

# EMPLOYEE INTEREST SURVEY SCORE SHEET



Name of Worksite \_\_\_\_\_

Total Number of Surveys Distributed \_\_\_\_\_

Total Number of Surveys Returned \_\_\_\_\_

## Directions

1. Collect all completed Employee Interest Surveys.
2. For each question, add the response number that has been circled on all surveys. This will give you the final score for each one of the questions from 1 to 27.
3. For example, if you collect 3 completed surveys and the responses for Question 1 on these surveys are: 3, 2 and 3, then the score for Question 1 is  $3+2+3 = 8$ .

| <b>EAT SMART</b>  |  |
|---|--|
| 1. I am interested in learning more about healthy food choices.   |  |
| 2. I am interested in learning how to incorporate fruits and vegetables into my diet.                                 |  |
| 3. I am interested in learning about healthier food choices and portions to help manage my weight.                    |  |
| 4. I am interested in participating in “tasting” events to sample healthy foods.                                      |  |
| 5. I am interested in having healthy snacks available for purchase at work.   |  |
| <b>MOVE MORE</b>  |  |
| 6. I am interested in learning more about the benefits of physical activity.  |  |
| 7. I am interested in increasing my physical activity level.  |  |
| 8. I am interested in walking to increase physical activity.  |  |
| 9. I am interested in participating in team activities.   |  |
| <b>MANAGE STRESS</b>  |  |
| 10. I am interested in learning ways to cope with feelings of stress.   |  |
| 11. I am interested in time management skills.  |  |
| 12. I am interested in improving my communication skills.   |  |
| 13. I am interested in learning skills to cope with change.   |  |
| 14. I am interested in organized social events with my co-workers.<br>Events might be holiday party or summer picnic. |  |
| <b>WHEN EMPLOYEES WOULD MOST LIKELY PARTICIPATE IN PROGRAMS</b>   |  |
| 15. I am interested in participating in wellness activities within my regular work schedule.                          |  |
| 16. I am interested in participating in wellness activities before work.  |  |
| 17. I am interested in participating in wellness activities after work.   |  |

| <b>HOW LONG EMPLOYEES WANT PROGRAMS TO LAST.</b>  |  |
|---|--|
| 18. I am interested in 10-15 minute activities that I can do two to three times a day.                  |  |
| 19. I am interested in activities that last 30-60 minutes.  |  |
| <b>INDIVIDUAL OR GROUP ACTIVITIES</b>   |  |
| 20. I am interested in health information that I can read, listen to, or watch on my own.               |  |
| 21. I am interested in participating with a group to learn more about wellness.                         |  |
| <b>SMOKEFREE WORKPLACE</b>  |  |
| 22. I am interested in working in a tobacco-free environment.   |  |
| 23. I am interested in working with others to reduce second-hand smoke in my workplace.                 |  |
| <b>QUIT NOW</b>   |  |
| <b>Tobacco Users. How many surveys had these questions completed?</b>                                   |  |
| 24. I am interested in getting information about quitting tobacco use.                                  |  |
| 25. I am interested in attending information sessions or classes about quitting tobacco use.            |  |
| 26. I am interested in using my meal break time to learn about quitting the use of tobacco.             |  |
| 27. I am interested in using time before work or after work to learn about quitting the use of tobacco. |  |

High scores indicate higher employee interest in that particular area. Suggestions and ready-to-use resources for individual and group activities in each of the four areas are provided at [www.workwellnc.com](http://www.workwellnc.com).