



NHS South of Tyne and Wear

**2008 South of Tyne and Wear Lifestyle Survey**

Good morning/afternoon/evening, my name is '\_\_\_\_\_' calling from BMRB Social Research. We're carrying out some important research on behalf of **Gateshead / South Tyneside / Sunderland** (as appropriate) Primary Care Trust about health and lifestyles in your area.

This will only take about 5 to 10 minutes of your time.

Are you able to spare a few minutes of your time? (Allow response)

Results from the survey allow the Primary Care Trust to see how habits such as diet and levels of physical activity are changing over time. It will use the results of the survey to improve people's health.

No attempts will be made to sell you anything and your answers will not be identified individually. This call may be monitored for training purposes.

**INTERVIEWER CODE:**

1. Yes – continue
2. No - try to arrange convenient re-call
3. No – refusal

**Q.1a. Firstly, please may I have your full postcode? This is just to check you live in the *Gateshead / South Tyneside / Sunderland* (as appropriate) area?**

**(Check postcode is in area to qualify)**

**NB: need to program in list of valid postcodes from sampling/client**

**IF NOT VALID**

I'm sorry but we only want to speak to people who live in the *Gateshead / South Tyneside / Sunderland* (as appropriate) area

THANK AND CLOSE

**Q1B**

And can I just check that this is a private household and not a business number?

1. Private household
2. Business number
3. REF (Interview terminates)

**IF BUSINESS NUMBER AT Q2B**

I'm sorry but we only wish to speak to people in private households

THANK AND CLOSE

Firstly I would like to ask you a few questions about yourself. This is just to make sure that we speak to a good cross section of the population.

Q.2a. May I take your age please?

- |                   |               |
|-------------------|---------------|
| 1. Under 18 years | Thank & Close |
| 2. 16-99          | Monitor Quota |
| DK                |               |
| REF               |               |

**Q2b [ASK IF Q2a = DK OR REF]**

In which of these bands does your age lie?

READ OUT - STOP WHEN GET TO RIGHT BAND

1. Under 18
2. 18 - 24
3. 25 - 34
4. 35 - 44
5. 45 - 54
6. 55 - 64
7. 65 - 74
8. 75+
9. Refused

Q.3. CODE RESPONDENT'S SEX FROM VOICE – ONLY ASK IF UNSURE

- |            |               |
|------------|---------------|
| 1. Male    |               |
| 2. Female  | Monitor Quota |
| 3. Refused |               |

IF OUT OF QUOTA ADD: I'm sorry but we've already spoken to enough people in your age group.

THANK AND CLOSE

The next question is about how active you are.

Q.4. On how many days during a **typical** week do you do moderate physical activity for at least **30** minutes? This can include activities at different times in the day which add up to 30 minutes or more. Examples could be heavy gardening, heavy housework, DIY, exercise classes, swimming, cycling, badminton or similar activities. So, how many days a week on average do you do moderate physical activity for 30 minutes or more?

INTERVIEWER: A PERSON WHO IS DOING MODERATE INTENSITY ACTIVITY WILL USUALLY EXPERIENCE:

- AN INCREASE IN BREATHING RATE
- AN INCREASE IN HEART RATE, TO THE LEVEL WHERE THE PULSE CAN BE FELT, AND
- A FEELING OF INCREASED WARMTH, POSSIBLY ACCOMPANIED BY SWEATING ON HOT OR HUMID DAYS.

CODE ONE ONLY

1. 0
2. 1
3. 2
4. 3
5. 4
6. 5
7. 6
8. 7
9. Don't know
10. Refused

Q.5. Which of the following best describes your current smoking habits?

INT: READ OUT

CODE ONE ONLY

1. I've never smoked
2. I don't smoke now, but I used to smoke
3. I'm an occasional smoker (i.e. not everyday)
4. I'm a regular smoker (i.e. smoke everyday)
5. Don't know
6. Refused

ASK IF Q.5=3 or 4

Q.6. And which of the following best describes you at the **moment**?

INT: READ OUT

CODE ONE ONLY

1. I have no desire to give up smoking at the present time
2. I've thought about giving up smoking but I'm not ready yet
3. I'm thinking about giving up smoking at the moment
4. I'm trying to give up smoking at the moment
5. Don't know
6. Refused

Q.7a. I am now going to ask you a few questions about what you drink – that is if you drink. Do you ever drink alcohol nowadays?

1. Yes
2. No
3. Don't know
4. Refused

ASK IF Q7a=1

Q.7b I'd like you to think about what you drink in a **typical week**.

In a typical week which of the following do you drink? You can say more than one:  
READ OUT

1. Low alcohol beer or lager
2. Normal strength beer, lager, stout or cider (that is less than 6% alcohol)
3. Strong beer, lager, stout or cider (that is 6% alcohol or more)
4. Alcoholic soft drinks or 'alcopops'
5. Wine
6. Fortified wine such as port or sherry
7. Spirits, liqueurs or aperitifs
8. None of these
9. Don't know
10. Refused

**ASK IF Q7b=1**

Q7ci So in a typical week, how many **bottles** of low alcohol beer or lager do you usually drink?

Numeric 0-30 range

ADD IF NECESSARY: Please only include bottles. I will ask you how many cans or pints you drink in a moment.

Q7cii So in a typical week, how many **cans** of low alcohol beer or lager do you usually drink?

Numeric 0-30 range

ADD IF NECESSARY: Please only include cans. I will ask you how many pints you drink in a moment.

Q7ciii So in a typical week, how many **pints** of low alcohol beer or lager do you usually drink?

Numeric 0-30 range

**ASK IF Q7b=2**

Q7di So in a typical week, how many **bottles** of normal strength beer, lager, stout or cider do you usually drink?

Numeric 0-30 range

ADD IF NECESSARY: Please only include bottles. I will ask you how many cans or pints you drink in a moment.

Q7dii So in a typical week, how many **cans** of normal strength beer, lager, stout or cider do you usually drink?

Numeric 0-30 range

ADD IF NECESSARY: Please only include cans. I will ask you how many pints you drink in a moment.

Q7diii So in a typical week, how many **pints** of normal strength beer, lager, stout or cider do you usually drink?

Numeric 0-30 range

**ASK IF Q7b=3**

Q7ei So in a typical week, how many **bottles** of strong beer, lager, stout or cider do you usually drink?

Numeric 0-30 range

ADD IF NECESSARY: Please only include bottles. I will ask you how many cans or pints you drink in a moment.

Q7eii So in a typical week, how many **cans** of strong beer, lager, stout or cider do you usually drink?

Numeric 0-30 range

ADD IF NECESSARY: Please only include cans. I will ask you how many pints you drink in a moment.

Q7eiii So in a typical week, how many **pints** of strong beer, lager, stout or cider do you usually drink?

Numeric 0-30 range

**ASK IF Q7b=4**

Q7f So in a typical week, how many **bottles** of alcoholic soft drinks or 'alcopops' do you usually drink?

Numeric 1-30 range

**ASK IF Q7b=5**

Q7gi So in a typical week, how many **small glasses** of wine do you usually drink (that is 125mls as served in a pub)?

Numeric 0-30 range

Q7gii So in a typical week, how many **large glasses** of wine do you usually drink (that is 250mls as served in a pub)?  
Numeric 0-30 range

**ASK IF Q7b=6**

Q7h So in a typical week, how many **small glasses** of fortified wine (that is port or sherry) do you usually drink?  
Numeric 1-30 range

**ASK IF Q7b=7**

Q7j So in a typical week, how many **single measures** of spirits, liqueurs and aperitifs do you usually drink?  
Numeric 1-30 range

Q.8 Now I would like to talk about **units** of alcohol. One unit is the same as  $\frac{1}{2}$  pint of beer, 1 small glass of wine or 1 measure of spirits. A bottle of alcopops is  $1\frac{1}{2}$  units.

**Ask women:** How often, if ever, do you have 6 or more units of alcohol on one occasion, for example in one evening?

ADD IF NECESSARY: So 6 units is 3 pints of ordinary strength beer, 6 small glasses of wine, 6 measures of spirits or 4 bottles of alcopops.

**Ask men:** How often, if ever, do you have 8 or more units of alcohol on one occasion, for example in one evening?

ADD IF NECESSARY: So 8 units is 4 pints of ordinary strength beer, 8 small glasses of wine, 8 measures of spirits or 5 bottles of alcopops.

CODE ONE ONLY

READ OUT:

1. Daily
2. Twice a week
3. Weekly
4. Monthly
5. Every three months
6. Less than every three months
7. Never
8. Don't know
9. Refused

**Q.9** The next question is about how much fruit and veg you eat. First of all though I need to tell you that one portion of fruit and vegetables is...

- 3 heaped tablespoons of chopped vegetables or
- 1 whole fruit e.g. apple / banana or
- 2 small fruits e.g. plums / kiwi or
- 3 heaped tablespoons of fresh fruit salad or
- 1 medium glass of fruit juice (not squash) or
- 1 tablespoon of dried fruits e.g. raisins or
- 1 cereal bowl of green or mixed salad or
- 3 heaped tablespoons of stewed or tinned fruit

Based on this information, **on average**, how many portions of fruit and veg do you normally eat **each day**? Please **do not** include rice, pasta or potatoes. If you are not sure please just give an estimate.

1. None
2. 1 portion
3. 2 portions
4. 3 portions
5. 4 portions
6. 5 portions or more
7. Don't know
8. Refused

The next few questions are about your height and weight. The Primary Care Trust is interested in how people's weight, given their height, is associated with their health.

Q.10. So what is your height? If you are not sure, just give me an estimate.

RECORD AS FEET AND INCHES (2 screens)

OR

METRES (ALLOW FOR 2 DECIMALS)

INTERVIEWER: IF RESPONDENT MENTIONS  $\frac{1}{2}$  AN INCH ROUND UP TO THE NEAREST INCH

+ Don't know

Refused

Q.11. And what is your current weight? If you are not sure, just give me an estimate.

RECORD AS STONES AND POUNDS (2 screens)

OR

KILOGRAMMES (ALLOW FOR 1 DECIMAL)

INTERVIEWER: CODE  $\frac{1}{4}$  OF A STONE AS 4 POUNDS,  $\frac{1}{2}$  A STONE AS 7 POUNDS AND  $\frac{3}{4}$  OF A STONE AS 11 POUNDS.

+ Don't know

Refused

And now just a few more questions about yourself and your household.

Q.12a Can I just check have you EVER had a paid job, apart from any temporary work?

1. Yes
2. No
3. Don't know
4. Refused

ASK IF Q.12a=1

The following questions refer to your current main job, or (if you are not working now) to your last main job.

Q.12b Are you working as an employee or are you self-employed?

1. Employee
2. Self-employed
3. Don't Know
4. Refused

ASK IF Q.12b=1

Q.12c How many employees are there at the place where you work?

READ OUT...

1. 1 to 24
2. 25 or more
3. Don't Know
4. Refused

ASK IF Q.12b=2

Q.12d How many people do you employ at the place where you work?

1. 1 to 24
2. 25 or more
3. Don't Know
4. Refused

ASK IF Q.12b=1

Q.12e In your job do you have formal responsibility for supervising the work of other employees?

DO NOT INCLUDE PEOPLE WHO ONLY SUPERVISE CHILDREN (E.G. TEACHERS, NANNIES) OR SECURITY OR BUILDINGS (E.G. CARETAKERS, SECURITY GUARDS)

*ADD IF NECESSARY: A supervisor or foreman is responsible for overseeing the work of other employees on a day-to-day basis*

1. Yes
2. No
3. Don't Know
4. Refused

ASK IF Q.12a=1

Q.12f. What do you mainly do in your job? If you are not working now, please just tell me what you did in your last job.

TYPE IN OCCUPATION:

ASK IF Q.12a=1

Q.12g. INTERVIEWER:

CODE APPROPRIATE OCCUPATIONAL GROUP

**1. Modern professional occupations**

*such as:* teacher - nurse - physiotherapist - social worker - welfare officer - artist - musician - police officer (sergeant or above) - software designer

**2. Clerical and intermediate occupations**

*such as:* secretary - personal assistant - clerical worker - office clerk - call centre agent - nursing auxiliary - nursery nurse

**3. Senior managers or administrators**

(usually responsible for planning, organising and co-ordinating work and for finance)

*such as:* finance manager - chief executive

**4. Technical and craft occupations**

*such as:* motor mechanic - fitter - inspector - plumber - printer - tool maker - electrician - gardener - train driver

**5. Semi-routine manual and service occupations**

*such as:* postal worker - machine operative - security guard - caretaker - farm worker - catering assistant - receptionist - sales assistant

**6. Routine manual and service occupations**

*such as:* HGV driver - van driver - cleaner - porter - packer - sewing machinist - messenger - labourer - waiter / waitress - bar staff

**7. Middle or junior managers**

*such as:* office manager - retail manager - bank manager - restaurant manager - warehouse manager - publican

**8. Traditional professional occupations**

*such as:* accountant - solicitor - medical practitioner - scientist - civil / mechanical engineer

10. Other (specify)

11. Don't know

12. Refused

Q.13a Which of the following best describes your ethnic origin?

INT: READ OUT

CODE ONE ONLY

1. White..... **Ask Q.13b**
2. Mixed ..... **Ask Q.13c**
3. Asian or Asian British ..... **Ask Q.13d**
4. Black or Black British ..... **Ask Q.13e**
5. Chinese or Chinese British..... **Go to Q.14**
6. Other ethnic background (Please specify)\_\_\_\_\_ **Go to Q.14**
7. Don't know
8. Refused

Q.13b Are you.....?

READ OUT:

CODE ONE ONLY

1. White British
2. White Irish
3. Or another white background?
4. Don't know
5. Refused

Q.13c Are you.....?

READ OUT:

CODE ONE ONLY

1. White and Black Caribbean
2. White and Black African
3. White and Asian
4. Or another mixed background?
5. Don't know
6. Refused

Q.13d Are you.....?

READ OUT:

CODE ONE ONLY

1. Indian
2. Pakistani
3. Bangladeshi
4. Or another Asian background?
5. Don't know
6. Refused

Q.13e Are you.....?

READ OUT:

CODE ONE ONLY

1. Caribbean
2. African
3. Or another Black background?
4. Don't know
5. Refused

Q.14 Which of the following best describes your religion?

READ OUT:

CODE ONE ONLY

11. Buddhist
12. Christian
13. Hindu
14. Jewish
15. Muslim
16. Sikh
17. Other (not specified)
18. No religion, atheist or agnostic
19. Don't know
20. Refused

Q.15. Do you have any long-standing physical disability? By long-standing I mean anything that has troubled you over a period of time, or that is likely to affect you over a period of time?

1. Yes
2. No
3. Don't know
4. Refused

Q.16. Do you have any long-standing learning disability?

1. Yes
2. No
3. Don't know
4. Refused

Q.17 Which letter from the following list best describes your sexual orientation?  
Please just give me a letter to indicate your answer.  
READ OUT:

IF NECESSARY: By heterosexual we mean straight.

CODE ONE ONLY

1. A. Heterosexual
2. B. Gay
3. C. Lesbian
4. D. Bisexual
5. E. I don't wish to answer this question
6. Don't know

"That was my last question. Thank you very much for your help with this research".

STANDARD FINISH SCREENS WITH MARKET RESEARCH SOCIETY HELPLINE  
NUMBER ETC..