

NC HEALTHSMART WORKSITE WELLNESS Employee Interest Survey

Directions: Indicate your interest for each of the following by circling:

1: little or no interest

2: some interest

3: very interested

I am interested in:

1. learning more about healthy food choices.	1	2	3
2. learning how to incorporate fruits and vegetables into my diet.	1	2	3
3. learning about healthier food choices and portions to help manage my weight.	1	2	3
4. participating in “tasting” events to sample healthy foods.	1	2	3
5. having healthy snacks available for purchase at work.	1	2	3
6. learning more about the benefits of physical activity and how it can influence my health.	1	2	3
7. increasing my physical activity level.	1	2	3
8. walking to increase physical activity.	1	2	3
9. participating in team activities.	1	2	3
10. learning ways to cope with feelings of stress.	1	2	3
11. time management skills.	1	2	3
12. improving my communication skills.	1	2	3
13. learning skills to cope with change.	1	2	3
14. organized social events with my co-workers. Events might be holiday party or summer picnic.	1	2	3
15. participating in wellness activities within my regular work schedule.	1	2	3
16. participating in wellness activities before work	1	2	3
17. participating in wellness activities after work.	1	2	3
18. 10-15 minute activities that I can do two to three times a day.	1	2	3
19. activities that last 30–60 minutes.	1	2	3
20. health information that I can read, listen to, or watch on my own.	1	2	3
21. participating with a group to learn more about wellness.	1	2	3

Continued

Directions: Indicate your interest for each of the following by circling:
1: little or no interest 2: some interest 3: very interested

I am interested in:

22. working in a tobacco-free environment.	1	2	3
23. working with others to reduce second-hand smoke in my workplace.	1	2	3

Please complete questions 24–27 only if you currently use tobacco.

24. getting information about quitting tobacco use.	1	2	3
25. attending information sessions or classes about quitting tobacco use.	1	2	3
26. using my meal break time to learn about quitting the use of tobacco.	1	2	3
27. using time before or after work to learn about quitting the use of tobacco.	1	2	3

Please return this survey to: _____

By this date: _____