

Health Walker Survey



Thank you for taking time to complete our Health Walker Survey.

Your answers will help us to demonstrate who the walks are reaching, and how Health Walks are helping people across North Somerset to live happier and healthier lives. Please tick box or circle answer relevant to you.

Walking Group: _____

1. 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? (Circle around the number).

0 1 2 3 4 5 6 7 days

2. How long have you been walking with this group? (approximately)

3. How much purposeful walking (at least 20 minutes continuously) did you do before you joined this group?

None Once a month Once a week More than once a week

4. Were you recommended by a health care professional to attend a health walk?

Yes No

4a. If yes to the above, please tick which Health Care Professional recommended you:

GP Occupational Therapist Physiotherapist Nurse
 Cardiac rehab team Paramedic Mental Health Team Exercise referral
 Health Trainer Social prescriber Other (please specify): _____

5. Have you ever been diagnosed with any of the following long-term conditions?

COPD (Emphysema & Chronic Bronchitis) Diabetes Asthma
 High Blood Pressure Heart Disease

6. Do you have a long-term illness, health problem or disability which limits your daily activities or the work you can do? Yes No

6a. If yes to the above, please tick all that apply:

Physical Sensory Learning Mental Health
 Other: _____

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7. How did you hear about the Health Walks Programme:

- Library Social media Leisure centre Local media Local council
 Workplace Local website Hospital GP Surgery Pharmacy
 Housing association Internet search Local poster/flyer Word of mouth
 Other: _____

8. What is your main reason for attending a health walk?

- To meet others/make friends My physical health My mental health
 Get to know my local area A healthcare professional advised me to go
 Other: _____

9. Age Group:

- 16+ 17 - 24 25 - 49 50 - 64 65-74 75+ Prefer not to say

10. Gender:

- Male Female Prefer not to Say

11. Ethnic Origin:

- Asian or Asian British (Indian, Pakistani, Bangladeshi, Chinese, any other Asian background)
 Black, Black British, Caribbean or African (Caribbean, African, any other Black, Black British, or Caribbean background)
 Mixed or multiple ethnic groups (White and Black Caribbean, White and Black African, White and Asian, any other mixed or multiple ethnic background)
 White (English, Welsh, Scottish, Northern Irish or British, Irish, Gypsy or Irish Traveller, Roma, any other White background)
 Other ethnic group (Arab, any other ethnic group)

12. Employment status: Full time Part time Self-employed Retired

- Unemployed

13. How would you describe your sexual orientation?

- Straight or Heterosexual
 Gay or Lesbian Bisexual Other: _____

14. Please provide the first 4 digits of postcode (e.g. BS22): _____