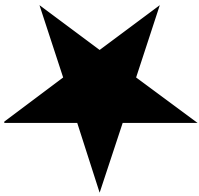


Appendix Five



Follow-Up Behavior Survey

Employer Name—Health Survey

Physical Activity:

(For questions 1-11, circle the appropriate response.)

1) When you are at work, which of the following best describes what you do?

1—Mostly sitting or standing

2—Mostly walking

3—Mostly heavy labor or physically demanding work

2) In an average week, how many days do you participate in physical activities that cause increases in breathing or heart rate?

0—Never 2—2 days 4—4 days

1—1 day 3—3 days 5—5 days or more

3) On the days you participate in physical activities, how much time do you spend being physically active?

0—Less than 10 minutes 3—At least 30 minutes

1—At least 10 minutes 4—More than 30 minutes

2—At least 20 minutes

4) Which of the following best describes your physical activity level?

0—Not physically active on a regular basis now and do not intend to start

1—Not physically active on a regular basis now but am thinking of starting

2—Trying to become physically active, or am physically active infrequently

3—Physically active less than 5 times/week for 1-6 months

4—Physically active 5 or more times/week for 1-6 months

5—Physically active 5 or more times/week for 7 months or more

Follow-Up Behavior Survey (continued)

5) My employer provides opportunities for me to be physically active.

| | | | | |
|-------------------|----------|----------------|-------|----------------|
| Strongly Disagree | Disagree | Somewhat Agree | Agree | Strongly Agree |
| 1 | 2 | 3 | 4 | 5 |

Nutrition:

6) In a usual week, how many days do you eat 5 or more servings of fruits and vegetables?

| | | |
|---------|----------|------------------|
| 0—Never | 2—2 days | 4—4 days |
| 1—1 day | 3—3 days | 5—5 days or more |

7) My employer provides opportunities for me to consume fruits and vegetables.

| | | | | |
|-------------------|----------|----------------|-------|----------------|
| Strongly Disagree | Disagree | Somewhat Agree | Agree | Strongly Agree |
| 1 | 2 | 3 | 4 | 5 |

Tobacco Use:

8) Do you currently smoke cigarettes every day, some days, or not at all?

| | | |
|--------------|-------------|-------------|
| 0—Not at all | 1—Some days | 2—Every day |
|--------------|-------------|-------------|

9) If you smoke, how many cigarettes do you smoke on an average day?

| | |
|----------------------------|-----------------------------|
| 1—Less than 1 pack per day | 3—2 packs per day |
| 2—1 pack per day | 4—More than 2 packs per day |

10) Have you quit smoking cigarettes?

| |
|---|
| 0—Never smoked, or quit for at least 5 years |
| 1—Yes, I have for more than 6 months |
| 2—Yes, I have, but for less than 6 months |
| 3—No, but I intend to in the next 30 days and have tried for at least 24 hours in the past year |
| 4—No, but I intend to in the next 6 months |
| 5—No, and I do not intend to in the next 6 months |

Follow-Up Behavior Survey (continued)

15) Did any of the specific activities listed in question 14 help you increase your physical activity level?

0—No 1—Yes

16) If yes, please list the activities that helped you increase your physical activity level.

17) Did any of the specific activities listed in question 14 help you to eat more healthy?

0—No 1—Yes

18) If yes, please list the activities that helped you to eat more healthy.

19) Did any of the specific activities listed in question 14 help you cut down your use of tobacco products?

0—No 1—Yes

20) Did any of the specific activities listed in question 14 help you quit using tobacco products?

0—No 1—Yes

21) If yes to 19 or 20, please list the activities that helped you quit or cut down your use of tobacco products.

22) The activities of the Wellness Team have improved my satisfaction with my job.

| | | | | |
|-------------------|----------|----------------|-------|----------------|
| Strongly Disagree | Disagree | Somewhat Agree | Agree | Strongly Agree |
| 1 | 2 | 3 | 4 | 5 |

23) The activities of the Wellness Team have improved my job performance.

| | | | | |
|-------------------|----------|----------------|-------|----------------|
| Strongly Disagree | Disagree | Somewhat Agree | Agree | Strongly Agree |
| 1 | 2 | 3 | 4 | 5 |

24) The activities of the Wellness Team have improved my opinion of [employer] as a positive place to work.

| | | | | |
|-------------------|----------|----------------|-------|----------------|
| Strongly Disagree | Disagree | Somewhat Agree | Agree | Strongly Agree |
| 1 | 2 | 3 | 4 | 5 |