



## **UNITED NATIONS STAFF HEALTH & WELLNESS SURVEY DASHBOARD**

**This dashboard aims to provide you with in-depth information and trends on the health status and health behaviors of UN personnel globally. The information presented here is based on a comprehensive 2021 staff health and wellness survey, which will be repeated in subsequent years. More information on the survey can be found [here](#).**

**In this first phase of the dashboard, the focus is on the physical health of UN Secretariat staff only and excludes all mental health components of the survey.**

**The information presented here is for use within the UN Secretariat. None of the information and generated reports and visuals from this dashboard, in whole or in part, may be released to the public or used in publications without prior approval of the UN Medical Director. Note that percentages shown are based on respondents who answered that particular question.**

**For any questions, please contact DHMOSH's Public Health Team at:  
[dos-dhmosh-public-health@un.org](mailto:dos-dhmosh-public-health@un.org)**



## Respondent Characteristics

4,620

Respondents



Reset All Filters

Type of Mission

All

Organisation

Secretariat

Duty Station Country

All

Age (Q3)

All

Gender (Q4)

All

Marital Status (Q6)

All

Staff Category (Q15)

All

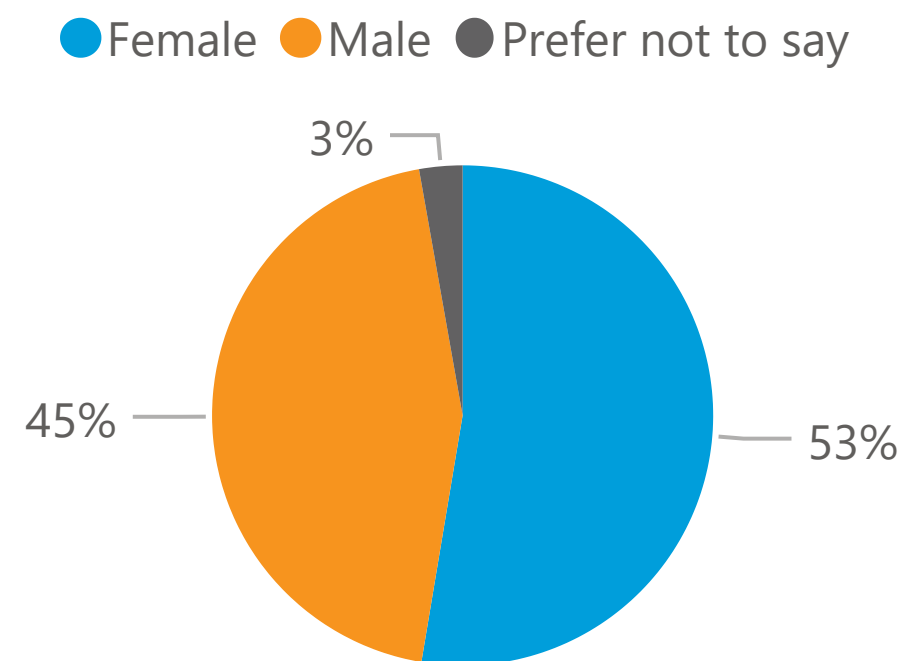
Contract Type (Q13)

All

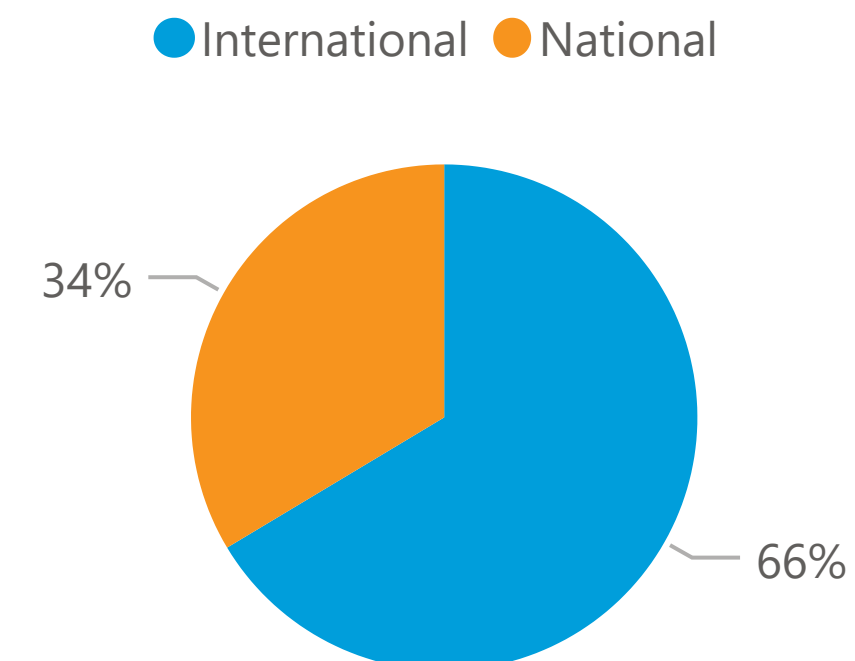
Personnel Grade (Q16)

All

Gender



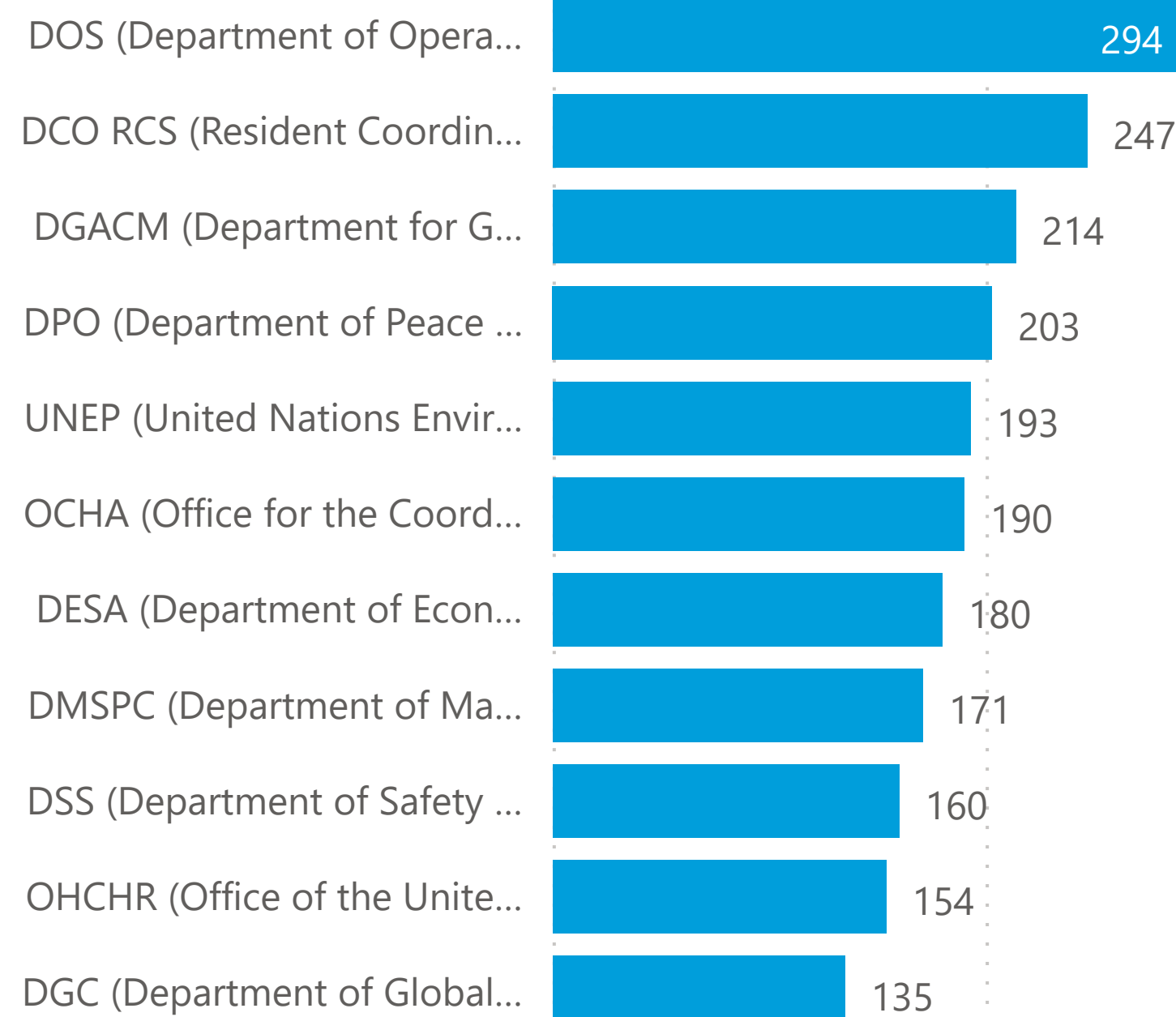
Distribution of International vs National Personnel



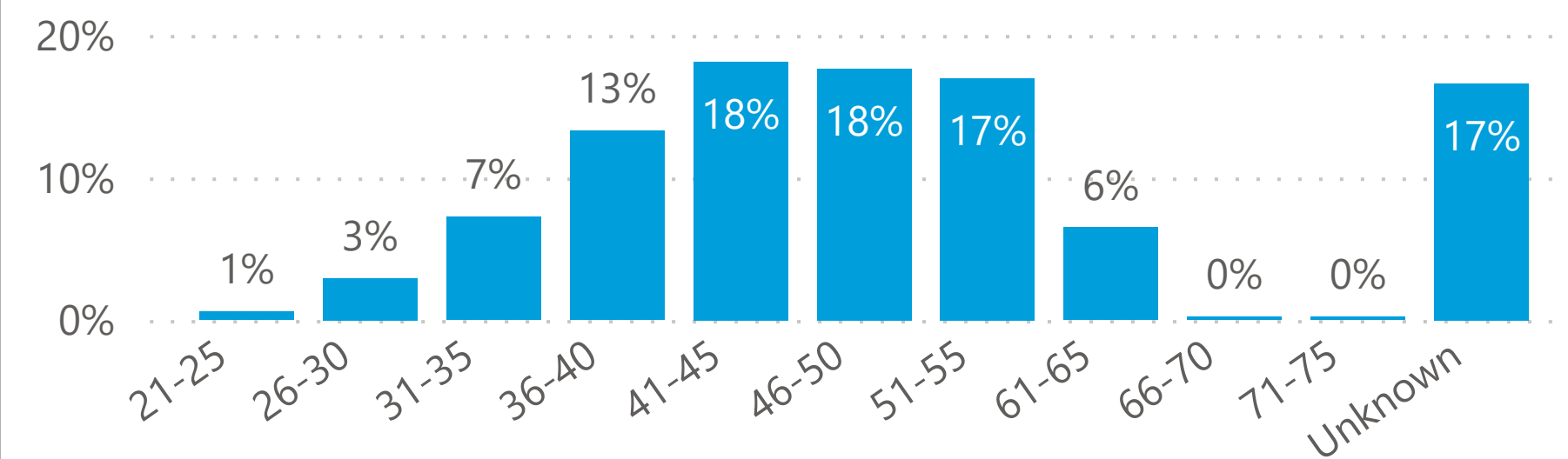
Survey Response Rate

11.00%

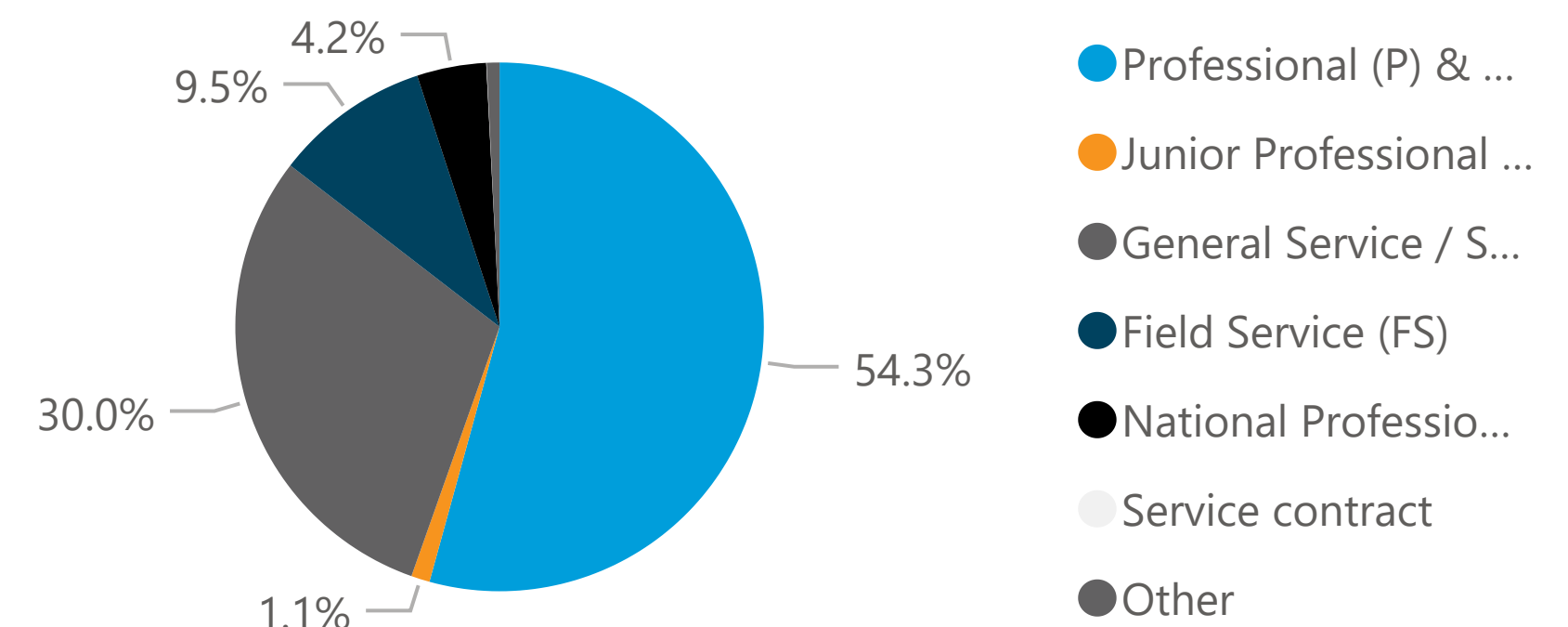
Distribution of Entity



Distribution of Age Groups



Categories of Personnel Grade





ScoreCard on Staff Physical Health

4,620

Respondents



Reset All Filters

Type of Mission

All



Organisation

Secretariat



Duty Station Country

All



Age (Q3)

All



Gender (Q4)

All



Marital Status (Q6)

All



Staff Category (Q15)

All



Contract Type (Q13)

All



Personnel Grade (Q16)

All



% Who Self-Report Overall Physical Health as Good/Very Good



64%

% Who Plan to Maintain/Improve Their Health this Year



78%

% Who Received a Preventive Health Service Within the Last 2 Years



79%

% Who Have a Primary Care Provider



73%

% Eating Meals High in Cholesterol, Fat, and Sugar 1/Week or Less



48%

% Who Sleep At Least 7 Hours Per Night



58%

% Who Were Free of Body Pain / Discomfort in Past 6 Months



29%

% Who Report a Normal Weight



38%

% Who Eat At Least 5 Servings of Fruits/Veg Per Day



14%

Average Number of Work Days Missed Due to Illness in the Past Year



7

% Who Report An Active Lifestyle



63%

% Who Drink Alcohol Within Normal Limits



90%

% Who Plan to Receive the Flu Vaccine in Survey Year



50%

% Who Rate Their Knowledge of Setting up Workstation as Satisfactory/Good/Very Good



89%

% Who Identify as Non-Smokers



83%

% Who Always Wear Their Seatbelts



89%

Reset All Filters



Key Indicators of Physical Health

4,620

Respondents



Type of Mission

All



Organisation

Secretariat



Duty Station Country

All



Age (Q3)

All



Gender (Q4)

All



Marital Status (Q6)

All



Staff Category (Q15)

All



Contract Type (Q13)

All



Personnel Grade (Q16)

All



% Who Received Preventive Health Services Within the Last 2 Years

78.56%

% Who Self-Report Overall Physical Health as Good/Very Good

63.80%



% Who Identify as Non-Smokers

Non-smoker

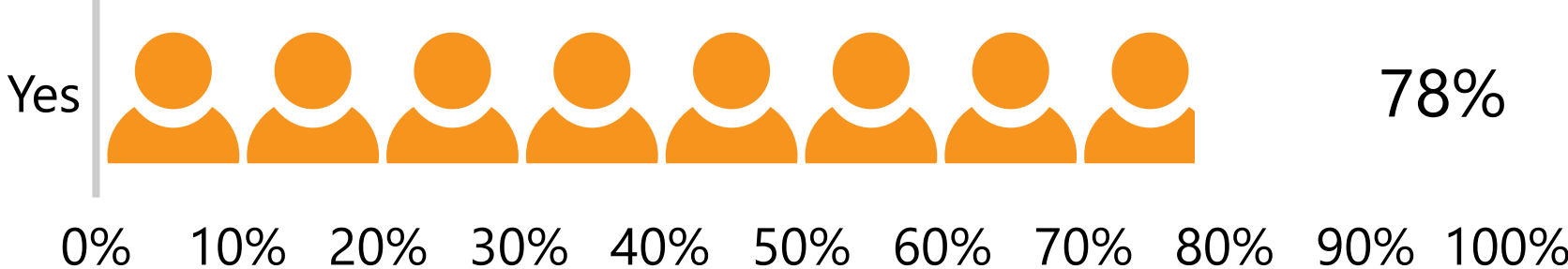


83%

% Eating Meals High in Cholesterol, Fat, and Sugar 1/Week or Less



% Who Plan to Maintain/Improve Their Health this Year



% Who Were Free of Body Pain/Discomfort in Past 6 Months

29%

% Who Report An Active Lifestyle

63%



% Who Have a Primary Care Provider

73%

% Who Sleep At Least 7 Hours Per Night

58%

% Who Eat At Least 5 Servings of Fruits/Veg Per Day

14%

% Who Report a Normal Weight

38%

Average Number of Work Days Missed Due to Illness in the Past Year

7 days

% Who Plan to Receive the Flu Vaccine in Survey Year

Yes



49.50%

% Who Drink Alcohol Within Normal Limits

90%

% Who Always Wear Their Seatbelts

89%



% Who Rate Their Knowledge of Setting up Workstation as Satisfactory/Good/Very Good

88.69%





Filters

Reset All Filters

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Age (Q3)

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Gender (Q4)

All

Marital Status (Q6)

All

Staff Category (Q15)

All

Contract Type (Q13)

All

Personnel Grade (Q16)

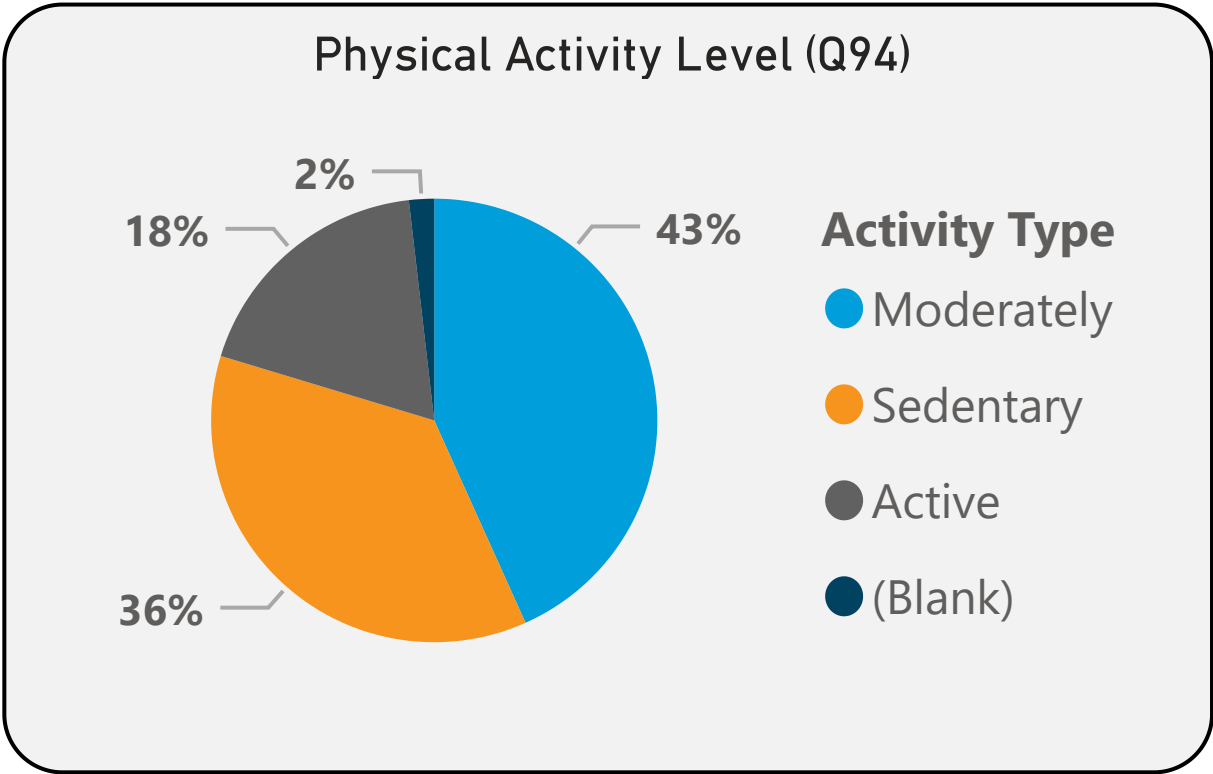
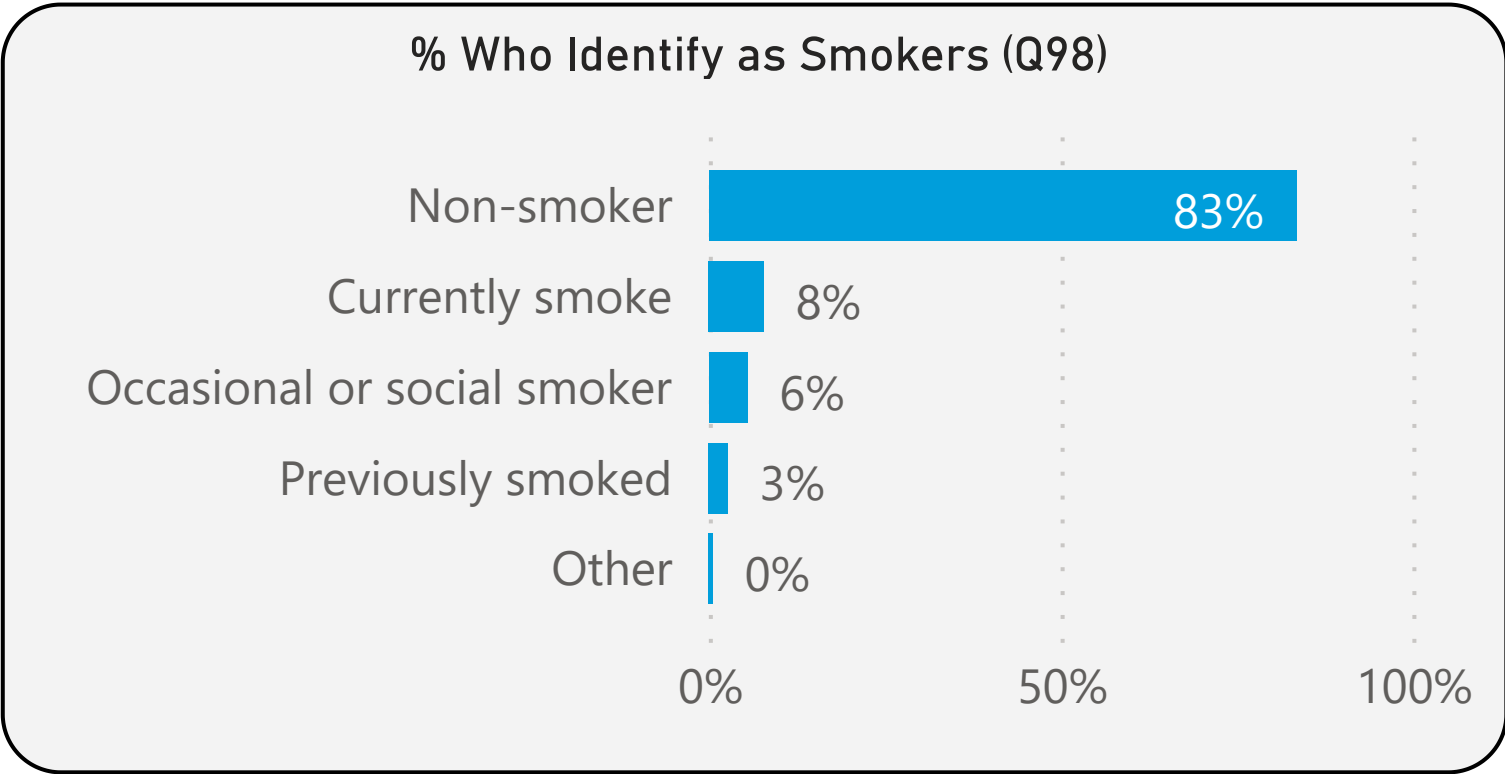
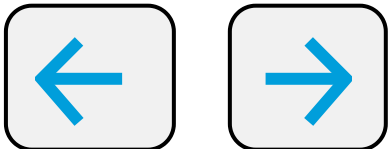
All



# Lifestyle Factors

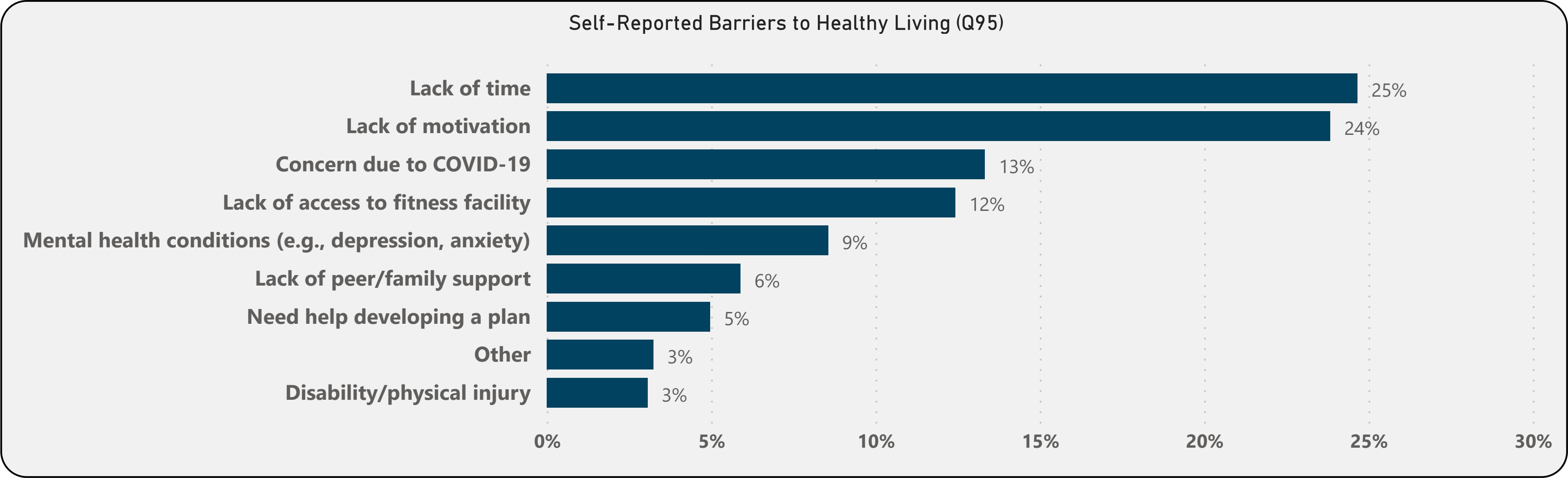
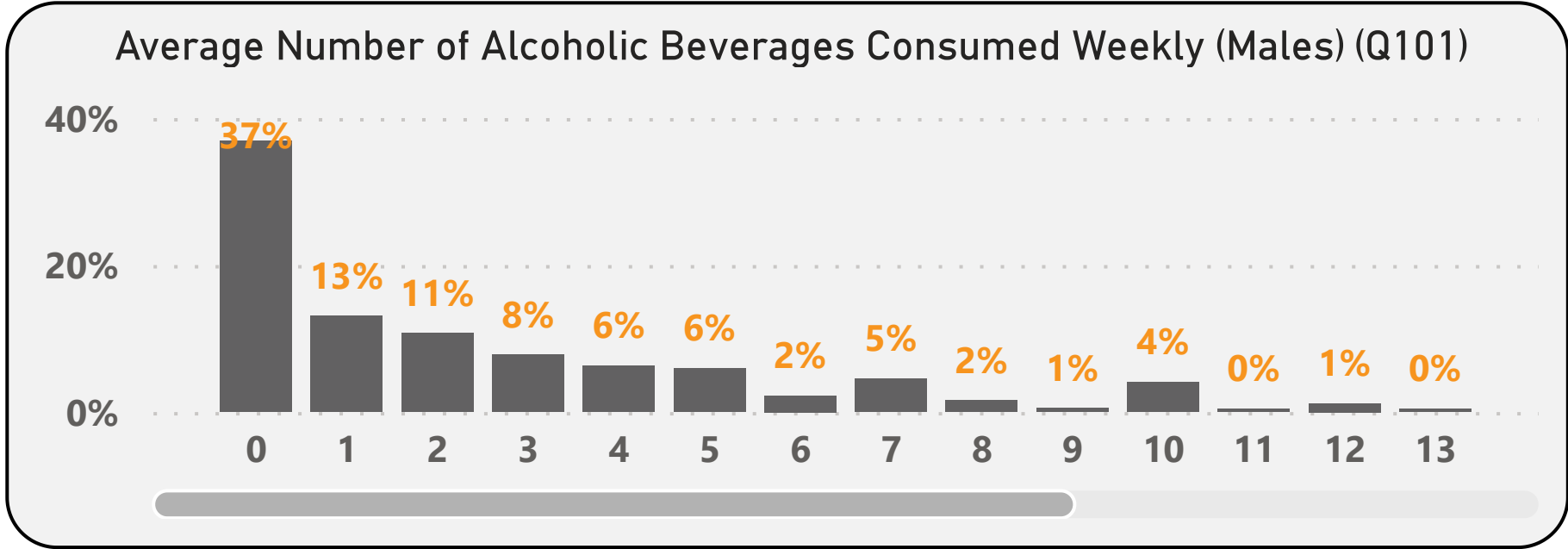
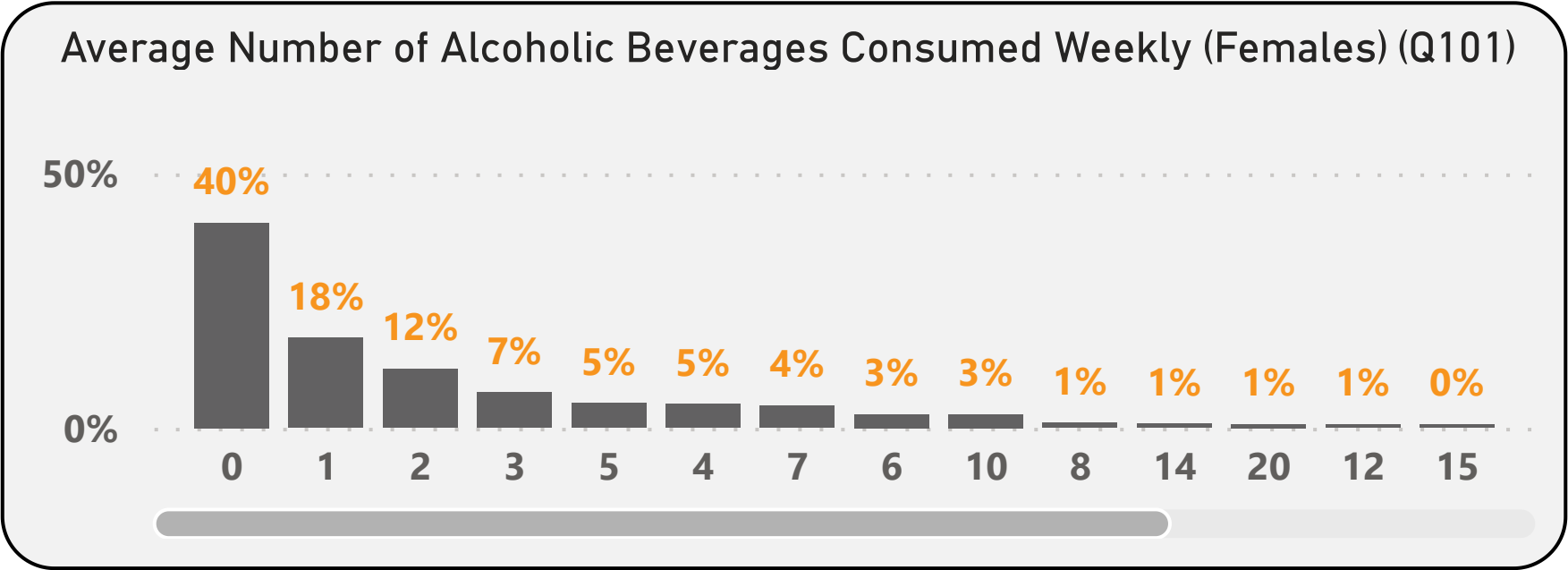
4,620

Respondents



Number of Women Breastfeeding (Q212)

75

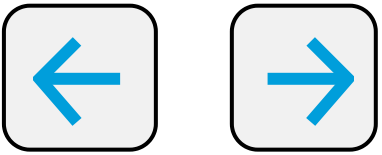




Lifestyle Factors

4,620

Respondents



Reset All Filters

Type of Mission

All

Organisation

Secretariat

Duty Station Country

All

Age (Q3)

All

Gender (Q4)

All

Marital Status (Q6)

All

Staff Category (Q15)

All

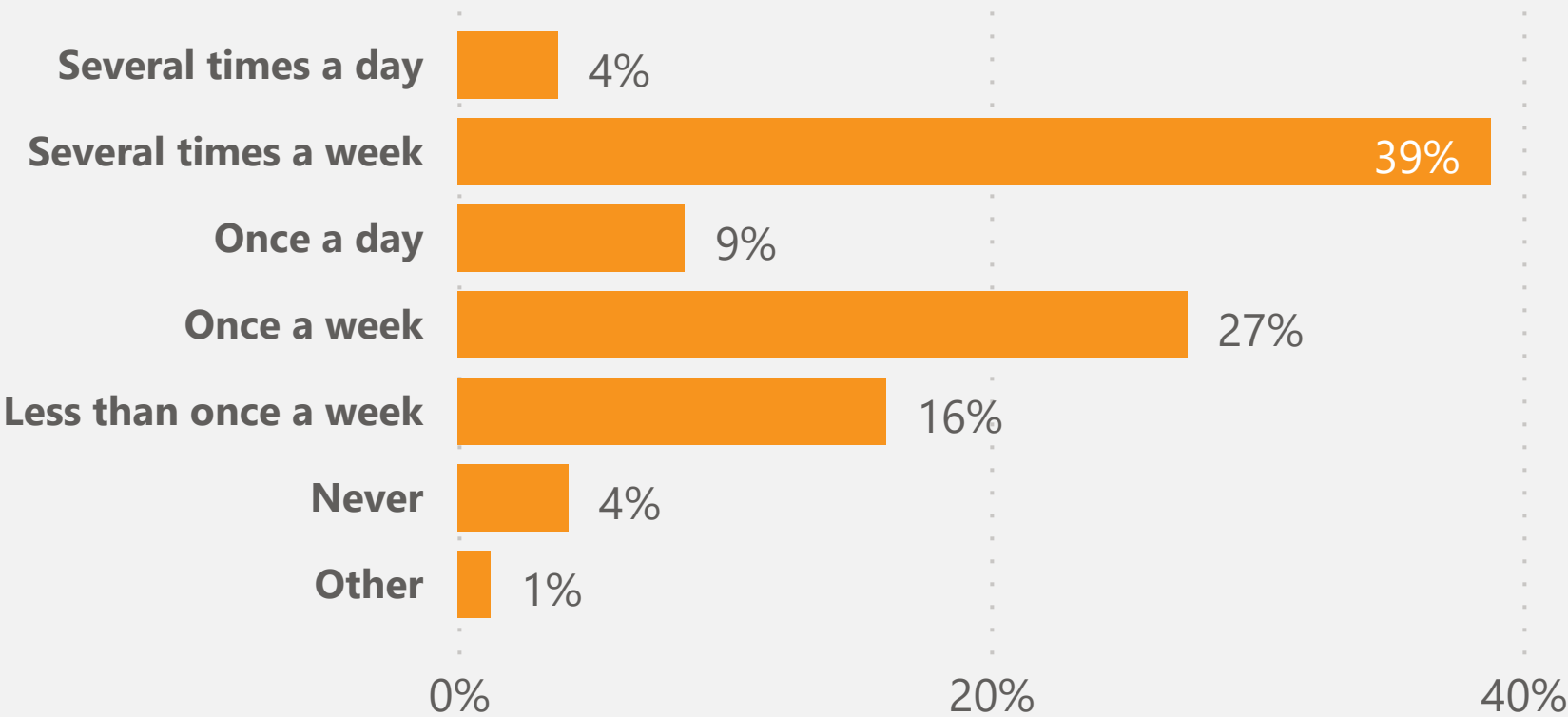
Contract Type (Q13)

All

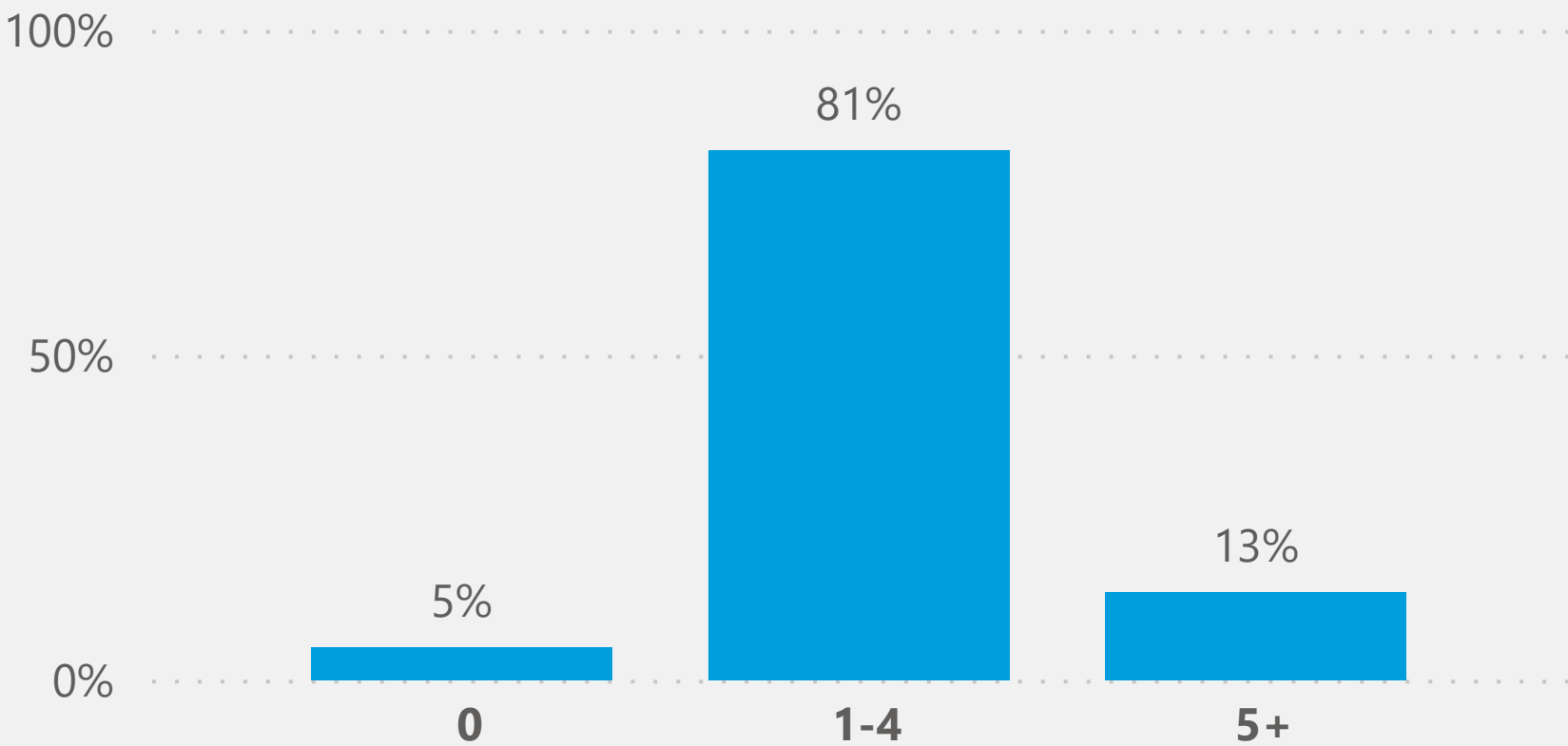
Personnel Grade (Q16)

All

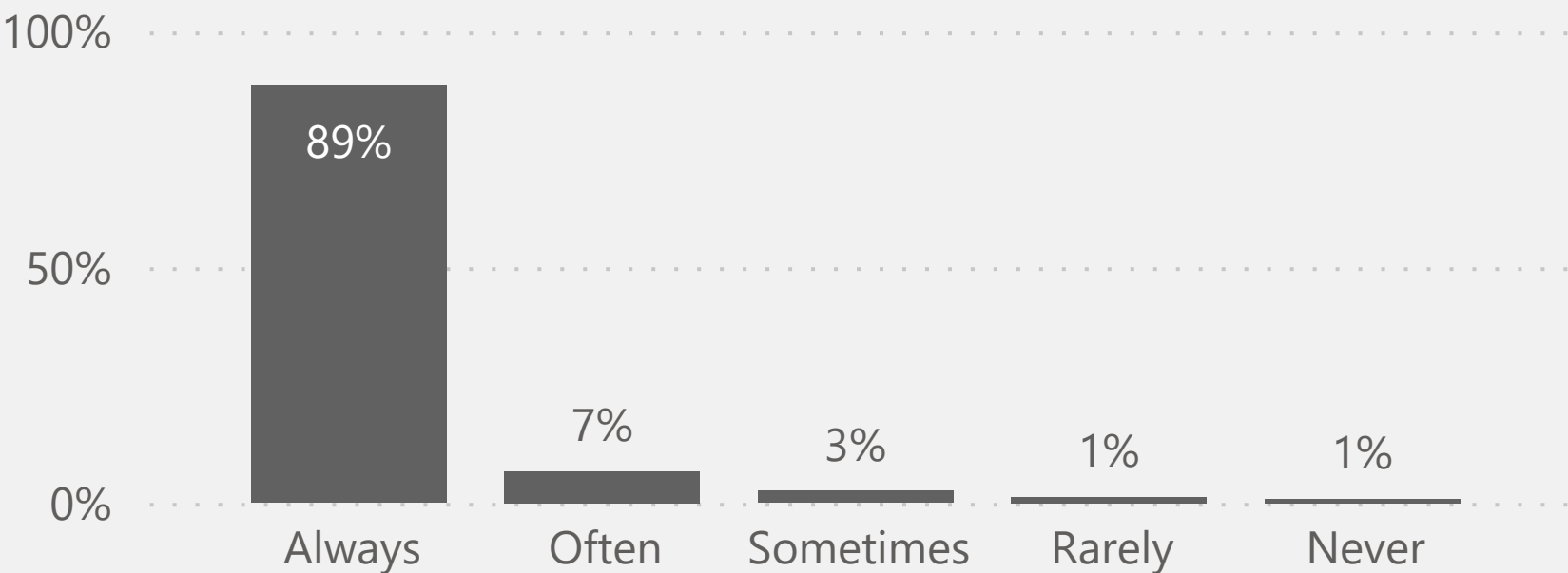
Frequency of Eating Meals High in Cholesterol, Fat, and Sugar (Q91)



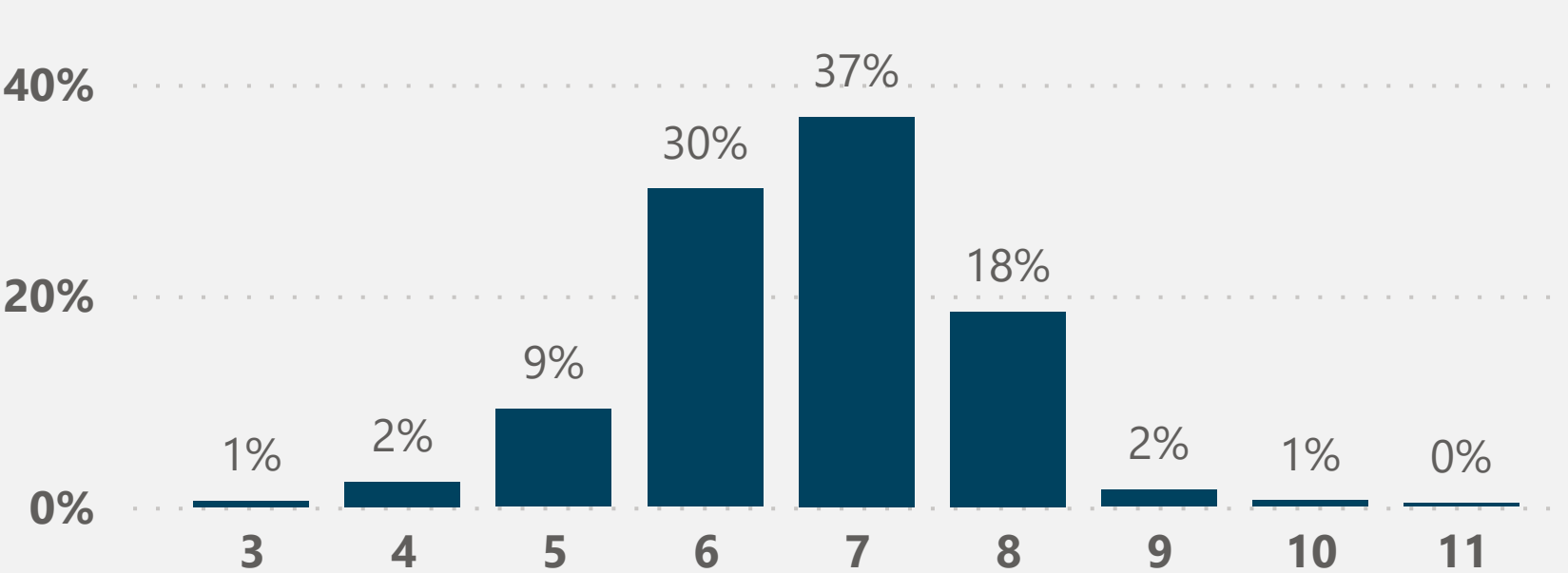
Daily Servings of Fruit & Vegetables Eaten (Q90)



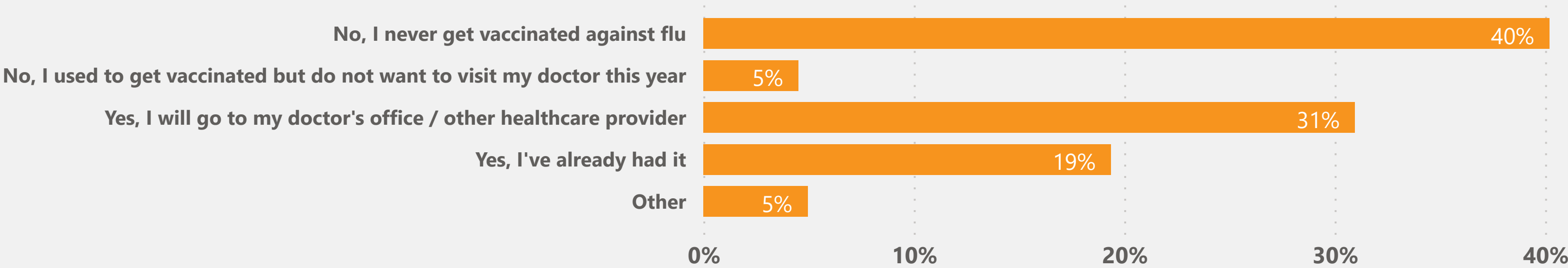
Seat Belt Usage (Q106)



Sleeping Hours (Q87)



% Who Plan to Receive the Flu Vaccine in Survey Year (Q232)



Filters

Reset All Filters

Type of Mission

All

Organisation

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All

Age (Q3)

All

Gender (Q4)

All

Marital Status (Q6)

All

Staff Category (Q15)


All

Contract Type (Q13)

All

Personnel Grade (Q16)

All



Body Mass Index (BMI)

←

→

BMI =  $\frac{\text{weight (in kilograms)}}{\text{height (in meters)}^2}$

26.3  
Average of BMI

WHO Classification

Underweight: Below 18.5

Normal weight: 18.5 to 24.9

Overweight: 25 to 29.9

Obesity: 30 or more

4,620  
Respondents

Distribution of Body Mass Index (BMI)

% of Respondents

40%

30%

20%

10%

0%

8%

39%

29%

25%

Underweight

Normal Weight

Overweight

Obesity

BMI Ranges



Reset All Filters

Type of Mission

All



Organisation

Secretariat



Duty Station Country

All



Age (Q3)

All



Gender (Q4)

All



Marital Status (Q6)

All



Staff Category (Q15)

All



Contract Type (Q13)

All

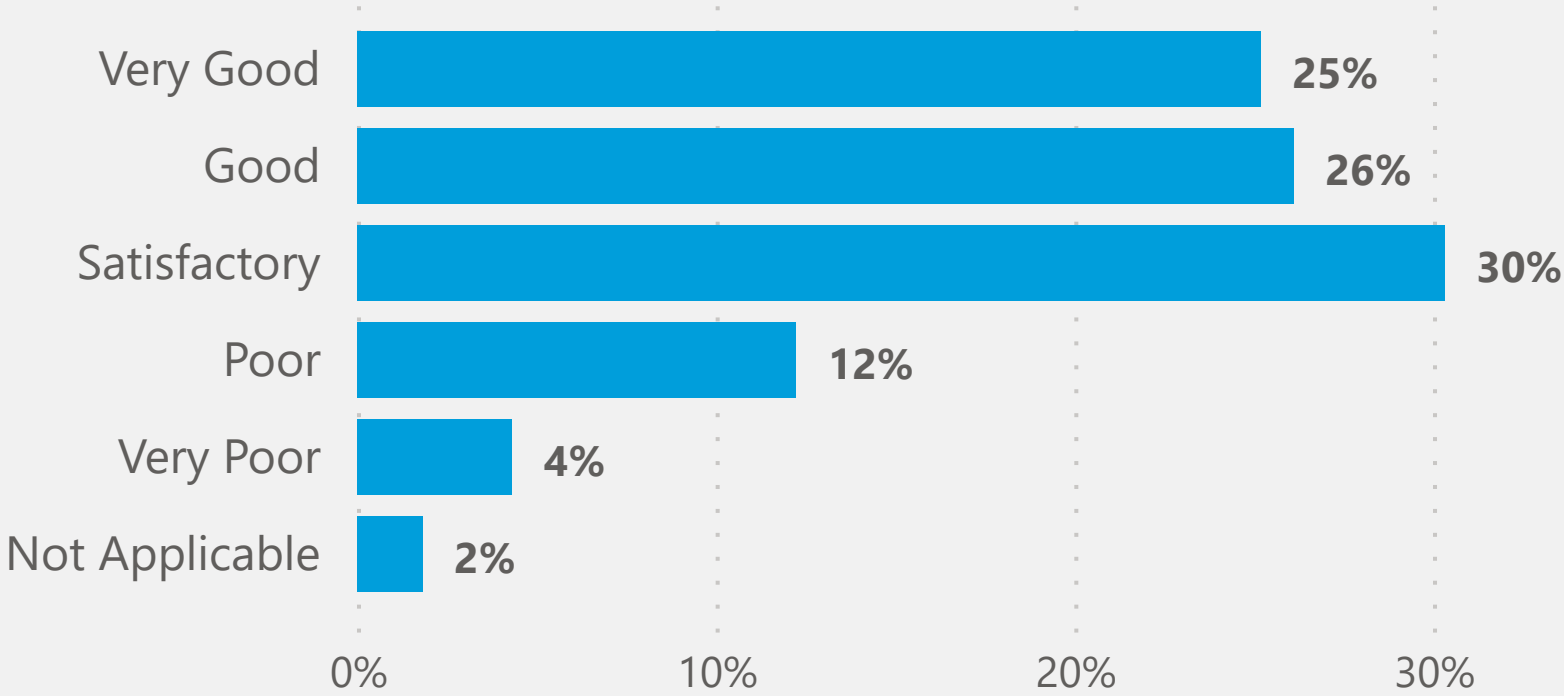


Personnel Grade (Q16)

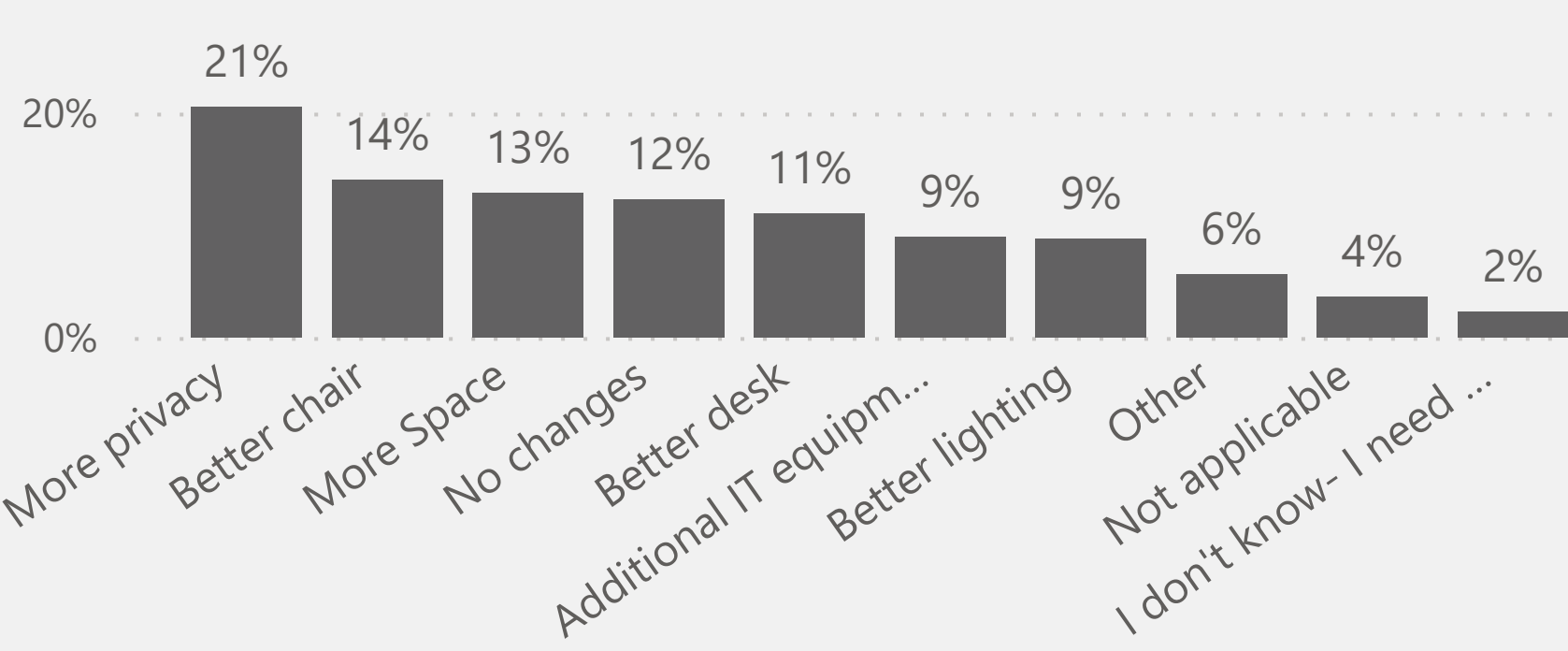
All



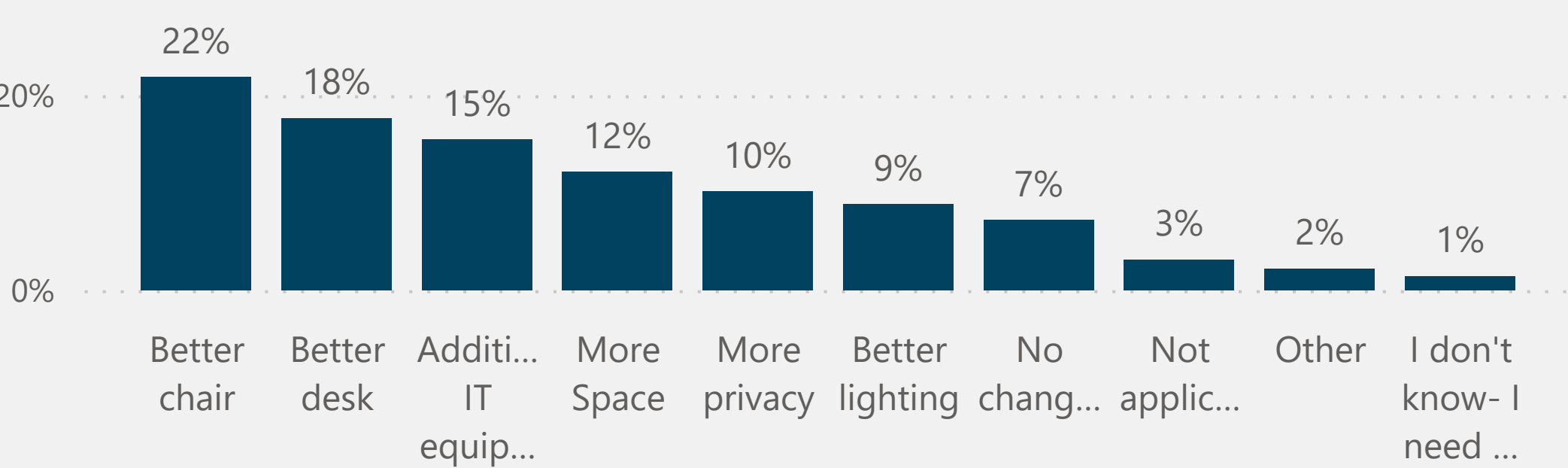
Respondent's Rating of Office Workstation (Q184)



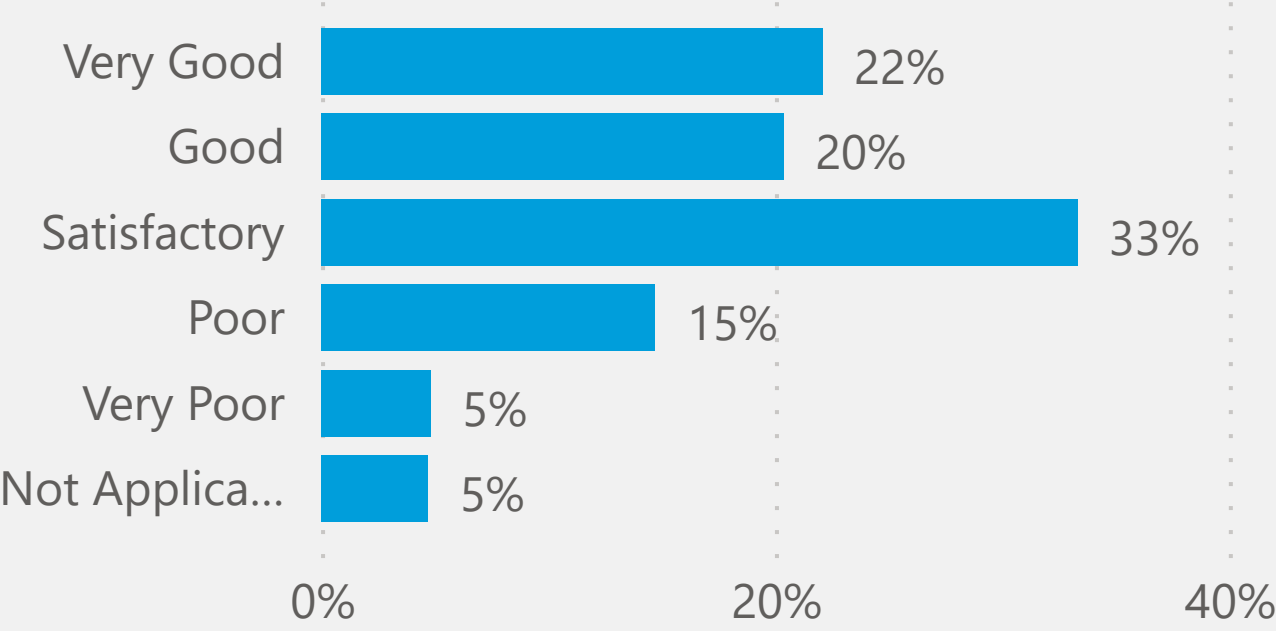
Preferred Changes to Improve Office Workstation (Q186)



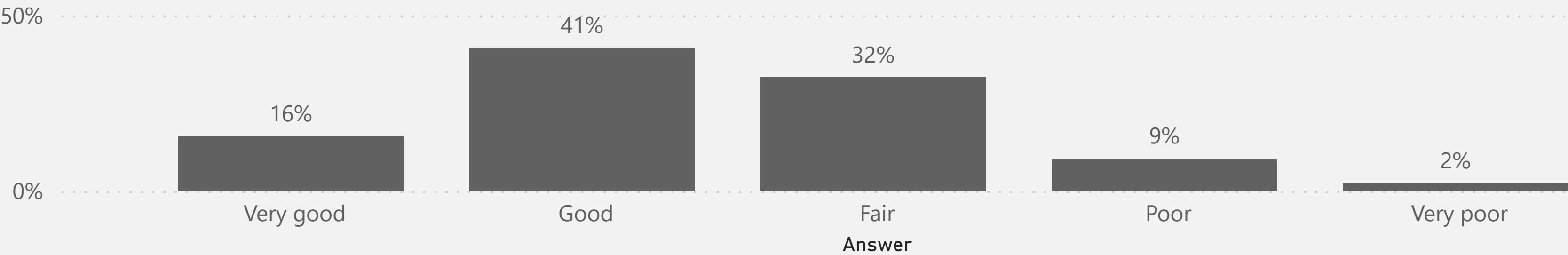
Preferred Changes to Improve Home Workstation (Q185)



Respondent's Rating of Home Workstation (Q183)



Self-Reported Ability to Set Up a Comfortable Workstation (Q202)







## Work Related Factors

4,620

Respondents



Reset All Filters

Type of Mission

All



Organisation

Secretariat



Duty Station Country

All



Age (Q3)

All



Gender (Q4)

All



Marital Status (Q6)

All



Staff Category (Q15)

All



Contract Type (Q13)

All

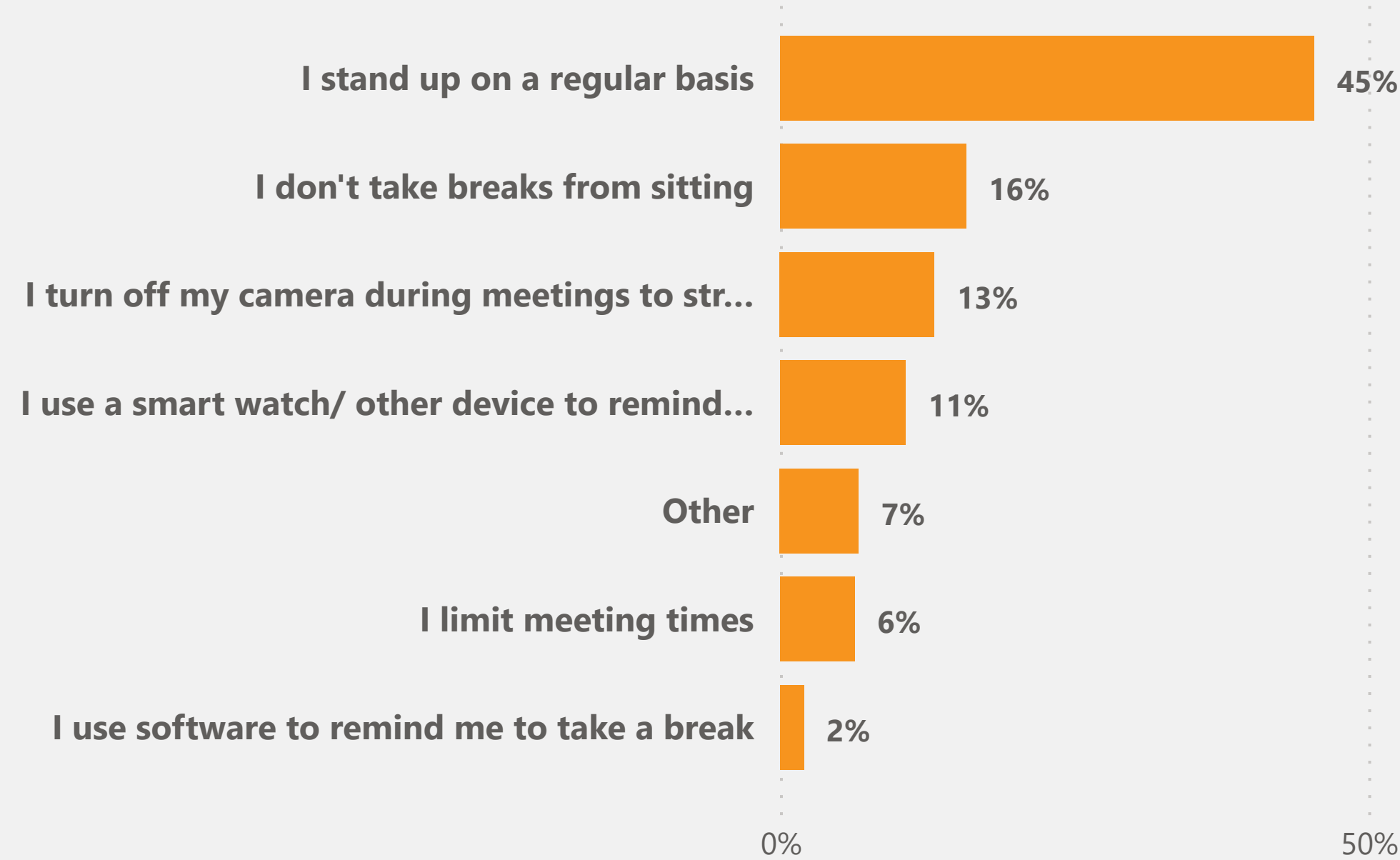


Personnel Grade (Q16)

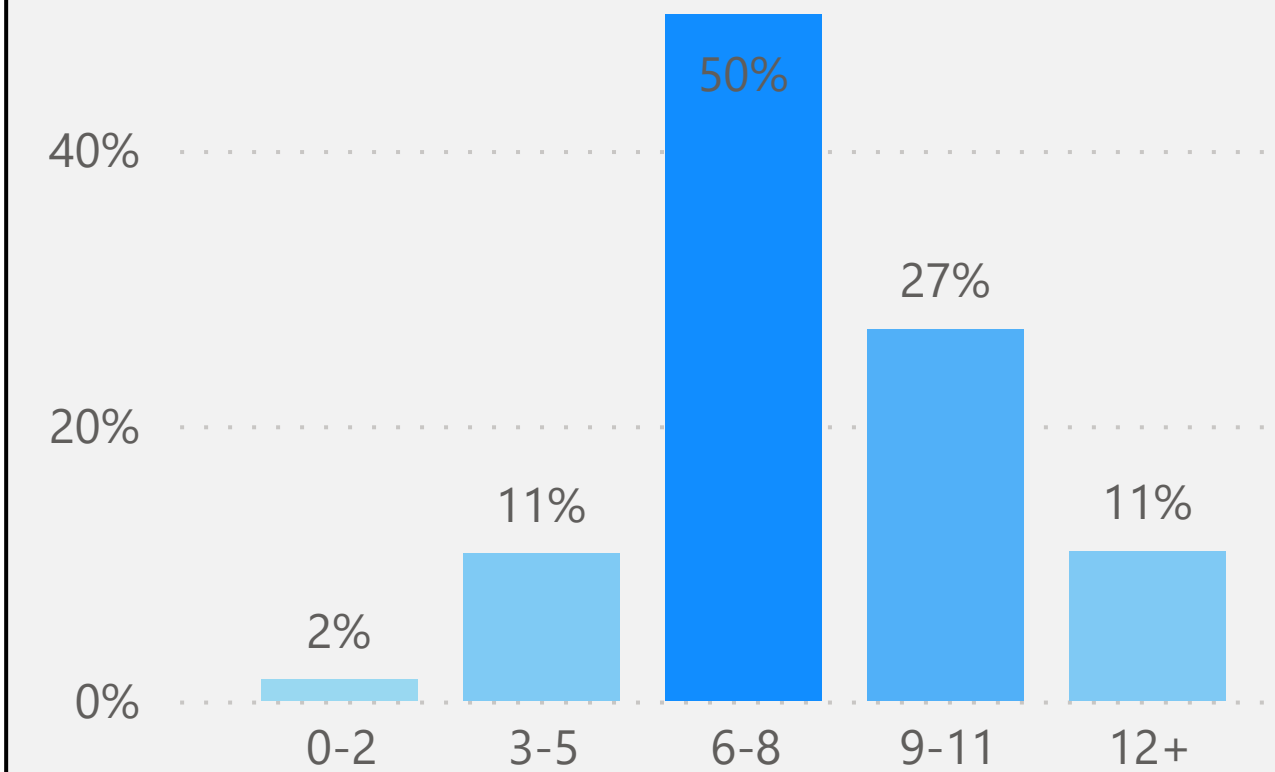
All



Reported Methods of Increasing Activity During the Work Day (Q187)



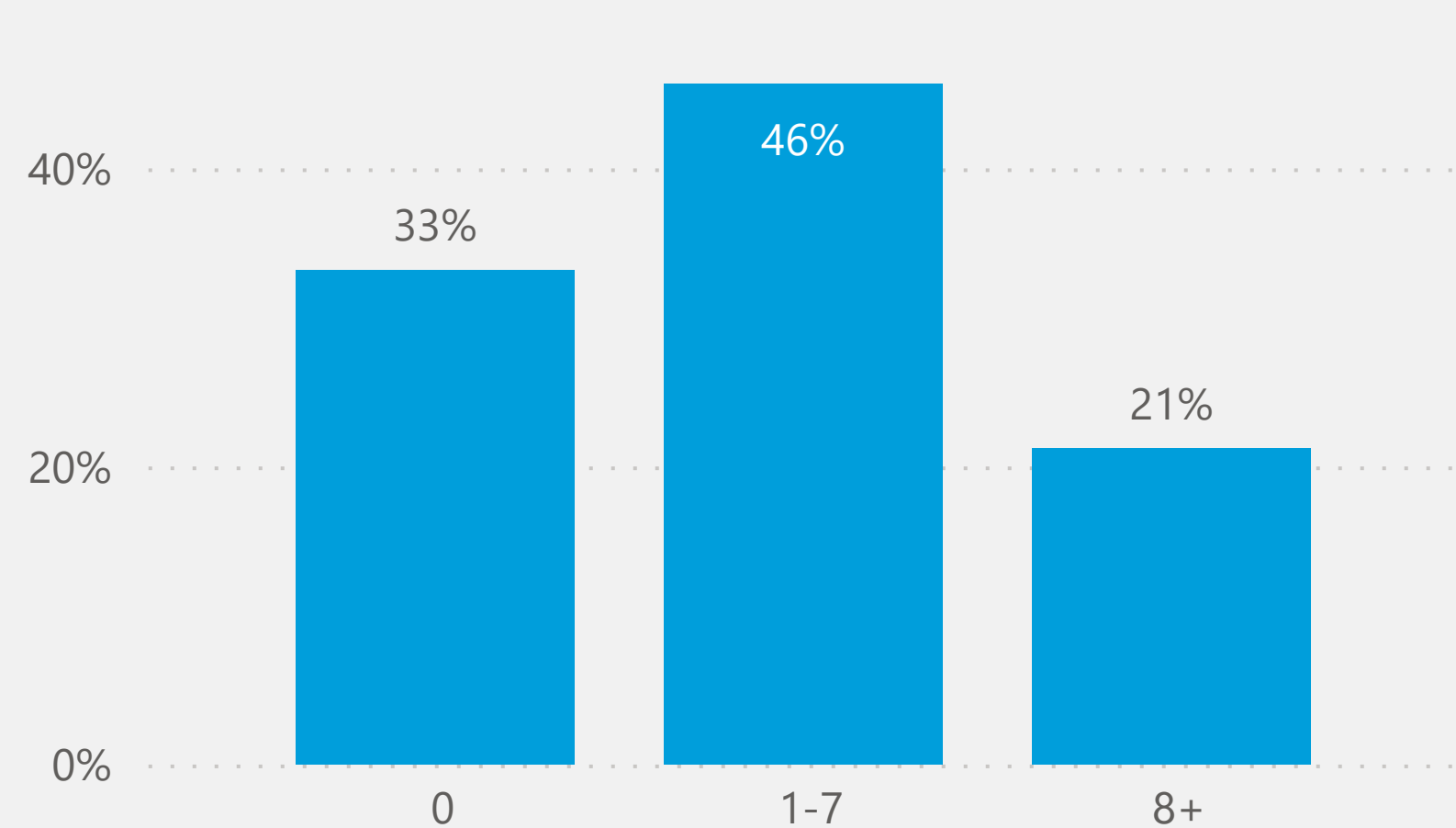
Number of Hours Spent Sitting During the Work Day (Q86)



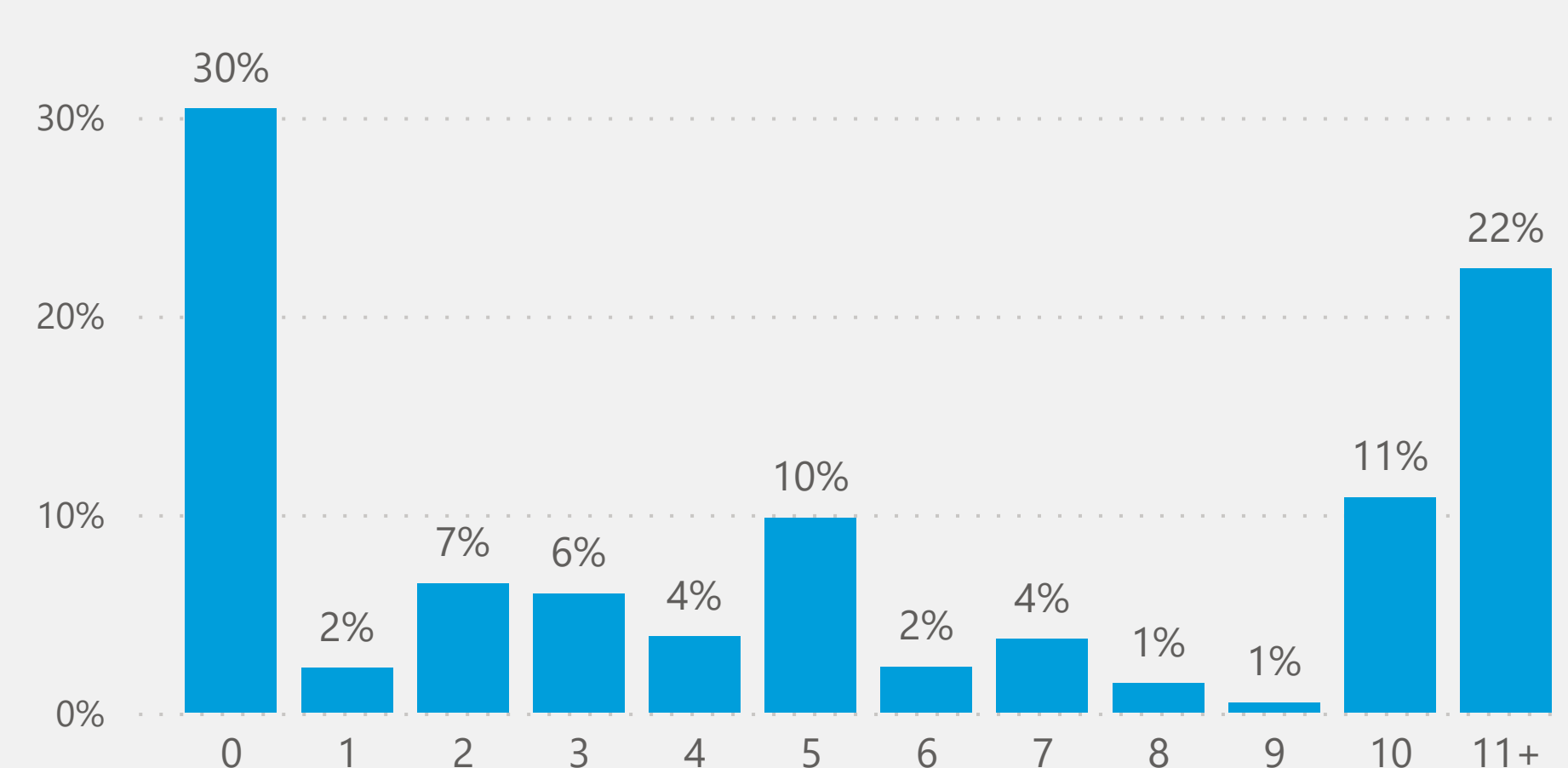
% Who Reported Working While Sick

64%

Number of Days Unable to Work Due to Sickness in the Past Year (Q228)



Number of Days Worked Despite Sickness in the Past Year (Q230)

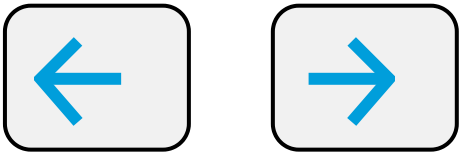




Physical Health Factors

4,620

Respondents



Reset All Filters

Type of Mission

All

Organisation

Secretariat

Duty Station Country

All

Age (Q3)

All

Gender (Q4)

All

Marital Status (Q6)

All

Staff Category (Q15)

All

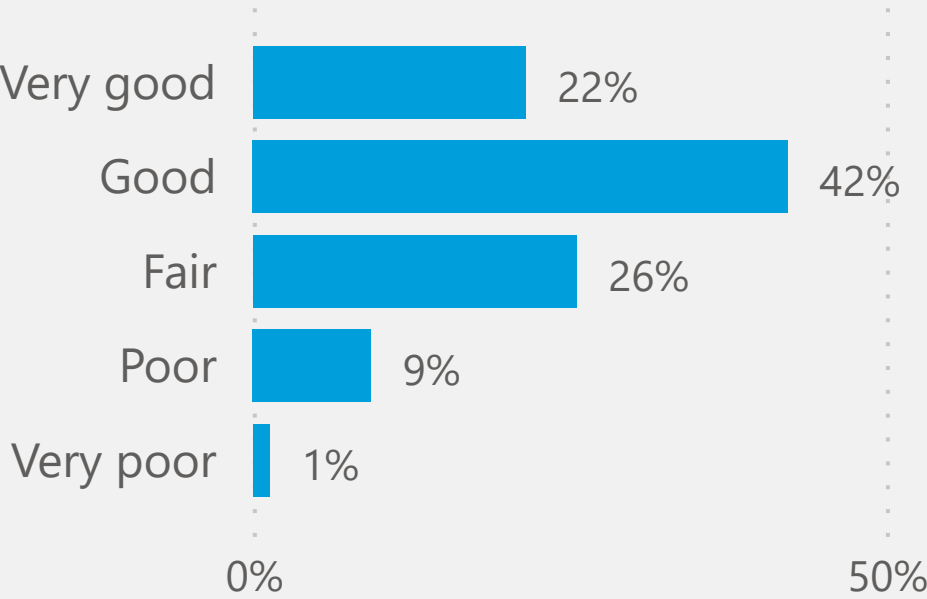
Contract Type (Q13)

All

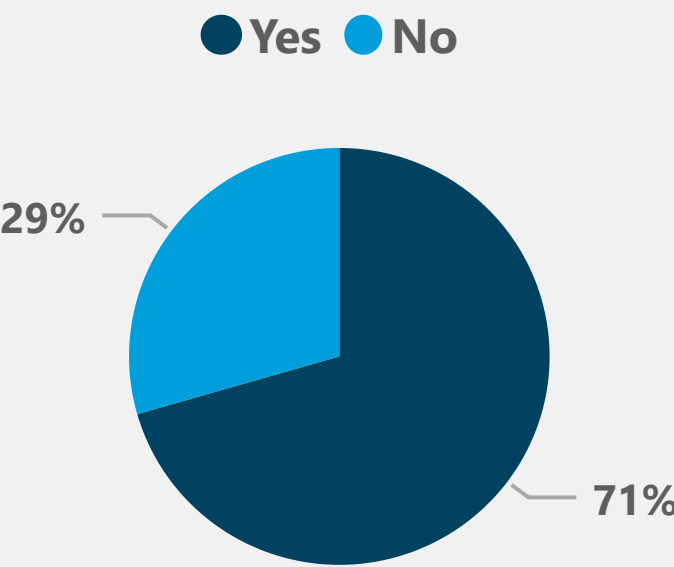
Personnel Grade (Q16)

All

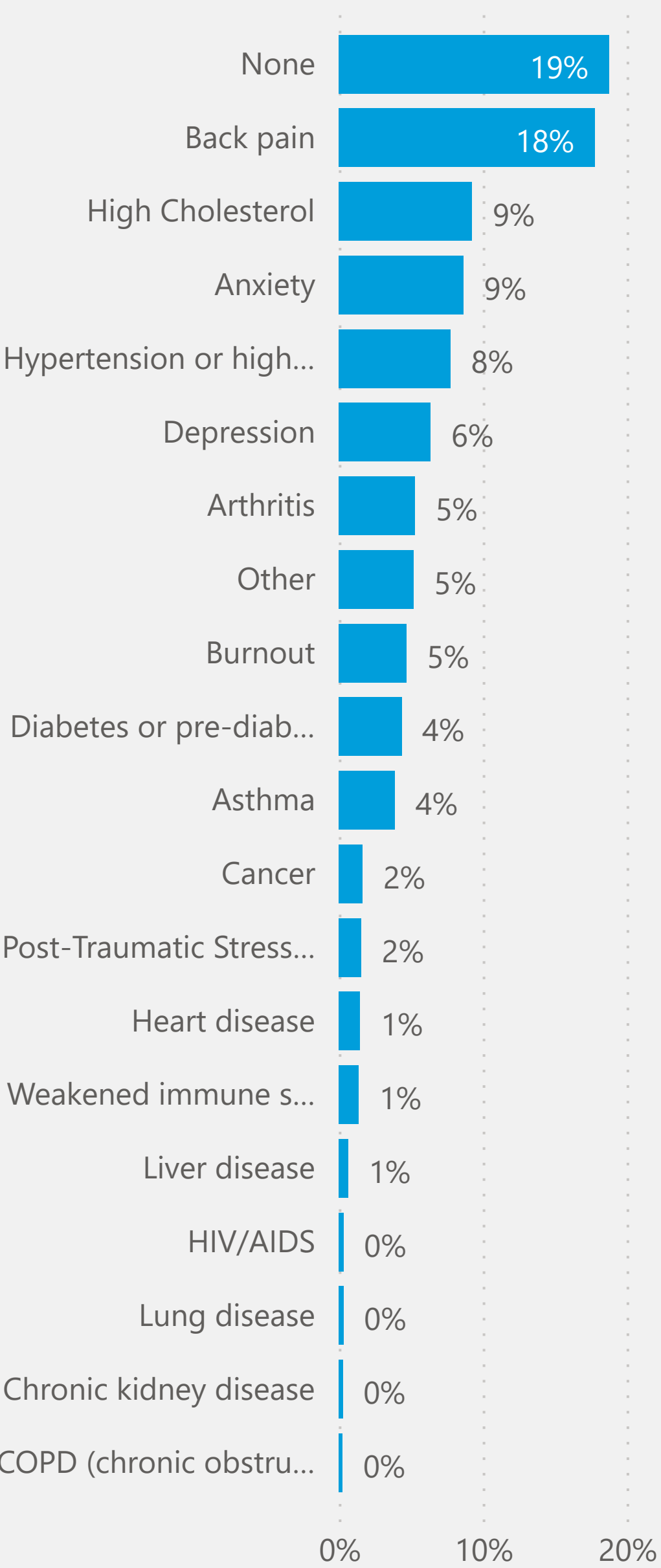
Self-Reported Overall Physical Health (Q76)



Bodily Pain/Discomfort in the Past 6 Months (Q188)

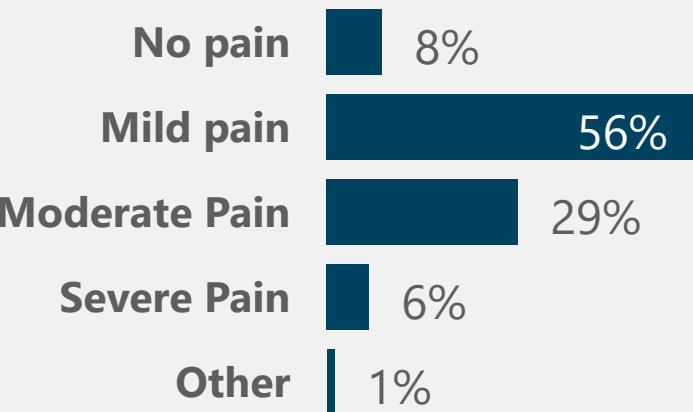


Self-Reported Diagnosed Conditions (Q209)

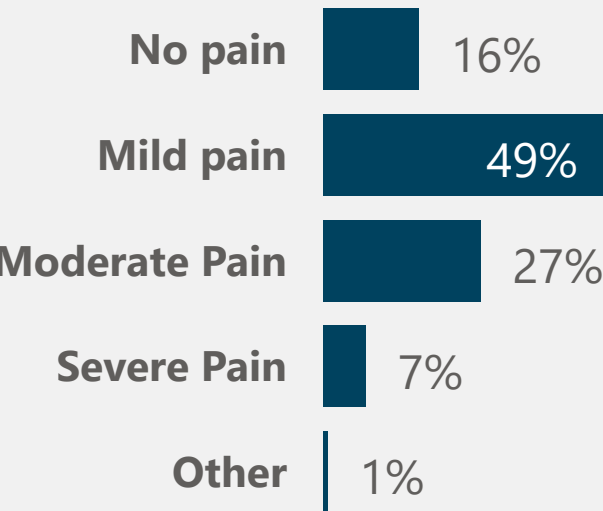


Sites of Bodily Pain/Discomfort Reported in the Past 6 Months

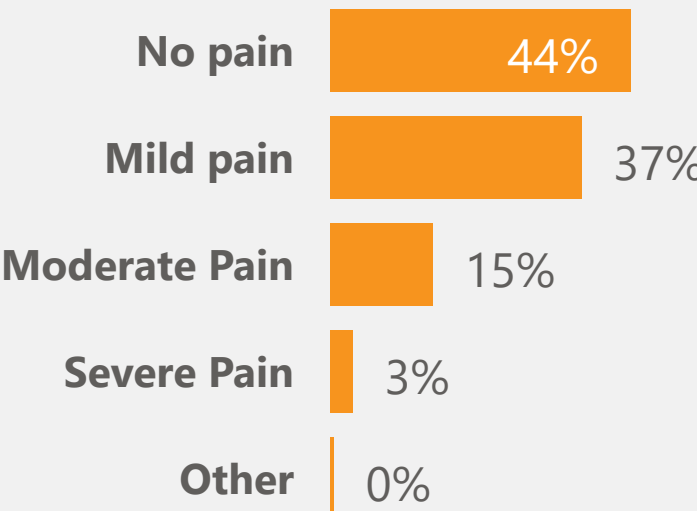
Experienced Pain/Discomfort in the Neck/Shoulder/Upper Back (Q189)



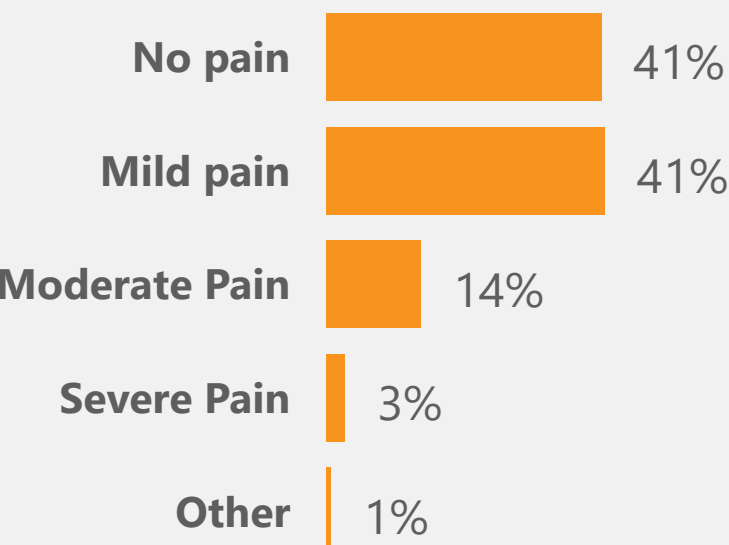
Lower Back Pain (Q190)



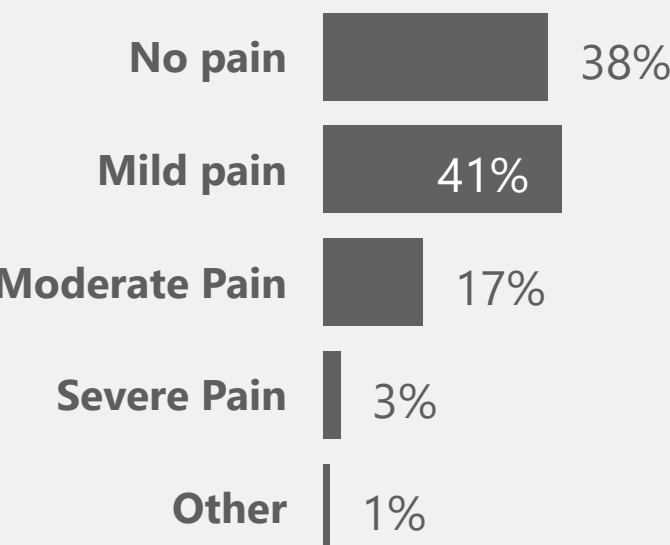
Hand/Wrist/Arm Pain (Q191)



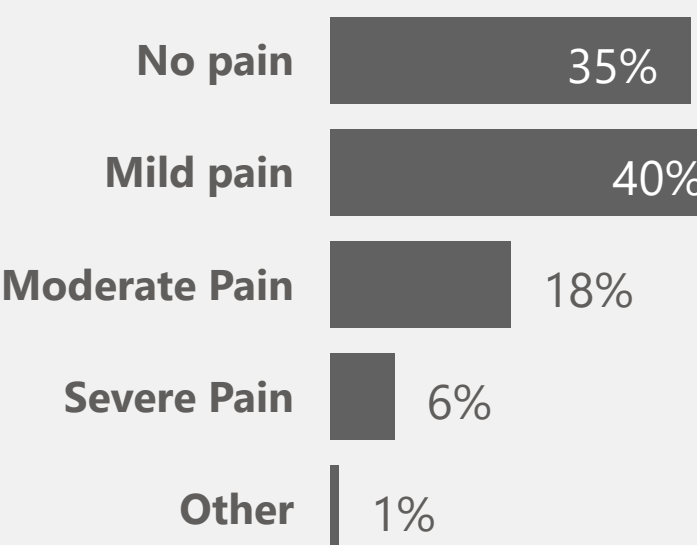
Legs/Knees Pain (Q192)



Eye Strain/Discomfort (Q193)



Headache (Q194)

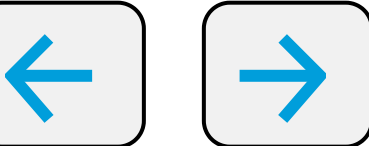




Physical Health Factors

4,620

Respondents



Reset All Filters

Type of Mission

All

Organisation

Secretariat

Duty Station Country

All

Age (Q3)

All

Gender (Q4)

All

Marital Status (Q6)

All

Staff Category (Q15)

All

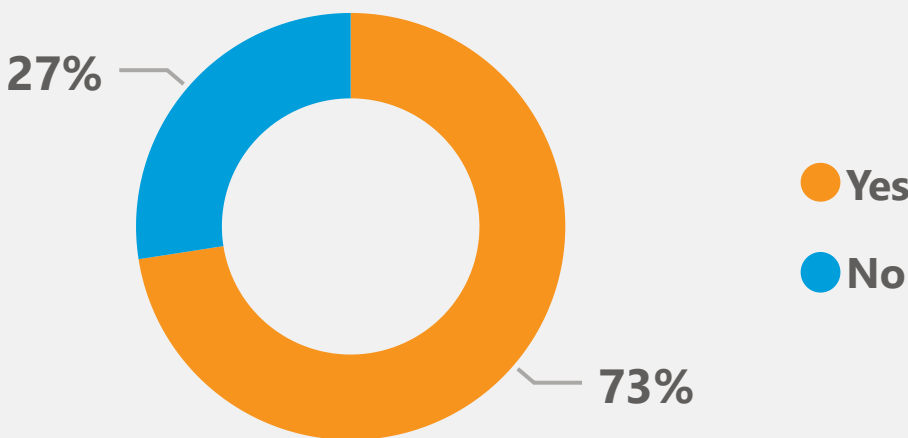
Contract Type (Q13)

All

Personnel Grade (Q16)

All

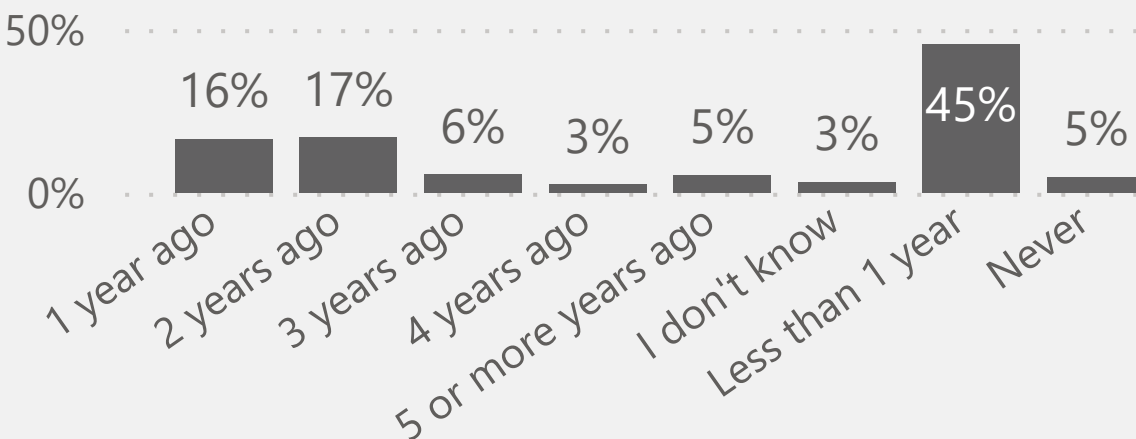
Have a Primary Care Provider (Q213)



Need Help Finding a Primary Care Provider (Q214)

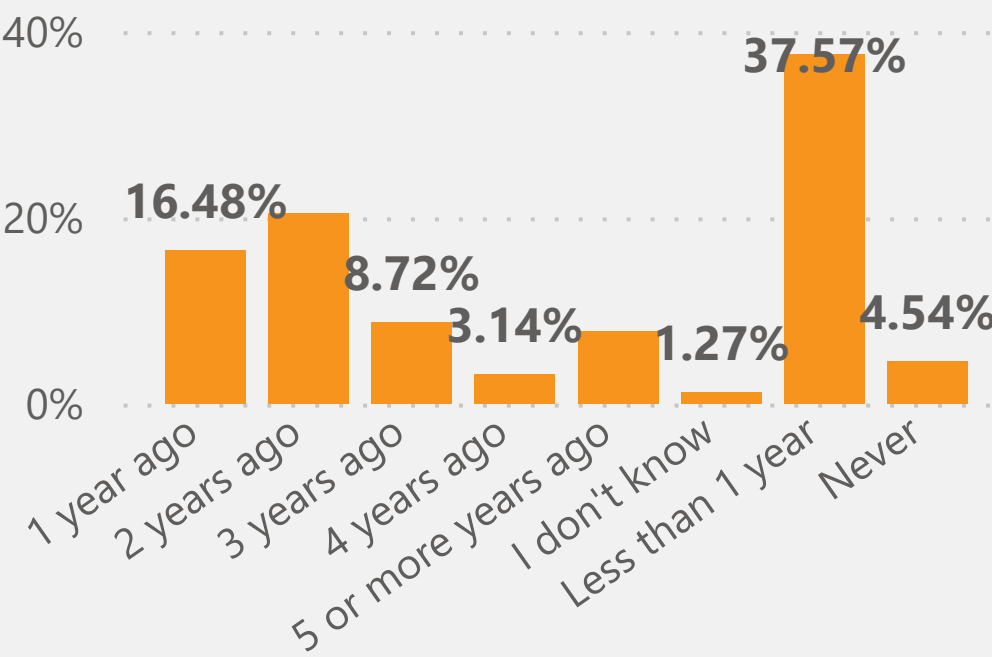
35%

Last Appointment for Any Preventative Health Screening (Q215)

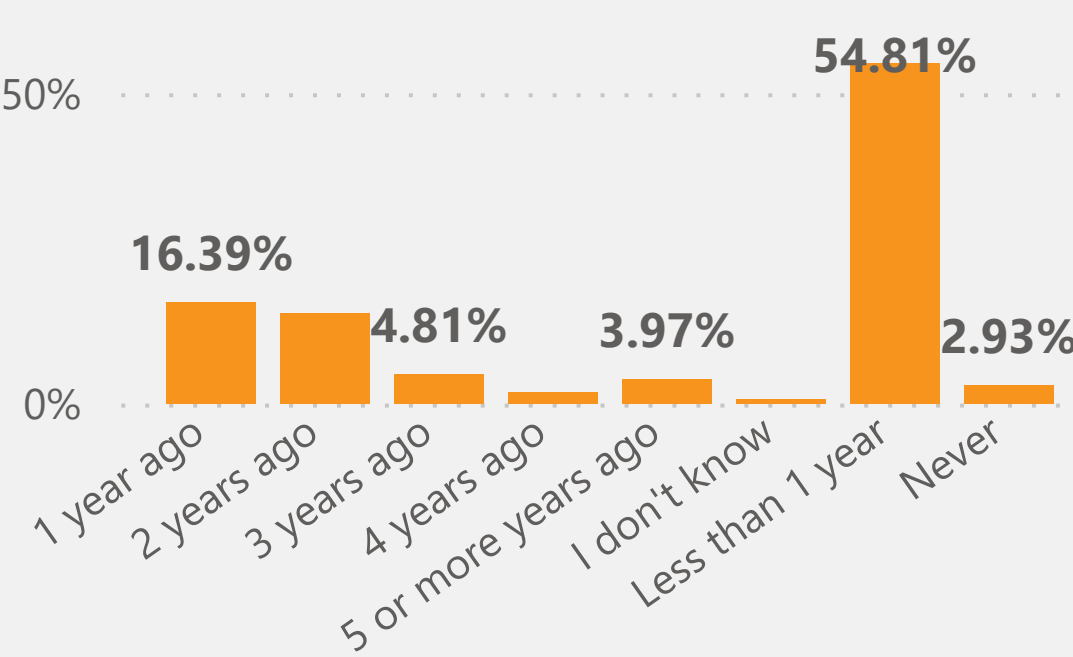


Medical Exams Group

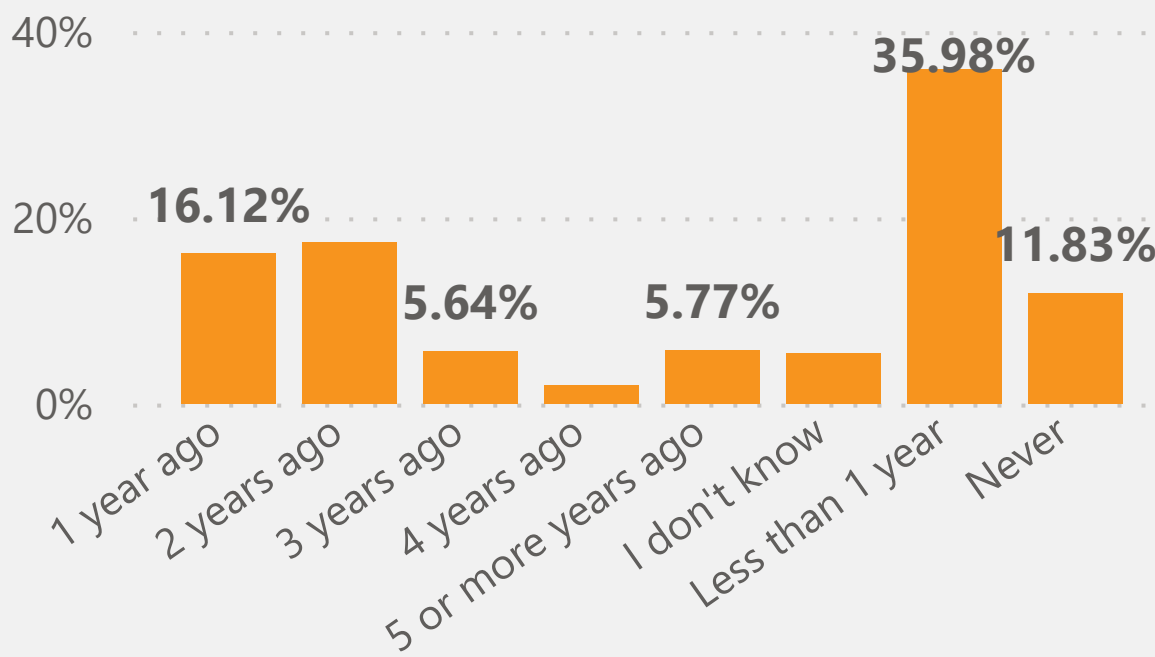
Eye Exam (Q219)



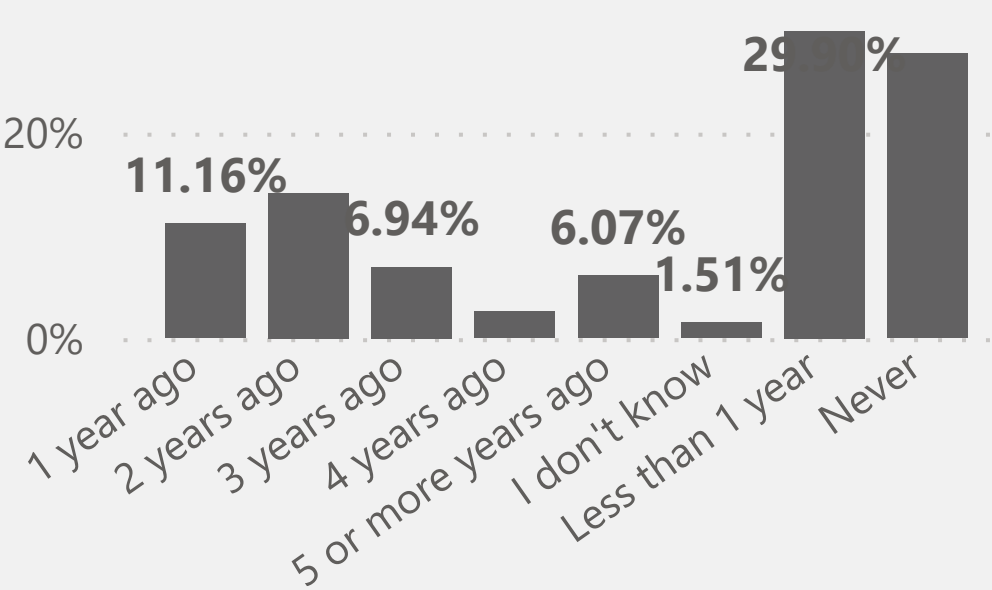
Dental Exam (Q220)



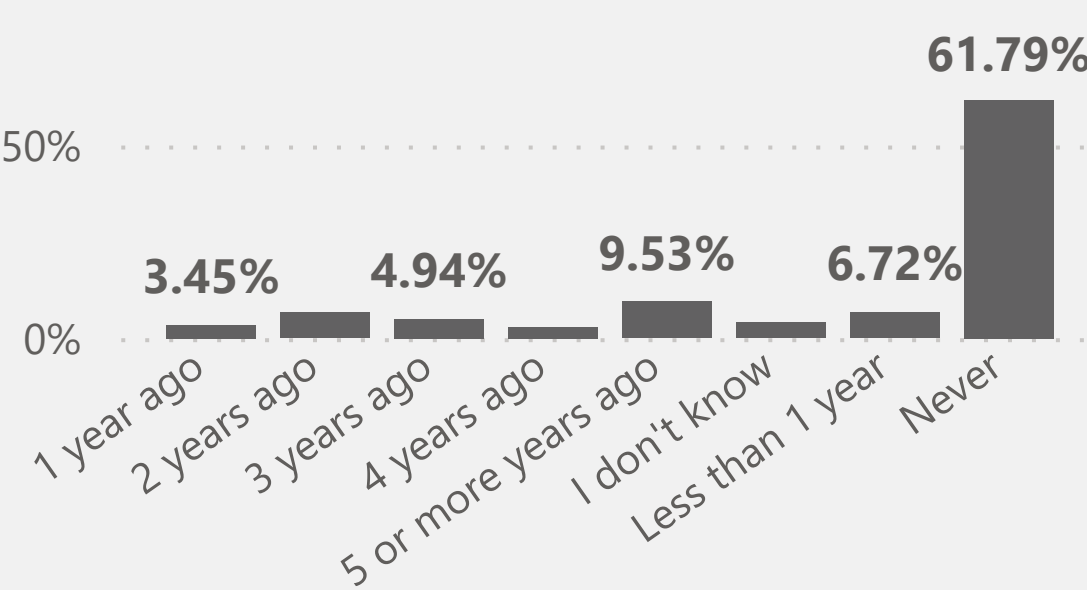
PAP Test (Female) (Q221)



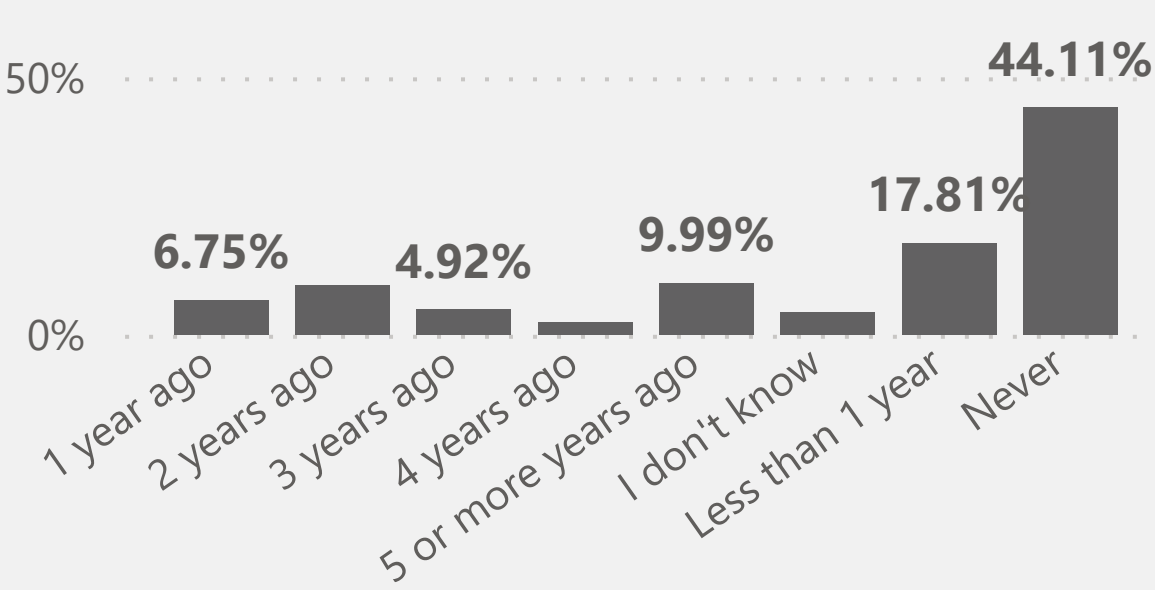
Mammogram (Female) (Q222)



Colonoscopy (Q217)



Skin Exam (Q218)



Filters

Reset All Filters

Type of Mission

All

Organisation

Secretariat

Duty Station Country

All

Age (Q3)

All

Gender (Q4)

All

Marital Status (Q6)

All

Staff Category (Q15)

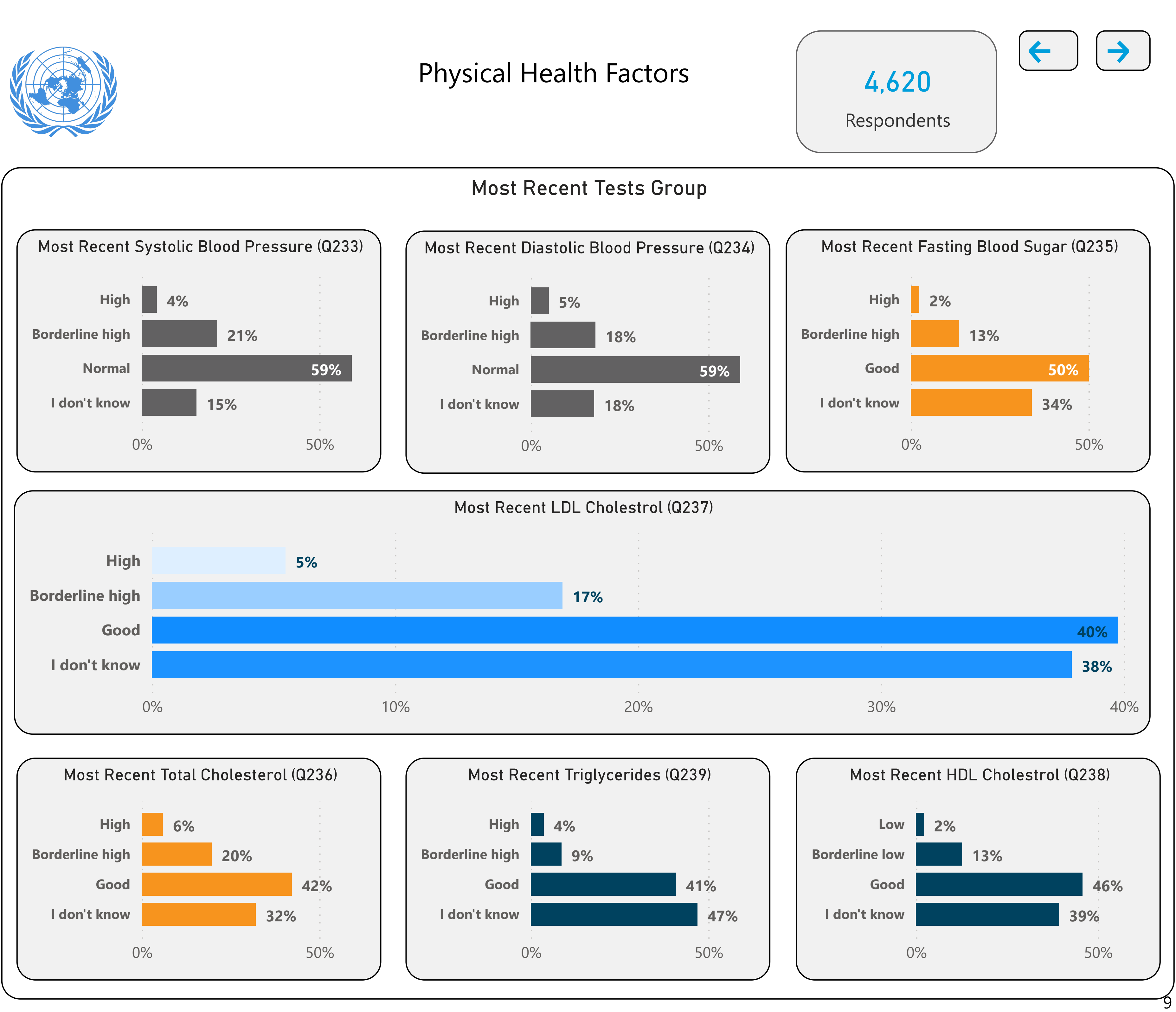
All

Contract Type (Q13)

All

Personnel Grade (Q16)

All







# Attitude to Health Promotion Programs

4,620

Respondents



Reset All Filters

Type of Mission

All

Organisation

Secretariat

Duty Station Country

All

Age (Q3)

All

Gender (Q4)

All

Marital Status (Q6)

All

Staff Category (Q15)

All

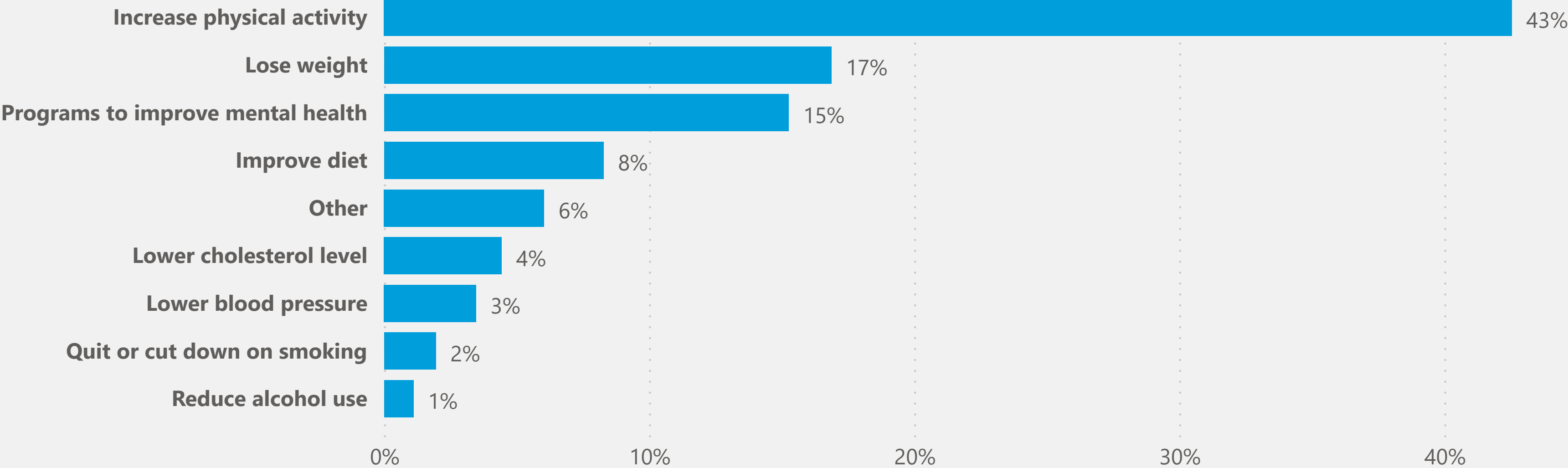
Contract Type (Q13)

All

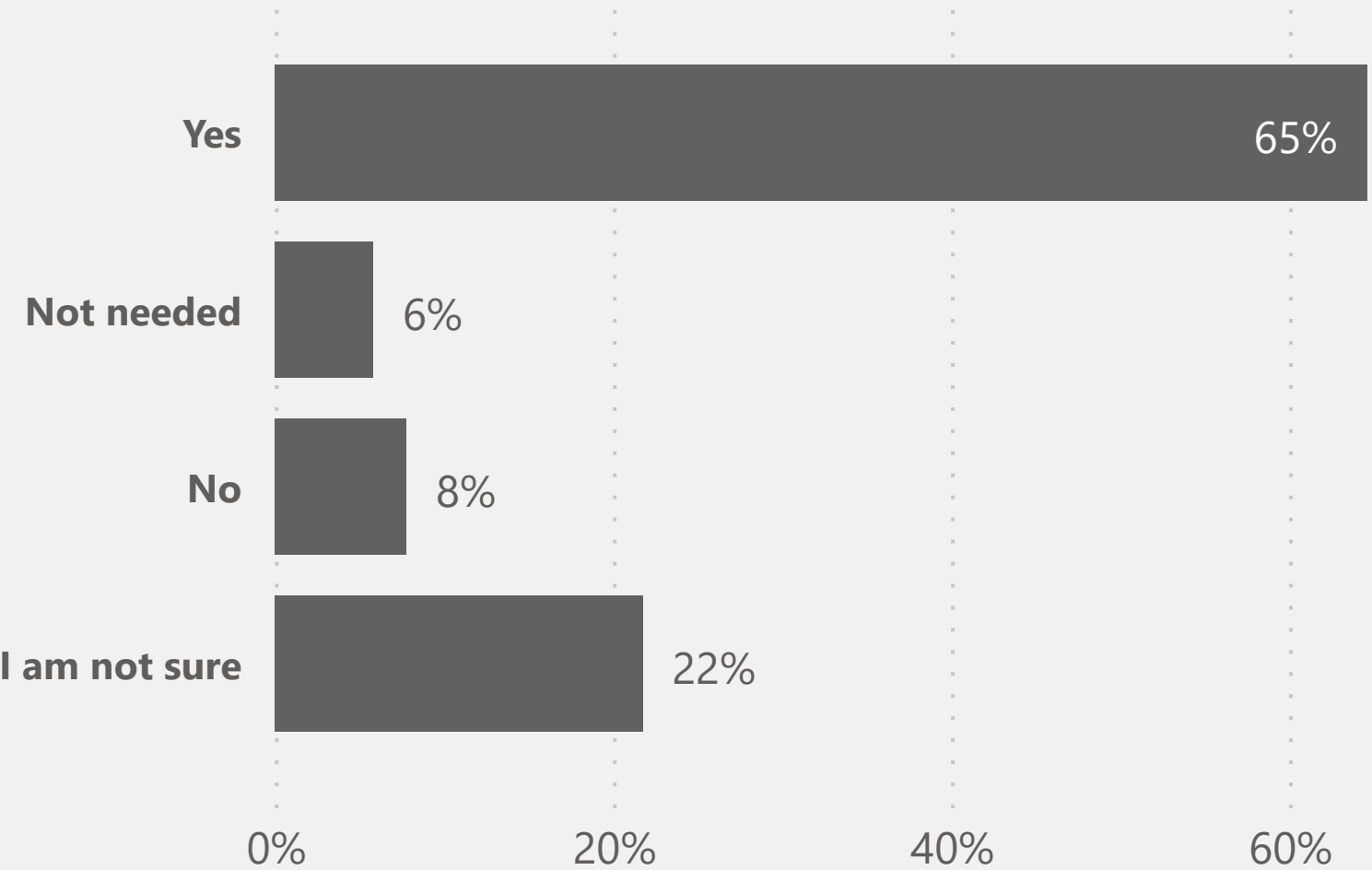
Personnel Grade (Q16)

All

Requested Focus Areas for Health Promotion Programs (Q242)



Willingness to Participate in Health Promotion Programs (Q241)



Respondents Who Plan to Make Changes to Maintain/ Improve Their Health in the Next Year (Q240)

