

Worksite Health Interest and Culture Audit

1. Worksite Health Interest Survey

We are examining the possibility of developing an employee health promotion program, and would like to learn about your interests in health promotion and health related activities. Please take a moment to complete this anonymous survey. Please check the items that apply and fill in the requested information. Thank you.

2. Tell Us About Yourself!

1. Sex:

Male

Female

2. Age Group:

Under 21

21-30

31-40

41-50

51-60

Over 60

3. Your Worksite:

4. Your Department:

3. Your Current Health Habits

The following questions are about your current health habits and interest in pursuing a healthier lifestyle.

1. I exercise vigorously for at least 20 minutes three or more days per week.

Yes

No

I would if:

2. I regularly smoke cigarettes.

Yes

No

I would stop if:

3. I am more than 20 pounds over my ideal weight.

Yes

No

I would lose weight if:

4. I avoid eating too much fat.

Yes

No

I would if:

5. I practice some type of stress management on a regular basis.

Yes

No

I would if:

6. I have had my blood pressure checked within the last year.

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Yes

No

I would if:

7. I wear a seat belt all the time when I am in a motor vehicle.

Yes

No

I would if:

8. I have had a bout of low back pain in the last six months.

Yes

No

I would do more to prevent it if:

9. I have at least three drinks containing alcohol every day.

Yes

No

I would drink less if:

10. I usually consult a medical self-care book when I am sick.

Yes

No

I would if:

11. I make an effort to eat enough fiber from whole grains, cereals, fruits, and vegetables.

Yes

No

I would if:

12. I eat breakfast every day.

Yes

No

I would if:

4. Wellness / Health Promotion Information

1. If you could receive written information for five of the health topics listed below, which five would you select? (Please check only five.)

- | | | |
|--|---|--|
| <input type="checkbox"/> Tips for reducing cholesterol | <input type="checkbox"/> Questions for your doctor | <input type="checkbox"/> Home safety |
| <input type="checkbox"/> Information on HIV / Aids | <input type="checkbox"/> Second-hand smoke | <input type="checkbox"/> Vitamin facts |
| <input type="checkbox"/> Weight management techniques | <input type="checkbox"/> Prevention of sexually transmitted disease | <input type="checkbox"/> Prescription drug tips |
| <input type="checkbox"/> Starting a walking program | <input type="checkbox"/> Preventing carpal tunnel disorders | <input type="checkbox"/> Low salt tips |
| <input type="checkbox"/> Spiritual wellness | <input type="checkbox"/> Sleep disorders | <input type="checkbox"/> Heart disease prevention |
| <input type="checkbox"/> Health effects of cocaine use | <input type="checkbox"/> Recreational safety | <input type="checkbox"/> Cancer detection / prevention |
| <input type="checkbox"/> Alcohol tips | <input type="checkbox"/> Elder care issues | <input type="checkbox"/> Hospitalization kit |
| <input type="checkbox"/> Asthma management | <input type="checkbox"/> Testicular exam for cancer | <input type="checkbox"/> Smoking reduction tips |
| <input type="checkbox"/> Starting to exercise | <input type="checkbox"/> Parenting tips | <input type="checkbox"/> Breast self-exam |
| <input type="checkbox"/> Avoiding sports injuries | <input type="checkbox"/> Controlling high blood pressure | <input type="checkbox"/> Men's health |
| <input type="checkbox"/> Stress reduction tips | <input type="checkbox"/> Headache prevention | <input type="checkbox"/> Women's health |
| <input type="checkbox"/> Nutritious cooking tips | <input type="checkbox"/> Preventative dentistry | <input type="checkbox"/> Use of antioxidants |
| <input type="checkbox"/> Medical self-care | <input type="checkbox"/> Auto safety | <input type="checkbox"/> PMS tips |
| <input type="checkbox"/> Dealing with your doctor | <input type="checkbox"/> Back care | <input type="checkbox"/> Health issues for shift workers |
| <input type="checkbox"/> Pre-menstrual tension tips | <input type="checkbox"/> Foot care | <input type="checkbox"/> Personal violence protection |

2. Would you personally participate in a health promotion program if we offered one?

Yes

No

3. Would you participate in any of the following wellness activities on a regular basis if they were offered at work? (Check all those that apply.)

- | | | |
|--|---|--|
| <input type="checkbox"/> Aerobic exercise classes | <input type="checkbox"/> Parenting skills and support | <input type="checkbox"/> Blood pressure screening |
| <input type="checkbox"/> Weight management program | <input type="checkbox"/> Consumer health training session | <input type="checkbox"/> Pot-luck of nutritional foods |

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- Confidential health screening
- Sports league activity
- Health fair
- Fitness or wellness contest
- Walking event or club
- Watch enjoyable movies during lunch
- Stress management classes
- Medical self-care training
- Monthly wellness seminar
- Smoking cessation program
- Blood test for cholesterol
- Workshop on self-esteem
- Join a support group
- Complete a personal fitness contract
- Annual health management session

4. Would you like an incentive to help motivate you to take better care of your own wellness?

Yes

No

If yes, what kind of incentives would motivate you?

5. Which of the following categories would you place yourself in?

I am not interested in pursuing a healthy lifestyle.

I have been thinking about changing some of my health behaviors.

I am planning on making a health behavior change within the next 30 days.

I have made some health behavior changes but I still have trouble following through with them.

I have had a healthy lifestyle for years.

6. In the last twelve months, how many days have you been absent from work due to personal illnesses or injuries?

7. In the last twelve months, how many times have you visited the doctor?

8. In the last twelve months, how many days were you in the hospital as a patient?

9. Would you be interested in completing a confidential health survey that would give you a set of personal health recommendations?

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Yes

No

10. Any additional comments or suggestions for a health promotion / wellness program for employees?

5. Culture Audit - Organizational Values

1. Please respond to the following set of statements regarding organizational values:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Our organization recognizes the importance of employee health in the performance of our business.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Our organization cares about employee health and wellness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Our organization is known as innovative.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Our organization is a leader in the community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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6. Culture Audit - Senior Management Support

1. Please respond to the following statements regarding senior management support:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Senior management takes reasonable risks with new ideas.	jn	jn	jn	jn	jn
Management serves as personal role models for healthy lifestyles.	jn	jn	jn	jn	jn
Managers support employees in making healthy lifestyle behaviors.	jn	jn	jn	jn	jn
Senior management is committed to health promotion as an important business investment.	jn	jn	jn	jn	jn
Management is willing to participate in wellness programs.	jn	jn	jn	jn	jn
Senior management frequently does things to demonstrate that they value employees.	jn	jn	jn	jn	jn
Money, by itself, is not the only major factor used to make management decisions.	jn	jn	jn	jn	jn

7. Culture Audit - Communication

1. Please respond to the following set of statements regarding communication:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
There is not a high degree of mistrust between management and employees.	jn	jn	jn	jn	jn
Employees recognize that management is concerned about health issues.	jn	jn	jn	jn	jn
Management listens to employee concerns and ideas.	jn	jn	jn	jn	jn
There is a high level of communication between management and employees.	jn	jn	jn	jn	jn
Employees react favorably to management initiatives.	jn	jn	jn	jn	jn

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8. Culture Audit - Employee Perceptions of Wellness Support at Work

1. Please respond to the following set of statements regarding employee perceptions of wellness support at work:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Employees support the healthy lifestyle practices of their co-workers.	jn	jn	jn	jn	jn
I am encouraged to take work breaks as allowed in my job description.	jn	jn	jn	jn	jn
I am encouraged to take adequate time for lunch away from my desk.	jn	jn	jn	jn	jn
Employees have a say in the type of health promotion programs offered.	jn	jn	jn	jn	jn
Employees are expected to express care and support for each other.	jn	jn	jn	jn	jn
Employees are encouraged to balance work and home life.	jn	jn	jn	jn	jn
Employees who work extra hours are not seen as "harder-working" employees than those who work regular hours.	jn	jn	jn	jn	jn

9. Culture Audit - Environment

1. Please respond to the following set of statements regarding environment:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Our safety program is more than just a "compliance-oriented" program.	jn	jn	jn	jn	jn
Our corporate environment supports healthy eating and active living.	jn	jn	jn	jn	jn
The foods available to staff (i.e. at meetings, etc.) support healthy eating.	jn	jn	jn	jn	jn

10. Thank you!

Thank you for taking the time to complete this survey, we know your time is valuable and appreciate your participation.

The Health Interest Survey is compliments of Larry S. Chapman, Summex Corporation, Seattle, WA 2001. The Culture Audit is compliments of CanDo, the Coalition for Activity and Nutrition to Defeat Obesity.