

Health Questionnaire

1. Which of the following best describes your current state of health?

- Very poor
- Poor
- Fair
- Good
- Very Good

2. How many portions of fruit or vegetables do you eat on an average day?

- 1 to 2
- 3 to 4
- 5 +

3. How often do you eat sweets, crisps or chocolate?

- Everyday
- Most days
- Sometimes
- Rarely
- Never

4. How often do you drink sugary soft drink (e.g. squash, fizzy pop) or add sugar to your drinks?

- Everyday
- Mostdays
- Sometimes
- Rarely
- Never

5. How healthy do you think your diet is?

- Not at all healthy
- Not very healthy
- Fairly healthy
- Very healthy
- Don't know

6. What healthy food options would you like to see served on site?

7. What is the main mode of transport for travelling to work?

- Car
- Bus
- Cycle
- Walk
- Train
- Car share
- Other

8. On average how many days a week do you do physical activity for more than 30 minutes at a time?

1 to 2

3 to 4

5 +

9. What activities would you like to participate in?

10. When would you be able to participate?

Before work

During work

After work

11. Which of the following statements best describe how stressed you feel as a result of your job?

I am very stressed at work

I am sometimes stressed at work

I am rarely stressed at work

Don't know

12. In the last month, how often have you felt that you were not able to control the important things in your life?

All or most of the time

More than half of the time

Some of the time

Less than half of the time

At no time

13. During the last month how often have you felt cheerful and in good spirits?

At no time

Less than half of the time

Some of the time

More than half of the time

All or most of the time

14. How often do you have a drink containing alcohol?

4 or more times per week

2 - 3 times per week

2 - 4 times per month

Monthly or less

Never

15. Are you a smoker?

Yes

No

16. Do you want to give up smoking?

Yes

No

17. Which of the following changes to your lifestyle would you be interested in making during the next 12 months? (please tick all that apply)?

Stop smoking

Becoming more physically active

Eat a healthier diet

Lose weight

Drink less alcohol

Improve my emotional wellbeing (be less stressed, happier and more relaxed)

Other

18. What is your age?

19. What is your gender?

Male

Female

20. Which of the following best describes the ethnic group you belong to?

White UK

White non-UK

Black British

Indian Asian

Pakistani Asian

Bangladeshi Asian

Black Caribbean

Black African

British Asian

Chinese

Other