

Food and Physical Activity: Work Environment

Instructions: Below are questions about the food and physical activity environment at work. Please answer each question as honestly as possible. All information is confidential.

1. It's hard for me to get fruits and vegetables when I'm at work.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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2. It's hard for me to be physically active when I'm at work.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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3. There is so much advice about healthy ways to eat, that I don't know what is good or bad.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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4. There is so much advice about physical activity and exercise, that I don't know what is good or bad.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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5. There is so much advice about weight control, that I don't know what is good or bad.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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6. What I eat is one of the most important things for my health.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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7. Physical activity is one of the most important things for my health.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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8. Weight management is one of the most important things for my health.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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9. There is a lot of information on healthy eating where I work.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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10. There is a lot of information on physical activity where I work.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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11. There is a lot of information on weight management where I work.

- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

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12. At my work place it is easy to eat a healthy diet.

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- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

13. At my work place it is easy to be physically active.

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- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

14. At my work place it is easy to manage my weight.

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- 1 Strongly agree
- 2 Agree
- 3 Neither agree nor disagree
- 4 Disagree
- 5 Strongly disagree

15. How important to you is eating fewer calories?

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- 1 Extremely important
- 2 Very important
- 3 Somewhat important
- 4 Slightly important
- 5 Not important

16. How important to you is being physically active?

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- 1 Extremely important
- 2 Very important
- 3 Somewhat important
- 4 Slightly important
- 5 Not important

17. How important to you is managing your weight?

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- 1 Extremely important
- 2 Very important
- 3 Somewhat important
- 4 Slightly important
- 5 Not important

Vending machines frequency of use:

18. In the last month, how frequently did you use the **snack food** vending machines at the garages?

- 1 1 time a month or less
- 2 2-3 times a month
- 3 1-2 times a week
- 4 3-4 times a week
- 5 5-6 times a week
- 6 7 or more times a week

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19. In the last month, how frequently did you use the **cold/frozen food** vending machines at the garages?

- 1 1 time a month or less
- 2 2-3 times a month
- 3 1-2 times a week
- 4 3-4 times a week
- 5 5-6 times a week
- 6 7 or more times a week

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20. In the last month, how frequently did you use the **hot beverage** vending machines at the garages?

- 1 1 time a month or less
- 2 2-3 times a month
- 3 1-2 times a week
- 4 3-4 times a week
- 5 5-6 times a week
- 6 7 or more times a week

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21. In the last month, how frequently did you use the **cold beverage** vending machines at the garages?

- 1 1 time a month or less
- 2 2-3 times a month
- 3 1-2 times a week
- 4 3-4 times a week
- 5 5-6 times a week
- 6 7 or more times a week

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Fitness facilities use at garage:

22. In the last MONTH, how frequently did you use the fitness room at work to exercise?

- 1 Never
- 2 1-4 times
- 3 5-10 times
- 4 11 times or more

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23. In the last YEAR, how frequently did you use the fitness room at work to exercise?

- 1 Never
- 2 1-4 times
- 3 5-10 times
- 4 11-15 times
- 5 16-25 times
- 6 26 times or more

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24. In the last MONTH, how frequently did you exercise during the hours you were driving your route?

- 1 I am not an operator/driver
- 2 Never
- 3 1-4 times
- 4 5-10 times
- 5 11 times or more

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25. In the last YEAR, how frequently did you exercise during the hours you were driving your route?

- 1 I am not an operator/driver
- 2 Never
- 3 1-4 times
- 4 5-10 times
- 5 11-15 times
- 6 16-25 times
- 7 26 times or more

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Fitness facilities use outside of work:

26. In the last MONTH, how frequently did you use fitness facilities at a place other than work (e.g., fitness center, exercise club, home)?

- 1 Never
- 2 1-4 times
- 3 5-10 times
- 4 11 times or more

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27. In the last YEAR, how frequently did you use fitness facilities at a place other than work (e.g., fitness center, exercise club, home)?

- 1 Never
- 2 1-4 times
- 3 5-10 times
- 4 11-15 times
- 5 16-25 times
- 6 26 times or more

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Physical activity and nutrition class participation:

28. In the last YEAR, how often did you take part in an organized physical activity class, event, or activity either outside of work or at work?

- 1 Never
- 2 1-4 times
- 3 5-10 times
- 4 11-15 times
- 5 16-25 times
- 6 26 times or more

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29. In the last YEAR, how often did you take part in an organized nutrition activity, event or class offered either outside of work or at work?

- 1 Never
- 2 1-4 times
- 3 5-10 times
- 4 11-15 times
- 5 16-25 times
- 6 26 times or more

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30. In the last YEAR, how often did you take part in an organized weight management class, event or activity offered either outside of work or at work?

- 1 Never
- 2 1-4 times
- 3 5-10 times
- 4 11-15 times
- 5 16-25 times
- 6 26 times or more

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