What is your job title?  

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**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:

<table>
<thead>
<tr>
<th></th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly Agree</th>
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</thead>
<tbody>
<tr>
<td>A place to do it</td>
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<td>A group of us</td>
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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?

<table>
<thead>
<tr>
<th></th>
<th>Before school</th>
<th>After school</th>
<th>Planning time</th>
<th>Other</th>
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<tbody>
<tr>
<td>Monday</td>
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<td>Weekends</td>
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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?

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________