

Anonymous Health Survey



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

The information you provide in this survey will remain completely anonymous, it is not linked to your name or email address. 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:

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

- I am just starting now
- I walk regularly already
- 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="radio"/> 0 | <input type="radio"/> 4 |
| <input type="radio"/> 1 | <input type="radio"/> 5 |
| <input type="radio"/> 2 | <input type="radio"/> 6 |
| <input type="radio"/> 3 | <input type="radio"/> 7 |

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

- Yes
- No

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

- | | |
|---|--|
| <input type="radio"/> GP | <input type="radio"/> Health trainer |
| <input type="radio"/> Occupational therapist | <input type="radio"/> Exercise referral team |
| <input type="radio"/> Physiotherapist | <input type="radio"/> Macmillan professional |
| <input type="radio"/> Cardiac rehabilitation team | <input type="radio"/> Paramedic |
| <input type="radio"/> Mental health team | <input type="radio"/> Nurse |

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. Please tell us how you found out about the walk you attended?

- | | |
|--|--|
| <input type="radio"/> Library | <input type="radio"/> Hospital |
| <input type="radio"/> Leisure centre | <input type="radio"/> Macmillan Cancer Support |
| <input type="radio"/> National media | <input type="radio"/> Ramblers |
| <input type="radio"/> Local media | <input type="radio"/> Other charity |
| <input type="radio"/> Local authority/council | <input type="radio"/> Boots |
| <input type="radio"/> Search on internet | <input type="radio"/> Other pharmacy |
| <input type="radio"/> Walking for Health website | <input type="radio"/> Festival /event |
| <input type="radio"/> Workplace | <input type="radio"/> Every Step Counts |
| <input type="radio"/> Housing association | <input type="radio"/> Walking group |
| <input type="radio"/> Local website | <input type="radio"/> Leaflet through door |
| <input type="radio"/> GP surgery | <input type="radio"/> Other community location |
| <input type="radio"/> Social media | <input type="radio"/> Word of mouth / told about |

Other (please specify)

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

- | | |
|---|-------------------------------------|
| <input type="radio"/> COPD (Emphysema and chronic bronchitis) | <input type="radio"/> Diabetes |
| <input type="radio"/> Asthma | <input type="radio"/> Heart disease |
| <input type="radio"/> High blood pressure | |

Other (please specify)

9. Gender

- Male
 Female

10. What is your ethnic group?

- | | |
|---|--|
| <input type="radio"/> English/Welsh/Scottish/Northern Irish/British | <input type="radio"/> Pakistani |
| <input type="radio"/> Irish | <input type="radio"/> Bangladeshi |
| <input type="radio"/> Gypsy or Irish Traveller | <input type="radio"/> Chinese |
| <input type="radio"/> Any other White background | <input type="radio"/> Any other Asian background |
| <input type="radio"/> White and Black Caribbean | <input type="radio"/> African |
| <input type="radio"/> White and Black African | <input type="radio"/> Caribbean |
| <input type="radio"/> White and Asian | <input type="radio"/> Any other Black/African/Caribbean background |
| <input type="radio"/> Any other Mixed/Multiple ethnic background | <input type="radio"/> Arab |
| <input type="radio"/> Indian | <input type="radio"/> Any other ethnic group |