

Distributed February - April 2024

2024: Inspired by You, Designed for You!

WorkWell NYC is the City’s workplace wellness program servicing over **350,000 City of New York employees** and supporting agencies to develop worksite-based programming.

This data is from the **2024 WorkWell NYC Pulse Survey**, designed to assess the wellness needs and priorities of City employees.

5,556 Total Responses

206	771
Executive leaders	Supervisors (Non-executive)



58%

WorkWell NYC participants



50%

10+ years with the City



74%

Identify as female



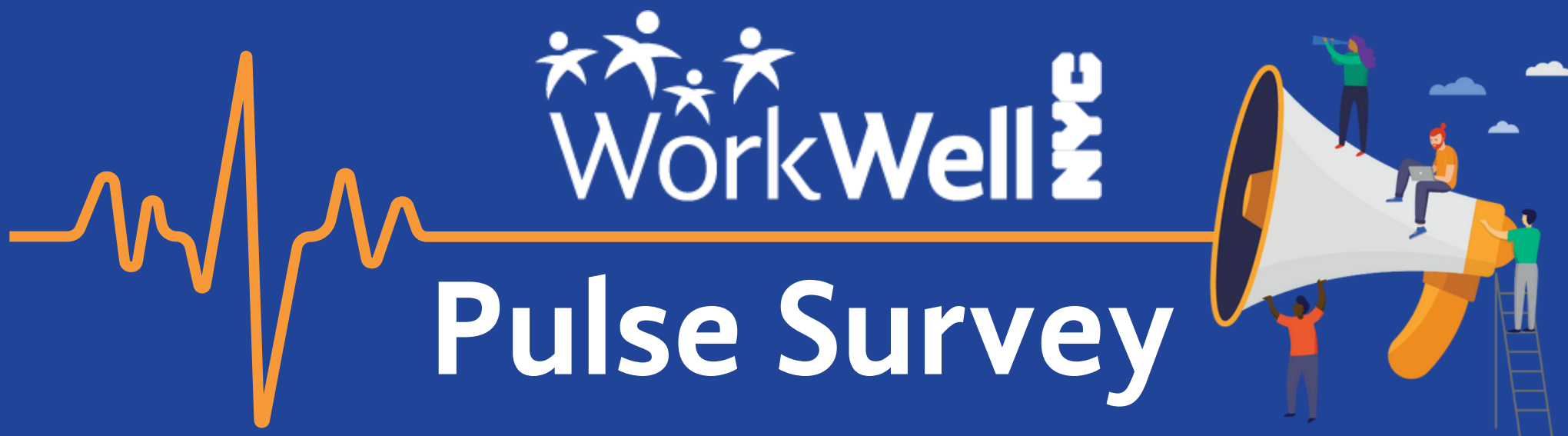
80%

Represented by a union



nyc.gov/workwellnyc



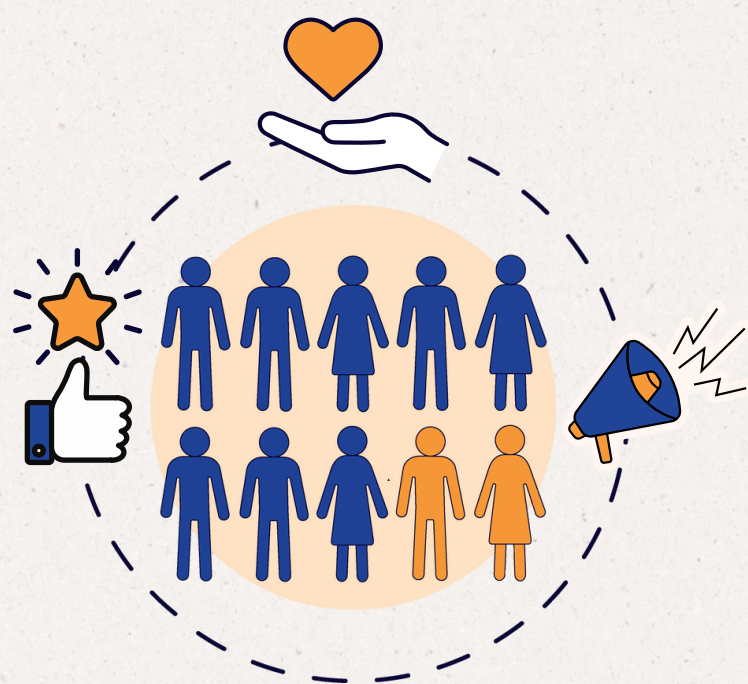
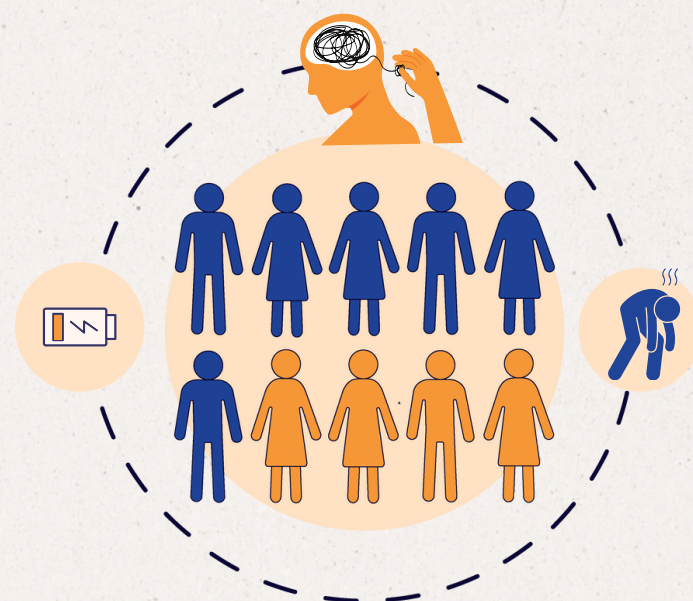


WorkWell NYC is loved and needed

6 out of 10

City employees reported being burned out.

Explore our [new Extinguish Burnout](#) video series to help manage your work-life harmony.



8 out of 10

Employees reported that WorkWell NYC programs supported their healthy lifestyle goals.

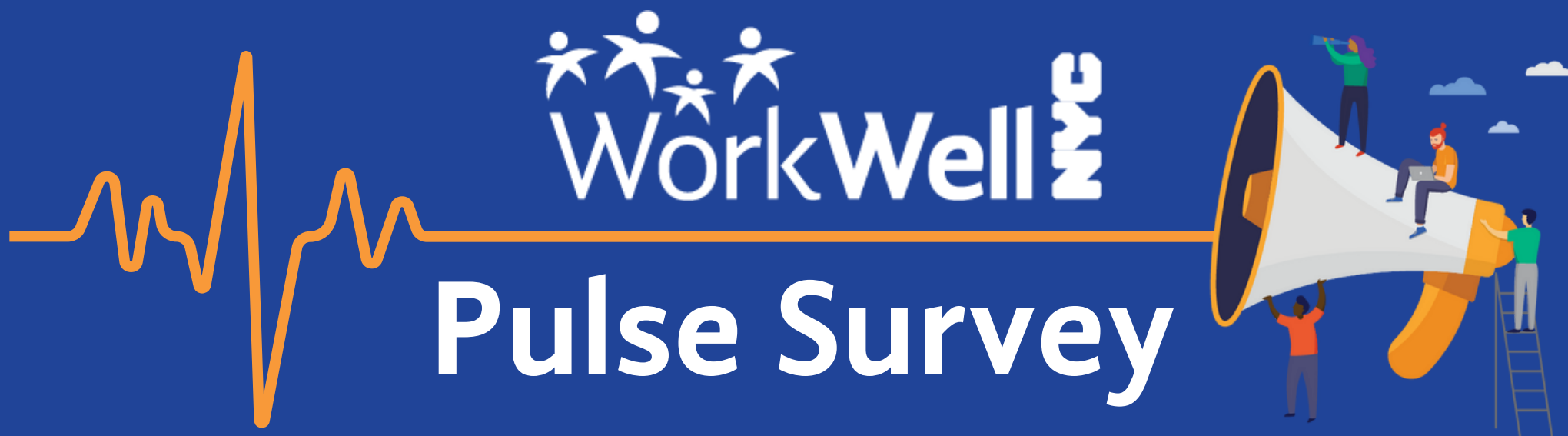
Visit our [Upcoming Events](#) page to see this month's programs.

Sign up for our [Newsletter](#) to access exclusive mailing list programming.



nyc.gov/workwellnyc



The graphic features a blue background with a white heartbeat line on the left. The text 'WorkWell NYC' is at the top, with 'WorkWell' in white and 'NYC' in a vertical stack of white letters. Below it, 'Pulse Survey' is written in large white letters. On the right, there's an illustration of a large megaphone with several people interacting with it: one is climbing a ladder, another is sitting on the rim, and others are standing around it.

WorkWell NYC Pulse Survey

City employees improved their health
through WorkWell NYC programs
in the following ways:



18 %
Prioritized mental health
and well-being.

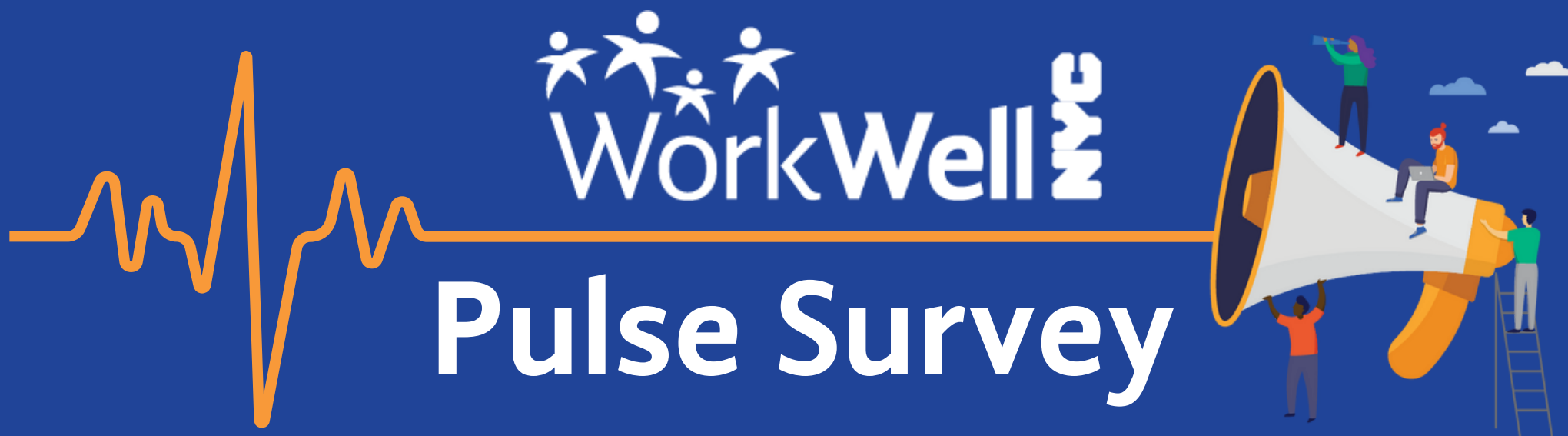
Discover our [Be Well Videos Series](#) to support your mental health and overall well-being.

26 %
Increased physical
activity and exercise.

Want to join? Check out
the [Digital Fitness Calendar](#)
to find a class that fits
your schedule.



nyc.gov/workwellnyc



WorkWell NYC Pulse Survey

13%

Better managed weight.

Check out [NYC Employee discounts](#) at various gyms across the city to enjoy available discounts and deals.



21%

Attended more to physical health and well-being.

Take part in [Take Action Webinars](#) to prevent and manage diseases.

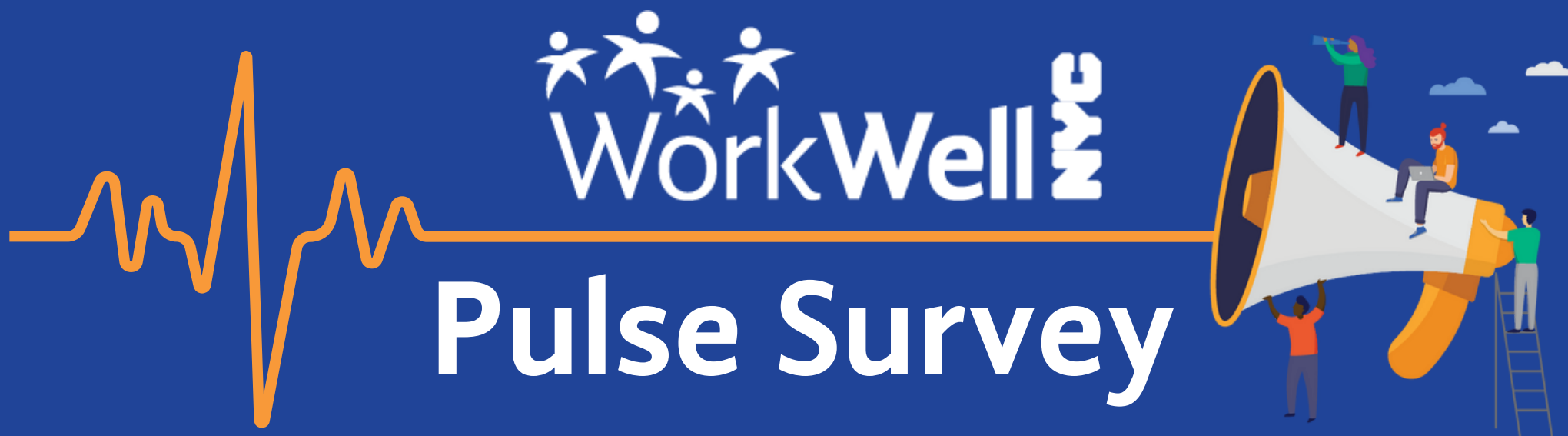
17%

Improved eating habits.

Watch our [Eat Well Webinars](#) for cooking demos and nutrition tips to support a balanced diet.



nyc.gov/workwellnyc



WorkWell NYC Pulse Survey

City agencies are prioritizing wellness

34%

Employees recognized leadership's commitment to health and well-being.

Want to get involved? Find or become your agency's [Wellness Ambassador\(s\)](#) and [Champions](#) to create a healthy workforce.



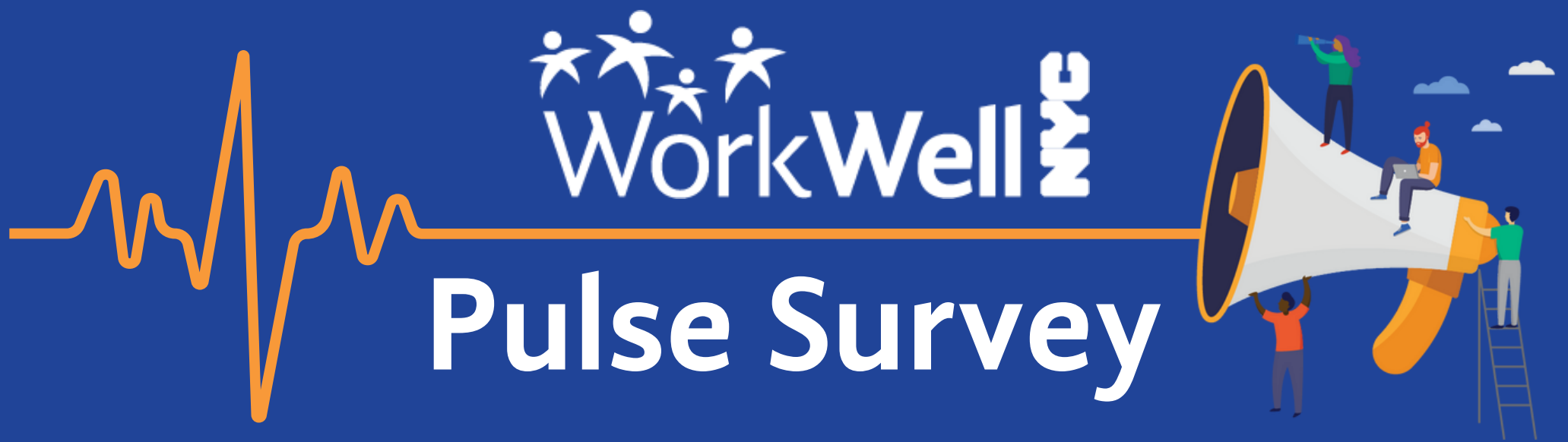
84%

Executive leaders affirmed their agency prioritizes wellness.

Watch [OCME Works Well video](#) to discover how other agencies are strengthening the [Culture of Health](#) in the workplace.



nyc.gov/workwellnyc



WorkWell NYC recommendations:



Identify an agency
Executive Wellness Sponsor.
Email ambonu@olr.nyc.gov
to learn more.



Establish or engage
with your agency's
Wellness Committee.



Encourage colleagues
to engage with **worksite
wellness programs**
and resources.



Set or revise your
agency's wellness goal(s)
using available data
and other **WorkWell NYC
resources.**

Everyone has a role to play in creating a **healthy workforce!** Join **WorkWell NYC** to promote health and wellness at your worksite!



nyc.gov/workwellnyc

