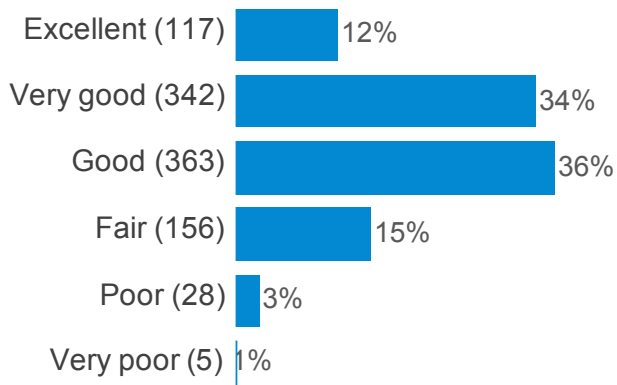


## Employee Sustainable Development, Health & Well-being Questionnaire November 2014

This report was generated on 04/03/15, giving the results for 1014 respondents.

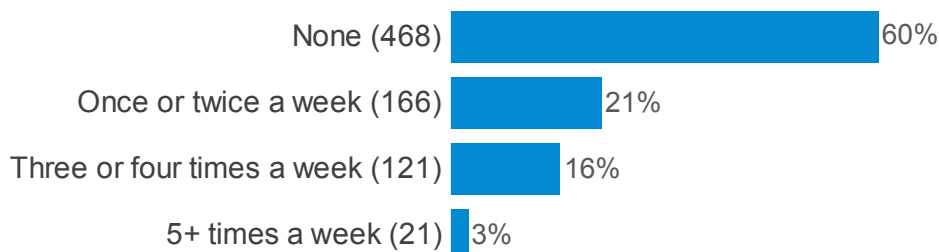
### In general, would you say that your health is: (please tick only one)



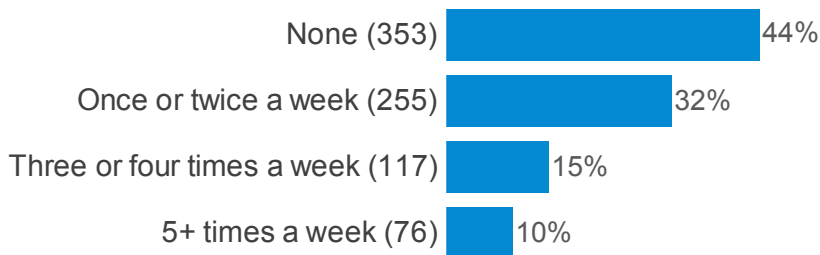
### Do you think you are physically active in your life at present? (please tick only one)



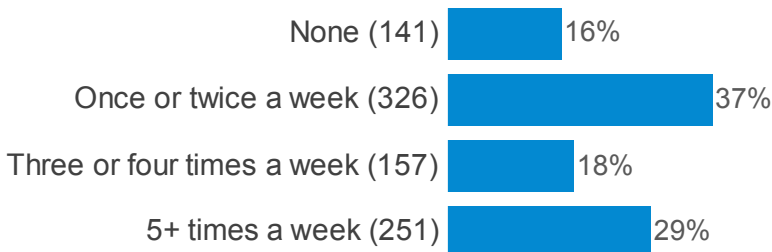
### In an average week, how many times do you participate in the following activities for at least 30 minutes... (please tick as appropriate) (Vigorous physical activity (e.g. football, running, cycling))



**In an average week, how many times do you participate in the following activities for at least 30 minutes... (please tick as appropriate) (Moderate physical activity (jogging, hill walking, heavy gardening))**



**In an average week, how many times do you participate in the following activities for at least 30 minutes... (please tick as appropriate) (Light physical activity (yoga, walking))**



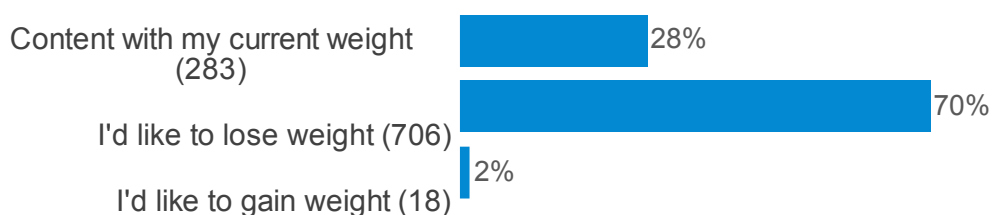
**Has the availability of activities for employees improved your physical activity levels in the past 12 months?**

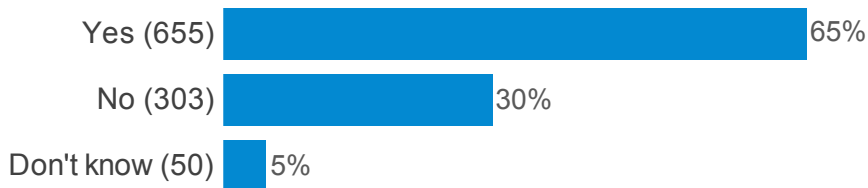
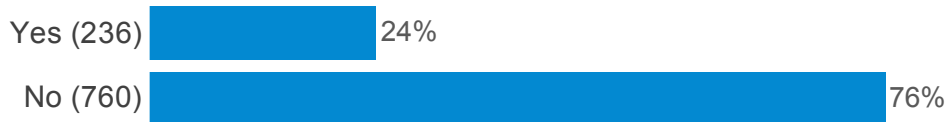
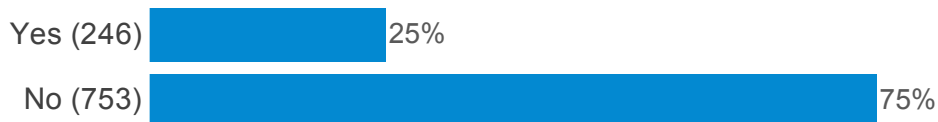
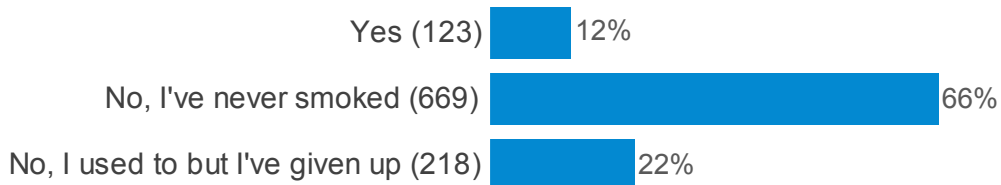
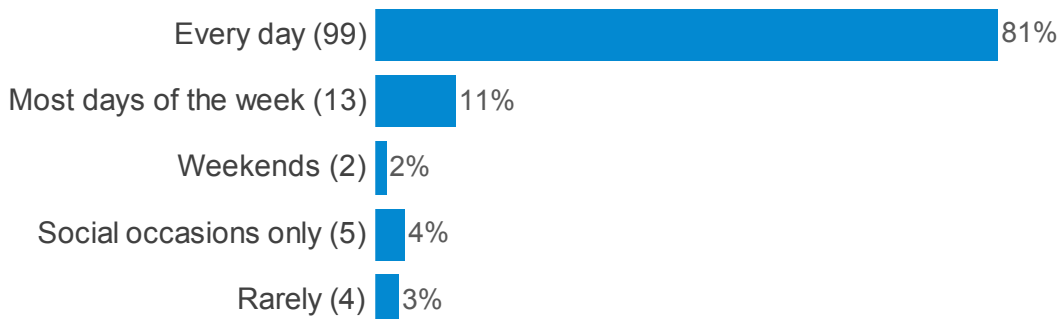


**Has the provision of information to employees improved your physical activity levels in the past 12 months?**

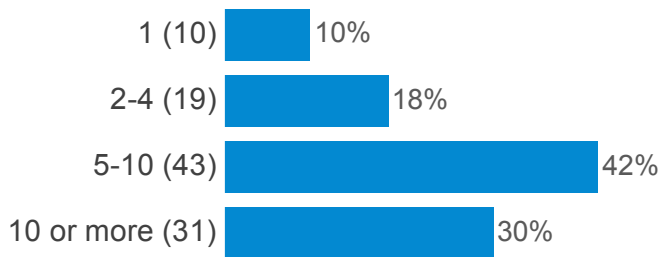


**Are you happy with what you currently weigh? (please tick only one)**

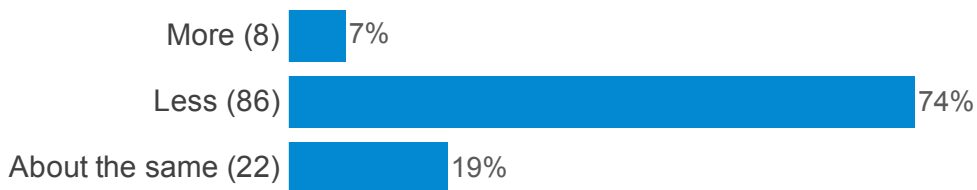


**Do you think you eat a balanced and healthy diet? (please tick only one)****Has the availability of healthy options in work helped you to eat more healthily?****Has the information on healthy eating in work helped you to eat more healthily?****Do you currently smoke? (please tick only one)****How often do you smoke? (please tick only one)**

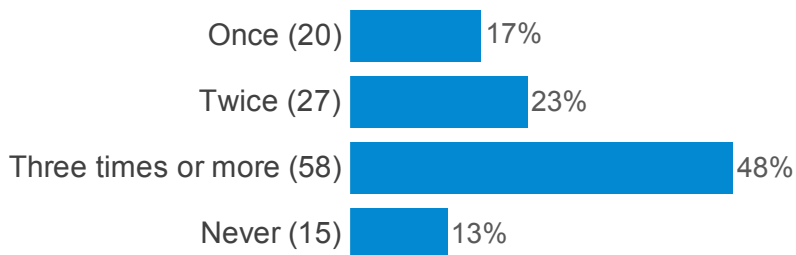
**If you smoke during the working day, on average, how many cigarettes do you smoke?  
(please tick only one)**



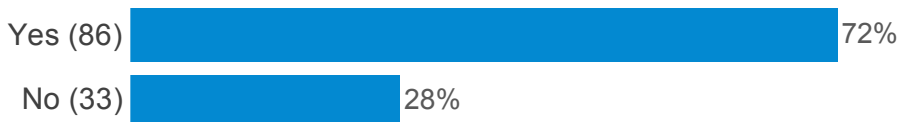
**Would you say you smoke more or less during your working day, compared with weekends and evenings?  
(please tick only one)**

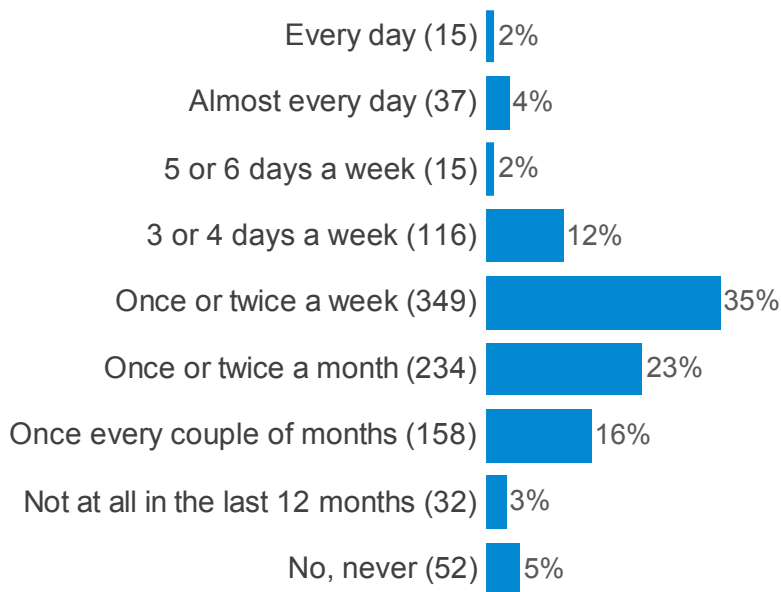
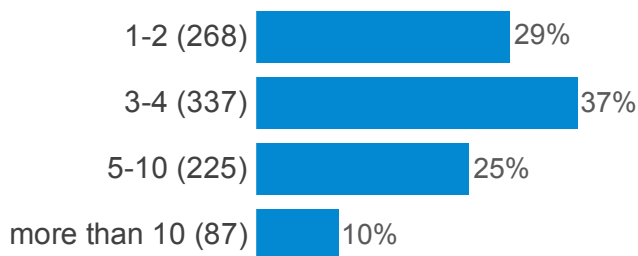
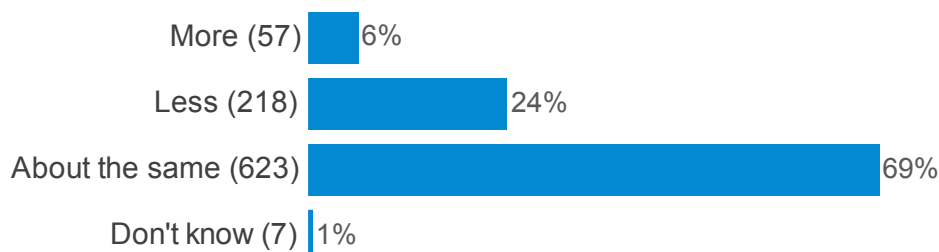


**Have you tried to give up smoking? (please tick only one)**



**Would you like to give up smoking? (please tick only one)**



**Do you drink alcohol? (please tick only one)****On average, how many units of alcohol do you consume each time you drink? (1 unit of alcohol = 1 pub measure spirits OR 1 shot, 2 units of alcohol = 1 small glass wine OR 1 pint ordinary strength lager)****Compared with this time last year, would you say you were drinking more, less or about the same amount of alcohol? (please tick only one)**

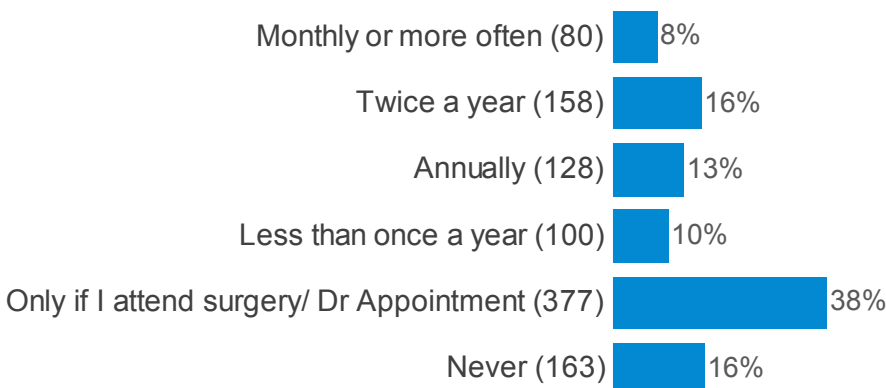
**In the past 12 months, have you taken time off work because you are feeling under too much pressure at work? (please tick only one)**



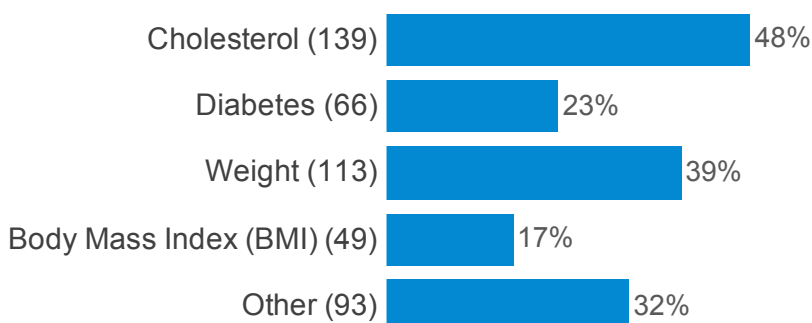
**In the past 12 months, have you taken time off work because you are feeling under too much pressure outside of work? (please tick only one)**

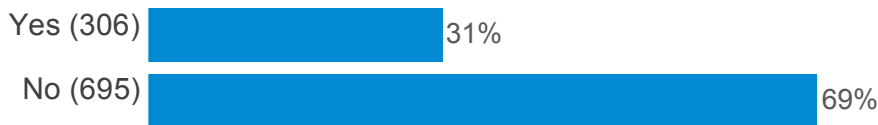
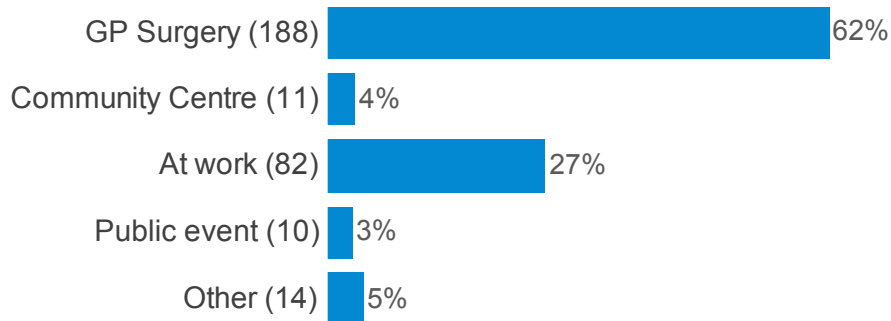
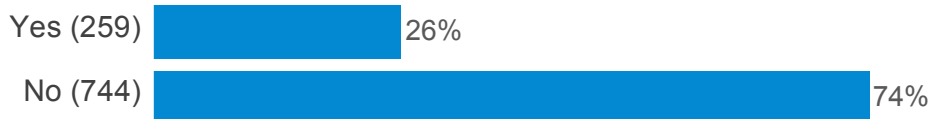
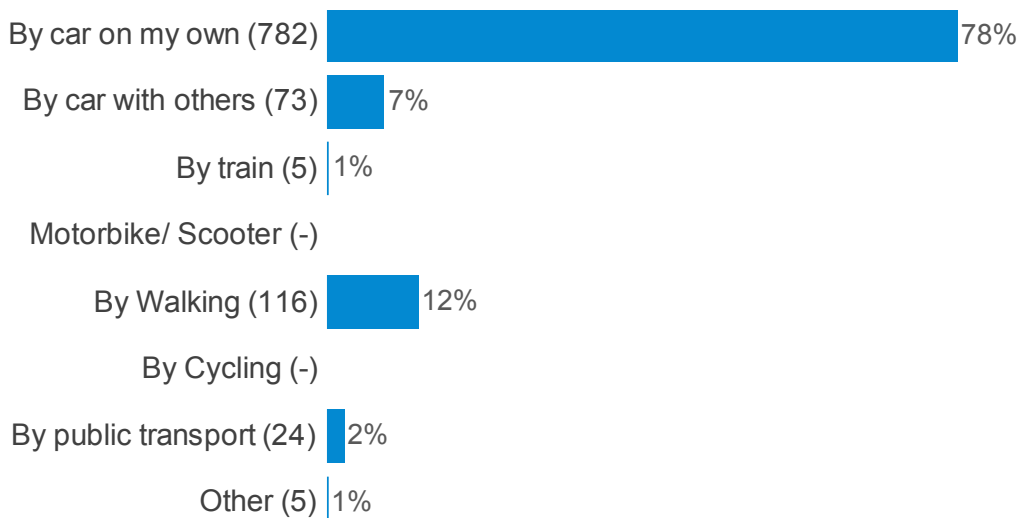


**How often do you have your blood pressure checked? (please tick only one)**

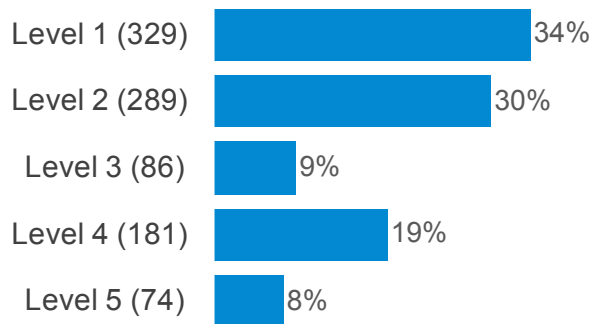


**Do you have regular (for example annually, six monthly or more frequent) checks for any of the following (please tick all that apply)**

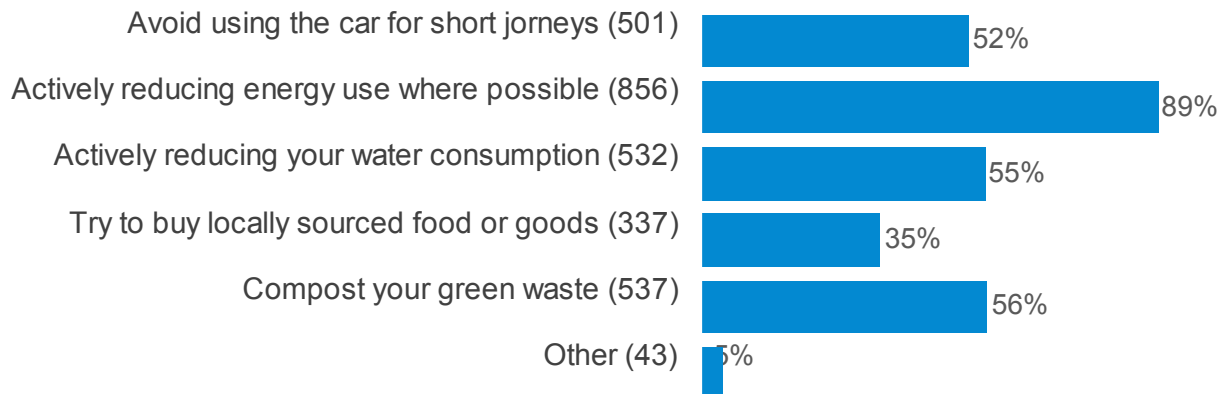


**Have you ever attended a Health 'MOT' (i.e. lifestyle screening - blood pressure, cholesterol, height, weight etc)? (please tick only one)****If yes, please tell us where you attended your last Health 'MOT' (please tick only one)****Would you be prepared to pay a monthly amount for private health care?****How do you normally travel to work? (please tick only one)**

**Using the flowchart below, please indicate your level of understanding of sustainable development**

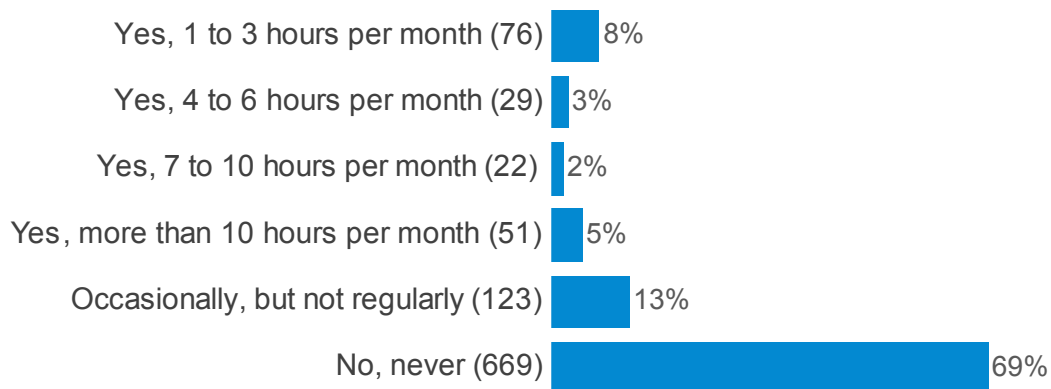


**At home, do you...? (please tick as many as appropriate)**

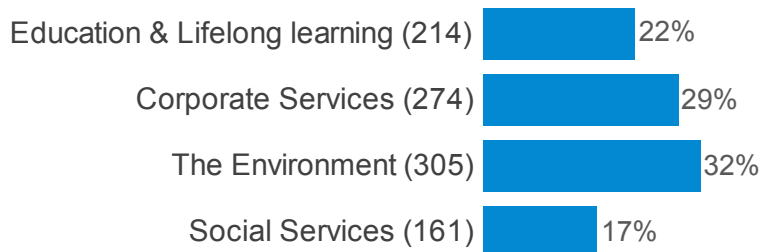




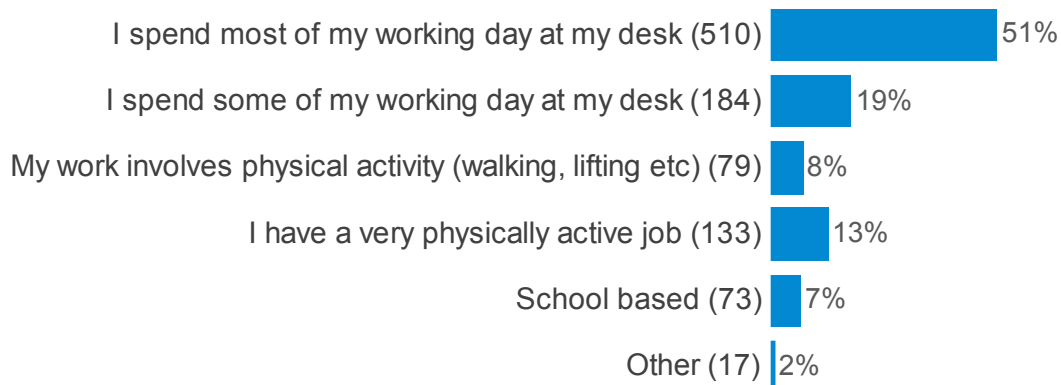
### Do you engage in any voluntary activity in your local area? If yes, how many hours do you do on average per month?



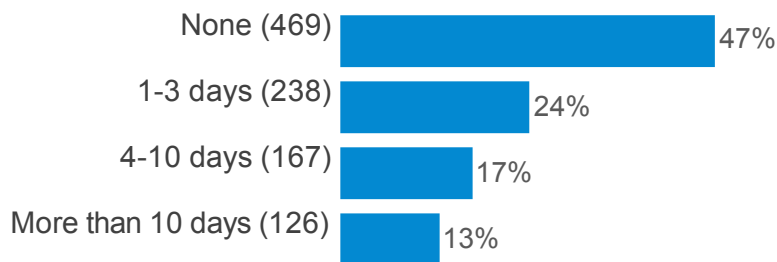
### Which Directorate do you work for?



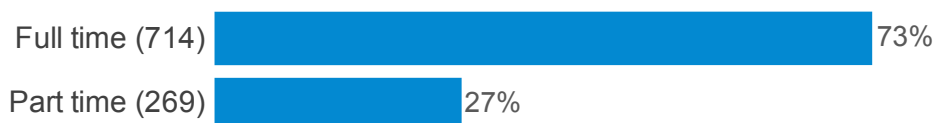
### How would you describe your job? (please tick only one)



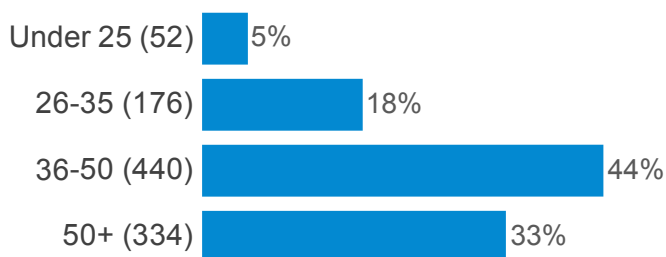
**In the last year, please specify how many days you have lost due to ill health. (please tick only one)**



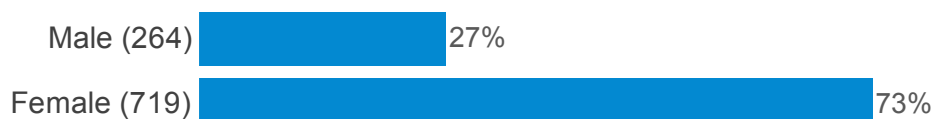
**What is your work pattern?**



**Which age group are you in?**



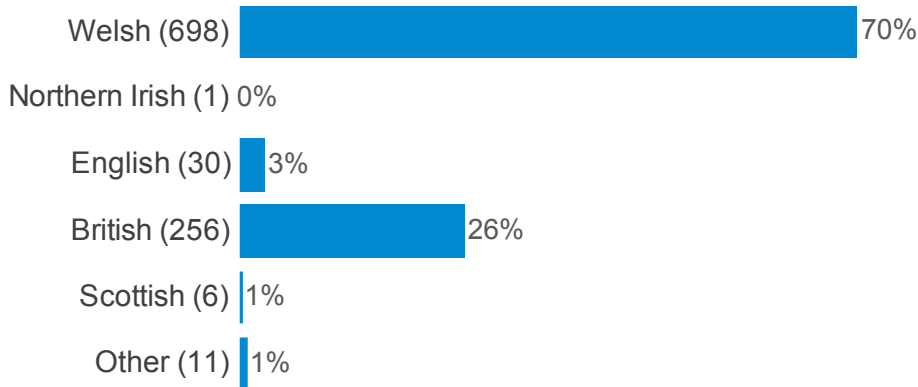
**Are you?**



**Do you have a disability?**



**How would you describe your national identity? (please tick all that apply)**



**What is your ethnic group? (please tick only one)**

