



Invitation to staff

We are developing a workplace health and wellbeing program and would like to learn more about the topics and activities of interest to you to improve your health and wellbeing.

Please take a few minutes to complete this survey and return to: _____ by _____.

Individual health and wellbeing needs

Are you interested in learning more about any of the following to improve your health? *Please tick appropriate boxes.*

Healthy eating		Quitting smoking	
Physical activity		Safe levels of alcohol consumption	
Healthy weight		Other (please list):	

Workplace health and wellbeing topics

What do you feel are the most important topics to include in a workplace health and wellbeing program? *Please tick all that apply*

Healthy eating		Injury prevention	
Physical activity		Gender health (men's/women's health)	
Healthy weight		Goal setting and motivation	
Preventing chronic disease (e.g. Type 2 Diabetes, Cancer, Heart disease)		Stress management	
Quitting smoking		Financial management	
Safe alcohol consumption		Sleep and fatigue	
Mental health awareness and support		Other (please list):	



Workplace practices and policies

Would you support any of the following in your workplace?	Yes	Maybe	No	n/a
Healthy food policy for catering (e.g. in meetings/conferences)				
Responsible serving of alcohol policy at work				
Flexible working hours to allow for physical activity before, during, or after work				
Smoke-Free workplace policy				
Regular health and wellbeing newsletter				
Incentives to participate in workplace health and wellbeing activities (e.g. prizes, discounts, recognition)				

Workplace environment

Would you support any of the following being introduced in to your workplace?	Yes	Maybe	No	n/a
Facilities to support physical activity (showers, lockers, bike storage) If interested, what would you like to see?				
Fresh fruit/vegetables supplied at work				
Healthy food options available for sale including vending machines, food vans, local services, onsite cafeteria/facilities				
Breastfeeding room made available for workers or visitors				
Clean kitchen facilities and appliances				
Ergonomic workstation check				
Workplace going smoke-free				

Workplace health and wellbeing activities

How interested are you in the following activities?	Yes	Maybe	No	n/a
Information sessions by a health professional on specific health topics				
Health tips and information via emails, newsletters or other workplace communication channels				
Annual health expo/fair				
Access to phone health coaching service to support achieving lifestyle goals (<i>Get Healthy information and coaching service</i>)				
Heathy eating				
Receiving information on local fresh food outlets/healthy eating initiatives				
Healthy cooking demonstrations				
Physical activity				
Company sponsorship and involvement in charity events (e.g. fun runs)				
Regular onsite exercise group (e.g. walking, yoga, Tai Chi, lunchtime sports) Circle any and/or suggest others:				
Subsidised membership at a local gym facilities or club				
Workplace challenge such as the Corporate Cup, Relay for Life, 10,000 steps/walk around the world				
Bicycle pool for lunch breaks and short journeys to meetings				
Walk and talk meetings or standing meetings				
Visual prompts that encourage you to be active in the workplace (e.g. 'take the stairs', 'have a stretch' and leave your desk)				
Workplace program (computer or other) to prompt regular work breaks and reduce sitting time				
Healthy weight program or challenge				
Back care self-management workshop				
Going smoke-free				
Support to access quit smoking programs (e.g. telephone support, link to groups)				
Workplace subsidised access to smoking cessation prescriptions				
Safe alcohol consumption				
Information on alcohol support services				
Wellbeing				
Counselling services for staff (e.g. Employee Assistance Program)				
Cancer screening (e.g. skin, breast, bowel, prostate)				
Financial management workshop provided by a professional				
Stress management seminar(s) provided by a professional				
Training in conflict management, bullying prevention				
Individual health checks (e.g. blood pressure, cholesterol, weight, etc)				
Other:.....				

Participation preferences

I prefer to take part in activities and events: ☐ onsite ☐ offsite

My preferred timing is:

- ☐ Before normal work hours (normal hours areto)
- ☐ Lunch time (.....to)
- ☐ After work (starting time)

I prefer activities to be carried out: ☐ Weekly ☐ Fortnightly ☐ Monthly

I would be willing to pay a small amount to help with costs of a speaker or activity ☐ Yes ☐ No
Please indicate how much you would be willing to pay per session: Up to \$.....

What are your preferred methods of receiving health and wellbeing information and workplace activity promotions?
(Tick all that apply)

- ☐ Posters and brochures
- ☐ Email
- ☐ Verbal
- ☐ Newsletters ☐ Other:

Acknowledgements:

Survey tool based on national and international examples, particularly:

- > Vic Health WorkHealth Healthy Workplace Needs Assessment tool
- > South Australia's be active Workplace Physical Activity employee survey
- > UK Heart Foundation ThinkFit