

For group leaders to complete

Active Belfast funded Programme name:

Unique ID:



Consent

I confirm that I have read the Participant Information Sheet for this survey. This information provides details about the study in writing. I have also noted the researchers' contact information should I wish to ask questions at a later stage.

I confirm I have read the participant information sheet

I understand that my participation is voluntary and that I have taken part in this survey of my own free will. I consent to taking part in this survey

I consent I do NOT consent

I understand that I can withdraw from this research at any stage prior to 30 April 2020 when the information I provide will be fully anonymised.

Yes, I understand

Active Belfast Baseline Survey

We hope you take some time to complete this questionnaire.

We will use the information you provide to help us evaluate this programme. This will help to improve Active Belfast in the future for others.

All of your responses are treated confidentially.

First, tell us a bit about you...

1. Please tell us if you are:

Male

Female

2. What was your age on your last birthday: _____

3. What is your home postcode? _____

4. What is your current employment status (*please tick all that apply*):

In full-time employment Unable to work due to ill-health

Part time employment Unable to work due to caring responsibilities

Unemployed Homemaker

At college/ a student Retired

Other

If other please specify: _____

5. Do you have an injury, disability or medical condition that limits your physical activity?

Yes

No

Prefer not to say

6. Have you previously participated in any physical activity programme in the past year?

Yes (*please go to Q7*)

No (*please go to Q8*)

7. What physical activity programme/s have you participated in?

8. What are your reasons for wanting to participate in this programme (please tick all that apply)?

- | | | | |
|-----------------------|-----------------------|--|-----------------------|
| To eat more healthily | <input type="radio"/> | To get motivation and coaching support | <input type="radio"/> |
| To become more active | <input type="radio"/> | To meet new people | <input type="radio"/> |
| To lose weight | <input type="radio"/> | Other | <input type="radio"/> |

If other please tell us what: _____

Your opinions on healthy lifestyles

9. What behaviours do you think promote a healthy lifestyle?

10. How many minutes of physical activity should we do?

Moderate activity: _____ Minutes per week

Or

Vigorous activity: _____ Minutes per week

Don't know

11. The following statements are about physical activity and healthy eating. Please tell us how much you agree with each of these statements (*please tick one response per row*)

	Strongly agree	Agree	No strong opinion	Disagree	Strongly disagree
Taking regular physical activity can improve your health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reducing time sitting /being inactive is important for health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adults and older people should aim to do 75 minutes of vigorous activity or 150 minutes of moderate activity per week.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a healthy diet can help prevent some illnesses and can help us keep a healthy weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a variety of at least 5 portions of fruit and vegetables each day is an important element of healthy eating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Your physical activity levels

12. Do you meet the following weekly guidelines for physical activity?

Time	Intensity	Activity type	Yes	No
75mins (weekly)	Vigorous intensity (breathing fast, difficulty talking)	<i>Run, Sport, Stairs...</i>	<input type="radio"/>	<input type="radio"/>
	2 days per week <i>Build strength & Balance</i>	<i>Gym, Yoga, Carrying bags, Dance, Tai Chi, Bowls</i>	<input type="radio"/>	<input type="radio"/>
OR				
150mins (weekly)	Moderate intensity (increased breathing, able to talk)	<i>Walk, Cycle, Swim</i>	<input type="radio"/>	<input type="radio"/>
	2 days per week <i>Build strength & Balance</i>	<i>Gym, Yoga, Carrying bags, Dance, Tai Chi, Bowls</i>	<input type="radio"/>	<input type="radio"/>
OR				
OR a combination of both			<input type="radio"/>	<input type="radio"/>

13. During the last 7 days, how much time (in hours and minutes) did you usually spend sitting on an average week day and on an average weekend day?

Weekday: _____ hours _____ minutes

Weekend day: _____ hours _____ minutes

Health and Wellbeing

14. In general, how would you say your health is?

Excellent Very good Good Fair Poor

15. Over the last 2 weeks...

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling useful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been dealing with problems well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been thinking clearly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling close to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been able to make up my own mind about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Healthy eating

16. How would you describe your current eating habits?

Very healthy Quite healthy Neither healthy nor unhealthy Quite unhealthy Very unhealthy Don't know

17. In a normal week how often do you do the following (please tick one response for each row)?

	Every day	Most days	2 or 3 times a week	Once a week	Less often/never
Eat breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Eat regular meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cook convenience foods, e.g. pizza, sausage rolls, pies or ready meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat fast food/carry out meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Base your meals on high fibre starch foods e.g. wholemeal or wheaten bread, porridge, wholegrain pasta or rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 6-8 cups of fluid (this includes tea, coffee, water, fruit juice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. In a normal week, how often would you eat the following? (please tick one response for each row)

	Every day	Most days	2 or 3 times a week	Once a week	Less often/ never
Crisps, savoury snacks (e.g. tortilla chips)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweets or chocolate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Biscuits, buns, cakes, pastries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chips, roast potatoes, waffles, wedges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried foods, e.g. battered fish, eggs, sausages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fizzy drinks, e.g. Coke, Fanta, Lucozade	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Processed meat or chicken products, e.g. meat pies, sausage rolls, sausages, chicken nuggets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wholemeal or wheaten bread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cereals such as Weetabix, porridge, Shredded wheat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish (not battered or breaded)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit, including fresh, frozen, fruit tinned in natural juice, and pure fruit juice.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad or vegetables, including fresh, frozen, dried and tinned vegetables but excluding potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Use this guide to help you answer the next question:

1 portion of fruit and vegetables is equal to the following:

- ✓ 1 slice of large fruit, e.g. melon or pineapple
- ✓ 1 medium sized fruit, e.g. pear or a banana
- ✓ 2 small fruits, e.g. kiwis, mandarins or plums
- ✓ 1 cup of very small fruit, e.g. grapes or strawberries
- ✓ 1 glass of pure fruit juice (pure fruit juice can only be counted as 1 portion each day)
- ✓ 3 heaped tablespoons of vegetables
- ✓ 1 dessert bowl of salad

19. Based on the information in the box above, how many portions of fruit and vegetables would you eat on a normal day?

..... portions Don't know

Thank you for taking the time to complete this questionnaire.

Please return to the group leader.