

# Worker interest survey

Healthy Workplaces

This survey will help you identify what people want in their health and wellbeing program.

You can gain information from staff in a number of ways, using a paper-based or online survey, or by asking these questions face-to-face during a staff meeting. It all depends on what is most appropriate for your workplace. You can also add and remove questions as needed.

Protect the privacy of staff by keeping the survey responses anonymous.

## 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. We would like to know what environmental or policy changes would support a create a healthier workplace

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

1. Are you interested in participating in health and wellbeing activities in the workplace?

Yes    No    I prefer to undertake healthy activities in my own time

If yes, which health activities or areas would you be most interested in participating in? Complete the table below.

WORKPLACE HEALTH AND WELLBEING TOPICS			
<i>What do you feel are the most important topics to include in a workplace health and wellbeing program? Please tick you top three.</i>			
<input type="checkbox"/>	Healthy eating	<input type="checkbox"/>	Injury prevention
<input type="checkbox"/>	Physical activity	<input type="checkbox"/>	Gendered health information
<input type="checkbox"/>	Healthy weight	<input type="checkbox"/>	Goal setting and motivation
<input type="checkbox"/>	Preventing chronic disease (e.g. Type 2 Diabetes, Cancer, Heart disease)	<input type="checkbox"/>	Stress management
<input type="checkbox"/>	Quitting smoking	<input type="checkbox"/>	Financial management
<input type="checkbox"/>	Safe alcohol consumption	<input type="checkbox"/>	Sleep and fatigue
<input type="checkbox"/>	Mental health	<input type="checkbox"/>	Other: .....



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For more information:  
[healthyworkplaces.sa.gov.au](http://healthyworkplaces.sa.gov.au)  
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WORKPLACE PRACTICES AND POLICIES				
Would you support any of the following being introduced into 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				
Smoke-free workplace policy				
Regular health and wellbeing newsletter				
Incentives to participate in workplace health and wellbeing activities (e.g. prizes, discounts, recognition)				
Mental health and wellbeing policy				
Bullying and harassment policy				
Are there any other policies you would like to suggest? .....				

WORKPLACE ENVIRONMENT (PHYSICAL WORKSPACE)				
Would you support any of the following being introduced into 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				
Facilities available for new parents e.g. breastfeeding room made available for workers or visitors				
Clean kitchen facilities and appliances				
Ergonomic workstation				
Smoke-free workplace				
Facilities available for the work from home environment				
More facilities that encourage positive mentally-healthy including good lighting, greenery, quiet space				
Are there any other policies you would like to suggest? .....				



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## WORKPLACE HEALTH AND WELLBEING ACTIVITIES

Are you interested in any of the following activities?	Yes	Maybe	No	n/a
Information sessions by a health professional on specific health topics. If yes, which topics would you be interested in? .....				
Health tips and information via emails, newsletters, or other workplace communication channels. Which channel suits you best? .....				
Annual health expo/fair				
Access to phone health coaching service to support achieving healthy lifestyle goals – Better Health Coaching Service ( <a href="http://betterhealth.sa.gov.au">betterhealth.sa.gov.au</a> )				
Healthy 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). Are there any specific exercise types you would like to suggest? .....				
Subsidised membership at a local gym 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				



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Safe alcohol consumption				
Information on alcohol support services				
Mental health and general wellbeing				
Creation of a peer support network to identify and support colleagues who are suffering mental distress				
Counselling services for staff (e.g. employee assistance program)				
Mental health awareness sessions e.g. signs and symptoms of anxiety and depression				
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)				
Workshops/seminars in building resilience, mindfulness etc				
Are there any other activities you would like to suggest? .....				

PARTICIPATION PREFERENCES	
I prefer to take part in activities and events:	onsite      offsite
My preferred timing is:	Before normal work hours ( ..... to ..... )      During normal work hours ( ..... to ..... ) Lunch time ( ..... to ..... )      After work (starting time ..... ) Combined work and off-work hours ( ..... to ..... and/or ..... to ..... )
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