

# wellness program survey questions

## Wellness Program Survey Questions: Crafting the Perfect Questionnaire for Success

Are you ready to launch a thriving wellness program but unsure how to gauge employee interest and needs? A well-designed survey is your secret weapon. It's not just about ticking boxes; it's about gathering insightful data to build a program that truly resonates with your workforce. This comprehensive guide provides you with a curated list of wellness program survey questions, covering everything from current health habits to desired program features. We'll walk you through crafting the perfect questionnaire, ensuring you collect actionable data to maximize participation and achieve your wellness goals.

### I. Understanding Your Current Wellness Landscape: The Foundation Questions

Before diving into specific program features, it's crucial to understand your employees' current wellness status. These foundational questions provide a baseline for assessing needs and measuring the program's impact.

**Demographics & Basic Health Information** (Optional, but helpful for segmentation): While respecting privacy, gathering age ranges, gender (optional, offer "prefer not to say"), and broad health status (e.g., excellent, good, fair, poor) can inform program design. Remember to clearly state how this information will be used and anonymized.

**Current Health Habits:** These questions assess existing behaviors to identify areas for improvement and tailor program offerings. Examples include:

"How many hours of sleep do you typically get per night?" (Use a scale or multiple choice options for easy data analysis)

"How often do you engage in moderate-to-vigorous physical activity?" (Provide options like daily, several times a week, etc.)

"How would you rate your stress levels on a scale of 1-5?" (1 being very low, 5 being very high)

"Do you currently participate in any wellness activities outside of work?" (If yes, what activities?)

"How would you rate your overall health and well-being?" (Use a rating scale)

**Barriers to Wellness:** Identifying obstacles is key to creating a successful program. Ask:

"What are the biggest barriers preventing you from adopting a healthier lifestyle?" (Provide a text box for open-ended answers)

"What aspects of your work environment impact your health and well-being?" (Again, an open-ended response is useful here)

"What resources or support would be most helpful in improving your health and well-being?" (Multiple choice and/or open-ended)

## II. Gauging Interest in Specific Wellness Program Features

Now that you have a baseline, it's time to explore specific program elements. Tailor these questions to potential offerings based on your budget and resources.

### Physical Activity Programs:

"Would you be interested in participating in on-site fitness classes (e.g., yoga, Zumba, strength training)?" (Yes/No/Maybe)

"Would you be interested in a company-sponsored gym membership or fitness reimbursement program?" (Yes/No/Maybe)

"What type of physical activity would you be most interested in?" (Multiple choice options)

### Mental Wellness Programs:

"Would you be interested in access to mental health resources, such as counseling or employee assistance programs?" (Yes/No/Maybe)

"Would you be interested in mindfulness or stress-reduction workshops?" (Yes/No/Maybe)

"Would you be interested in resources for improving work-life balance?" (Yes/No/Maybe)

### Nutrition and Wellness Programs:

"Would you be interested in nutrition workshops or health coaching sessions?" (Yes/No/Maybe)

"Would you be interested in healthy food options in the workplace cafeteria or vending machines?" (Yes/No/Maybe)

"Would you be interested in challenges or incentives to encourage healthy eating habits?" (Yes/No/Maybe)

### Financial Wellness Programs:

"Would you be interested in workshops or resources related to financial planning and budgeting?" (Yes/No/Maybe)

"Would you be interested in access to financial counseling services?" (Yes/No/Maybe)

## III. Program Design & Logistics: Optimizing Participation

Don't forget the practical aspects! These questions ensure your program is accessible and convenient.

### Program Timing & Format:

"What days and times would be most convenient for you to participate in wellness activities?" (Multiple choice options)

"Would you prefer in-person or virtual wellness programs?" (Multiple choice options)

"What format would you prefer for wellness resources (e.g., workshops, online modules, one-on-one coaching)?" (Multiple choice options)

### Incentives & Rewards:

"What type of incentives would motivate you to participate in the wellness program?"

(Multiple choice options – e.g., gift cards, extra vacation time, company swag)

#### Communication & Feedback:

"How would you prefer to receive updates and information about the wellness program?"  
(Email, intranet, etc.)

"Do you have any other suggestions or feedback on how we can improve our wellness program?" (Open-ended text box)

## IV. Analyzing Your Results and Iterating

Once you have collected your data, use it! Analyze the responses to understand employee preferences and adjust your program accordingly. Remember that wellness programs are iterative. Regular surveys and feedback loops are essential for continuous improvement.

## Conclusion

Crafting effective wellness program survey questions is about more than just gathering information; it's about building a program that truly supports the well-being of your employees. By carefully selecting the right questions and structuring your survey effectively, you can gain valuable insights to create a thriving wellness initiative that boosts employee engagement, productivity, and overall health. Remember to always prioritize privacy and ensure your employees feel comfortable sharing their honest feedback.

## FAQs

1. How long should my wellness program survey be? Aim for brevity! Keep it concise (under 10 minutes) to maximize completion rates.
1. What type of survey platform should I use? Consider user-friendly platforms like SurveyMonkey, Typeform, or Google Forms.
1. How can I ensure a high response rate? Offer incentives, keep it short, and promote the survey clearly.
1. What if I receive mostly negative feedback? Don't be discouraged! Use the feedback as an opportunity to improve and refine your program.

1. How often should I conduct wellness program surveys? Aim for at least once a year, and more frequently if significant changes are planned.

**wellness program survey questions:** Transit Operator Health and Wellness Programs Mary Joyce McGlothlin Davis, 2004 The report documents current information on prevention and intervention strategies and resources that can be used by transit agencies. It offers survey information obtained from individuals with the responsibility for managing health and wellness programs. This synthesis covers the state of the practice at 14 U.S. transit agencies of various sizes, operating different modes, in diverse locales around the nation.

**wellness program survey questions:** Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

**wellness program survey questions:** Corporate Wellness Programs Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 Corporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

**wellness program survey questions:** Health and Wellness Programs for Commercial Drivers Gerald P. Krueger, 2007 TRB's Commercial Truck and Bus Safety Synthesis Program (CTBSSP) Synthesis 15: Health and Wellness Programs for Commercial Drivers explores health risks facing commercial truck and motorcoach drivers. The report examines the association between crash causation and functional impairments, elements of employee health and wellness programs that could be applied to commercial drivers, and existing trucking and motor coach employee health and wellness programs. In addition, the report includes several case studies on employee health and wellness programs in the truck and motorbus industries, focusing on the elements that appear to work effectively.

**wellness program survey questions:** Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, Wellbeing at Work shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, Wellbeing at Work explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And Wellbeing at Work introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. Wellbeing at Work shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? Wellbeing at Work includes a unique code to take the CliftonStrengths assessment, which

reveals your top five strengths.

**wellness program survey questions: Wellbeing: The Five Essential Elements** Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

**wellness program survey questions: The Stop & Go Fast Food Nutrition Guide** Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

**wellness program survey questions: Marketing for Health and Wellness Programs** Donald R. Self, James W. Busbin, 1990 Learn useful strategies for marketing health and wellness programs. This important new book presents a cross-section of current research and commentary on wellness and prevention issues. The 17 authors—representing 11 different institutions—are some of the most active health care consultants in the academic community. They discuss studies for hospital based programs, workplace programs, and governmental and educational institutions. Marketing for Health and Wellness Programs is essential reading for hospital administrators, faculty physicians at teaching hospitals, public health professors, government health service administration employees, corporate managers and personnel administrators, insurance industry managers, independent health and wellness consultants, and staff members of health trade publications.

**wellness program survey questions: Workplace Wellness Programs: Promoting Employee Health and Wellbeing** Julian Paterson, Workplace Wellness Programs: Promoting Employee Health and Wellbeing is an essential guide for employers and HR professionals seeking to enhance the health and productivity of their workforce. This comprehensive book covers every aspect of designing, implementing, and sustaining effective wellness programs, from physical health initiatives and mental health support to financial wellness and creating a healthy work environment. With practical strategies, real-world case studies, and insights into the latest technology and trends, this book provides the tools and knowledge needed to create a thriving workplace where employees can achieve their best both personally and professionally. Whether you are starting from scratch or looking to improve existing programs, this book is your roadmap to fostering a culture of wellness and success.

**wellness program survey questions: Workplace Wellness: Healthy Employees, Healthy Families, Healthy ROI** ,

**wellness program survey questions: Survey Basics** Patricia Pulliam Phillips, Jack J. Phillips, Bruce Aaron, 2013-05-14 Learning and development professionals have embraced the concept of measurement, evaluation, and ROI. They know the importance of collecting valid, reliable data—but many want to build greater skills in asking the right measurement questions the right way. Experts in their field, Jack and Patricia Phillips have written a new book on measurement with Bruce Aaron, Survey Basics: A Guide to Developing Surveys and Questionnaires. A must read if you need to develop effective, valid, and reliable surveys. Designed to be a quick, concise crash course on survey development: Design the instrument so that people find it easy to respond to Ensure positive response rates Watch for types of errors that can creep into survey results. This book is a tool to help the L&D professional design and administer surveys and questionnaires. It describes the purpose of surveys and questionnaires, types of error that can creep into survey results, and considerations when developing specific survey questions. In addition, it offers advice to ensure positive response rates and how to design the instrument so that people find it easy to respond. The book includes content on validity and reliability, data analysis, and includes a chapter describing

approaches to displaying data and reporting results.

**wellness program survey questions: Survey of Athletic Injuries for Exercise Science**

Linda Gazzillo Diaz, 2013-09-10 5 Stars! Doody's Review Service! (Perfect Score of 100) ...This book is more than sufficient for exposing undergraduate students to sports-related injuries, how they are identified, and how they might be treated by a professional. It includes a good deal of basic anatomy and physiology that is complemented well by treatment therapies for site-specific injury prevention and therapeutic care following injury. Written for students within Exercises Science and Exercise Physiology, Survey of Athletic Injuries for Exercise Science clearly outlines traditional prevention and care of athletic injuries for those who lack an athletic training background. It address the role that exercise science, exercise physiology, or professionals from other health-related fields play in the treatment of injuries and illnesses in the physically active population. The text addresses each body segment along with other information that impacts the physically active, such as ergogenic aids, supplements, nutrition, and exercise prescription. Throughout the text case studies and realistic situation boxes discusses interesting cases from the field. Key Features: Provides a necessary resource on athletic injury and prevention for the non-athletic trainer. Clearly defined chapter objectives identify critical information for students Critical thinking questions ask students to examine and reason through a variety of scenarios. Case Studies throughout analyzes and explores real-world situations.

**wellness program survey questions: Measuring Well-being** Matthew T. Lee, Laura D.

Kubzansky, Tyler J. VanderWeele, 2021 This edited volume explores conceptual and practical challenges in measuring well-being. Given the bewildering array of measures available, and ambiguity regarding when and how to measure particular aspects of well-being, knowledge in the field can be difficult to reconcile. Representing numerous disciplines including psychology, economics, sociology, statistics, public health, theology, and philosophy, contributors consider the philosophical and theological traditions on happiness, well-being and the good life, as well as recent empirical research on well-being and its measurement. Leveraging insights across diverse disciplines, they explore how research can help make sense of the proliferation of different measures and concepts, while also proposing new ideas to advance the field. Some chapters engage with philosophical and theological traditions on happiness, well-being and the good life, some evaluate recent empirical research on well-being and consider how measurement requirements may vary by context and purpose, and others more explicitly integrate methods and synthesize knowledge across disciplines. The final section offers a lively dialogue about a set of recommendations for measuring well-being derived from a consensus of the contributors. Collectively, the chapters provide insight into how scholars might engage beyond disciplinary boundaries and contribute to advances in conceptualizing and measuring well-being. Bringing together work from across often siloed disciplines will provide important insight regarding how people can transcend unhealthy patterns of both individual behavior and social organization in order to pursue the good life and build better societies--

**wellness program survey questions: Handbook of Health Survey Methods** Timothy P.

Johnson, 2014-11-17 A comprehensive guidebook to the current methodologies and practices used in health surveys A unique and self-contained resource, Handbook of Health Survey Methods presents techniques necessary for confronting challenges that are specific to health survey research. The handbook guides readers through the development of sample designs, data collection procedures, and analytic methods for studies aimed at gathering health information on general and targeted populations. The book is organized into five well-defined sections: Design and Sampling Issues, Measurement Issues, Field Issues, Health Surveys of Special Populations, and Data Management and Analysis. Maintaining an easy-to-follow format, each chapter begins with an introduction, followed by an overview of the main concepts, theories, and applications associated with each topic. Finally, each chapter provides connections to relevant online resources for additional study and reference. The Handbook of Health Survey Methods features: 29 methodological chapters written by highly qualified experts in academia, research, and industry A treatment of the best statistical

practices and specific methodologies for collecting data from special populations such as sexual minorities, persons with disabilities, patients, and practitioners Discussions on issues specific to health research including developing physical health and mental health measures, collecting information on sensitive topics, sampling for clinical trials, collecting biospecimens, working with proxy respondents, and linking health data to administrative and other external data sources Numerous real-world examples from the latest research in the fields of public health, biomedicine, and health psychology Handbook of Health Survey Methods is an ideal reference for academics, researchers, and practitioners who apply survey methods and analyze data in the fields of biomedicine, public health, epidemiology, and biostatistics. The handbook is also a useful supplement for upper-undergraduate and graduate-level courses on survey methodology.

**wellness program survey questions: Evaluating Public and Community Health Programs**

Muriel J. Harris, 2016-10-24 A practical introduction to participatory program evaluation Evaluating Public and Community Health Programs provides a comprehensive introduction to the theory and practice of evaluation, with a participatory model that brings stakeholders together for the good of the program. Linking community assessment, program implementation, and program evaluation, this book emphasizes practical, ongoing evaluation strategies that connect theory with application. This updated second edition includes new discussion on planning policy change programs using logic models and theory of change, plus expanded coverage of processes, outcomes, data collection, and more. Each chapter includes classroom activities and group discussion prompts, and the companion website provides worksheets, lecture slides, and a test bank for instructors. Mini cases help illustrate the real-world applications of the methods described, and expanded case studies allow students to dig deeper into practice and apply what they've learned. Accurate and effective evaluation is the key to a successful program. This book provides a thorough introduction to all aspects of this critical function, with a wealth of opportunities to apply new concepts. Learn evaluation strategies that involve all program stakeholders Link theory to practice with new mini cases and examples Understand the uses, processes, and approaches to evaluation Discover how ongoing evaluation increases program effectiveness Public and community health programs are a vital part of our social infrastructure, and the more effective they are, the more people they can serve. Proper planning is important, but continued evaluation is what keeps a program on track for the long term. Evaluating Public and Community Health Programs provides clear instruction and insightful discussion on the many facets of evaluation, with a central focus on real-world service.

**wellness program survey questions: Handbook of Research on Individualism and Identity in the Globalized Digital Age** Topor, F. Sigmund, 2016-08-15 Globalization has shifted perspectives on individualism and identity as cultural exchange occurs more rapidly in an age of heightened connectivity. As technology connects those around the world, it too helps to provoke a shift in the autonomy of individuals. The Handbook of Research on Individualism and Identity in the Globalized Digital Age is an essential resource for researchers, professionals, and graduate-level students. This book explores and explains how globalization has impacted humans with specific emphasis on education and human development. This research-based publication presents critical perspectives on universal changes that are occurring due to globalization.

**wellness program survey questions: Genetic Monitoring and Screening in the Workplace** , 1990

**wellness program survey questions: Subjective Well-Being** Panel on Measuring Subjective Well-Being in a Policy-Relevant Framework, Committee on National Statistics, Division on Behavioral and Social Sciences and Education, National Research Council, 2014-01-01 Subjective well-being refers to how people experience and evaluate their lives and specific domains and activities in their lives. This information has already proven valuable to researchers, who have produced insights about the emotional states and experiences of people belonging to different groups, engaged in different activities, at different points in the life course, and involved in different family and community structures. Research has also revealed relationships between people's self-reported, subjectively assessed states and their behavior and decisions. Research on subjective

well-being has been ongoing for decades, providing new information about the human condition. During the past decade, interest in the topic among policy makers, national statistical offices, academic researchers, the media, and the public has increased markedly because of its potential for shedding light on the economic, social, and health conditions of populations and for informing policy decisions across these domains. *Subjective Well-Being: Measuring Happiness, Suffering, and Other Dimensions of Experience* explores the use of this measure in population surveys. This report reviews the current state of research and evaluates methods for the measurement. In this report, a range of potential experienced well-being data applications are cited, from cost-benefit studies of health care delivery to commuting and transportation planning, environmental valuation, and outdoor recreation resource monitoring, and even to assessment of end-of-life treatment options. *Subjective Well-Being* finds that, whether used to assess the consequence of people's situations and policies that might affect them or to explore determinants of outcomes, contextual and covariate data are needed alongside the subjective well-being measures. This report offers guidance about adopting subjective well-being measures in official government surveys to inform social and economic policies and considers whether research has advanced to a point which warrants the federal government collecting data that allow aspects of the population's subjective well-being to be tracked and associated with changing conditions.

**wellness program survey questions: *Personnel Management in Government*** Norma M. Riccucci, Katherine C. Naff, Madinah F. Hamidullah, 2019-11-21 With over 20 million people on its payroll, the government is the largest employer in the country. Managing people who do the nation's work is of critical importance to politicians, government leaders, and citizens alike. *Personnel Management in Government: Politics and Process*, eighth edition, examines the progress and innovations that public personnel professionals are making to address changes in the political, legal, and managerial environment of government. It provides students with a comprehensive understanding of human resource management within its historical and political context in the public sector. A number of new developments are addressed in the eighth edition, including discussion of: Human resource management in nonprofit organizations in an all-new, dedicated chapter Current and future challenges to recruitment and hiring, including the use of social media in recruitment Privatization and contracting out The rise of employment at will policies Digital technology or digitalization in HRM and the need to enhance cybersecurity Managing performance with human capital analytics Increased reliance on telework States' attacks on public sector labor unions HRM changes under the Trump administration Since publication of the first edition in 1977, *Personnel Management in Government* has addressed issues not yet considered mainstream, but that have proven central to the development of the field over time. This long-standing but no less innovative textbook is required reading for all students of public, government, and non-profit personnel management.

**wellness program survey questions: *Mandated Benefits 2017 Compliance Guide*** The Balser Group, 2016-12-21 *Mandated Benefits 2017 Compliance Guide* is a comprehensive and practical reference manual covering key federal regulatory issues that must be addressed by human resources managers, benefits specialists, and company executives in all industries. This comprehensive and practical guide clearly and concisely describes the essential requirements and administrative processes necessary to comply with all benefits-related regulations. It covers key federal regulatory issues that must be addressed by human resources managers, benefits specialists, and company executives across all industries. *Mandated Benefits 2017 Compliance Guide* includes in-depth coverage of these and other major federal regulations: PPACA: Patient Protection and Affordable Care Act HIPAA: Health Insurance Portability and Accountability Act Wellness Programs: ADA and GINA regulations FLSA: final rule on white collar exemptions Mental Health Parity Act Executive Order 13706: Paid Sick Leave for Federal Contractors AAPs: proposed and final rules Pay Transparency Act *Mandated Benefits 2017 Compliance Guide* helps take the guesswork out of managing employee benefits and human resources by clearly and concisely describing the essential requirements and administrative processes necessary to comply with each regulation. It offers

suggestions for protecting employers against the most common litigation threats and recommendations for handling various types of employee problems. Throughout the Guide are numerous exhibits, useful checklists and forms, and do's and don'ts. A list of HR audit questions at the beginning of each chapter serves as an aid in evaluating your company's level of regulatory compliance. In addition, Mandated Benefits 2017 Compliance Guide provides the latest information on: Retirement Savings Plans and Pensions Pay Practices and Administration Life and Disability Insurance Family and Medical Leave Workplace Health and Safety Substance Abuse in the Workplace Recordkeeping Work/Life Balance Managing the Welfare Benefits Package And much more!

**wellness program survey questions: Marketing Ambulatory Care Services** William J. Winston, 1985

**wellness program survey questions: Genetic monitoring and screening in the workplace.** United States. Congress. Office of Technology Assessment, 1990

**wellness program survey questions: *Under Observation: The Interplay Between eHealth and Surveillance*** Samantha Adams, Nadezhda Purtova, Ronald Leenes, 2016-12-31 The essays in this book clarify the technical, legal, ethical, and social aspects of the interaction between eHealth technologies and surveillance practices. The book starts out by presenting a theoretical framework on eHealth and surveillance, followed by an introduction to the various ideas on eHealth and surveillance explored in the subsequent chapters. Issues addressed in the chapters include privacy and data protection, social acceptance of eHealth, cost-effective and innovative healthcare, as well as the privacy aspects of employee wellness programs using eHealth, the use of mobile health app data by insurance companies, advertising industry and law enforcement, and the ethics of Big Data use in healthcare. A closing chapter draws on the previous content to explore the notion that people are 'under observation', bringing together two hitherto unrelated streams of scholarship interested in observation: eHealth and surveillance studies. In short, the book represents a first essential step towards cross-fertilization and offers new insights into the legal, ethical and social significance of being 'under observation'.

**wellness program survey questions: Research Methods** Carrie A. Picardi, Kevin D. Masick, 2013-10-09 Research Methods: Designing and Conducting Research with a Real-World Focus provides the tools required to conduct relevant, high-quality research in both the classroom and the field. Carrie A. Picardi and Kevin D. Masick—psychologists with expertise in both teaching research methods and applying methods to diverse field settings—offer a unique perspective by integrating current research articles with field-specific scenarios. They draw from research methodology tactics, strategy, and constraints from practitioners across the social sciences and in business. This text effectively bridges the gap between theory and practice by demonstrating how research is done within an organizational setting, and supplies students with relevant, applicable examples to learn from.

**wellness program survey questions: Healthy People 2000 Statistical Notes** , 1998

**wellness program survey questions: A Survey of Substance Abuse Programs in the Mining Industry** , 1990

**wellness program survey questions: Health Promotion in Communities** Carolyn Chambers Clark, EdD, ARNP,FAAN, 2001-12-27 In her latest book, Dr. Clark applies a holistic, wellness perspective to community health, focusing on community strengths and resilience - such as positive nutrition, healthy environment, fitness, and self care skills - rather than risks and disease. Practitioners and students will find this book a practical and comprehensive resource for creating community health programs and promoting wellness among individuals and groups. Special features include: A step-by-step guide to planning, implementing, and marketing community health programs; Strategies for wellness nutrition, fitness, stress management, and smoking cessation; Strategies for preventing violence in the schools and larger community; Tips on sharpening communication skills with individuals and groups; and Models of culturally sensitive health promotion programs.

**wellness program survey questions: Campus Wellness Notebook** , 1985

**wellness program survey questions: Financial Services and General Government Appropriations for 2014** United States. Congress. House. Committee on Appropriations. Subcommittee on Financial Services and General Government, 2013

**wellness program survey questions: Workplace Health Promotion, 2nd edition** Danijela Gasevic, Leah Okenwa-Emegwa, 2023-01-09 Work-related factors have implications for health and wellbeing. Due to the amount of time spent at the workplace and the impact of work on health over an individual's life course, the workplace has evolved as an important arena for population health promotion. Risk factors within the physical and psychosocial working environment, as well as inadequate organizational support, are associated with increasing work-related health problems, which result in psychosocial and economic implications for the individual, the family, the organization and the society. Recent estimates revealed an increasing level of sickness absence due to work related factors, among others. In recognition of the importance of worker health and a healthy working life, but also in line with numerous occupational health goals, many organisations set aside significant amounts of financial resources annually to promote work well-being. However, studies have shown that despite this positive disposition among employers, both employee participation and the impact of such programs remain minimal. According to the Ottawa declaration for health promotion and the Luxembourg declaration for Workplace Health Promotion (WHP), WHP should be strategic. It is recommended that WHP be conducted in a systematic and continuous process of needs analysis, priority setting, planning, implementation and evaluation. Unfortunately, available studies show that many companies have policies currently in place but lack knowledge regarding proper implementation and evaluation. The foregoing phenomenon raises questions regarding the level of knowledge of and attitudes towards WHP among people in management positions. This Research Topic aims to address factors affecting workplace health promotion. - What does WHP mean for employers? - What forms of WHP packages exist? - Is there evaluation and follow up of such interventions? - What are the barriers and facilitators relating to the uptake of WHP interventions among employees? - Do people in relevant managerial positions possess adequate knowledge regarding WHP? Manuscripts that explore factors crucial for WHP, including individual and organizational level factors, crucial for WHP are welcomed. Manuscripts on barriers, evidence-based interventions, best practices, analysis of existing policy documents and those with a life course perspective etc. are also welcomed. Manuscripts can be of national, international and global perspectives.

**wellness program survey questions: Complete Guide to Human Resources and the Law, 2021 Edition** Dana Shilling, 2020-08-05 The Complete Guide to Human Resources and the Law will help you navigate complex and potentially costly Human Resources issues. You'll know what to do (and what not to do) to avoid costly mistakes or oversights, confront HR problems - legally and effectively - and understand the rules. The Complete Guide to Human Resources and the Law offers fast, dependable, plain English legal guidance for HR-related situations from ADA accommodation, diversity training, and privacy issues to hiring and termination, employee benefit plans, compensation, and recordkeeping. It brings you the most up-to-date information as well as practical tips and checklists in a well-organized, easy-to-use resource.

**wellness program survey questions: Who's Packing Your Retirement Parachute?** C. William Creighton, 2010-07-30 This book will help you focus on how to make your life meaningful and full. It provides guidance about how to make the most from life through the maintenance of your physical health, emotional wellbeing, and a sound financial portfolio. Each chapter offers common sense solutions to help you focus your life on the issues that you think are most important. It is basically a motivation and time management concept. This book is about vision and quality of life objectives that you were not able to achieve in your daily life but that you want to fulfill in the golden years of our life. Reading it should give you the desire and discipline to attain any objective that you have ever dreamed about. It provides a road map to success that you may have thought was part of your past and never to be seen again. For most of us, moving from middle age to senior citizen comes around the age of 55. The gold in the golden years is the opportunity to choose what we will do to fulfill our

life dream. Many people would challenge the gold in the golden years because along with the freedom of choice and ability to enjoy the rewards of our lifelong efforts comes the illnesses and maladies of old age. We are all familiar with the bad ankles, knees, hips, shoulders, and kidney and heart problems that come with aging. However, these obstacles can be overcome with replacement surgery and raw desire (intestinal fortitude.) The primary objective of this book is to overcome obstacles and challenges to live a life of happiness and bliss in retirement.

**wellness program survey questions: Human Resource Management** Talya Bauer, Berrin Erdogan, David Caughlin, Donald Truxillo, 2024-01-02 Human resources is rapidly evolving into a data-rich field but with big data comes big decisions. The best companies understand how to use data to make strategic workforce decisions and gain significant competitive advantage. Human Resource Management: People, Data, and Analytics, Second Edition by Talya Bauer, Berrin Erdogan, David Caughlin, and Donald Truxillo introduces students to the fundamentals of talent management with integrated coverage of analytics in every chapter. Features tied to SHRM competencies and data exercises give students hands-on opportunities to practice the analytical and decision-making skills they need to excel in today's job market. Whether your students are future managers or future HR professionals, they will learn best practices for managing talent across the lifecycle in the changing workplace.

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everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. Authentic Happiness provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

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