



Department of Sport and Recreation

Department of Health

Sport and recreation builds stronger, healthier, happier and safer communities

Employee Survey



Introduction

Welcome to the Healthy Active Workplaces health and wellbeing survey.

This survey asks you about eating, physical activity, alcohol consumption, smoking habits and stress and will take you approximately 5 minutes to complete.

This information will be used to provide a report on the health and wellbeing of your organisation. This report will include no individual information and will help your organisation identify changes that it can make to the workplace to support improved health and wellbeing.

As the developers of this survey, the Department of Sport and Recreation takes your confidentiality very seriously. The following steps have been put in place to ensure your confidentiality:

The survey does not request your name, email address or postal address.

All information collected will be treated as private and confidential, in accordance with current privacy legislation.

No group information which could be used to identify individual respondents will be provided to your organisation.

The non-identifiable information collected through this survey may be used by the Department of Sport and Recreation for reserach purposes in the future.

Disclaimer:

The information provided is for general information purposes only. It is not nor should it be relied upon as an alternative to professional medical advice.

If you agree to complete this survey please tick this box

General

Age:..... years
Sex: (please circle) Male Female
Height: (estimate) cm's or.....ft/in
Weight: (estimate) kg's orlbs

Smoking

1. Do you smoke?

- No (Go to question 2)
 Yes

1a. How keen are you to stop smoking (please circle)?

0 = not keen at all / 7 = very keen

0 1 2 3 4 5 6 7

1b. When you wake up each day, how soon do you smoke your first cigarette?

- More than 60 minutes
 31-60 minutes
 5-30 minutes
 Less than 5 minutes

1c. How many cigarettes do you smoke on a typical day?

- 10 or less
 11-20
 21-30
 30+

Nutrition

1 serve of fruit = a medium sized apple/
orange/banana, 2 apricots/kiwi fruit or 1/2
cup tinned fruit

1 serve of vegetables = 1/2 cup cooked
vegetables or 1 cup salad vegetables

2. How many serves of vegetables (including fresh,
frozen and tinned vegetables) do you usually eat
each day?

- One serve
 - Two serves
 - Three serves
 - Four serves
 - Five serves
 - Six or more serves
 - Don't eat vegetables
-

3. How many serves of fruit (including fresh, frozen
and tinned fruit) do you usually eat each day?

- One serve or less
 - Two serves
 - Three or more serves
 - Don't eat fruit
-

4. How many days of the week do you usually
eat foods that are high in fat, salt or sugar
(such as deep fried foods, hot chips, pies,
pastries, chocolates, lollies, crisps etc)?

*Do not count days when these foods make up a small
amount of your total food intake such as a biscuit for
morning tea or a mini chocolate after lunch.

- None
- One days
- Two days
- Three days
- Four days
- Five days
- Six days
- Seven days

5. DURING WORK HOURS, how many days of the
week do you usually eat foods that are high in
fat, salt or sugar (such as deep fried foods, hot
chips, pies, pastries, chocolates, lollies, crisps
etc)?

*Do not count days when these foods make up a small
amount of your total food intake such as a biscuit for
morning tea or a mini chocolate after lunch.

- None (Go to question 7)
 - One day
 - Two days
 - Three days
 - Four days
 - Five days
 - Six days
 - Seven days
-

6. DURING WORK HOURS why do you eat these
foods (see question 5) instead of a healthier
option?

- Cheaper
- More convenient
- Tastes better/good
- Availability
- The hours I work
- Makes me feel better when I am stressed
- I don't know how to prepare a healthy meal to
take to work
- Access To vending machines
- I can not be bothered to bring something healthy
from home
- Lack of access to a kitchen/food preparation
facilities

Hydration

7. On average, during your normal WORKING DAY, how many glasses (250ml) of fluid (water, cordial, soft drink, juice, milk, coffee, tea) do you consume? (please circle one)

1 2 3 4 5 6 7 8+

8. On average, during your normal WORKING DAY, how many glasses (250ml) of plain drinking water do you consume? (please circle one)

1 2 3 4 5 6 7 8+

Alcohol

9. How often do you have a drink containing alcohol?

- Never (Go to question 12)
 Monthly or less
 2 to 4 times a month
 2 to 3 times a week
 4 or more times a week

10. How many standard drinks (see attached standard drinks guide) do you have on a typical day when you are drinking?

- 1 or 2
 3 or 4
 5 or 6
 7 to 9
 10 or more

11. How often do you have six or more drinks on one occasion?

- Never
 Less than monthly
 Monthly
 Weekly
 Daily or almost daily

Physical Activity

12. How many times a week do you usually do:

(a) 20 minutes or more of vigorous-intensity physical activity that makes you sweat or puff and pant (for example, heavy lifting, digging, jogging, or fast cycling)?

0 1 2 3 4 5 6 7+

(b) 30 minutes or more of walking (for example, walking from place to place for exercise or recreation)?

0 1 2 3 4 5 6 7+

Three 10 minute sessions (or two 15 minute sessions) count as one 30 minute session.

(c) 30 minutes or more of other moderate-intensity physical activity that increases your heart rate or makes you breathe harder than normal (for example, carrying light loads, bicycling at a regular pace or doubles tennis)?

0 1 2 3 4 5 6 7+

Three 10 minute sessions (or two 15 minute sessions) count as one 30 minute session.

13. How much of your total activity occurs during your working day? (Work day does include travelling to and from work.)

- None
 Some
 Most
 All

14. Indicate reasons why you think you are NOT being more physically active during your working day (please tick all that apply)

- I sit during most of my work day
 Too tired
 Not enough time
 Lack of facilities
 Shift work, especially nights or overtime
 Out on the road most of the time
 Not encouraged to
 No shower facilities
 Not motivated
 Not enough flexible time in work hours
 Health issues
 I am already active enough

Wellbeing

15. The next ten questions are about how you have been feeling the past four weeks.

	(1) None of the time	(2) A little of the time	(3) Some of the time	(4) Most of the time	(5) All of the time
In the past four weeks, about how often did you feel tired out for no good reason?					
In the past four weeks, about how often did you feel nervous?					
In the past four weeks, about how often did you feel so nervous that nothing could calm you down?					
In the past four weeks, about how often did you feel hopeless?					
In the past four weeks, about how often did you feel restless or fidgety?					
In the past four weeks, about how often did you feel restless you could not sit still?					
In the past four weeks, about how often did you feel depressed?					
In the past four weeks, about how often did you feel that everything was an effort?					
In the past four weeks, about how often did you feel so sad that nothing could cheer you up?					
In the past four weeks, about how often did you feel worthless?					

Standard Drink Guide



1.1
285ml
Full Strength Beer
4.9% Alc./Vol



1.6
425ml
Full Strength Beer
4.9% Alc./Vol



0.8
285ml
Mid Strength Beer
3.5% Alc./Vol



1.2
425ml
Mid Strength Beer
3.5% Alc./Vol



0.6
285ml
Light Beer
2.7% Alc./Vol



0.9
425ml
Light Beer
2.7% Alc./Vol



1.5
375ml
Full Strength Beer
4.9% Alc./Vol



1
375ml
Mid Strength Beer
3.5% Alc./Vol



0.8
375ml
Light Beer
2.7% Alc./Vol



1.5
375ml
Pre-mix Spirits
5% Alc./Vol



1.2
300ml
Pre-mix Spirits
5% Alc./Vol



1
30ml
Spirit Nip
40% Alc./Vol



22
700ml
Bottle of Spirits
40% Alc./Vol



1
30ml
Spirit Shot
40% Alc./Vol



1
60ml
Port/Sherry
Glass
20% Alc./Vol



1.5
170ml
Average Serve of
Sparkling Wine/
Champagne
11.5% Alc./Vol



1.5
150ml
Average Serve
of Wine
12.5% Alc./Vol



7.5
750ml
Bottle
of Wine
12.5% Alc./Vol

Australian Alcohol Guidelines

To limit health risks for:

Men

No more than **4** standard drinks a day on average, and never more than **6** a day.

Women

No more than **2** standard drinks a day on average, and never more than **4** a day.

Everyone should have 1 or 2 alcohol-free days a week.

These guidelines are for people who are of average or larger size. If you are below average body size you need to take extra caution.