

## BSUSD Worksite Wellness Individual Interest Survey

### Disclaimer

All information shared in this survey will be kept in the strictest confidentiality and anonymity. The information provided will only be used for the efforts of developing a Staff Wellness program for staff members of Borrego Springs Unified School District.

This survey is strictly voluntary, if you do not wish to fill out this survey it is completely your decision. The data collection unit agrees to abide by your wishes at all time, and agrees to maintain all replies and correspondence in complete confidentiality and anonymity.

This short survey is designed to get a feel for where employee interests lie, while at the same time giving employees a chance to better understand the concept of a wellness program.

Select one number for each question:

**4** = Very likely    **3** = Somewhat likely    **2** = Not very likely    **1** = Not at all likely

1. I would buy heart-healthy snacks if they were available at my work site (ex. soy milk, pretzels, cereals, yogurt, one percent or skim milk, fresh fruit, 100% juice, raisins or other dried fruit. NOT candy, chips, pastry, etc.)	4	3	2	1
2. I would eat fruit if available at our staff meetings.	4	3	2	1
3. I would like to participate in an BSUSD staff wellness program encouraging healthy eating and physical activity	4	3	2	1
4. I would participate in a staff wellness program where I could develop a profile and record my daily physical activity on-line away from my work site.	4	3	2	1
5. I would log onto an BSUSD wellness website to check for staff wellness news and upcoming events	4	3	2	1
6. I am satisfied with my current state of health	4	3	2	1
7. I make time for 30 min. of physical activity most days of the week.	4	3	2	1
8. I would pay more attention to healthy eating and exercising if my work environment made wellness more accessible.	4	3	2	1
9. I try to look for healthier foods but usually eat whatever is available	4	3	2	1
10. I don't know what is meant by "worksite wellness"	4	3	2	1
11. I believe healthier people are more productive at work	4	3	2	1
12. Its hard for me to get as much exercise as I should	4	3	2	1
13. I know what it takes to lead a healthy lifestyle	4	3	2	1
14. Whether or not to live a healthy lifestyle is completely up to the individual.	4	3	2	1
15. I would participate in a free annual health screening at BSUSD (i.e. blood pressure, cholesterol)	4	3	2	1

Please select the answer that best fits your perspective on the following questions:

17. I would be more likely to participate in a fitness program that runs for

- 1 hr.       45 min.       30 min.       20 min.       two 15 min. periods  
 other \_\_\_\_\_

18. What factors would limit your ability to participate in a staff wellness program

- child care  
 live too far from work  
 other \_\_\_\_\_

29. I would like to participate in a staff wellness program provided

- before working hours  
 after working hours  
 during my lunch time  
 other \_\_\_\_\_

20. I would participate in a staff wellness program if

- incentives were offered (e.g. gift cert for spa, health club membership, t-shirts, visors/caps, class party w/ healthy food, posters to promote wellness in class)  
 physical activity classes were offered at my work site  
 I would not participate  
 other \_\_\_\_\_

Please give us your perspective on the following questions:

21. The following incentives would encourage me to participate in a staff wellness program:

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22. I would or would not like to participate in a staff wellness program because:

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23. What would you like to see in a staff wellness program at EMCSD (e.g. incentives, prizes, physical activity clubs such as running/walking/hiking, physical activity classes such as running, yoga, dance, nutrition education classes, healthy cooking classes etc.)?

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*Thank you for participating.*