

## Sample employee health behavior and interest survey

# Well?

Tell us what you think. We want your honest opinions and input as we build a workplace culture that supports employee health.

No need to place your name on the survey. Feel free to provide any additional comments for building a healthier culture to <name> at <e-mail>.

Please check one answer for each question. Then, return this survey to <location (such as a dropbox)> by <date>.

In a typical week, how often would you	Days per Week			
	0	1-2	3-4	5 or more
1. Eat at least five fruits or vegetables in a day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Buy healthy snacks if they were available in our vending machines or cafeterias (for example, fruit, veggies and dip, whole grain cereals)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Buy healthy snacks if they were available in vending machines or the cafeteria AND were cheaper than other snacks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat fruit if available free at our staff meetings or in break areas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Use a 15-minute paid break for activity (like stretching, yoga, or a walk) if there were a convenient place to be active?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Make time for 30 minutes of physical activity* per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Physical activity means any activity that raises your heart rate and makes you breathe a little harder. It does not need to be 30 minutes all at once, a little here and there, in at least 10-minute increments, all adds up.				

<b>To what extent are you interested in making the following healthy changes?</b>	<b>N/A</b>	<b>Not at all interested</b>	<b>Somewhat interested</b>	<b>Very Interested</b>
7. Stop smoking (or using any kind of tobacco)				
8. Be more physically active				
9. Eat more healthfully (for example, more fruits, vegetables, whole grains, less fat)				
10. Lose weight				
11. Better manage stress				
12. Other: _____ (write in any other healthy change important to you)				
<b>The following questions are for employees who smoke:</b>	<b>Not at all likely</b>	<b>Not very likely</b>	<b>Somewhat likely</b>	<b>Very likely</b>
13. How likely are you to make a serious attempt to quit during the next 6 months?				
14. How willing are you to use quit medications (such as the nicotine patch) if you could get them for free?				
<b>If your workplace prohibited tobacco use in buildings and on the grounds (including parking lots), how likely are you to:</b>	<b>Not at all likely</b>	<b>Not very likely</b>	<b>Somewhat likely</b>	<b>Very likely</b>
15. Smoke fewer cigarettes during the work day?				
16. Try to quit smoking?				
17. Leave the grounds to smoke?				
18. Look for a different job where smoking is allowed?				