

HWHF Needs Analysis Demo 2 May 2013

This survey asks about your overall wellbeing, nutrition, physical activity, alcohol consumption and smoking. It will take you approximately 10 minutes to complete.

This information will be used to provide a report on the health and wellbeing of your organisation. This report will include no individual information. The purpose of the report is to help your organisation identify changes that it can make to the workplace to support improved health and wellbeing of staff.

The survey does not request any personal details and all information collected will be treated as private and confidential. The non-identifiable information collected may be used for wider project evaluation purposes.

Wellbeing

1. The World Health Organisation defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. With this in mind, how do you rate your overall health and wellness?

- Excellent
- Good
- Average
- Not Good

2. How do you rate your morale at work?

- Very High
- High
- Average
- Low
- Very Low

Smoking

3. Do you smoke?

- Yes
- No

Smoking

4. How keen are you to stop smoking?

- Ready to quit
- Considering quitting
- Not ready to quit

Smoking

5. Are you interested in receiving tips and information on quitting smoking?

- Yes
- No

6. Would you be interested in attending an information session about quitting smoking?

- Yes
- No

Smoking

7. Would you like more consideration for smoke free spaces within your workplace?

- Yes
- No

8. Is there adequate signage in your organisation to identify smoke free spaces?

- Yes
- No

Smoking

9. Do you have any further comments regarding smoking in your workplace?

Nutrition

1 serve of fruit = 1 medium piece (eg apple) = 2 small pieces (eg apricots) = 1 cup chopped fruit

1 serve of vegetables = 1/2 cup cooked vegetables or legumes = 1 medium potato = 1 cup salad vegetables

10. How many serves of fruit do you eat per day?

- 0
- 1
- 2
- 3
- 4 or more

11. How many serves of vegetables do you have each day?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7 or more

Nutrition

12. How often do you bring food from home to eat at work?

- Never
- Once a week
- Twice a week
- Three times a week
- Four times a week
- Everyday

13. Why / why not?

Nutrition

14. How often do you purchase lunch and / or snacks while you are at work?

- Never
- Once a week
- Twice a week
- Three times a week
- Four times a week
- Everyday

15. Are there healthy lunch and snack options available for purchase during work times? (Including items sold on premises and those available offsite)

- Yes
- No

Nutrition

16. How would you describe catering at meetings and other events that are coordinated by the organisation?

- Meetings are not catered
- There are always healthy options
- There are sometimes healthy options
- There are never healthy options

Nutrition

17. Are you interested in receiving any of the following nutrition information? (you can select more than one)

- Healthy lunch box tips
- Tips on healthy choices when eating out
- Healthy recipe ideas

18. Do you have any suggestions as to how your workplace can encourage employees to make healthy choices?

Alcohol

19. How often do you consume alcohol?

- Never
- Occasionally
- Once or twice a week
- Most days
- Every day

Alcohol

20. What is the maximum number of drinks you would consume in one sitting?

- One
- Two
- Three
- Four
- More than four

21. Do you consume alcohol during work time?

- Never
- Occasionally
- Sometimes
- Every day

Alcohol

22. Does your workplace ever supply alcohol?

- Never
- Occasionally
- Often
- Everyday

Alcohol

23. Are there any policies in place to promote drinking responsibly?

- Yes
- No

24. Are you interested in receiving information on drinking responsibly and alcohol support services?

- Yes
- No

Alcohol

25. Do you have any further comments in relation to alcohol in your workplace?

Physical Activity

Moderate-intensity activity causes a slight, but noticeable increase in your breathing and heart rate. E.g. a brisk walk, that is at a pace where you are able to comfortably talk but not sing, mowing the lawn, digging in the garden, or medium-paced swimming or cycling.

Vigorous activity makes you "huff and puff" and talking in full sentences between breaths is difficult. E.g. football, squash, netball, basketball and activities such as aerobics, circuit training, speed walking, jogging, fast cycling or brisk rowing.

26. How many days of the week would you do at least 30 minutes of moderate intensity physical activity?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

27. How many days of the week would you do at least 20 minutes of vigorous intensity physical activity?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

28. Please identify any barriers to regularly engaging in physical activity?

Physical Activity

29. Do you incorporate any physical activity into your average working day? (Including during breaks)

- Yes
- No

30. How much time do you spend sitting during an average working day? (Including during breaks)

- 1 hour or less
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours or more

Physical Activity

31. How do you usually travel to work?

	Car (driving alone)	Car (with passenger/s)	Motorcycle/scooter	Public transport	Walk/run	Bicycle
Monday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thursday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

32. Would you consider another mode of transport?

- Cycling
- Walk/run
- Public Transport

33. Would you like more information on active transport including walking and cycling maps nearby?

- Yes
- No

Any comments:

34. Would you like more information on active transport including walking and cycling maps nearby?

- Yes
- No

Any comments:

Physical Activity

35. Would you be interested / participate in any of the following activities? (you can select more than one answer)

- A regular onsite exercise group
- Coordinated lunch time walks
- Receiving nformation about local acitvities and venues
- Workplace program to promote regular work breaks and reduce sitting time
- Commuter bikes for transport to meetings

36. Do you have any suggestions that might increase physical activity levels in your workplace?

Health and Wellness Initiatives at Work

37. How can we make our workplace health initiatives accessible to you?

38. What is the best way for us to communicate information about employee wellbeing initiatives to you?

- Email
- Intranet
- Posters
- Staff meetings

Thank you for completing this survey!