

# WIC Employee Survey

## 1. Default Section

CWA is excited to announce a new WIC initiative, Worksite Wellness: Healthy Habits at WIC. Along with a Local Agency-led Advisory Committee, we are working to design a comprehensive wellness program that includes physical, mental and emotional well-being and helps support you and your family embrace a healthier lifestyle. To develop a Wellness program that truly meets your needs, we need your input. Thank you for taking this important survey and letting us know what works for you.

1. I buy healthy snacks when they are available such as whole grain pretzels, cereals, fresh fruit, low-fat/non-fat yogurt, skim or 1% milk, dried fruit, raisins, etc.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

2. If I had a 5-minute break, I would use it for personal activity – like stretching, yoga, or a walk – if there was a place to do it.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

3. I would use resource guides for healthy eating, active living and stress management if they were available (How-to books, videos, etc.)

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

4. I am satisfied with my current state of health.

Very Satisfied       Somewhat Satisfied       Not very Satisfied       Not at all Satisfied       Not Sure

5. I make time for 30 or more minutes of physical activity 4 days of the week.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

6. I think of health when deciding what to eat.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

7. I get as much exercise as I should.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

8. On at least 4 nights of the week, I get 8 hours of sleep.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

9. I am ready to take steps to improve my health and lifestyle.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

10. I eat breakfast every day.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

11. I have had a physical done within the past year.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

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12. I take one activity break during the workday at least 4 times/week.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

If you answered no, what are the things that keeps you from taking a short activity break during the work day?

13. I discuss health and wellness issues with my colleagues.

Very Likely       Somewhat Likely       Not very Likely       Not at all Likely       Not Sure

14. I participate in group health activities conducted at work.

Very Likely       Somewhat Likely       Not Very Likely       Not at all Likely       Not Sure

15. If you answered Very Likely or Somewhat Likely, what are some activities (check all that apply)

- Walks
- Indoor group exercise
- Meditation
- Healthy eating

Other (please specify)

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16. I would like to attend a workshop or receive information on: (check all that apply)

- Aerobic exercise classes
- Fitness or wellness challenge
- Walking club or event
- Yoga
- Stress management
- Monthly wellness seminar
- Weight management program
- Healthy staff potluck/lunch program
- Cooking classes
- Blood pressure screening
- Diabetes management
- Smoking cessation
- Violence prevention

Other (please specify)

17. I would prefer to get information about health topics through (check all that apply)

- Staff meetings
- A dedicated bulletin board
- Weekly e-mail tips
- Lunch and learn sessions
- In a flyer distributed with paycheck
- On the intranet

Other (please specify)

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18. I would be more likely to participate if there were incentives.

Very Likely

Somewhat Likely

Not very Likely

Not at all Likely

Not Sure

If yes, please list the incentives that would motivate you: