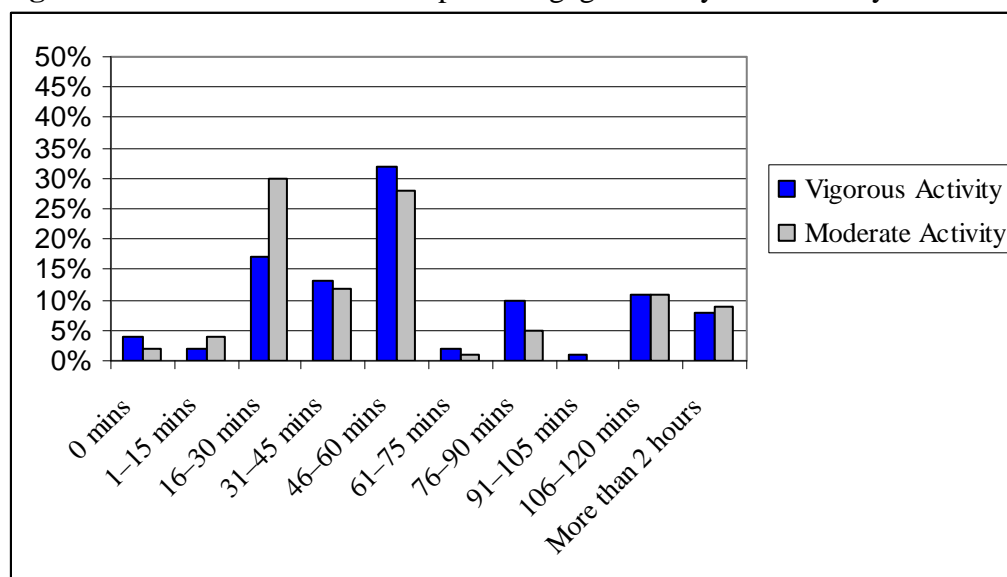
	0	1	2	3	4	5	6	7	Total
	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)
All Respondents- <b>vigorous</b>	25% (1,777)	8% (580)	13% (898)	17% (1,226)	13% (905)	13% (902)	6% (455)	5% (361)	100% (7,104)
All Respondents- <b>moderate</b>	12% (882)	6% (438)	15% (1,082)	16% (1,142)	11% (797)	15% (1,044)	7% (491)	17% (1,227)	99%* (7,103)
Full-time Employee- <b>vigorous</b>	25% (1,616)	8% (533)	13% (848)	17% (1,138)	13% (838)	13% (818)	7% (425)	5% (324)	101%* (6,540)
Full-time Employee- <b>moderate</b>	12% (780)	6% (408)	16% (1,018)	16% (1,057)	12% (732)	15% (955)	7% (457)	17% (1,132)	101%* (6,539)
Part-time Employee- <b>vigorous</b>	27% (44)	9% (15)	9% (14)	15% (24)	14% (22)	11% (17)	9% (14)	7% (12)	101%* (162)
Part-time Employee- <b>moderate</b>	12% (19)	6% (9)	11% (18)	21% (34)	12% (19)	14% (23)	9% (15)	15% (25)	100% (162)
Contractor- <b>vigorous</b>	22% (39)	9% (15)	10% (16)	18% (31)	14% (25)	17% (29)	4% (7)	7% (12)	101%* (174)
Contractor- <b>moderate</b>	15% (26)	5% (9)	14% (25)	12% (20)	11% (19)	18% (32)	6% (10)	19% (33)	100% (174)
Federal Retiree- <b>vigorous</b>	17% (14)	10% (8)	11% (9)	17% (14)	13% (11)	24% (20)	4% (3)	5% (4)	101%* (83)

	0	1	2	3	4	5	6	7	Total
Federal Retiree- <b>moderate</b>	10% (8)	6% (5)	16% (13)	10% (8)	12% (10)	19% (16)	5% (4)	23% (19)	101%* (83)
Family Member of Federal Employee- <b>vigorous</b>	20% (9)	13% (6)	11% (5)	20% (9)	9% (4)	20% (9)	4% (2)	4% (2)	101%* (52)
Family Member- <b>moderate</b>	11% (5)	13% (6)	11% (5)	22% (10)	15% (7)	22% (10)	0% (0)	7% (3)	101%* (46)

\*Percentage totals greater than 100 are due to rounding.

As a follow-up to questions about number of days spent in vigorous or moderate activities, respondents were also asked to estimate how much time they engaged in vigorous/moderate physical activity on *any one day* of the 7 day period prior to the survey. Results in Figure 3 and Table 6 show that, in terms of vigorous physical activity, 23% spent 30 or fewer minutes, while another 32% spent just over an hour to more than 2 hours engaged in vigorous activity. Those who reported engaging in moderate activity on a single day during the same one week time frame tended to do so for slightly shorter periods. Also shown in Table 6, 36% spent 30 or fewer minutes, while 26% spent just over an hour to more than 2 hours on a day in which they engaged in a moderate physical activity. Findings suggest that those engaged in vigorous activities tend to do so for longer durations than those reporting involvement in moderate activities on a single day.

**Figure 3.** Amount of Time Participants Engaged in Physical Activity in One Day



**Table 6.** Total Amount of Time on One Day That Participants Engaged in Physical Activity During the Week Prior to the Survey

	0 mins	1–15 mins	16–30 mins	31–45 mins	46–60 mins	61–75 mins	76–90 mins	91–105 mins	106–120 mins	More than 2 hours
Vigorous Activity	4%	2%	17%	13%	32%	2%	10%	1%	11%	8%
Moderate Activity	2%	4%	30%	12%	28%	1%	5%	0%	11%	9%

Table 7 provides a breakout of results by respondent group for time spent in a single day in vigorous physical activity. With the exception of Federal employee family members (25%), almost one-third of participant groups reported spending an hour or more engaged in vigorous physical activity on any one day (32% of full-time employees, 31% of part-time employees, 31% of contractors, and 32% of retirees).

**Table 7.** Total Amount of Time on One Day Participants by Group Engaged in Vigorous Activity During the Week Prior to the Survey

	0 mins	1–15 mins	16–30 mins	31–45 mins	46–60 mins	61–75 mins	76–90 mins	91–105 mins	106–120 mins	More than 2 hrs	Total
	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)
All Respondents	4% (232)	2% (99)	17% (927)	13% (701)	32% (1,739)	2% (114)	10% (518)	1% (51)	11% (611)	8% (447)	100% (5,439)
Full-time Employee	4% (220)	2% (90)	17% (859)	13% (646)	32% (1,597)	2% (106)	10% (482)	1% (48)	11% (565)	8% (416)	100% (5,029)
Part-time Employee	6% (7)	3% (4)	18% (22)	15% (18)	29% (35)	2% (2)	9% (11)	1% (1)	10% (12)	9% (11)	102%* (123)
Contractor	2% (3)	3% (4)	13% (17)	15% (21)	37% (50)	1% (1)	11% (15)	1% (1)	13% (17)	5% (7)	101%* (136)
Federal Retiree	0% (0)	2% (1)	19% (12)	11% (17)	39% (25)	0% (0)	8% (5)	2% (1)	11% (7)	11% (7)	103%* (65)
Family Member of Federal Employee	0% (0)	0% (0)	19% (7)	11% (4)	46% (17)	5% (2)	3% (1)	0% (0)	9% (3)	8% (3)	101%* (37)

\* Percentage totals greater than 100 are due to rounding.

Table 8 provides estimates by respondent group of time spent involved in moderate activity for a single day during the week prior to the survey. Compared with vigorous activity, fewer respondents spent more than an hour engaged in moderate physical activity: 26% of full-time employees, 27% of part-time employees, 23% of contractors, 28% of retirees, and 26% of family members. Again periods of engagement in moderate activity are of shorter duration.

**Table 8.** Total Amount of Time on One Day Participants by Group Engaged in Moderate Activity During the Week Prior to the Survey

	0 mins	1–15 mins	16–30 mins	31–45 mins	46–60 mins	61–75 mins	76–90 mins	91–105 mins	106–120 mins	More than 2 hrs	Total
	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)
All Respondents	2% (90)	4% (218)	30% (1,828)	12% (727)	28% (1,735)	1% (61)	5% (285)	0% (21)	11% (665)	9% (530)	102%* (4,756)
Full-time Employee	2% (84)	3% (196)	30% (1,701)	12% (676)	28% (1,595)	1% (59)	5% (273)	0% (18)	11% (614)	9% (486)	101%* (5,702)
Part-time Employee	2% (3)	6% (8)	29% (42)	10% (15)	28% (39)	1% (1)	4% (5)	1% (1)	10% (14)	11% (16)	102%* (144)
Contractor	1% (1)	4% (5)	27% (39)	9% (13)	37% (53)	0% (0)	2% (3)	0% (0)	14% (20)	7% (10)	101%* (144)
Federal Retiree	0% (0)	11% (8)	21% (15)	10% (7)	31% (22)	0% (0)	3% (2)	3% (2)	14% (10)	8% (6)	101%* (72)
Family Member of Federal Employee	0% (0)	2% (1)	27% (11)	12% (5)	32% (13)	0% (0)	2% (1)	0% (0)	12% (5)	12% (5)	99%* (41)

\* Percentage totals greater or less than 100 are due to rounding.

### ***Behaviors and Attitudes***

Items in the twelve month survey examined behavior changes toward an overall healthy lifestyle due to participation in the Challenge. Demonstrated in Table 9, over half of the participants reported that they are more likely to look for ways to fit physical activity into the day (55%) and to try to eat a healthy diet (51%). No more than 1% of participants stated that that they were less likely to engage in the above behaviors, suggesting that participants perceive themselves as more likely to promote and engage in healthy behaviors since participating in the Challenge.

**Table 9.** Since participating in the Challenge, are you *more likely, about as likely, or less likely* to do the following?

	<b>Less likely</b>	<b>About as likely</b>	<b>More likely</b>	<b>Total</b>
Look for ways to fit physical activity into the day	1%	44%	55%	100%
Try to eat a healthy diet	1%	48%	51%	100%

Attitudes are expected to change with experience; they are generally positive or negative, representing someone’s degree of like or dislike for a person, thing or so on. Moreover, awareness is thought to shape attitudes. The survey contained items to assess both attitudes and

awareness. Demonstrated in Table 10, 50% of respondents were more likely to enjoy being physically active and 49% were more likely to be aware of the benefits of physical activity. Results suggest that the Challenge may have had a beneficial influence on shaping positive attitudes among many participants.

**Table 10.** Attitude and Awareness Since the Challenge

Since participating in the Challenge, are you <i>more likely, about as likely, or less likely</i> to do the following?	<b>Less likely</b>	<b>About as likely</b>	<b>More likely</b>	<b>Total</b>
Be aware of the benefits of physical activity	1%	50%	49%	101%*
Enjoy being physically active	1%	49%	50%	100%

\* Percentage totals greater than 100 are due to rounding.

### ***Motivation to Change***

Actual behavior change occurs to the extent individuals are motivated to change. The survey included several items to assess how participant motivation was influenced by the Challenge. Table 11 shows more than half of respondents to the survey were more likely to feel motivated to engage in physical activity since the Challenge. Slightly fewer (44%) were more likely to encourage or be encouraged by a coworker to be active.

**Table 11.** Assessing Motivation for Change

Since participating in the Challenge, are you <i>more likely, about as likely, or less likely</i> to do the following?	<b>Less likely</b>	<b>About as likely</b>	<b>More likely</b>	<b>Total</b>
Feel motivated to be physically active	1%	47%	52%	100%
Encourage or be encouraged by a co-worker to be physically active	6%	51%	44%	101%*

\* Percentage totals greater than 100 are due to rounding.

Participants also indicated whether certain factors motivated them to maintain or increase their levels of physical activity. As displayed in Table 12, 86% of participants were motivated by a desire to improve their overall health. Other motivating factors that were reported by a majority of the participants include a desire to improve their energy levels and/or alleviate stress (74%) and a desire to lose weight (69%). However, far fewer (25%) noted that they were motivated by a desire to maintain or increase the physical activity level they achieved through the Challenge, and just 10% were motivated by another program similar to the HealthierFeds Challenge.

See Appendix B for responses to each item displayed in Table 12 by survey respondent group (e.g., Federal employee, retiree). Patterning of results suggests that the Challenge had a positive affect on expressed participant motivation.

**Table 12.** Factors Motivating Participants to Maintain Or Increase Physical Activity Levels

What motivates you to maintain or increase your level of physical activity?	<b>Percent (N)</b>
A desire to improve overall health	86% (6,101)
A desire to improve my energy level and/or alleviate stress	74% (5,254)
A desire to lose weight	69% (4,906)
A desire to maintain or increase the physical activity level I've achieved through the Challenge	25% (1,747)
Another program like the HealthierFeds Physical Activity Challenge	10% (680)
Physician's recommendation that I get more exercise	16% (1,122)
None of the Above	3% (210)

## Appendix A

---

### HealthierFeds Physical Activity Challenge Survey - 12 Month

1. Are you a: (*Select one answer.*)

Full-time employee?
Contractor?
Part-time employee?
Federal Retiree?
Family Member of Federal Employee?

2. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?

Number of Days							
0	1	2	3	4	5	6	7

3. How much time did you usually spend doing vigorous physical activities on one of those days? (*Responses recorded by respondent in hours/minutes.*)

4. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, walking, or doubles tennis?

Number of Days							
0	1	2	3	4	5	6	7

5. How much time did you usually spend doing moderate physical activities on one of those days? (*Responses recorded by respondent in hours/minutes.*)

6. Since participating in the Challenge, are you *more likely, about as likely, or less likely* to do the following?

Be aware of the benefits of physical activity
Feel motivated to be physically active
Look for ways to fit physical activity into my day
Encourage or be encouraged by a co-worker to be physically active
Enjoy being physically active
Try to eat healthy

7. Compared to six months ago, how much physical activity are you engaged in now?

The Same Amount
More
Less

8. What motivates you to maintain or increase your level of physical activity (*select all that apply*)?

A desire to improve my overall health
A desire to improve my energy level and/or alleviate stress
A desire to lose weight
A desire to maintain or increase the physical activity level I achieved through the Challenge
My physician's recommendation that I get more exercise
Another program like the HealthierFeds Physical Activity Challenge
None of the Above



## Appendix B

### Motivation Items by Survey Respondent Group (e.g., full-time employee, retiree)

Since participating in the Challenge, are you *more likely, about as likely, or less likely* to look for ways to fit physical activity into your day?

	<b>Less Likely</b>	<b>About as Likely</b>	<b>More Likely</b>	<b>Total</b>
	Percent (N)	Percent (N)	Percent (N)	Percent (N)
All Respondents	1% (96)	44% (3,027)	55% (3,800)	100% (6,923)
Full-time Employee	1% (92)	44% (2,803)	55% (3,505)	100% (6,400)
Part-time Employee	1% (2)	41% (66)	58% (92)	100% (160)
Contractor	1% (1)	49% (82)	51% (86)	101%* (169)
Federal Retiree	1% (1)	51% (41)	48% (38)	100% (80)
Family Member of Federal Employee	1% (0)	44% (14)	55% (32)	100% (46)

(N) indicates number of respondents.

\* Percentage totals greater than 100 are due to rounding.

Since participating in the Challenge, are you *more likely, about as likely, or less likely* to feel motivated to be physically active?

	<b>Less Likely</b>	<b>About as Likely</b>	<b>More Likely</b>	<b>Total</b>
	Percent (N)	Percent (N)	Percent (N)	Percent (N)
All Respondents	1% (93)	47% (3,265)	52% (3,602)	100% (6,960)
Full-time Employee	1% (87)	47% (3,026)	52% (3,320)	100% (6,433)
Part-time Employee	1% (2)	41% (66)	58% (92)	100% (160)
Contractor	2% (3)	54% (92)	44% (76)	100% (171)
Federal Retiree	0% (0)	49% (40)	51% (41)	100% (81)
Family Member of Federal Employee	0% (0)	39% (18)	61% (28)	100% (46)

Since participating in the Challenge, are you *more likely, about as likely, or less likely* to be aware of the benefits of physical activity?

	<b>Less Likely</b>	<b>About as Likely</b>	<b>More Likely</b>	<b>Total</b>
	Percent (N)	Percent (N)	Percent (N)	Percent (N)
All Respondents	1% (45)	50% (3,453)	50% (3,470)	101%* (6,968)
Full-time Employee	1% (42)	50% (3,194)	50% (3,208)	101%* (6,444)
Part-time Employee	1% (1)	48% (75)	52% (82)	101%* (158)
Contractor	1% (1)	57% (96)	43% (73)	101%* (170)
Federal Retiree	0% (0)	49% (40)	51% (42)	100% (82)
Family Member of Federal Employee	0% (0)	43% (20)	57% (26)	100% (46)

\* Percentage totals greater than 100 are due to rounding.

Since participating in the Challenge, are you *more likely, about as likely, or less likely* to encourage or be encouraged by a coworker to be physically active?

	<b>Less Likely</b>	<b>About as Likely</b>	<b>More Likely</b>	<b>Total</b>
	Percent (N)	Percent (N)	Percent (N)	Percent (N)
All Respondents	4% (294)	52% (3,609)	44% (3,016)	100% (6,919)
Full-time Employee	5% (262)	52% (3,356)	44% (2,782)	101%* (4,169)
Part-time Employee	5% (8)	50% (78)	45% (70)	100% (156)
Contractor	6% (11)	47% (81)	46% (79)	99%* (171)
Federal Retiree	4% (3)	56% (45)	41% (33)	101%* (81)
Family Member of Federal Employee	9% (4)	49% (22)	42% (19)	100% (45)

\* Percentage totals greater or less than 100 are due to rounding.

Since participating in the Challenge, are you *more likely, about as likely, or less likely* to enjoy being physically active?

	<b>Less Likely</b>	<b>About as Likely</b>	<b>More Likely</b>	<b>Total</b>
	Percent (N)	Percent (N)	Percent (N)	Percent (N)
All Respondents	1% (74)	50% (3,450)	49% (3,409)	100% (6,933)
Full-time Employee	1% (71)	50% (3,193)	49% (3,145)	100% (6,409)
Part-time Employee	0% (0)	54% (87)	46% (73)	100% (160)
Contractor	1% (2)	47% (80)	52% (89)	100% (171)
Federal Retiree	0% (0)	49% (40)	51% (41)	100% (81)
Family Member of Federal Employee	0% (0)	47% (21)	53% (24)	100% (45)

Since participating in the Challenge, are you *more likely, about as likely, or less likely* to try to eat healthy?

	<b>Less Likely</b>	<b>About as Likely</b>	<b>More Likely</b>	<b>Total</b>
	Percent (N)	Percent (N)	Percent (N)	Percent (N)
All Respondents	1% (61)	48% (3,352)	51% (3,506)	100% (6,919)
Full-time Employee	1% (57)	49% (3,108)	51% (3,231)	101%* (6,396)
Part-time Employee	1% (1)	47% (75)	52% (83)	100% (159)
Contractor	2% (3)	47% (80)	52% (88)	101%* (171)
Federal Retiree	0% (0)	56% (45)	44% (35)	100% (80)
Family Member of Federal Employee	0% (0)	35% (16)	65% (30)	100% (46)

\* Percentage totals greater than 100 are due to rounding.

## Appendix C

### HealthierFeds Physical Activity Challenge Survey – Six Month Survey Results

Sponsored by OPM, Department of Health and Human Services, and the President’s Council on Physical Fitness and Sports, the HealthierFeds Challenge took place from January 22 through March 18, 2007. HealthierFeds is based on the premise that chronic disease can be prevented through modest exercise. The purpose of the Challenge was to promote health by facilitating positive changes in physical activity among participants. Successful participants engaged in physical activity for 30 minutes per day, five or more days per week for a period of six weeks.

Six months after the Challenge, changes in participant physical activity behaviors, related attitudes and motivation were assessed by an 8-item survey. The survey was administered by the Work/Life Group of OPM’s Center for Employee and Family Support Policy, Division for Strategic Human Resources Policy. The survey asked questions about the amount and intensity of physical activity, behaviors and attitudes toward physical activity, and what motivates participants to keep physically active. Respondents included eligible Challenge participants: full-time Federal employees, part-time Federal employees, contractors, retirees, and family members of Federal employees. A total of 27,000 surveys were administered and 4,642 Challenge participants completed the survey (with undeliverables of 646, the response rate was calculated as 18%).

OPM’s Assessment Services Branch, Center for Talent Services in the Division for HR Products and Services analyzed and reported on the twelve month HealthierFeds Physical Activity Challenge Survey. The six month survey was also analyzed (not included in the agreement and so included as appendix) and results are provided below for comparison. Item wording appears in each table; frequencies and percentages are displayed for each item and by respondent group.

#### 1. Are you a:

	Percent (N)
Full-time Employee	92% (4,268)
Part-time Employee	3% (136)
Contractor	3% (129)
Federal Retiree	1% (57)
Family Member of Federal Employee	1% (52)
Total	100% (4,642)

(N) indicates number of respondents.

**2. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?**

	0	1	2	3	4	5	6	7	Total
	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	Percent (N)
All Respondents	26% (1,211)	8% (387)	13% (603)	17% (788)	12% (556)	13% (642)	7% (313)	5% (256)	101%* (4,756)
Average number of total days									2.8

(N) indicates number of respondents.

\* Percentage totals greater than 100 are due to rounding.

**Question 2 by Participant Group**

**During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?**

	0	1	2	3	4	5	6	7	Total
	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	Percent (N)
Full-time Employee	26% (1,088)	8% (349)	13% (552)	17% (718)	12% (503)	13% (561)	6% (273)	5% (224)	100% (4,268)
Part-time Employee	15% (21)	8% (11)	14% (19)	15% (20)	14% (19)	18% (24)	10% (14)	6% (8)	100% (136)
Contractor	23% (29)	9% (11)	12% (15)	20% (26)	13% (17)	19% (24)	3% (4)	2% (3)	101%* (129)
Federal Retiree	19% (11)	5% (3)	9% (5)	19% (11)	7% (4)	16% (9)	12% (7)	12% (7)	99% (57)
Family Member of Federal Employee	10% (5)	14% (7)	10% (5)	19% (10)	12% (6)	21% (11)	6% (3)	10% (5)	102%* (52)

(N) indicates number of respondents.

\*Percentage totals greater than 100 are due to rounding.

**3. How much time did you usually spend doing vigorous physical activities on one of those days? (Responses recorded by respondent in hours/minutes.)**

	0 mins	1–15 mins	16–30 mins	31–45 mins	46–60 mins	61–75 mins	76–90 mins	91–105 mins	106–120 mins	More than 2 hours
Vigorous Activity	4%	2%	16%	14%	34%	3%	9%	1%	10%	7%

**Question 3 by Participant Group**

**How much time did you usually spend doing vigorous physical activities on one of those days?**

	0 mins	1–15 mins	16–30 mins	31–45 mins	46–60 mins	61–75 mins	76–90 mins	91–105 mins	106–120 mins	More than 2 hours	Total
	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)
Full-time Employee	4% (124)	2% (68)	17% (545)	14% (452)	34% (1,097)	3% (82)	9% (284)	1% (23)	10% (336)	7% (217)	101%* (3,228)
Part-time Employee	2% (2)	0% (0)	19% (22)	17% (20)	31% (36)	3% (3)	9% (10)	0% (0)	6% (7)	14% (16)	101%* (116)
Contractor	7% (7)	2% (2)	9% (10)	18% (19)	32% (34)	5% (5)	11% (12)	0% (0)	9% (9)	8% (8)	101%* (106)
Federal Retiree	2% (1)	0% (0)	7% (3)	9% (4)	20% (9)	7% (3)	13% (6)	4% (2)	20% (9)	18% (8)	100% (45)
Family Member of Federal Employee	0% (0)	6% (3)	17% (8)	23% (11)	13% (6)	4% (2)	11% (5)	4% (2)	11% (5)	11% (5)	100% (47)

(N) indicates number of respondents.

\* Percentage totals greater than 100 are due to rounding.

**4. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, walking, or doubles tennis?**

	0	1	2	3	4	5	6	7	Total
	%t (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	Percent (N)
All Respondents	14% (677)	8% (362)	14% (684)	16% (744)	10% (481)	15% (712)	6% (287)	17% (809)	100% (4,756)
Average number of total days									3.5

**Question 4 by Participant Group**

**During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, walking, or doubles tennis?**

	0	1	2	3	4	5	6	7	Total
	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)
Full-time Employee	14% (576)	8% (330)	15% (623)	16% (681)	10% (435)	15% (651)	6% (245)	17% (727)	101%* (4,268)
Part-time Employee	13% (18)	8% (11)	12% (16)	15% (21)	9% (0)	15% (21)	7% (10)	20% (27)	99%* (136)
Contractor	11% (14)	5% (7)	18% (23)	16% (20)	12% (16)	13% (17)	9% (12)	16% (20)	100% (129)
Federal Retiree	12% (7)	12% (7)	16% (9)	16% (9)	9% (5)	9% (5)	14% (8)	12% (7)	100% (57)
Family Member of Federal Employee	14% (7)	6% (3)	12% (6)	12% (6)	15% (8)	14% (7)	8% (4)	21% (11)	102%* (52)

(N) indicates number of respondents.

\* Percentage totals greater and less than 100 are due to rounding.

**5. How much time did you usually spend doing moderate physical activities on one of those days? (Responses recorded by respondent in hours/minutes.)**

	0 mins	1–15 mins	16–30 mins	31–45 mins	46–60 mins	61–75 mins	76–90 mins	91–105 mins	106–120 mins	More than 2 hours
Moderate Activity	2%	4%	29%	11%	29%	1%	4%	0.3%	11%	9%

## Question 5 by Participant Group

**How much time did you usually spend doing moderate physical activities on one of those days?**

	0 mins	1–15 mins	16–30 mins	31–45 mins	46–60 mins	61–75 mins	76–90 mins	91–105 mins	106–120 mins	More than 2 hours	Total
	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	Percent (N)	Percent (N)
Full-time Employee	2% (59)	5% (166)	29% (1,079)	11% (412)	29% (1,072)	1% (31)	4% (136)	.3% (12)	11% (396)	8% (304)	100% (3,667)
Part-time Employee	1% (1)	3% (4)	28% (33)	11% (13)	22% (26)	0% (0)	3% (4)	0% (0)	12% (14)	19% (22)	99%* (117)
Contractor	1% (1)	3% (3)	27% (31)	13% (15)	33% (38)	2% (2)	6% (7)	0% (0)	10% (11)	5% (6)	100% (114)
Federal Retiree	0% (0)	2% (1)	14% (7)	8% (4)	25% (12)	8% (4)	6% (3)	2% (1)	14% (7)	20% (10)	99%* (49)
Family Member of Federal Employee	0% (0)	2% (1)	16% (7)	21% (9)	16% (7)	2% (1)	9% (4)	0% (0)	2% (1)	30% (13)	98%* (43)

(N) indicates number of respondents.

\*Percentage totals greater and less than 100 are due to rounding.

## 6. Since participating in the Challenge, are you more likely, about as likely, or less likely to do the following?

	More likely	About as likely	Less likely
Look for ways to fit physical activity into the day	56%	43%	1%
Feel motivated to be physically active	56%	43%	1%
Be aware of the benefits of physical activity	49%	51%	.5%
Enjoy being physically active	50%	49%	1%
Try to eat a healthy diet*	50%	50%	1%
Encourage or be encouraged by a co-worker to be physically active*	43%	52%	6%

\* Percentage totals greater and less than 100 are due to rounding.



### Question 6 Items by Participant Group

Since participating in the Challenge, are you more likely, about as likely, or less likely to be **aware of the benefits of physical activity?**

	More Likely	About as Likely	Less Likely	Total
	% (N)	% (N)	% (N)	% (N)
All Respondents	49% (2,269)	51% (2,350)	.5% (22)	100% (4,641)
Full-time Employee	49% (2,048)	51% (2,133)	.5% (19)	100% (4,200)
Part-time Employee	43% (56)	57% (75)	0% (0)	100% (131)
Contractor	52% (66)	48% (61)	0% (0)	100% (127)
Federal Retiree	44% (25)	56% (32)	0% (0)	100% (57)
Family Member of Federal Employee	67% (35)	29% (15)	4% (2)	100% (52)

(N) indicates number of respondents.

Since participating in the Challenge, are you more likely, about as likely, or less likely **to feel motivated to be physically active?**

	More Likely	About as Likely	Less Likely	Total
	% (N)	% (N)	% (N)	% (N)
All Respondents	56% (2,600)	43% (1,974)	1% (55)	100% (4,629)
Full-time Employee	56% (2,341)	43% (1,798)	1% (50)	100% (4,189)
Part-time Employee	49% (63)	50% (65)	2% (2)	101%* (130)
Contractor	59% (74)	41% (52)	0% (0)	10% (126)
Federal Retiree	57% (32)	43% (24)	0% (0)	100% (56)
Family Member of Federal Employee	75% (39)	23% (12)	2% (1)	100% (52)

(N) indicates number of respondents.

\* Percentage totals greater and less than 100 are due to rounding.

Since participating in the Challenge, are you more likely, about as likely, or less likely **to look for ways to fit physical activity into my day?**

	More Likely	About as Likely	Less Likely	Total
	% (N)	% (N)	% (N)	% (N)
All Respondents	56% (2,599)	43% (1,966)	1% (55)	100% (4,620)
Full-time Employee	56% (2,338)	43% (1,792)	1% (52)	100% (4,182)
Part-time Employee	57% (74)	42% (55)	1% (1)	100% (130)
Contractor	60% (76)	39% (50)	1% (1)	100% (127)
Federal Retiree	46% (26)	54% (30)	0% (0)	100% (56)
Family Member of Federal Employee	69% (35)	29% (15)	2% (1)	100% (51)

(N) indicates number of respondents.

Since participating in the Challenge, are you more likely, about as likely, or less likely **to encourage or be encouraged by a coworker to be physically active?**

	More Likely	About as Likely	Less Likely	Total
	% (N)	% (N)	% (N)	% (N)
All Respondents	43% (1,956)	52% (2,392)	6% (253)	101%* (4,601)
Full-time Employee	43% (1,782)	52% (2,176)	5% (211)	100% (4,169)
Part-time Employee	45% (59)	48% (63)	7% (9)	100% (131)
Contractor	45% (57)	54% (68)	2% (2)	101%* (127)
Federal Retiree	25% (14)	58% (33)	18% (10)	100% (57)
Family Member of Federal Employee	29% (14)	49% (24)	22% (11)	100% (49)

(N) indicates number of respondents.

\* Percentage totals greater and less than 100 are due to rounding.

Since participating in the Challenge, are you more likely, about as likely, or less likely to **enjoy being physically active?**

	More Likely	About as Likely	Less Likely	Total
	% (N)	% (N)	% (N)	% (N)
All Respondents	50% (2,311)	49% (2,273)	1% (39)	100% (4,623)
Full-time Employee	50% (2,082)	49% (2,066)	1% (35)	100% (4,183)
Part-time Employee	48% (63)	51% (67)	1% (1)	100% (131)
Contractor	53% (67)	46% (58)	1% (1)	100% (126)
Federal Retiree	40% (23)	60% (34)	0% (0)	100% (57)
Family Member of Federal Employee	69% (35)	28% (14)	4% (2)	101%* (51)

(N) indicates number of respondents.

\* Percentage totals greater and less than 100 are due to rounding.

Since participating in the Challenge, are you more likely, about as likely, or less likely to **try to eat healthy?**

	More Likely	About as Likely	Less Likely	Total
	% (N)	% (N)	% (N)	% (N)
All Respondents	50% (2,281)	50% (2,293)	1% (35)	101%* (4,609)
Full-time Employee	49% (2,052)	50% (2,088)	1% (31)	100% (4,171)
Part-time Employee	46% (60)	54% (70)	22% (0)	100% (130)
Contractor	54% (69)	46% (58)	0% (0)	100% (127)
Federal Retiree	52% (29)	48% (27)	0% (0)	100% (56)
Family Member of Federal Employee	69% (35)	29% (15)	2% (1)	100% (51)

(N) indicates number of respondents.

\* Percentage totals greater and less than 100 are due to rounding.

**7. Compared to six months ago, how much physical activity are you engaged in now?**

More	40%
The same amount	47%
Less	13%

**Question 7 by Participant Group**

**Compared to six months ago, how much physical activity are you engaged in now?**

	More	The Same Amount	Less	Total
	Percent (N)	Percent (N)	Percent (N)	Percent (N)
Full-time Employee	40% (1,681)	47% (1,973)	13% (544)	100% (4,198)
Part-time Employee	46% (60)	44% (58)	11% (14)	101%* (132)
Contractor	44% (56)	42% (53)	14% (17)	100% (126)
Federal Retiree	41% (23)	50% (28)	9% (5)	100% (56)
Family Member of Federal Employee	39% (20)	54% (28)	8% (4)	101%* (52)

(N) indicates number of respondents.

\* Percentage totals greater and less than 100 are due to rounding.

**8. What motivates you to maintain or increase your level of physical activity?**

	Percent (N)
A desire to improve overall health	87% (4056)
A desire to improve my energy level and/or alleviate stress	75% (3490)
A desire to lose weight	68% (3150)
A desire to maintain or increase the physical activity level I've achieved through the Challenge	27% (1258)
Another program like the HealthierFeds Physical Activity Challenge	9% (437)
Physician's recommendation that I get more exercise	15% (693)
None of the Above	3% (158)

(N) indicates number of respondents.