



## Assessing Adoption & Use of Steps to Wellness



Form Approved  
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**We would like to thank you for your interest in completing these additional questions about the Toolkit distributed by the Centers for Disease Control and Prevention's (CDC) Division of Nutrition, Physical Activity and Nutrition, and Division for Heart Disease and Stroke Prevention. The purpose of these additional survey questions is to determine the usage and usefulness of the Steps to Wellness Toolkit. The results of this survey will be used to evaluate and improve the toolkit for future use.**

**We ask that you respond to the survey questions from your perspective either as an employee in a worksite or, if applicable, as a worksite wellness coordinator. The estimated time for completion of this survey is approximately 5 to 10 minutes.**

**To start the survey, click "Agree & Continue."**

Public reporting burden of this collection of information varies from 5 to 10 minutes with an estimated average of 5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-0864).

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**AGREE & CONTINUE**

## Assessing Adoption &amp; Use of Steps to Wellness

- ✎ The Centers for Disease Control and Prevention's (CDC) Division of Nutrition, Physical Activity and Nutrition, in collaboration with the Division for Heart Disease and Stroke Prevention, is conducting a web-based survey as part of our effort to evaluate the "Steps to Wellness" Toolkit. This survey is aimed to assess the usage and usefulness of the toolkit newsletters and the information collected from this survey will be used to provide recommendations related to future distribution and content of the toolkit.

Approximately 2-3 weeks ago you agreed to participate in this survey because you accessed the toolkit on CDC's website. A couple of the questions will ask you about the toolkit and your thoughts on its usefulness. It will help to look it over before completing the survey. The survey should take approximately 5 to 10 minutes of your time.

Participation in the survey is voluntary and you can choose to end the survey at any time. Your unique survey URL will not be linked to your email address. All responses to this survey will be de-identified and maintained in an aggregate database. CDC's analysis will be based only on de-identified summary information.

If you have any questions about this survey, or evaluation, please contact Dr. Chris Reinold, Public Health Scientist, at Phone: (770) 488-5407 or E-mail: [CReinold@cdc.gov](mailto:CReinold@cdc.gov).


By clicking "Next" you are giving your consent to participate in this survey.

[Next](#)

0%  100%



### Assessing Adoption & Use of Steps to Wellness

 In which type of organization do you currently work? \*

- Non-Profit Organization
- Agriculture
- Communications
- Construction
- Education
- Finance
- Food Service
- Government
- Health Care
- Hospitality
- Manufacturing
- Retail
- Other, please specify:


Next





Quit

## Assessing Adoption & Use of Steps to Wellness

 What is your current job title or role? \*

Personnel / Human Resources

Worksite Wellness Coordinator

Manager/Management

Other, please specify:

Next


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## Assessing Adoption & Use of Steps to Wellness

 How many years have you been working in your present company? \*

- less than 12 months
- 1 year to 5 years
- 6 years to 10 years
- 11 years to 15 years
- 16 years or more

Next


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### Assessing Adoption & Use of Steps to Wellness

 To what extent do you disagree or agree with the following statement? The "Steps to Wellness" Toolkit is useful to me. \*

Strongly Disagree	Disagree	Neither disagree nor agree	Agree	Strongly Agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


Next





Quit

## Assessing Adoption & Use of Steps to Wellness

 Which part(s) of the toolkit did you find useful? Choose all that apply. \*

- Introductory Letter
- Introduction
- Building support
- Planning/Assessing
- Promoting
- Implementing
- Evaluating
- Sharing results
- Sustainability
- Case Studies
- Resources section


Next

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## Assessing Adoption & Use of Steps to Wellness

 If you found the "Implementing" section of the toolkit useful, please specify which tracks you found helpful. Check all that apply. \*

- Track one – Getting started examples
- Track two – Building momentum examples
- Track three – Moving forward examples
- Track four – Keeping the pace examples

Next

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## Assessing Adoption & Use of Steps to Wellness

 Please provide any additional information you would like to share: \*

Next

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## Assessing Adoption & Use of Steps to Wellness

**This concludes the survey. Thank you very much for participating.**

**Please note you will not receive a response from us based on your survey comments. If you would like us to contact you about your feedback, please contact Dr. Chris Reinold, Public Health Scientist, at Phone: (770) 488-5407 or E-mail: [CREinold@cdc.gov](mailto:CREinold@cdc.gov).**

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