

DSHS Wellness Program Activity Interest Survey

We invite you to complete the DSHS Employee Wellness Survey. Your responses will assist us in improving worksite wellness in your Region.

This survey should take no more than 5 minutes to complete and your answers will remain anonymous.

Thank you for your participation.

1. In what Region are you located?

- ☐ Region 1 (Lubbock)
- ☐ Region 2/3 (Arlington)
- ☐ Region 4/5N (Tyler)
- ☐ Region 6/5S (Houston)
- ☐ Region 7 (Temple)
- ☐ Region 8 (San Antonio)
- ☐ Region 9/10 (El Paso)
- ☐ Region 11 (Harlingen)

2. Gender

- ☐ Male
- ☐ Female

3. Age

- ☐ 18-25
- ☐ 26-32
- ☐ 33-39
- ☐ 40-46
- ☐ 47-53
- ☐ 54-60
- ☐ 60+

4. Please rate the likelihood of your participation in the following worksite wellness programs.

	Definitely Would Not	Probably Not	Might or Might Not	Probably Would	Definitely Would
Weight Loss Programs	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Smoking Cessation Programs	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Stress Management Programs	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Massage Therapy	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Walking Groups	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Aerobics Classes	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Yoga Classes	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Fitness Challenges	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Farm-to-Work Program	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Cooking Classes	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Online Healthy Lifestyle Program	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Health Risk Assessments	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
On-Site Health Screenings	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Educational Sessions	<input type="radio"/> Definitely Would Not	<input type="radio"/> Probably Not	<input type="radio"/> Might or Might Not	<input type="radio"/> Probably Would	<input type="radio"/> Definitely Would
Other (please specify)	<div></div>				