

Worker Wellbeing Survey

Dear Worker,

Manageable

This survey includes questions on your current health behaviours so that we can develop strategies and make changes to the workplace environment to better support your health and wellbeing. Your selections and comments will be considered by your workplace in the planning of the health and wellbeing programs and is vital to the process.

Participation in the survey is voluntary and no names are recorded to ensure all responses are confidential. Local Government Name / Location: **Health Behaviours** In your opinion, how would you rate your overall health? Excellent Very good Good Fair Poor Do you smoke? No Yes How keen are you to stop smoking? (please circle) Not keen at all Very Keen Do you feel stressed on a regular basis? Not at all Some of the time Most of the time All the time How manageable is the stress? (Please circle on the scale below)

Not manageable



Diet and Nutrition

One serve of fruit = a medium sized apple/orange/banana, two apricots/kiwi fruit or half a cup of tinned fruit.

One serve of vegetable = half a cup of cooked vegetables or one cup of salad/vegetables.

How r	many serves of vege	tables (including fresh, frozen and tinned vegetables) do you usually eat each day?	
	One serve	Fourserves	
	Two serves	Five or more serves	
	Three serves	I don't eat vegetables	
Howr	many serves of fruit	(including fresh, frozen and tinned fruit) do you usually eat each day?	
	One serve or less	Three or more serves	
	Two serves	I don't eat fruit	
		ek do you usually eat foods that are high in fat, salt or sugar? d foods, hot chips, pies, pastries, chocolates, lollies and crisps.)	
	None	Four days	
	One days	Five days	
	Two days	Six days	
	Three days	Seven days	
	g work hours, why r se select as many a	nay you eat these high fat, salt or sugar foods in instead of a healthier option? s applicable)	
	Cheaper		
	More convenient		
	Tastes better/good	i	
	Availability		
	The hours I work		
	Makes me feel better when I am stressed		
	I don't know how to prepare a healthy meal to take to work		
	Access to vending machines		
	I cannot be bothered to bring something healthy from home		
	Lack of access to a	kitchen/food preparation facilities	



Not encouraged to

Alcohol How often do you have a drink containing alcohol? Never 2 to 4 times a month (Go to "Physical Activity" section) 2 to 3 times a week Monthly or less 4 or more times a week How many standard drinks do you have on a typical day when you are drinking? Standard drink size; 100ml wine, 375ml mid-strength beer, 30ml spirits. 1 or 2 5 or more 3 or 4 On any single occasion, do you ever consume five or more standard drinks? Yes No **Physical Activity** (a) In a typical week, how many times do you usually do 30 minutes or more of moderate intensity physical activity (e.g. brisk walking, carrying light loads)? 3 7+ times (b) In a typical week, how many times do you usually do 20 minutes or more of vigorous intensity physical activity (e.g. jogging, cycling, high intensity class)? 0 7+ times (c) Do you do any muscle strengthening/resistance based activities on two or more days a week? Yes No Please indicate reasons why you are NOT more physically active (tick all that apply). Too tired Lack of shower facilities/change rooms Not enough time Not motivated Not enough flexible time in work hours Lack of exercise facilities at work Shift work, especially nights or overtime Health issues Out on the road most of the time I am already active enough



	day?Hours/Minutes			
What is the total time you spend sitting on a non-work day? _	Hours/Minutes			
Which one of the following behaviours would you most like to change in the next 6 - 12 months? (please tick 1 box)				
Eat more fruit and vegetables				
Reduce my alcohol intake				
Quit smoking				
Increase my physical activity				
Reduce the amount of time I spend sitting				
Eat less processed / junk food				
On a scale of 1 to 10, how confident are you that you are able behaviour at this time? O 1 2 3 4 5 Not confident	to make long term changes or improvements to the above health 6 7 8 9 10 Very confident			
Would you be interested in joining a workplace Health & We				
Yes (please contact your Manager to advise your inter				

Thank you for participating in this survey