Dear Employee,

As part of the process of developing a workplace health and wellbeing program we would like to learn more about your current health behaviours so that we can develop strategies and make changes to the workplace environment to better support your health and wellbeing. This survey includes questions on your current health behaviours and will take approximately 5 minutes to complete. All information collected will be confidential.

**A. Nutrition**

1. How many serves of vegetables (including fresh, frozen and tinned vegetables) do you usually eat each day? (One serve of vegetables = one cup of salad vegetables OR 0.5 cup of cooked vegetables)

   - Less than one
   - One = 1 cup raw / 0.5 cup cooked
   - Two = 2 cups raw / 1 cup cooked
   - Three = 3 cups raw / 1.5 cups cooked
   - Four = 4 cups raw / 2 cups cooked
   - Five = 5 cups raw / 2.5 cups cooked
   - Six or more = 6+ cups raw / 3+ cups cooked
   - I don’t eat vegetables

2. How many serves of fruit (including fresh, frozen and tinned fruit) do you usually eat each day? (One serve of fruit = 1 medium sized piece of fruit (e.g. apple / orange / banana) OR 2 small sized pieces of fruit (e.g. apricots / kiwi fruit) OR 0.5 cup of tinned fruit)

   - Less than one
   - One = 1 medium / 2 small pieces
   - Two = 2 medium / 4 small pieces
   - Three or more = more than 3 medium / 6 small pieces
   - I don’t eat fruit

3. In the last 7 days, on how many days did you eat foods that were high in fat, salt or sugar? (This includes deep-fried foods, hot chips, pies, pastries, chocolates, lollies and crisps)

   - None
   - One day
   - Two days
   - Three days
   - Four days
   - Five days
   - Six days
   - Seven days

4. In the last 7 days, during work hours, how many days did you eat foods that were high in fat, salt or sugar? (This includes deep-fried foods, hot chips, pies, pastries, chocolates, lollies and crisps)

   - None (Skip question 5)
   - One day
   - Two days
   - Three days
   - Four days
   - Five days
   - Six days
   - Seven days
5. During work hours, why did you eat foods that were high in fat, salt or sugar, instead of a healthier option? *(Please select as many as applicable)*

- [ ] Cheaper
- [ ] More convenient
- [ ] Tastes better / good
- [ ] Availability
- [ ] I work out of hours and healthier food is unavailable / limited choices
- [ ] Makes me feel better when I am stressed
- [ ] I don’t know how to prepare a healthy meal to take to work
- [ ] Access to fast food nearby
- [ ] I don’t have time / cannot be bothered to bring something healthy from home
- [ ] Lack of access to a kitchen / food preparation facilities
- [ ] Other (please specify): ……………………………………………

6. On a scale of 1 to 5, **how important is it to you** to make changes or improvements to consume healthier foods and drinks (non-alcoholic) when at work?

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<tbody>
<tr>
<td>Not Important</td>
<td>Very Important</td>
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7. On a scale of 1 to 5, **how confident are you** that you are able to make long term changes or improvements to consume healthier foods and drinks (non-alcoholic) when at work?

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<tbody>
<tr>
<td>Not Confident</td>
<td>Very Confident</td>
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8. How many meal breaks (on average) do you have each week at PDH? ……….

9. On average, for how many meal breaks during work hours do you
   a) bring in food from home/elsewhere ............
   b) purchase food from the kitchen ............
   c) purchase food from the kiosk ............
   d) go elsewhere for takeaway ............ *(please circle to specify healthy choice / fast food)*
   e) go home /elsewhere to eat ............
   f) not consume food at work / during meal breaks ............
10. How would you describe your understanding / knowledge of healthy food and eating?

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<tbody>
<tr>
<td>Poor</td>
<td>Fair</td>
<td>Good</td>
<td>Very Good</td>
<td>Excellent</td>
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11. Would you like to learn more about healthy food and eating?
- ☐ Yes
- ☐ No

If no, why?
- ☐ I already know enough
- ☐ I'm not interested
- ☐ Other …………………………………………………………………………..

12. If PDH had a wider range of affordable, healthy food choices would you purchase food here more often?
- ☐ No
- ☐ Possibly
- ☐ Probably
- ☐ Definitely

13. Do you have access to and use of the following facilities while at work at PDH?

a) Refrigerator and Freezer
- ☐ No and I wouldn’t use if I did have access
- ☐ Yes and I use
- ☐ Yes but I don’t use

(if yes, location: …………………………………..)

b) Space to store and prepare food (e.g. microwave, sandwich maker, cutlery)
- ☐ No and I wouldn’t use if I did have access
- ☐ Yes and I use
- ☐ Yes but I don’t use

(if yes, location: …………………………………..)

e) Drinking Water & Tea & coffee making facilities
- ☐ No and I wouldn’t use if I did have access
- ☐ Yes and I use
- ☐ Yes but I don’t use

(if yes, location: …………………………………..)

14. Please share your comments and ideas on improvements PDH could make regarding

a) healthy food …………………………………………………………………………..

b) healthy eating …………………………………………………………………………..

c) healthy drink options …………………………………………………………………………..

Employee Health & Wellbeing Survey
B. Alcohol

15. On average, how often have you consumed alcohol in the past year?

☐ Daily  ☐ Several times per week  ☐ Weekly  ☐ Several times per month
☐ Monthly  ☐ Several times per year  ☐ Once or twice  ☐ Not at all

16. On average, how many times in the past year have you consumed four or more standard drinks* on one occasion?

☐ Daily  ☐ Several times per week  ☐ Weekly  ☐ Several times per month
☐ Monthly  ☐ Several times per year  ☐ Once or twice  ☐ Not at all

*One standard drink equals:

- 285 ml (one pot/middy/half-pint) of regular beer (4.8 per cent alcohol content)
- 375 ml (one stubby) of mid-strength beer (3.5 per cent alcohol content)
- 100 ml (or one small glass) of table wine (approx. 13.5 per cent alcohol content)
- 30 ml of spirits (approx. 40 per cent alcohol content) plus mixer.

NB: Cocktails can contain as much alcohol as five or six standard drinks, depending on the recipe.

17. To the best of your knowledge, please answer the following True/False questions:

Alcohol can make you feel hungry and can make you more prone to eating salty and fatty foods

☐ True  ☐ False  ☐ Unsure

Two pots of mid or full strength beer contain approximately the same amount of kilojoules/calories as one scoop of chocolate ice cream

☐ True  ☐ False  ☐ Unsure

Your body uses alcohol for energy before it uses food or body fat for energy

☐ True  ☐ False  ☐ Unsure
C. Participant Information

18. Please tick the response that applies to you
(Please refer to the Nutrition Australia Weight for Height Chart on the next page for assistance)

☐ I know that I am in the healthy weight range
☐ I know that I am in the overweight range
☐ I know that I am in the obese weight range
☐ I am unsure whether I am in the healthy or unhealthy weight range

19. My waist measurement is (please tick):
(Please use tape measure supplied for assistance)

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>☐ Less than 90 cm</td>
<td>☐ Less than 80 cm</td>
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<tr>
<td>☐ 90 – 100 cm</td>
<td>☐ 80 – 90 cm</td>
</tr>
<tr>
<td>☐ More than 100 cm</td>
<td>☐ More than 90 cm</td>
</tr>
</tbody>
</table>

20. I am concerned about my weight
☐ True ☐ False

21. I would appreciate support from PDH regarding
a) healthier food and drink choices ☐ Yes ☐ No
b) becoming more active ☐ Yes ☐ No
c) reducing alcohol consumption ☐ Yes ☐ No

Thank you for your valued input and participation.

Optional Information for potential follow up and evaluation

(Please note: all survey information supplied will be de-identified and will remain confidential)

Name: .............................................................. Mobile Phone (for SMS): .............................................

Email: ..........................................................................................................................................................

Would you like to be contacted for follow up? ☐ Yes ☐ No

If yes, what is your preferred method of contact? ☐ Email ☐ SMS ☐ Either
Source:
http://www.nutritionaustralia.org/sites/default/files/imagecache/product_full/Aim%20for%20a%20Healthy%20Weight%20Poster_1.JPG