

Tool- School Employee Wellness Survey

What is your job title? _____

Eating Well

1) Healthy eating guidelines are posted in the school.

- Yes
- No
- Do not know

2) Healthy snacks are available at the workplace for school employees (check all that apply):

- During staff meetings
- In the vending machines
- During staff celebrations
- In the break room
- Other: _____

3) Are healthy cafeteria meals available and affordable for school employees?

- Yes, meals are available with healthy options
- Yes, meals are available but there are no healthy options
- No meals are available
- Do not know

4) A refrigerator is available so that school employees can bring healthy lunches from home.

- Yes
- No
- Do not know

5) Employee celebrations include healthy alternatives to cake and other sweets.

- Yes
 No
 Do not know

6) I would buy heart-healthy snacks during the day if they are available (for example, yogurt, fresh fruit, etc).

- Strongly Disagree Disagree Neutral Agree Strongly Agree

7) I would use water stations, or water coolers, if available.

- Strongly Disagree Disagree Neutral Agree Strongly Agree Already provided in my school

8) If offered, which wellness programs or activities related to healthy eating would you participate in at work? (Check all that apply).

- Developing a personal nutrition plan
 Weight management course
 Healthy/affordable cooking classes
 A weight loss challenge
 Other: _____
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Moving More

1) Stairs are well lit, safe, and accessible to employees.

- Yes
 No
 Do not know
 Not applicable

2) Bike racks are available for employees who ride to work.

- Yes
 No

Do not know

3) Employees are encouraged to stretch during the workday.

Strongly Disagree Disagree Neutral Agree Strongly Agree

4) I would participate in a physical activity like stretching, aerobics, yoga, or walking if there were:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
A place to do it					
A group of us					

5) If offered, which wellness programs or activities would you participate in at work? (Check all that apply.)

- Developing a personal fitness plan
- Fitness classes: aerobics/pilates, dancing/zumba
- Walking/running
- Yoga
- Team sports
- Other: _____

Handling Stress

1) A break room or wellness room is available for staff and is in good condition.

- Yes
- No
- Do not know

2) I would attend “stress-busting” events like potlucks during high stress times.

- Yes
- No
- Don't know

17) If offered, which wellness programs or activities would you participate in at work? Please check all that apply.

- Yoga
- Mindfulness
- Meditation
- Stress management
- Other: _____

Wellness Activity Participation

18) What's the best time for you to participate in onsite wellness activities?

	Before school	After school	Planning time	Other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekends				

Employee Interest in Health Communication

19) How would you prefer to receive health information at work?

- Announcements at staff meetings
- Special meetings
- Email



- School website
- Newsletter
- Postings and handouts in common areas
- Other: _____

Additional Feedback

20) I feel supported to pursue my health and wellness needs and a healthy lifestyle.

Strongly Disagree Disagree Neutral Agree Strongly Agree

21) What else could the School-Based Health Center do to support employee wellness at your school?

22) What other changes you would like to see to school policies or the physical facilities to support overall well-being of school employees?
