

# Bay Area Nutrition and Physical Activity Collaborative (BANPAC)

## Worksite Wellness Evaluation Online Employee Survey- Print Version

**Background:** Organizations affiliated with the Bay Area Nutrition and Physical Activity Collaborative (BANPAC) developed new policies on one or more of the following topics:

- Healthy beverages
- Physical activity
- Healthy foods

**Goal:** The evaluation seeks to assess whether employee attitudes, behaviors, and perceived organizational support are affected four months post-policy implementation.

**Methods:** Survey respondents will include Employees at participating organizations. BANPAC staff will program the survey in SurveyMonkey (Palo Alto, CA).

Worksite Wellness Coordinators at each organization will send out the appropriate link to all employees in the organization four months post wellness standards acceptance/passing.

### **Email Invitation Text:**

Thank you for taking our survey. The questions in the following online survey will review your experiences with the wellness standards passed by your organization about 4 months ago. These standards support healthy eating and active living at our worksite.

There are no wrong answers; we are interested in your honest opinions. This information will be used to improve our activities. If you have any questions regarding the survey or the standards in general, please contact your organization's wellness coordinator. For any question on the county wellness standards initiative or IRB clearance for this survey, please contact Jaime Flores at [Jaime.Flores@PHD.SCCGOV.ORG](mailto:Jaime.Flores@PHD.SCCGOV.ORG) . **Please complete the following survey on the standards by [DATE]:**

# Bay Area Nutrition and Physical Activity Collaborative (BANPAC) Wellness Standards Evaluation

## Online Employee Survey- Print Version

Thank you for taking our survey. The questions in the following survey will review your experiences with the wellness standards passed by your organization about 4 months ago. These standards support healthy eating and active living at our worksite.

There are no wrong answers; we are interested in your honest opinions. This information will be used to improve our activities. If you have any questions regarding the survey or the standards in general, please contact your organization's wellness coordinator. For any questions on the county wellness standards initiative or IRB clearance for this survey, please contact Jaime Flores at [Jaime.Flores@PHD.SCCGOV.ORG](mailto:Jaime.Flores@PHD.SCCGOV.ORG).

### About You

RC\_1. Please enter an ID code for yourself. This will help us clean the data if you happen to take the survey more than once.

First three letters in First and Last Name: \_\_\_\_\_  
(ex. John Smith would enter JOHSMI)

RC\_2. Employer or Affiliated Organization: \_\_\_\_\_

RC\_3. Division: \_\_\_\_\_

RC\_4. Position (Circle one):

- Manager/Leadership position
- Staff/Individual Contributor

RC\_5. How long have you worked for this company? \_\_\_\_years \_\_\_\_months

RC\_6. Are you a member of the organization's wellness committee?

- Yes
- No

RC\_7. Overall, how supportive is your company of your personal health? (Circle one)

1 – extremely unsupportive

2

3

4

5

6

7

8

9

10 – extremely supportive

## Beverage Standards

Approximately four months ago, your office passed **beverage** standards, which set nutritional guidelines for beverages served and sold at your worksite.

1. How have you heard about your organization's beverage standards (circle all that apply)?
  - a. Email
  - b. Newsletter
  - c. Staff meeting
  - d. Posted notice
  - e. Word of mouth
  - f. I had never heard of the standards prior to receiving the email regarding this survey.
  - g. Other:
  
2. How much do you agree with the following statements about the healthy beverage standards (write a, b, c, d, or e next to each statement)?

Categories:

  - a. Strongly agree
  - b. Agree
  - c. Neither agree nor disagree
  - d. Disagree
  - e. Strongly disagree
  - a) The standards make it easier to drink healthier beverages at work.
  - b) The standards limit personal choices at work.
  - c) I still drink the same beverages, I just bring them from home or purchase off-site.
  - d) My worksite already met or exceeded these standards.
  
3. In general, have you noticed changes in the beverages available at your workplace over the past four months? Please circle all that you have noticed.
  - a) Fewer beverages available
  - b) More free, accessible water available
  - c) More types of healthier bottled beverages available at meetings, in vending or in cafeteria (e.g., bottled water, unsweetened tea, coffee, diet beverages, unsweetened selzer)
  - d) Fewer high-sugar beverages available

4. How much do you agree with the following statements (write a, b, c, d, e, or f next to each statement)?

The implementation of healthy beverage standards at work has impacted me and my workplace in the following ways:

- a) I am more supportive of a healthy work environment.
- b) I am not bringing in unhealthy beverages to share with others.
- c) I want to be healthier at work.
- d) My colleagues are more supportive of drinking healthy beverages.
- e) My managers/supervisors are more supportive of drinking healthy beverages.
- f) I am drinking healthier beverages at work
- g) I am drinking less sugar-sweetened beverages at work.
- h) Cafeteria/Café/Coffee Cart serves healthier beverages
- i) Meetings serve healthier beverages
- j) Vending offers healthier beverages
- k) Programs serve healthier beverages
- l) I am not bringing in sugar-sweetened beverages to share with others
- m) I am more supportive of a healthy work environment
- n) I find it easier to achieve my health goals because of the beverage standards
- o) The healthy beverage standards have not changed my attitude toward being healthy at work.
- p) I am more likely to drink healthier beverages at home.

Categories:

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree
- f. Not Applicable

5. **In the past month**, how often did you drink the following beverages at work?

- a) Water
- b) Soda (not diet)
- c) Sweetened waters with added sugar (e.g. Vitaminwater)
- d) Sport/Energy drinks (e.g. Gatorade, Red Bull)
- e) Iced coffee/tea drinks with added sugar (e.g. Starbucks Frappuccino, Honest Tea)
- f) 100% fruit or vegetable juice
- g) Diet Soda
- h) Other diet beverage (e.g. diet Snapple, Vitaminwater Zero)

Categories:

- 1. Never or less than 1 time per week
- 2. 1 time per week
- 3. 2-3 times per week
- 4. 4-6 times per week
- 5. 1 time per day
- 6. 2+times per day
- 7. 3+times per day

6. **Comparing now to 4 months ago**, how have the beverages you drink at work changed?

- a) Water
- b) Soda (not diet)
- c) Sweetened waters with added sugar (e.g. Vitaminwater)
- d) Sport/Energy drinks (e.g. Gatorade, Red Bull)
- e) Iced coffee/tea drinks with added sugar (e.g. Starbucks Frappuccino, Honest Tea)
- f) 100% fruit or vegetable juice
- g) Diet Soda
- h) Other diet beverage (e.g. diet Snapple, Vitaminwater Zero)

Categories:

- 1. Drink more
- 2. Drink less
- 3. Drink about the same
- 4. Never drink this beverage

7. In the next few months, **how do you plan to change** the amount you drink of the following beverages at work?

- a) Water
- b) Soda (not diet)
- c) Sweetened waters with added sugar (e.g. Vitaminwater)
- d) Sport/Energy drinks (e.g. Gatorade, Red Bull)
- e) Iced coffee/tea drinks with added sugar (e.g. Starbucks Frappuccino, Honest Tea)
- f) 100% fruit or vegetable juice
- g) Diet Soda
- h) Other diet beverage (e.g. diet Snapple, Vitaminwater Zero)

Categories:

- 1. Drink more
- 2. Drink less
- 3. Drink about the same
- 4. Never drink this beverage

### **Physical Activity**

Approximately four months ago, your organization implemented physical activity standards, which set guidelines for physical activity supports during the workday and during commuting.

8. How have you heard about your organization's physical activity standards? (circle all that apply)

- a. Email
- b. Newsletter
- c. Staff meeting
- d. Posted notice
- e. Word of mouth
- f. I had never heard of the standards prior to receiving the email regarding this survey.
- g. Other:

9. Does your workplace offer any of the following? (circle all that apply)
- a. "Instant Recess" activity breaks
  - b. Walking meetings
  - c. Stretch breaks
  - d. Signage that encourages the use of stairs instead of the elevator
  - e. Walking challenges
  - f. Stretching and resistance exercises that can be done at a desk
  - g. Walking groups during lunch or scheduled break times
  - h. 10-minute physical activity breaks during meetings over two hours in length
  - i. Maps of the walking routes inside and outside the building
  - j. Physical activity breaks at community meetings and events
  - k. Opportunities for walking, biking, and/or using public transit to and from work
  - l. Advertise fitness challenges, employee wellness classes, or reduced gym membership rates
  - m. Other:

10. How much do you agree with the following statements (write a, b, c, d, or e next to each statement)?

Because of the physical activity standards that now exist at my office:

- a) It is easier to be physically active at work and/or while commuting.
- b) I am more physically active at work.
- c) The physical activity standards have changed my attitude toward being healthy at work.
- d) I am more physically active at home.
- e) My colleagues are more supportive of being physically active at work
- f) My managers/supervisors are more supportive of physical activity at the office and/or active commuting.
- g) I am a healthier person.
- h) There are more opportunities to be physically active at work (e.g., walking meetings, stretch breaks)
- i) There are more types of activities available.
- j) There is more office space/resources dedicated to physical activity.

Categories:

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree

11. **In the past month**, on average, how many days per week were you physically active for at least 10 minutes at work?
- a. 5 days
  - b. 3-4 days
  - c. 1-2 days
  - d. Not active
12. **Comparing now to 4 months ago**, how has your level of physical activity at work changed?
- a. More Active
  - b. Less Active
  - c. No change in activity
  - d. Not active
13. In the next few months, **do you plan to change** the amount of physical activity you get at work?
- a. More Activity
  - b. Less Activity
  - c. No change in activity
  - d. Not active

### **Food Standards**

Approximately four months ago, your employer introduced worksite food standards, which set nutritional guidelines for foods served and sold at your worksite.

14. How have you heard about the food standards? Please circle all that apply.
- a. Email
  - b. Newsletter
  - c. Staff meeting
  - d. Posted notice
  - e. Word of mouth
  - f. I have never heard of the standards prior to receiving the email regarding this survey.
  - g. Other:\_\_\_\_\_



15. How much do you agree with the following statements about the food standards?
- a) The standards make it easier to eat healthier foods at work.
  - b) The policy limits personal choices at work.
  - c) I still bring the unhealthier foods that I like from home or purchase off site.
  - d) My worksite already met or exceeded these standards.

Categories:

- 1. Strongly agree
- 2. Agree
- 3. Neither agree nor disagree
- 4. Disagree
- 5. Strongly disagree

16. In general, have you noticed changes to the foods available at your workplace over the past four months (Please circle all that you have noticed)?

- a) Less food available
- b) More food available
- c) More fruits and vegetables available (e.g., at meetings, in vending, in cafeteria)
- d) More whole grain options (i.e. whole wheat or whole grain bread, whole wheat pasta, corn tortillas, brown rice, oatmeal) at meetings, in vending, and/or in the cafeteria
- e) Fewer high-fat, high salt or sugary **meal items**
- f) Fewer high-fat, high sodium or sugary **snacks**

**Just one more question on the next page.**

17. How much do you agree with the following statements?

Because of the food standards at my office:

- a) I want to be healthier at work.
- b) My colleagues are more supportive of eating and serving healthy foods at work.
- c) My managers/supervisors are more supportive of eating healthy food at work.
- d) I am eating healthier foods at work (e.g., more fruits and vegetables, more whole grains)
- e) I am eating more balanced meals at work (e.g., appropriate portion size, variety of foods)
- f) Foods I eat at work are prepared more healthfully (steamed, baked or grilled, not fried)
- g) I eat fewer unhealthy foods (foods that are high in sugar, salt or fat) at work
- h) Cafeteria/Café/Coffee Cart serves healthier foods
- i) Meetings serve healthier foods
- j) Programs serve healthier foods
- k) Vending has healthier foods
- l) I am not bringing in unhealthy foods to share with others
- m) I am more supportive of a healthy work environment
- n) I find it easier to achieve my health goals because of the standards.
- o) I eat healthier foods and meals now at home.
- p) The healthy food standards have not changed my attitude toward being healthy at work.

Categories:

- 1. Strongly agree
- 2. Agree
- 3. Neither agree nor disagree
- 4. Disagree
- 5. Strongly disagree
- 6. Not applicable

**References:**

Consumer Health Informatics Research Resource. <http://chirr.nlm.nih.gov/behavioral-intention.php>. Accessed September 2, 2015

Hedrick VE, Comber DL, Estabrooks PA, Savla J, Davy BM. The Beverage Intake Questionnaire: Initial Validity and Reliability. *Journal of the American Dietetic Association*. 2010;110(8):1227-1232. doi:10.1016/j.jada.2010.05.005.

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