

Serve Up a Healthier You – Employee Wellness Evaluation

Please respond to the following questions by filling in the circles

Please fill in like this: ●

Not like this ⊗

Are you aware of the *Serve Up a Healthier You* Child Nutrition Staff Wellness Program?

- Yes
- No

Have you participated in any wellness activities provided through the Child Nutrition Staff Wellness Program?

- Yes
- No

If no, please tell us if any of the following have prevented you from participating in the wellness activities. Check all that apply.

- Activities are not offered at convenient times
- I am not aware of the offered activities
- Prefer to participate in wellness activities away from work
- Activity topics are not of interest to me
- Other _____

Have you made any healthier lifestyle choices as a result of participating in the activities or receiving information through the Staff Wellness Program? If yes, please tell us what type of changes. Check all that apply.

- Eating smart
- Moving more
- Managing stress
- Quitting tobacco
- Other _____
- I have not made any healthier lifestyle choices

Would you like to participate in future wellness activities? If yes, please indicate your area of interest. Check all that apply.

- Eating smart
- Moving more
- Managing stress
- Quitting tobacco
- Other _____
- I am not interested in participating in wellness activities

Please share any comments or suggestions you have for the Staff Wellness Program.

Please rate how well the *Serve Up a Healthier You* Mini-Lessons taught you about the items listed below.

1 = Not at all effective and 4 = Very effective, 0 = Did not participate in the Mini-Lesson

Your Path to Wellness - Take Care of You Benefits of wellness and things that can affect your wellness	0	1	2	3	4
Check Up on Health Things to do to prepare for a medical check up	0	1	2	3	4
Take Your Best Shot How vaccines work and when you should have certain vaccines	0	1	2	3	4
Weigh to Wellness Whether you are underweight, normal weight, overweight or obese What information to record on a food and activity record	0	1	2	3	4
Tobacco – Make It a Part of Your Past Health concerns associated with tobacco use and the benefits of quitting a tobacco habit Strategies for coping with triggers or cravings for tobacco	0	1	2	3	4
Be a Stress Survivor Ways that you are affected by stress and strategies to manage stress	0	1	2	3	4
Manage Your Medications Steps to manage any medications or supplements that you take	0	1	2	3	4
Sweet Dreams How to practice good sleep habits	0	1	2	3	4
Your Path to Wellness - Eat Smart Using the Dietary Guidelines Ways to eat smart using the Dietary Guidelines	0	1	2	3	4
Eat Smart with MyPlate Ways to eat smart using MyPlate	0	1	2	3	4
Right-Size Your Portions What serving sizes are and how to right-size your portions	0	1	2	3	4
Label Lingo How to use a food label to make healthy choices	0	1	2	3	4
Make Sense of Carbs Ways to add more fiber to your diet	0	1	2	3	4
Make Sense of Protein Ways to go lean with protein	0	1	2	3	4
Make Sense of Fat Ways to eat smart with fat choices	0	1	2	3	4
Hunger Hoax How to recognize and deal with your hunger	0	1	2	3	4
Your Path to Wellness – Move More How much physical activity you need to do	0	1	2	3	4
Fitness to Fit Your Lifestyle Strategies to overcome any barriers, things that get in your way, to being active Changes that you can make to add physical activity to your life	0	1	2	3	4
Smart Moves - Get Started Safely Steps you can take to be safe while moving more	0	1	2	3	4
FITness – Where Do You Stand? How to set your own physical activity goals based on the FITT principle	0	1	2	3	4

What else would you like to learn?