

**Q2 Please read the statements below. Select the box of the statement that best describes your current level of physical activity. When considering time spent being active, count any time you are active for at least 10 minutes at a time. In other words, if you have three 10 minute "bouts" of activity in a day, record that as 30 minutes a day. "Vigorous" exercise includes activities like jogging, running, fast cycling, aerobics classes, swimming laps, singles tennis and racquetball. These types of activities make you sweat and make you feel out of breath. "Moderate" exercise includes activities such as brisk walking, gardening, slow cycling, dancing, doubles tennis or hard work around the house.**

Answered: 543 Skipped: 31

Answer Choices	Responses
I don't exercise or walk regularly now and I don't plan to start in the near future.	3.13% 17
I don't exercise or walk regularly now, but I've been thinking about starting.	23.39% 127
I'm doing moderate or vigorous physical activities for at least 30 minutes on some days, but fewer than five days a week.	39.78% 216
I've been doing moderate or vigorous physical activities for at least 30 minutes in a day, on five or more days a week, and have been doing it for the last one to six months.	13.81% 75
I've been doing moderate or vigorous physical activities for at least 30 minutes in a day, on five or more days a week, and have been doing it for seven months or longer.	19.89% 108
<b>Total</b>	<b>543</b>

### Q3 When do you get most of your physical activity each day?

Answered: 545 Skipped: 29

Answer Choices	Responses	
Before work	12.84%	70
During work hours on break and lunch times	13.21%	72
After work	58.35%	318
None of the above. I am not physically active or am only active on weekends.	15.60%	85
<b>Total</b>		<b>545</b>

**Q4 Please read the statements below.  
 Select the statement that best describes  
 your current intake of 100% juices and  
 fresh, frozen and/or dried fruit and  
 vegetable. A serving is 1/2 cup or 1 medium  
 piece of most fresh or frozen fruits and  
 vegetables, 6 ounces of 100% juice and 1/4  
 cup of dried fruits or vegetables.**

Answered: 541 Skipped: 33

Answer Choices	Responses	
I don't eat fruits and vegetables regularly now, and I don't plan to start in the future.	1.85%	10
I don't eat fruits and vegetables regularly now, but I've been thinking about starting.	3.51%	19
I'm eating some fruits and vegetables a day (total of two servings or less)	43.44%	235
I've been eating fruits and vegetables every day (total of three or more servings), for the last 0 to 6 months.	26.80%	145
I've been eating five or more servings of fruits and vegetables every day, for more than six months.	24.40%	132
<b>Total</b>	<b>541</b>	

**Q5 Please read the statements below.  
Select the statement that best describes  
your current intake of low fat foods.**

Answered: 533 Skipped: 41

Answer Choices	Responses	
I don't worry about the fat content of the food I eat & I don't plan to in the near future.	10.51%	56
I eat high fat foods daily, but I've been thinking about trying to reduce my intake.	12.38%	66
I limit my intake of high fat foods to one to three times/week.	50.84%	271
I eat high fat foods less than once/week and have been for the past six months.	10.51%	56
I eat high fat foods less than once/week and have been for more than six months.	15.76%	84
<b>Total</b>	<b>533</b>	

**Q6 Please read the statements below.  
 Select the statement that best describes  
 your current intake of whole grain foods.  
 The serving size for whole grains is one  
 ounce (ex. 1 slice of bread, 1 oz. of cereal,  
 1/2 cup of cooked rice or pasta).**

Answered: 535 Skipped: 39

Answer Choices	Responses	
I don't cook, eat or purchase whole grain foods now and I don't plan to start in the near future.	10.84%	58
I don't cook, eat or purchase whole grain foods regularly, but I've been thinking about starting.	9.91%	53
I'm cooking, eating or purchasing whole grain foods three to four times a week.	36.07%	193
I've been cooking, eating or purchasing whole grain foods every day, for the past 1-6 months.	7.85%	42
I've been cooking, eating or purchasing whole grain foods every day, for more than six months.	35.33%	189
<b>Total</b>	<b>535</b>	

**Q7 Please read the statements below.  
Select the statement that best describes  
your current tobacco use.**

Answered: 539 Skipped: 35

Answer Choices	Responses	
I don't smoke.	93.51%	504
I'm not thinking about quitting, at least not in the next six months.	0.93%	5
I'm thinking about quitting someday, but not right now.	3.71%	20
I want to quit within the next month or two, and I want to know more about how to do it.	0.93%	5
I have just quit and I am going through withdrawal.	0.19%	1
I have quit smoking and I want to know more about how to never smoke again.	0.74%	4
<b>Total</b>	<b>539</b>	

**Q8 About how often during the past 30 days did you feel nervous or anxious: would you say all of the time, most of the time, some of the time, a little of the time or none of the time?**

Answered: 538 Skipped: 36

Answer Choices	Responses	
All	2.04%	11
Most	10.78%	58
Some	26.58%	143
A little	38.29%	206
None	18.59%	100
Don't know/not sure	3.72%	20
<b>Total</b>		<b>538</b>

**Q9 About how often during the past 30 days did you feel sad, blue or depressed - would you say all of the time, most of the time, some of the time, a little of the time or none of the time?**

Answered: 537 Skipped: 37

Answer Choices	Responses	
All	0.93%	5
Most	4.47%	24
Some	20.11%	108
A little	34.82%	187
None	36.50%	196
Don't know/not sure	3.17%	17
<b>Total</b>		<b>537</b>

**Q10 Rate your interest in any of the following individual physical activity resources that might be available.**

Answered: 534 Skipped: 40

	Very Low	Low	Neutral	High	Very High	Total
Attending regular presentations on physical activity topics	48.77% 257	14.99% 79	21.63% 114	11.95% 63	2.66% 14	527
Receiving regular physical activity tips via email	35.98% 190	10.80% 57	25.00% 132	21.97% 116	6.25% 33	528
Having access to web resources on physical activity	30.13% 157	8.64% 45	25.91% 135	28.02% 146	7.29% 38	521
Getting information on existing activities in the area	24.86% 131	9.11% 48	22.01% 116	33.40% 176	10.63% 56	527
Point of decision prompts to help you be active (stair/elevator signs)	33.21% 174	10.31% 54	27.86% 146	20.23% 106	8.40% 44	524

**Q11 What physical activity topics are you interested in learning more about?**

Answered: 276 Skipped: 298

**Q12 Please rate your interest in any of the following group physical activity resources that might be available.**

Answered: 535 Skipped: 39

	<b>Very Low</b>	<b>Low</b>	<b>Neutral</b>	<b>High</b>	<b>Very High</b>	<b>Total</b>
Joining small groups for regular activity (walking groups, yoga classes)	<b>31.39%</b> 167	<b>10.34%</b> 55	<b>20.30%</b> 108	<b>26.69%</b> 142	<b>11.28%</b> 60	532
Forming clubs for particular physical activities	<b>38.45%</b> 203	<b>15.91%</b> 84	<b>24.05%</b> 127	<b>15.91%</b> 84	<b>5.68%</b> 30	528
Discounted memberships at local health clubs, etc.	<b>23.12%</b> 123	<b>4.51%</b> 24	<b>16.73%</b> 89	<b>25.00%</b> 133	<b>30.64%</b> 163	532
Participating in division-wide fitness program initiative with friendly competition between groups	<b>38.17%</b> 200	<b>12.02%</b> 63	<b>23.85%</b> 125	<b>16.60%</b> 87	<b>9.35%</b> 49	524

**Q13 Please rate your interest in any of the following nutrition resources that might be available.**

Answered: 533 Skipped: 41

	Very Low	Low	Neutral	High	Very High	Total
Attending regular presentations on nutrition topics	43.75% 231	12.50% 66	26.33% 139	12.69% 67	4.73% 25	528
Receiving regular healthy eating tips via email	32.58% 173	8.66% 46	22.79% 121	26.18% 139	9.79% 52	531
Having access to web resources on nutrition/healthy eating	26.52% 140	9.09% 48	22.92% 121	29.92% 158	11.55% 61	528
Getting information on existing food/diet groups in area	37.67% 197	12.05% 63	22.94% 120	19.50% 102	7.84% 41	523
Recipes/healthy meal ideas	20.38% 108	6.42% 34	17.17% 91	36.23% 192	19.81% 105	530
Prompt to help you eat well (healthy food reminders)	37.19% 196	10.06% 53	23.72% 125	20.87% 110	8.16% 43	527
Joining small groups for regular information on diet (weight watchers)	51.34% 269	13.55% 71	21.76% 114	8.40% 44	4.96% 26	524

**Q14 What Nutrition topics are you interested in learning more about?**

Answered: 228 Skipped: 346

**Q15 Please rate your support for any of the following policy or environmental worksite changes.**

Answered: 534 Skipped: 40

	<b>Very Low</b>	<b>Low</b>	<b>Neutral</b>	<b>High</b>	<b>Very High</b>	<b>Total</b>
Review healthy food options for the cafeteria and vending machines, healthy food options labeled	<b>18.01%</b> 96	<b>5.63%</b> 30	<b>24.58%</b> 131	<b>30.21%</b> 161	<b>21.58%</b> 115	533
Develop an organization recommendation on food choices for meetings and conferences	<b>33.84%</b> 179	<b>10.96%</b> 58	<b>33.08%</b> 175	<b>13.80%</b> 73	<b>8.32%</b> 44	529
Schedule meetings within the organization on day/time which allow for open time for wellness activities	<b>29.92%</b> 158	<b>9.85%</b> 52	<b>29.55%</b> 156	<b>20.08%</b> 106	<b>10.61%</b> 56	528
Provide preventive wellness screenings (blood pressure, body composition, blood cholesterol, diabetes)	<b>16.76%</b> 89	<b>3.95%</b> 21	<b>24.67%</b> 131	<b>34.09%</b> 181	<b>20.53%</b> 109	531
Provide Health Risk Appraisals	<b>22.08%</b> 117	<b>5.47%</b> 29	<b>29.43%</b> 156	<b>27.92%</b> 148	<b>15.09%</b> 80	530
Provide incentives for participation	<b>20.42%</b> 108	<b>4.54%</b> 24	<b>21.36%</b> 113	<b>30.06%</b> 159	<b>23.63%</b> 125	529
Develop policies to support breastfeeding women	<b>24.95%</b> 132	<b>4.54%</b> 24	<b>29.68%</b> 157	<b>19.47%</b> 103	<b>21.36%</b> 113	529

**Q16 Please rate your interest in any of the following mental health resources that might be available.**

Answered: 532 Skipped: 42

	Very Low	Low	Neutral	High	Very High	Total
Attending regular presentations on mental topics	42.91% 227	11.72% 62	28.17% 149	12.10% 64	5.10% 27	529
Receiving regular mental health tips via email	37.31% 197	9.66% 51	27.08% 143	19.13% 101	6.82% 36	528
Having access to web resources on mental health	32.07% 169	9.87% 52	27.70% 146	21.63% 114	8.73% 46	527
Getting information on existing activities in the area	35.17% 185	10.46% 55	30.04% 158	17.49% 92	6.84% 36	526
Joining small groups for regular stress reduction classes	42.97% 226	10.27% 54	26.62% 140	14.07% 74	6.08% 32	526

**Q17 If more opportunities were available for wellness at the worksite, when would be the best time for you? Check all that apply:**

Answered: 532 Skipped: 42

Answer Choices	Responses	
Before work	16.54%	88
During the workday on break and lunch times	48.12%	256
After work	38.91%	207
None of the above	19.74%	105
<b>Total Respondents: 532</b>		

**Q18 What other things could be done in the worksite to help promotes wellness?**

Answered: 187 Skipped: 387