

Assessment

Wellness in the Workplace ***First Edition***

The objectives of this book are:

- To explain why a workplace wellness program is valuable
- To point out common workplace health problems
- To suggest ways to design a workplace wellness program



Assessment Questions for *Wellness in the Workplace, First Edition*

Select the best response.

1. By the middle of the twentieth century:
 - A. Chronic diseases were neatly under control
 - B. Infectious diseases had been wiped out
 - C. Infectious diseases had been largely eliminated
 - D. All of the above

2. Employee's spiritual, mental, and physical well-being:
 - A. Causes greater absenteeism
 - B. Saves employers money
 - C. Is aided by healthy lifestyles
 - D. All of the above
 - E. B and C

3. Self-insuring by companies is becoming:
 - A. More frequent
 - B. Less frequent

4. The majority of workers' compensation injury claims are from:
 - A. Lung damage
 - B. Back injuries
 - C. Broken bones
 - D. Torn muscles

5. Employees who join company wellness programs:
 - A. Have less absenteeism
 - B. Must be active to benefit
 - C. Enjoy increased productivity
 - D. All of the above

6. For success, a company's wellness program should have cutting costs as its major goal.
 - A. True
 - B. False
7. Your company can show results most quickly through:
 - A. Hypertension screening
 - B. Weight reduction programs
 - C. Alcohol and drug treatment programs
8. Wellness programs work particularly well if on:
 - A. Company time
 - B. Personal time
 - C. Split company and personal time
9. Of the following, the most crucial element in program success is probably:
 - A. Length of program
 - B. Company interest
 - C. Confidentiality
 - D. Choice of topics
10. Financially, the best wellness program option is probably:
 - A. A shared program with other companies
 - B. Taking advantage of community groups
 - C. Using vendors
 - D. Hiring a consultant
11. A health appraisal:
 - A. Is less complex than a health inventory
 - B. Can calculate life expectancy based on health habit statistics
 - C. Gives totally reliable predictions
 - D. Is expensive for its benefit to your health awareness program

12. An effective wellness program incorporates:
- A. Early planning
 - B. Home mailings and paycheck stuffers
 - C. Lively current information
 - D. Incentive awards
 - E. All of the above
13. Five of the ten leading causes of death are diet-related.
- A. True
 - B. False
14. Because of modern lifestyles, people tend to:
- A. Eat only twice a day
 - B. Eat frequently and with poor nutrition
 - C. Consume too much fat and sugar
 - D. All of the above
 - E. B and C
15. Hypertension can be managed with:
- A. Exercise
 - B. Stress control
 - C. Blood pressure screening and follow-up
 - D. All of the above
 - E. B and C
16. Our bodies wear out faster from disease than from use.
- A. True
 - B. False
17. Smoking:
- A. Can cost companies \$1,500 a year per employee smoker
 - B. Affects cholesterol levels
 - C. Is given up more readily by women
 - D. All of the above
 - E. A and B

18. Alcohol consumption:

- A. Is encouraged by advertising
- B. Can be affected by company policies
- C. Is a major cause of lowered employee productivity
- D. All of the above
- E. A and B

19. You can easily burn off the effect of a double cheeseburger by a twenty-minute run.

- A. True
- B. False

20. Repeated dieting:

- A. Is a good way to maintain a healthy weight
- B. Causes the body to store fat more efficiently
- C. Is probably the main reason there is obesity in the U.S.
- D. All of the above
- E. B and C

21. Company attention to ergonomics can:

- A. Increase accidents
- B. Improve work productivity
- C. Eliminate workplace hazards
- D. All of the above
- E. B and C

22. Factory work can cause:

- A. Exposure to radiation and toxic chemicals
- B. Disease and birth defects
- C. Stress from excessive noise
- D. All of the above
- E. A and B

23. Employee Assistance Programs can:
- A. Help solve personal difficulties that affect work
 - B. Successfully rehabilitate
 - C. Vary greatly in their expense
 - D. All of the above
 - E. B and C
24. Program evaluation:
- A. Can ascertain if goals have been met
 - B. Should be planned after the program is operating
 - C. Can check on wise use of funds
 - D. All of the above
 - E. A and C
25. Once your program is in place and working well, you should:
- A. Not change it
 - B. Identify new approaches
 - C. Try to spark employees' continuing interest
 - D. All of the above
 - E. B and C

Answer Key for *Wellness in the Workplace, First Edition*

Recommended response

1. C	6. B	11. B	16. A	21. E
2. E	7. A	12. E	17. E	22. D
3. A	8. C	13. A	18. D	23. D
4. B	9. C	14. E	19. B	24. E
5. D	10. A	15. D	20. E	25. C