2024-HWIP Participant Post Survey

Start of Block: Default Question Block

Thank you for actively participating in your department’s Healthy Workplace Initiatives! Now that your initiative has come to an end, please fill in the survey below.

We appreciate your help in evaluating workplace health promotion initiatives at UBC.

Department or unit name:
(in full, no abbreviations)

Please select the role at UBC that you identify with the most:

- [ ] Staff (1)
- [ ] Faculty (2)
- [ ] Postdoctoral Fellow (3)
- [ ] Student Staff (4)
- [ ] Senior Executive (5)
- [ ] Other (please specify): (6)
The greatest benefits of my participation include:

(please rank your choices)

- Learning new skills (1)
- Leading a healthier lifestyle (2)
- Reducing my stress levels (3)
- Increased productivity (4)
- Increased energy (5)
- Incorporating health and wellbeing into my daily routine (6)
- Spending more social time with my team (8)
- Other: (please specify) (7)

The greatest barrier to my participation in the initiative was:

- The timing/frequency of events and activities (1)
- A lack of support from my manager/supervisor (2)
- A lack of personal motivation (3)
- Ineffective communication about the events and activities (4)
- I was not interested in the events and activities offered (5)
- The location of events and activities (6)
- Other (please specify) (7)
- I found no barriers to participation (8)
By participating in this initiative, I saw positive improvement in the following areas of personal health:

*(please rank your choices)*

- Intellectual health (learning, fostering passions etc.) (5)
- Physical health (2)
- Mental health (1)
- Nutritional health (3)
- Social health (personal connections, team building etc.) (4)
Please rate your level of agreement with the following statements.

<table>
<thead>
<tr>
<th>Strongly Agree (1)</th>
<th>Agree (2)</th>
<th>Neither Agree nor Disagree (3)</th>
<th>Disagree (4)</th>
<th>Strongly Disagree (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I would recommend this workplace initiative (1)</td>
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<td>I will be able to immediately apply what I learned to enhance my wellbeing. (2)</td>
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<td>As a result of my participation, I plan to do something differently for my wellbeing. (3)</td>
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<td>I understand why wellbeing is important in the workplace. (6)</td>
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<td>I feel that UBC is committed to the wellbeing of its people, places, and communities. (4)</td>
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<td>As a result of this initiative, I feel that my beliefs, identity, and experiences are valued at</td>
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UBC. (8)
As a result of this initiative, I feel part of a community at UBC. (9)

Please share any comments or suggestion you have related to Healthy Workplace Initiative Fund program:

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End of Block: Default Question Block