

Addendum to “Check for Health” Workplace Environmental Assessment

NUTRITION ENVIRONMENT IN AND AROUND WORKPLACE (inserted after question 12, page 5)

Are there healthy restaurants – like smoothie, salad, or sandwich shops – in the neighborhood surrounding the worksite? (neighborhood = 4 block radius)	Yes	No
Do restaurants in the neighborhood provide appealing healthy options? (i.e. foods lower in calories and fat that are as fresh and visually appealing as other less healthy options)	Yes	No
What restaurants exist in the neighborhood? Jack in the Box _____ Subway _____ Panda Express _____ McDonald’s _____ Rubio’s _____ La Salsa/Baja Fresh _____ Wendy’s _____ Pizza Hut _____ El Pollo Loco _____ Del Taco _____ Starbuck’s _____ Denny’s _____ Chili’s _____ Applebee’s _____ Burger King _____ Taco Bell _____ KFC _____ Other fast food Mexican _____ In-n-Out Burger _____ Dairy Queen _____ Wienerschnitzel _____ Other _____ Other _____		
Do employees frequently bring in high calorie foods (e.g. baked goods, donuts, candy) to share with co-workers?	Yes	No
Do employees bring in high calorie foods to sell for their children’s or other fundraisers? (e.g. Girl Scouts, sports teams, etc.)	Yes	No
Are there candy jars or other goody jars on employees’ desks, in conference rooms, copy rooms, or waiting rooms?	Yes	No
Are employee birthdays celebrated with cake or other baked goods on a frequent basis?	Yes	No
When employees bring in baked goods or other high calorie foods to share, are there usually healthy options available also? (e.g. fruit or veggie trays)	Yes	No
Is there a water cooler or water bottles available to employees free of charge, at all times?	Yes	No
Is there a kitchen or food preparation area in a convenient place at the worksite?	Yes	No
Does it include a refrigerator?	Yes	No
A microwave?	Yes	No
A sink for washing dishes?	Yes	No
Are lunch breaks enforced or encouraged at your worksite?	Yes	No
Do most employees take lunch breaks? (away from their desks)	Yes	No
Is free food often delivered to your worksite? (from clients, vendors, or nearby restaurants/bakeries)	Yes	No

PHYSICAL ACTIVITY (inserted between questions 13 and 14, page 6)

How many employees at your worksite:

	Almost no people	Some people	Half the people	Most people	All people	Don’t know
Are active as part of their job? (i.e. doing manual labor, walking briskly, as opposed to mostly sedentary like computer work behind a desk)						
Live within walking or biking distance from work?						
Park several blocks away or further in order to walk a little extra as they come to/from work?						
Feel safe walking or spending time outside in the surrounding community?						

Is there a walking club or another exercise club at your workplace?

- Yes
- No



Funded by the U.S. Department of Agriculture Food Stamp Program
 USDA is an equal opportunity employer

