

Employee Interest Survey

Directions: Select your level of interest (1, 2, or 3) by circling the number for each of the following statements.

I am interested in:	1- Little to no interest	2- Some interest	3- Very Interested
1) Learning about healthy food options	1	2	3
2) Learning how to include fruits and vegetables into my meals	1	2	3
3) Learning about food portions and choices	1	2	3
4) Participating in events to taste healthy food options	1	2	3
5) Having the ability to purchase healthy snacks at work	1	2	3
6) Learning more about physical activity and how it can impact my health	1	2	3
7) Learning how to increase my physical activity level	1	2	3
8) Walking to increase my physical activity level	1	2	3
9) Participating in group activities	1	2	3
10) Learning how to cope with stress	1	2	3
11) Learning skills for time management	1	2	3
12) Learning how to improve my communication skills	1	2	3
13) Learning skills to be able to better cope with change	1	2	3
14) Social events with my co-workers	1	2	3
15) Participate in wellness activities that fit my work schedule	1	2	3
16) Participate in wellness activities before or after work	1	2	3
17) Activities that I can do on my own throughout the day	1	2	3
18) Access to health information	1	2	3
19) Group wellness classes	1	2	3
20) Working in an environment that is tobacco-free	1	2	3
If you are a current smoker, please answer questions 24-27			
21) Access to information on quitting the use of tobacco	1	2	3
22) Information on classes for tobacco cessation	1	2	3