



wellness

S U R V E Y

Thank you for taking this short survey, which is designed to get a feel for your interests in an employee wellness program. All responses will be kept anonymous, and information will be used to craft a program that best meets the collective needs of our employees. We appreciate your time and input!

1a. We all know that good nutrition and regular physical activity lead to health benefits. Do you get the amount of physical activity you feel you need for good health?

- Yes, absolutely!
- Yes, but not consistently
- No
- I don't know

1b. Do you eat as nutritiously as you feel is appropriate for good health?

- Yes, absolutely!
- Yes, but not consistently
- No
- I don't know

2. Do you believe that proper nutrition and physical activity can lead to better productivity at work?

- Yes
- No
- I don't know

3a. Have you recently considered making a lifestyle change related to better health (losing weight, eating better, exercising more, reducing stress, quitting smoking, etc.)?

- Yes, in the past year
- Yes, more than a year ago
- No, not really

3b. If "yes" which one statement best fits for you?

- I thought about it, but didn't take action.
- I started to make some changes one or more times, but they didn't last more than a week or so.
- I made lifestyle changes that stuck for a few months or more, but I'm not following them anymore.
- I made lifestyle changes that stuck for a few months or more, and I'm still following them.

4. Some people have a better chance for health improvement when they work with a buddy or in a group. Others have a better chance for success working by themselves. Which style better fits you?

- I'm more likely to succeed with a buddy or in a group.
- I'm more likely to succeed when I work on my own.
- I'm not sure; either way might work.
- I don't need to make any lifestyle changes.

5. Would you be more likely to participate in a wellness program if there were incentives (money, prizes, time off, etc.) and you have an opportunity to win?

- I'd be more likely to participate.
- I wouldn't be more or less likely to participate.
- I would be less likely to participate.

6. Sometimes, employees in wellness programs form interest groups to support each other in various activities. What kind of informal group might interest you? (Check all that apply)

- Walking
- Stretching
- Meditation
- Nutrition
- Cooking
- Running
- Biking
- Hiking
- Basketball
- Volleyball
- Weight loss
- Resistance training
- Yoga
- Other: _____
- Not interested in anything above

7. Do you have any particular expertise or health related specialty that you could share with a group?

- Yes
- No
- If "yes," what is it? _____

8a. I would buy healthy snacks (low-fat yogurt, fresh fruit, pretzels, dried nuts, etc.) at the office if they were available in a "healthy snack bowl" for 50 cents or so.

- Definitely
- Sometimes
- Probably not too often
- Not at all

8b. I would volunteer to help maintain a healthy snack selection set up by employees (does not involve paying for supplies.)

Yes

No

9. Some organizations get books, recipes, videos, and other items for use by employees who want to learn more about health and wellness issues and choices. Would you use this kind of resource center if available?

Definitely, I would use it.

It sounds interesting, and I'd try to use it.

It sounds interesting, but I probably wouldn't use it.

It's not something I would use at all.

I don't know.

10. If a wellness committee wanted to send information about their activities, or news and tips about healthy lifestyle choices, how would you like to receive that information (select one or two)?

A bulletin board dedicated to workplace wellness weekly e-mail tips

In a flyer distributed with paychecks

On a Website

During discussions at staff meetings

11. Would you be willing to join a wellness committee or a program team?

Yes

No

Thanks again!