



# University of Johannesburg Workplace Wellness Programme Survey

The third section (question 14-18) of the questionnaire refers to prevention strategy and initiative information. The researcher is aware of the sensitivity of the questions in this section, but once again, you are assured that your response will remain anonymous.

Q14. How important do you feel the following primary prevention strategies are?				
	Not at all important	Not so important	Fairly important	Very important
	1	2	3	4
Health education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adequate nutrition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A healthy environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Immunisations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Periodic medical examinations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attention to personal development	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provision of adequate housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provision of adequate recreation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Agreeable working conditions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marriage counselling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attention to personal hygiene	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Environmental sanitation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Protection against occupational hazards	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q15. How important do you feel the following secondary prevention strategies are?				
	Not at all important	Not so important	Fairly important	Very important
	1	2	3	4
<b>Case-finding measures</b> like screening surveys (questionnaires) for early diagnosis of disease or disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Biometric Screenings</b> (Height, weight, blood pressure, cholesterol, glucose, etc.) for early diagnosis of disease or disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Selective medical examinations</b> (like executive medical screenings) to diagnose, cure and prevent disease process	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Adequate programmes</b> (for example paid- for rehabilitation services) to address the disease process and prevent further complications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Provision of facilities and resources</b> (like on-site clinics and occupational therapists) to limit disability and shorten the period of disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

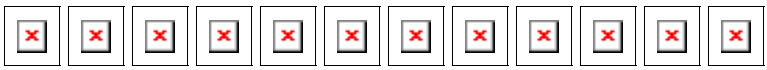
<b>Q16. How interested would you be in the following awareness initiatives?</b>				
	Not at all interested	Not so interested	Fairly interested	Very interested
	1	2	3	4
Awareness news letters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Awareness posters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Awareness flyers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health fairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Educational classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weekend retreats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health screenings (without feedback)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Goal setting workshops	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interactive counselling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Computer assisted programmes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Q17. How interested would you be in the following lifestyle change initiatives?</b>				
	Not at all interested	Not so interested	Fairly interested	Very interested
	1	2	3	4
Quit smoking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exercising on a regular basis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Managing stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating more nutritious foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Q18. How interested would you be in the following supportive environment initiatives?</b>				
	Not at all interested	Not so interested	Fairly interested	Very interested
	1	2	3	4
An environment where management encourages you to participate in a healthy lifestyle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flexible work hours to allow you to exercise during the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Companywide tobacco control policies (with equitable enforcement)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rewards for good health practices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onsite training facilities (like gymnasiums, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Company-sponsored recreation and sporting activities/events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making it easier for you to buy foods low in fat, salt and sugar at work (e.g cafeterias and vending machines with healthy foods)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
An environment conducive to healthy lifestyles (for example lockers, showers, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Full-time counsellors to help you plan and fit healthy activities into your schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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