Duluth JPE Wellness Program Interest Survey

Employee and Retiree Wellbeing Interest Survey

Please check the circle that most closely matches you and your interests.

The interest survey is due no later than April 20, 2012.

If you have questions about the survey, contact Tanya Karon, CBIZ Benefits & Insurance Services, Inc. at 800-538-4511 or tkaron@cbiz.com.

1. Gender

- ◯ Male
- ◯ Female

2. Age

- ◯ Under 30
- ◯ 30-39
- ◯ 40-49
- ◯ 50-59
- ◯ 60+

3. I would eat fruits, vegetables and/or healthy snacks if available at work

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not Likely At All

4. If I had a 10 minute break, lunch hour or before work hours, I would use it for a personal activity like stretching, yoga or a walk if there was a place to do it

- ☐ Very Likely
- ☐ Somewhat Likely
- ☐ Not Very Likely
- ☐ Not Likely At All

5. Do you typically take your regular lunch break during the day?

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

6. If you don't, why not? (check all that apply)

- ☐ Pressure to get work done
- ☐ Need to catch up on work
- ☐ I eat at my desk/work area
- ☐ Just don't want to

7. I think about my health when deciding what to eat

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

8. I get the exercise I should to maintain my wellbeing

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

9. I would make time for 30 minutes of physical activity most days of the week if a space was available at work, near work or near home

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

10. I think I am energetic, positive and in good health

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

11. I am aware of my health risks and know what it takes for me to lead a healthy lifestyle

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

12. Exercising seems like a big challenge/obstacle to me

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

13. Healthy eating seems like a big challenge/obstacle to me

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

14. I would participate in group activities about healthy eating or physical activity if they were offered

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

15. I would be interested in a tobacco/nicotine cessation program (if you are a tobacco/nicotine user)

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely
- ◯ N/A

16. I would be interested in information on other addiction resources (i.e. chemical dependency, gambling, etc.)

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely
- ◯ N/A

17. Mark the top five health topics that interest you most:

- ☐ Reducing Cholesterol
- ☐ Weight Management
- ☐ Stress Management
- ☐ Vitamin and Herbal Supplements
- ☐ Heart Disease Prevention and Management
- ☐ Nutrition
- ☐ Cancer Prevention
- ☐ Improving Sleep
- ☐ Controlling Blood Pressure
- ☐ Recipes for Healthy Cooking
- ☐ Eating Healthy Fast Food and at Restaurants
- ☐ Diabetes Management
- ☐ Stretching, Strength and Flexibility Tips
- ☐ Workplace Ergonomics
- ☐ Pregnancy Health
- ☐ Back Safety
- ☐ Women's Health
- ☐ Men's Health
- ☐ Physical Activity and Exercise
- ☐ Alcohol and Drug Tips
- ☐ Second-hand Smoke
- ☐ Safety and Personal Security
- ☐ Headache and Pain Management
- ☐ Preventive Dentistry
- ☐ Vision Care

Other (please list)

18. Which wellness activities would you participate in on a regular basis if they were offered at work? (mark all that you would be interested in)

- ☐ Walking
- ☐ Stair climbing
- ☐ Stretching
- ☐ Bicycling
- ☐ Running
- ☐ Basketball
- ☐ Volleyball
- ☐ Yoga/Pilates
- ☐ Low impact exercise on equipment
- ☐ Aerobic exercise class (i.e. Zumba)
- ☐ Team fitness challenge and/or competitions (i.e. The Biggest Loser)
- ☐ Intramural sports (i.e. baseball, basketball, kickball, volleyball, etc.)
- ☐ Seminars/Educational Sessions
- ☐ Group Coaching

Other (please list)

19. I would be more motivated to eat healthier and exercise if I had a partner or was part of a team doing it

- ○ Very Likely
- ○ Somewhat Likely
- ○ Not Very Likely
- ○ Not At All Likely

20. I am interested in understanding more about how to make changes and keep myself motivated

- ○ Very Likely
- ○ Somewhat Likely
- ○ Not Very Likely
- ○ Not At All Likely

21. I would be interested in giving a testimonial, either written or verbal, regarding my successes and results with changes that were made to live a healthier life style?

- ◯ Yes
- ◯ No
- ◯ Not Very Likely
- ◯ Not At All Likely

Comment

22. Mark the statement that best fits you

- ◯ I am not interested in pursuing a healthy lifestyle
- ◯ I have thought about making a lifestyle change but haven't gone any farther
- ◯ I started to make some changes one or more times, but they didn't last very long
- ◯ I made a lifestyle change that lasted for several months, but I'm not following it now
- ◯ I have had a healthy lifestyle for more than a year

23. If you were to receive information about activities, health topics, news or tips to improve your wellbeing, what would be your preferred way to get that information? (mark all that are of interest)

- ☐ A bulletin board posting
- ☐ Weekly emails
- ☐ Monthly newsletter
- ☐ On the intranet
- ☐ Facebook, Twitter or other social networking media
- ☐ Discussion at staff meetings
- ☐ Mail to your home

24. Would you be interested in being a buddy, partner or a source of support to others in their wellness activities?

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

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25. If you currently work at the City of Duluth, DAA, DECC, or HRA would you be interested in a computer workstation evaluation? (i.e. ergonomic evaluation)

- ◯ Very Likely
- ◯ Somewhat Likely
- ◯ Not Very Likely
- ◯ Not At All Likely

26. What other kinds of health, wellness and/or safety programs are you interested in or would like to see available?

Thank you for taking the time to complete this Wellbeing Interest Survey!

If you have questions about the survey, contact Tanya Karon, CBIZ Benefits & Insurance Services, Inc. at 800-538-4511 or tkaron@cbiz.com.

By clicking "Done" you will submit the survey and will not be able to view or update previous screens.