

Interest Survey 2022

INSTRUCTIONS: The NCC Wellness Committee is interested in learning more about the types of programs and events you would like to see on campus next year (Fall 2022 and Spring 2023). Please take 5 minutes to complete this survey. All responses will be anonymous and results of this survey will help us with planning for the upcoming year.

* 1. With the continual progression to return to campus in person, which type of program format would you most prefer for Wellness Activities? Please select one answer.

- In person events (being physically present on campus)
- Virtual events (being online, such as a MS Teams call)
- Hybrid (having the option to attend in person or virtually)

* 2. Would you be interested in participating in programming that focuses on team building events such as team challenges/competitions, sharing personal health-tips (i.e., posting your favorite healthy recipe), or engaging in chats?

- Very interested
- Somewhat interested
- Neutral
- Little interest
- No interest

Interest Survey 2022

* 3. Please rank the following from highest level of interest (#1) to lowest (#5)



Physical Activity Promotion (e.g., movement-based programs)



Health Behavior Promotion (e.g., seminars focusing on preventing low back pain)



Stress Management (e.g., relaxation techniques)



Nutrition Education (e.g., healthy cooking demonstrations)



Screenings (e.g., getting your blood pressure checked)

* 4. Would you be interested in participating in programming that is group-based or would match you with a workout partner?

- Very interested
- Somewhat interested
- Neutral
- Little interest
- No interest

Interest Survey 2022

* 5. Please list three activities, events, or programs you would like the Wellness Committee to offer NCC employees that are not currently offered:

1.

2.

3.

* 6. Would you be interested in more information on our Tobacco Free Campus?

- Yes, this would be helpful
- No, this would not be helpful
- I did not know we were a tobacco free campus

7. Please provide any additional feedback below.