

## Sample Needs and Interest Survey



Please indicate how likely you would be to participate in each of the following programs if they were offered at work during the next year.

	Extremely Likely 1	Likely 2	Somewhat Likely 3	Unlikely 4
1. Body Fat Testing	1	2	3	4
2. Educational Programs:				
a) Back Safety	1	2	3	4
b) Cancer Prevention	1	2	3	4
c) Heart Disease Prevention	1	2	3	4
d) Stroke Prevention Programs	1	2	3	4
e) Cholesterol Reduction	1	2	3	4
f) Home Safety	1	2	3	4
g) Substance Abuse Prevention	1	2	3	4
h) Headache Prevention & Treatment	1	2	3	4
i) Cold/Flu Prevention & Treatment	1	2	3	4
3. Employee Assistance Programs:				
a) Depression Treatment	1	2	3	4
b) Financial Management	1	2	3	4
c) Job Stress Management	1	2	3	4
d) Accepting Change	1	2	3	4
e) Parenting Difficulties	1	2	3	4
f) Managing Chronic Health Conditions (diabetes, hypertension,...)	1	2	3	4
g) Managing Chronic Pain (neck & shoulder injuries, back injuries,...)	1	2	3	4
h) Controlling Anger/Emotions	1	2	3	4
4. Fitness Programs:				
a) Corporate Fitness Membership Rates	1	2	3	4
b) Exercise Tolerance (STRESS) Testing	1	2	3	4
c) Onsite, Low-Impact Exercise Equipment	1	2	3	4
d) Prescribed Exercise Programs	1	2	3	4
e) Stretching Programs	1	2	3	4
f) Walk-Fit Programs	1	2	3	4

# APPENDIX 1

## Sample Needs and Interest Survey (Continued)

	Extremely Likely	Likely	Somewhat Likely	Unlikely
5. Immunization Programs:				
a) Flu Shots	1	2	3	4
b) Tetanus Shots	1	2	3	4
c) Hepatitis 'B' Vaccine	1	2	3	4
6. Nutrition Education Programs:	1	2	3	4
a) Healthy Cooking (meals/snacks)	1	2	3	4
b) Healthy Eating (do's & don'ts)	1	2	3	4
c) Weight Management Programs (diet & exercise)	1	2	3	4
d) Onsite Vending Machines with Healthy Choices	1	2	3	4
7. Screening Programs:	1	2	3	4
a) Blood Pressure Checks	1	2	3	4
b) Blood Sugar (diabetes)	1	2	3	4
c) Cholesterol Levels	1	2	3	4
d) Multiphasic Blood Screens	1	2	3	4
e) Colon/Rectal (cancer)	1	2	3	4
f) Mammograms	1	2	3	4
g) Vision	1	2	3	4
h) Other (specify)	1	2	3	4
8. Smoking Cessation Programs	1	2	3	4
9. Stress Reduction Programs	1	2	3	4
10. Time Management Programs	1	2	3	4
11. Visiting Onsite Healthcare Nurse	1	2	3	4
12. Self Help/Self Care	1	2	3	4
13. Health Promotion Programs	1	2	3	4
a) Before Work	1	2	3	4
b) During Lunch at Work	1	2	3	4