

Walker health survey



Thank you for taking part in our walker health survey. We hope you enjoy your first Ramblers Walking for Health short group walk.

The information you provide in this survey will remain **completely anonymous**.

Your answers will help us to demonstrate who the programme is reaching and how short group walks are helping people across England live happier and healthier lives.

The survey should take around 5 minutes to complete - thank you for your time!

1 Ramblers Walking for Health Scheme name: Stepping out in Suffolk

2 How much walking have you done in the last year?

- I am just starting
- I walk regularly
- I used to walk but have not walked for over 3 months
- I am just starting to walk but do other physical activities

3 In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? (This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job).

- | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | <input type="checkbox"/> 6 | <input type="checkbox"/> 7 |

4 Were you recommended by a health professional to attend the short group walk?

- Yes
- No

5 If yes to the previous question, please tick which health professional recommended you:

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> GP | <input type="checkbox"/> Occupational Therapist | <input type="checkbox"/> Physiotherapist | <input type="checkbox"/> Nurse |
| <input type="checkbox"/> Cardiac rehabilitation team | <input type="checkbox"/> Mental health team | <input type="checkbox"/> Exercise referral team | <input type="checkbox"/> Health trainer |
| <input type="checkbox"/> Macmillan professional | <input type="checkbox"/> Paramedic | <input type="checkbox"/> Other (please specify): _____ | |

6 If you are a person who has been affected by cancer in some way, please tick all that apply:

- Have you ever been diagnosed with cancer?
- Are you a carer of someone with cancer?
- Are you a close relative or friend of someone with cancer?

7 Have you ever been diagnosed by your doctor or health professional with any of the following long term conditions?

- | | |
|--|--|
| <input type="checkbox"/> COPD (Emphysema and chronic bronchitis) | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Heart disease |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Other (please specify): _____ |

8 Do you have a long term illness, health problem or disability which limits your daily activities or the work you can do?

Yes

No

Prefer not to say

9 If yes to the above, please tick all that apply:

Physical disability

Sensory disability

Learning disability

Learning difficulties

Mental health issue

Other (please specify): _____

10 Please tell us how you found out about the walk you attended:

Library

Leisure centre

National media

Local media

Local authority/council

Search on internet

Walking for Health website

Workplace

Housing association

Local website

GP surgery

Social media

Hospital

Macmillan Cancer Support

Ramblers

Other charity

Boots

Other pharmacy

Festival/event

Every Step Counts

Walking group

Leaflet through door

Other community location

Word of mouth / told about

Other (please specify): _____

11 Gender:

Male

Female

12 Age:

18 - 24

25 - 34

35 - 44

45 - 54

55 - 64

65 - 74

75 - 84

85 +

13 What is your ethnic group?

English/Welsh/Scottish/Northern Irish/British

Irish

Gypsy or Irish Traveller

Any other White background

White and Black Caribbean

White and Black African

White and Asian

Any other Mixed/Multiple ethnic background

Indian

Pakistani

Bangladeshi

Chinese

Any other Asian background

African

Caribbean

Any other Black/African/Caribbean background

Arab

Any other ethnic group