



Assessment Questions

Eat Well Answers [\[More Info\]](#)

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- 1** Does your workplace provide safe unflavored, drinking water at no charge to all staff? [\[More Info\]](#)

A	Yes
B	No

- 2** Does your workplace offer on-site opportunities to purchase/receive, fresh produce (examples: salad bar, on-site garden, CSA drop-off site, farm stand)? [\[More Info\]](#)

A	Yes
B	No

- 3** Does your workplace institute healthy food and beverage options at company sponsored meetings and events, vending machines, on-site cafeteria and food venues? [\[More Info\]](#)

A	Yes
B	No

Move More Answers [\[More Info\]](#)

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- 1** Does your workplace promote an active workplace by using prompts to increase movement throughout the day (walking path, walking meeting, stairwell, standing desk)? [\[More Info\]](#)

A	Yes
B	No

- 2** Does your workplace offer flexible scheduling to allow for physical activity before, after or throughout the day? [\[More Info\]](#)

A	Yes
B	No

- 3** Does your workplace encourage active commuting (bike rack, bike share, public transportation, facility shower/changing room)? [\[More Info\]](#)

A	Yes
B	No

- 4** Does your organization provide access to safe physical activities and amenities (on-site, community fitness center, etc.)? [\[More Info\]](#)

A	Yes
B	No

Feel Better Answers [\[More Info\]](#)

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- 1** Does your workplace offer and promote EAP or identified resources available to staff? [\[More Info\]](#)

A	Yes
B	No

- 2** Does your workplace institute tobacco free and nicotine free policy, access to tobacco and nicotine cessation services and products (insurance, Quitline)? [\[More Info\]](#)

A	Yes
B	No

- 3** Does your workplace offer opportunities for staff interaction and social support (team building, company picnics, celebrations)? [\[More Info\]](#)

A	Yes
B	No

- 4** Does your workplace offer staff education and trainings for personal and professional development? [\[More Info\]](#)

A	Yes
B	No

- 5** Does your workplace demonstrate and encourage community involvement (volunteerism, community initiatives, boards, public office)? [\[More Info\]](#)

A	Yes
B	No

- 6** Does your workplace designate safe and comfortable space for staff's personal needs (lactation, shower/changing room, quiet room)? [\[More Info\]](#)

A	Yes
B	No

Leadership and Commitment Answers [\[More Info\]](#)

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- 1** Have a consistent level of support of wellness efforts being shared by all levels of management?

A	Yes
B	No

- 2** Provide opportunity for feedback for health promotion programs?

A	Yes
B	No

- 3** Have a wellness committee and/or champion?

A	Yes
B	No

- 4** Incentivize preventive health or wellness activities (monetary or other)?

A	Yes
B	No

- 5** Offer or subsidized a comprehensive benefit package that includes preventive care (health, dental, vision, EAP, hearing)?

A	Yes
B	No

- 6** Participate in 1 Healthiest State Initiative event per year (Conference, Walk, Awards, State Healthiest State Month)?

A	Yes
B	No

- 7** Integrate 5-2-1-0 Healthy Choices Count! messaging with health and wellness efforts?

A	Yes
B	No

- 8** Use or provide 5-2-1-0 materials in the workplace (letter to employees, brochures, newsletters, posters)?

A	Yes
B	No

- 9** Use a communication platform accessible to all staff and stakeholders to distribute 5-2-1-0 messaging?

A	Yes
B	No

Note: For your convenience, the assessment provides hyperlinks to other websites strictly for informational purposes. These hyperlinks lead to websites of third parties who are in no way affiliated with or related to the Healthiest State Initiative.

