

Additional Figure 2. Question items used in the 2013 Partnering Healthy@Work survey to calculate workplace health promotion exposures for availability and participation.

The following items are about health activities in your workplace for your main job in the Tasmanian State Service.

32. Please indicate the amenities/supports that are available. Choose all that apply.

- Space to hold activities
- Equipment storage areas
- Lunch / break room
- Onsite gymnasium / fitness centre
- Bicycle racks/storage
- Healthy vending machine options
- Workplace Wellness Health Champions
- Bulletin boards, newsletters, emails or websites where health information is provided
- Other (please specify) _____
- Shower and change facilities
- Fruit baskets provided
- Outdoor exercise areas for employees to use
- Stairs / stair wells that can be used for exercise
- Healthy food options (e.g work meetings, on-site)
- Drinking water
- Flexible work arrangements

33. Please indicate which workplace health and wellbeing activities were available in the past 3 years. If 'yes', please indicate the number of times you participated.

Type of health and wellbeing activities available	Available in the past 3 years		Number of times you participated in the past 3 years
	No	Yes	If yes, please enter a number
a) Education e.g. Health information seminars or workshops	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
b) Health assessments e.g. Health checks (BUPA/MBF health lounges), regular health assessments, regular fitness assessments, pre-employment health screening	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
c) Physical activity e.g. Global Corporate Challenge, Hydra-Walk, organisation sport team, sport or activity days, exercise or physical activity sessions (e.g. yoga, fit-ball, boot camp), active transport (e.g. TravelSmart Workplace Program, cycle to work or walk to work)	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
d) Smoking e.g. Smoking cessation programs (e.g. nicotine replacement, counselling)	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
e) Mental health and wellbeing e.g. Employee Assistance Programs, stress-management program or strategies, allocated stretching or relaxing times, massage, personal development opportunities for life skills, training or activities for mental health and wellbeing (e.g. Mental Health First Aid, Mindfulness, Flourishing People Happiness Training, <i>beyondblue</i>)	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
f) Interrupted sitting e.g. Exertime, Project Pause, standing work station	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
g) 'Walk and talk' or active meetings	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
h) Flu vaccination	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
i) Injury prevention/rehabilitation	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
j) Subsidised membership to off-site facilities or programs	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
k) Regular health and wellbeing activities facilitated by the organization e.g. walking/cycling groups	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>
l) Other (Please specify) _____	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/>

If you did not participate in any of the above activities, skip to question 35.

Availability is calculated as a total count by adding each indicated item in question 32 (a mark = 1) to each item marked 'yes' (yes = 1) in question 33 under the section header 'available in the past...'. Sub categories under question 32 for bicycle racks/storage facilities, drinking water and workplace wellness health champions were excluded from analysis as they were not present in the 2010 Healthy@Work survey. Question 33d was similarly excluded. Question 33h was also excluded as preliminary data analyses indicated it artificially skewed the responses. The response category wording was changed for question 33 from that for 2010 survey, which was worded

as 'past 12 months' rather than 'past 3 years' listed above, so as to capture the full period of intervention.

Participation is calculated from question 33 from answers given under the heading 'number of times you participated...' and only for instances where the availability score is greater than zero. Question 33 sub-items excluded from the availability analysis are also excluded from the participation score. The remaining items are added to provide a total score for participation per respondent.