

Appendix
Leicester Health and Wellbeing Survey 2015
Sample Questions Only

Q **Gender**

J1/Ha	Male	1
	Female	2

Q **Can you tell me your age?**

WRITE IN & CODE EXACT AGE

J2/Hb

	16-24	1
	25-34	2
	35-44	3
	45-54	4
	55-64	5
	65+	6
	Prefer not to answer	7

Q **SHOWCARD B To which of the groups on this card do you consider you belong? Just read out the letter that applies.**

J3

SINGLE CODE ONLY. PLEASE NOTE: IF A RESPONDENT REFUSES TO ANSWER AT QP, PLEASE ESTIMATE WHETHER THEY ARE WHITE OR BME ETC, TICK YOUR ESTIMATION, AND WRITE 'ESTIMATED BY INTERVIEWER' NEXT TO THE CODE.

	White:	
A	English/Welsh/Scottish/ Northern Irish/British	1
B	Irish	2
C	Gypsy/Irish Traveller	3
D	Any other white background (WRITE IN AND CODE '4')	4
	Mixed:	
E	White and Black Caribbean	5
F	White and Black African	6
G	White and Asian	7
H	Any other mixed/multiple ethnic group (WRITE IN AND CODE '8')	8
	Asian or Asian British:	
I	Indian	9
J	Pakistani	10
K	Bangladeshi	11
L	Chinese	12
M	Any other Asian background (WRITE IN AND CODE '13')	13
	Black or Black British:	
N	African	14
O	Caribbean	15
P	Any other Black/African/ Caribbean background (WRITE IN AND CODE '16')	16
	Other ethnic group:	
Q	Arab	17
R	Any other ethnic group (WRITE IN AND CODE '18')	18

Don't know	19
Refused	20

Q Are you personally registered with a GP, family doctor or health centre?
READ OUT. SINGLE CODE ONLY

AA1/AA2

a)	Yes	1
b)	No	2

Q Have you had an NHS Health Check from your GP practice? NHS Health Checks include testing your height and weight, as well as looking at your potential risk of heart disease or diabetes? SINGLE CODE ONLY

AA9

	Yes	1
	No	2

Q Do you have any long-standing illness, disability or infirmity? By long-standing I mean anything that has troubled you over the last 12 months, or that is likely to affect you over the coming 12 months? SINGLE CODE ONLY

C2

	Yes	1
	No	2

Q Thinking generally, how would you personally describe a 'healthy lifestyle'?
DO NOT PROMPT. MULTICODE OK

D1

	A healthy diet	1
	Regular exercise	2
	No smoking	3
	Not drinking too much alcohol	4
	Feeling happy	5
	Everything in moderation	6
	Reducing stress	7
	Getting enough sleep	8
	No illegal drug use	9
	Regular health checks	10
	Other	11
	(PLEASE WRITE IN AND CODE '11')	
	Don't know	12

Q SHOWCARD G (R) Which, if any, of these changes to your lifestyle are you thinking of making in the next 6 months? MULTICODE OK

D2

A	Cut down or stop smoking	1
B	Cut down the amount of alcohol you drink	2
C	Increase the amount of physical activity you take	3
D	Lose weight	4
E	Eat more healthily	5
F	None of these	6

Q How many portions of fresh, tinned, frozen or dried fruit and vegetables do you eat on average in a day? One portion would be an apple, an orange, a banana, a small glass of fruit juice, a serving of tinned fruit, small salad or a helping of fresh, frozen or tinned vegetables (but not potatoes). SINGLE CODE ONLY

E1

	None	1
	1-2 portions	2
	3-4 portions	3

5 or more portions	4
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Now I'd like you to think about how much moderate physical activity you do each week. Moderate physical activity includes anything done for 10 minutes or more and includes brisk walking, dancing, cycling, bowling, golf, swimming, household tasks involving considerable effort.

Q How many minutes or hours would you say you do a week?
SINGLE CODE ONLY

Less than 30 minutes (less than half an hour)	1
30-59 minutes (between half an hour and up to an hour)	2
60-89 minutes (between an hour and up to 1.5 hours)	3
90-119 minutes (between 1.5 hours and up to 2 hours)	4
120-149 minutes (between 2 hours and up to 2.5 hours)	5
150-179 minutes (between 2.5 hours and up to 3 hours)	6
180-209 minutes (between 3 hours and up to 3.5 hours)	7
210 minutes or more (3.5 hours or more)	8
Don't know	9

Q Have you ever done any of the following?
MULTI CODE OK

G1

Smoked a cigarette	1
Used an e-cigarette sometimes referred to as vapourisers or electronic nicotine delivery systems (ENDS)	2

Q Do you smoke cigarettes at all nowadays?
SINGLE CODE ONLY
INTERVIEWER NOTE: IF BIDI MENTIONED CODE AS YES

G2

Yes	1
No longer smoke	2

Q SHOWCARD N (R) Do you smoke or use any of these other tobacco products nowadays? MULTICODE OK

G4

A	Cigars	1
B	Pipe	2
C	Sheesha or Hookah	3
D	Bidi	4
E	Paan with tobacco (zarda)	5
F	Paan without tobacco	6
G	Paan masala (e.g. Paan Parag, Pan bahar)	7
H	Gutka	8
I	Other chewing tobacco	9
J	Other tobacco substances	10
K	None of these	11

Q Would you like to give up smoking altogether?
SINGLE CODE ONLY

G5

Yes	1
No	2
Don't know	3

Q **Have you ever tried to stop smoking?**
SINGLE CODE ONLY

G7

Yes	1
No	2

Q **Which of the following best applies to you?**
READ OUT a) to d). SINGLE CODE ONLY

a)	I am not trying to cut down	1
b)	I am trying to cut down to an extent	2
c)	I am seriously trying to cut down	3
d)	I am trying to give up smoking completely	4

Q **How tall are you? (*without shoes*)**
WRITE IN

H1

<input type="text"/>	metres and	<input type="text"/>	cm	OR	<input type="text"/>	feet and	<input type="text"/>	inches
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Q **What is your usual weight? (*in light clothing, without shoes*)**
WRITE IN

H2

<input type="text"/>	kilograms	OR	<input type="text"/>	stones and	<input type="text"/>	pounds
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Q **How often, if at all, do you drink alcohol?** SINGLE CODE ONLY

A	Never	1
B	Never – but I have drunk alcohol in the past	2
C	I have an alcoholic drink on special occasions such as birthdays, Christmas or New Year	3
D	I sometimes have an alcoholic drink but no more than two or three times a month	4
E	I have an alcoholic drink once or twice a week	5
F	I have an alcoholic drink three or four times a week	6
G	I have an alcoholic drink five or six times a week	7
H	I have an alcoholic drink every day	8
	Prefer not to say	9
	Don't know	10

Q MULTICODE DIFFERENT CONTAINERS FOR EACH DRINK HEADING I.E. CODE 1 AT Q49 CAN SELECT A PINT OF LAGER AND A BOTTLE OF LAGER. SHOW DRINK HEADING AND DRINKS IMAGES FOR EACH SIZE TYPE (E.G. BOTTLE (330ML)) AND A NUMERIC TYPE IN BOX BELOW EACH. TEXT TO APPEAR UNDER THE DRINK IMAGES AND ABOVE THE NUMERIC BOX

For each of the drinks you've just chosen, please indicate how many of these you would drink in a typical week. Firstly, 'INSERT DRINK FROM Q46'...

SHOW IMAGES FOR EACH TYPE OF DRINK SELECTED AT Q46, WITH WRITE-IN NUMERIC BOX FOR EACH

Lager – bottle (330ml)

<input type="text"/>	<input type="text"/>
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Lager – can (500ml)		
Lager – pint		
Lager – half pint		
Other beer or ale – bottle (330ml)		
Other beer or ale – can (500ml)		
Other beer or ale – pint		
Other beer or ale – half pint		
Cider – bottle (330ml)		
Cider – can (500ml)		
Cider – pint		
Cider – half pint		
Wine – small glass (125ml)		
Wine – medium glass (175ml)		
Wine – large glass (250ml)		
Champagne – medium glass (175ml)		
Fortified wine – double measure (50ml)		
Spirits with mixer – single shot (25ml)		
Spirits with mixer – double shot (50ml)		
Spirits (as a shot or on its own) – single shot (25ml)		
Spirits (as a shot or on its own) – double shot (50ml)		
Alcopops – bottle (275ml)		
Alcopops – large bottle (500ml)		
Cocktails		
Other (please specify)		

– FOR THIS ONE INSERT SUBHEADING AS 'Other Drink'
AND PIPE IN TEXT ENTERED IN OTHER (PLEASE
SPECIFY) AT Q4 WITH A NUMERIC BOX UNDERNEATH
– NO PICTURE TO BE SHOWN

Q Would you like to drink less than, more than or about the same amount of alcohol as you do at the moment?
SINGLE CODE ONLY

H9

Less	1
More	2
About the same	3

Q Are you transgender?
SINGLE CODE ONLY

AA5

Yes	1
No	2
Prefer not to say	3

Q **What is your sexual orientation?**
SINGLE CODE ONLY

AA4

Bisexual	1
Heterosexual	2
Gay	3
Lesbian	4
Prefer not to say	5

Q SHOWCARD R (R) **How well do you...?**
READ OUT a) to c). SINGLE CODE ONLY FOR EACH STATEMENT

AA10

		Very well	Fairly Well	Not very well	Not at all
a)	...speak English	1	2	3	4
b)	...write English	1	2	3	4
c)	...read English	1	2	3	4

Q SHOWCARD S **What is your religion, faith or belief even if you are not currently practising?** SINGLE CODE ONLY

J4

A	No religion	1
B	Buddhist	2
C	Christian	3
D	Hindu	4
E	Jewish	5
F	Muslim	6
G	Sikh	7
H	Any other religion or belief (WRITE IN AND CODE '8')	8
	Don't know	9
	Refused	10

Full Postcode

(21)

(22)

(23)

(24)

(25)

(26)

(27)

(21-27)