

Supplementary data

Workplace Healthy Eating Scale (WHES), developed by A. Hyży

Please read the following statements and then indicate the extent to which you agree with them using a 5-point Likert scale (1 = strongly disagree, 5 = strongly agree).

Remember that there are no right or wrong answers. Please be honest.

	Items	1	2	3	4	5
1	My employer takes care to ensure that I eat well					
2	My employer provides me with access to healthy food at the workplace					
3	The activities undertaken by my employer regarding healthy nutrition of employees are sufficient					
4	My employer takes care of addiction prevention at the workplace					
5	At my workplace, activities related to healthy eating (lectures, workshops, consultations) take place frequently enough					
6	The atmosphere at my workplace is conducive to a healthy lifestyle and healthy eating					
7	My direct supervisor supports me in making the right nutritional choices					
8	The management at my workplace supports me in making the right nutritional choices					
9	Employee health is my employer's priority					
10	My co-workers support me in making the right nutritional choices					