

Worksite Wellness Interest Survey

Thank you for your interest in health promotion at the worksite. We would like to learn more about your interests in wellness and health-related activities. Your responses will be used in planning new programs and activities for our employees.

1. Which of the following health concerns would you like to know more about? (Check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> High Blood Pressure Management |
| <input type="checkbox"/> Asthma Management | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> Back Care | <input type="checkbox"/> Menopause |
| <input type="checkbox"/> Chemical Dependency | <input type="checkbox"/> Men's Health |
| <input type="checkbox"/> Cold/Flu Prevention and Treatment | <input type="checkbox"/> Mental Health |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Smoking Cessation |
| <input type="checkbox"/> Exercise/Fitness | <input type="checkbox"/> Stress Management |
| <input type="checkbox"/> Headache Prevention and Treatment | <input type="checkbox"/> Weight Management |
| <input type="checkbox"/> Healthy Eating | <input type="checkbox"/> Women's Health |
| <input type="checkbox"/> Heart Disease Prevention | |

2. From which of the following sources do you currently get most of your health information? (Check up to three sources)

- | | |
|--|--|
| <input type="checkbox"/> Television, radio | <input type="checkbox"/> Other health professionals |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Voluntary health organizations |
| <input type="checkbox"/> Newspapers, magazines | <input type="checkbox"/> Health promotion programs at work |
| <input type="checkbox"/> Reference books | <input type="checkbox"/> Friends, family and other sources |
| <input type="checkbox"/> Doctors | |

3. There are many ways to get health information at the worksite. Which of the following ways would you prefer? (Check all that apply.)

- | | |
|--|--|
| <input type="checkbox"/> Pamphlets and other written materials | <input type="checkbox"/> Classes or courses |
| <input type="checkbox"/> Films and videos | <input type="checkbox"/> Screenings |
| <input type="checkbox"/> Talks by experts (Seminars) | <input type="checkbox"/> Contests and incentive programs |
| <input type="checkbox"/> Discussion groups | <input type="checkbox"/> Employee Assistance Programs |

4. How long should a health promotion activity last? (Check only one answer.)

- Less than 30 minutes
- 30-45 minutes
- 45-60 minutes

5. If the following were offered, which would you participate in? (Check all that apply)

- Health Risk Assessment (health screening with questionnaire)
- Health screenings (blood pressure, cholesterol check, etc.)
- Educational classes (one hour or multiple-sessions)
- Walking program
- Weight loss program
- Smoking cessation program
- Health and wellness information provided on the intranet
- Other _____

6. What time of the day would be best for you to participate in a health promotion activity? (Check only one answer.)

- Before Work
- Lunch Hour
- After Work
- Would not participate
- Other

7. Which shift do you work?

- 1st Shift (Day)
- 2nd Shift (Evening)
- 3rd Shift (Overnight)
- Other: _____

8. Would you be willing to cost-share with the company for some health promotion activities? (Check only one answer.)

- Not interested in any health promotion activities.
- Interested, but unwilling to contribute to cost.
- Interested, and willing to contribute a reasonable amount.

9. What is your age?

- Under 20 years
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60 years and over

10. What is your gender?

- Female
- Male

11. What is your current job category?

- Hourly
- Salary

12. Please give any suggestions or recommendations for specific activities to include in the health promotion program.

13. Are there aspects of the work environment that should be changed to be more supportive of healthy lifestyles among our employees? If yes, please explain.

14. If the company decided to offer incentives to promote participation in health promotion programs and healthy behaviors, what kind of incentive would prompt you to make healthy behavior changes?

Thank you again for your interest!

