

# Employee survey:

## Would you participate in health programs at work?

Take our survey and let us know. And you don't even have to tell us your name!

**1. What health topics listed below would you like to get information about? Put an "X" next to your top five picks.**

- Help with weight issues
- Healthy eating
- Help with money issues
- Starting a walking program
- Coping with stress
- Quitting smoking
- Managing health conditions
- Depression
- Understanding your health care plan
- Diabetes (high blood sugar)
- What you should talk to your doctor about
- Cholesterol (fatty cells in your blood that can cause heart problems)
- Blood pressure

**2. If the following wellness activities, health programs or health tests were available at work, put an "X" next to each one that you'd join or go to.**

- Sports like soccer, basketball, softball, etc.
- Workplace challenges for prizes - like team weight loss and fitness competitions
- Programs to help manage your weight
- Blood pressure testing
- Cholesterol testing
- Pre-diabetes testing
- Programs to help with stress
- Programs to help with depression
- Quitting smoking classes
- Nutrition classes

**3. If healthy food choices, like fruits and vegetables, were available at work, would you choose them over a candy bar or bag of chips?**

- No     Yes     Occasionally

**4. If there's a safe walking route near your job, do you ever take a walk during lunch or during a break?**

- No     Yes     There's no safe route close by

**5. Where are you most likely to exercise or do wellness activities? (Put an "X" next to all that apply.)**

- At home
- At your place of work
- At a local fitness center
- Other: \_\_\_\_\_

**6. What time of day would you most likely exercise or do a wellness activity?**

- Before work     Lunch time     After work

**7. Are you interested in wellness programs that include family members?**

- No     Yes

**8. When it comes to getting healthier, what category would you put yourself in? (Choose only one.)**

- I've been thinking about changing some of my health habits
- I'm planning on making a health habit change within the next 30 days
- I've made some health habit changes but I still have trouble sticking with them
- I've had a healthy lifestyle for years

**9. What do you think is a good way that your employer can help you and your fellow employees become more active?**

- Sponsor healthy activities
- Give discounts for joining a gym
- Offer prizes for those who participate in healthy activities

**10. What do you think is the best way your employer can have healthy foods, like fruits and vegetables, made available where you work?**

- In vending machines
- In cafeterias
- Provide healthy snacks at meetings
- Not sure