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## HEALTH PROMOTION SURVEY - - - - - - - - - - - Hrd Page

First I would like to ask you a few ques-Do you think there is anything you personally should do to improve the way you cope with tions about your health. stress? in general, compared to other persons your age 1 O Yes <sup>2</sup>O No \_\_\_\_\_ Go to 9 would you say your health is ... 1 C Excellent 7. What is the most important thing you think you <sup>2</sup>O Very good should do? (Mark only most important) 3 Good 1 O Exercise more 4O Fair <sup>2</sup>O Learn to relax, worry less 5 Poor <sup>3</sup> Get out more often, make new friends, socialize Do you agree or disagree with the following <sup>4</sup>O Change jobs, move, leave home, change situastatement? Compared to most people my age I make more of an effort to improve my health. <sup>5</sup>O Reduce drug use/medications 6 Agree O Disagree 6 Reduce alcohol use BO No opinion <sup>7</sup>O Spend more time with family and close friends 8 Other (specify) \_ Do you think there is anything you personally should do to improve your physical health? Is there anything stopping you from making this 20 No ----- Go to 6 1 O Yes improvement? 01O No What is the most important thing you personally should do? OP Problem not serious, no urgency 3 C Exercise more 03 C Lack of time 4 Improve eating habits 04 C Lack of self discipline, energy 5 Lose weight 05 O Too depressed 6 Stop smoking 06 O Don't know how to get started, lack knowledge <sup>7</sup>O Reduce drug use/medications 07 O Peer pressure 8 Cut down on drinking 08 Lack of support from family or friends 9 Other (specify) \_ 09 O Don't want to change current habits 10 Too difficult Is there anything stopping you from making this improvement? (Mark all that apply) 11 O Too costly 01 O No 12 Other (specify) OP Problem not serious, no urgency In general would you say you're ... 03O Lack of time 04 C Lack of self discipline, energy 1 O Very happy 05 O Too depressed <sup>2</sup>O Pretty happy 06 O Don't know how to get started, lack knowledge 3 O Not too happy <sup>07</sup>O Peer pressure 10. Would you describe your life as ... 08 Lack of support from family or friends 40 Very stressful <sup>09</sup>O Don't want to change current habits 5 Fairly stressful 10 Too difficult 11 O Too costly 6 Not very stressful 12 Other (specify) <sup>7</sup>O Not at all stressful

11.	Are there health topics about which you need more information?	feel you	19.	As far as you know is your blood pressure high?  O Yes			
	<sup>8</sup> O Yes <sup>9</sup> O No ——— Go to 13			8O No 3			
12.	On which of the following health topic	s do vor		9 O Don't know Go to 22			
12.	feel you need more information?						
	Ye Nutrition 010	s No ∞2⊖	20.	Are you currently doing anything to control your blood pressure?			
	20.0	<b>4</b> 0		¹○ Yes ²○ No ——— Go to 22			
	At a	06O	-				
	07 -	<b>08</b> O	21.	What are you doing? (Mark all that apply)			
	- 000	10 ()		01 O Medication 02 O Quit smoking			
	Alcohol Marijuana 110	12 🔾		03 Exercise			
	10 -	14 O		04  Weight loss			
	Safety and accident 130	0		05 O Sodium restriction			
_	provension		1	06 Other diet change			
	e next few questions are abou	it your	İ	07 C Relaxation			
cui	rent physical condition.		1	08 C Reduce alcohol use			
13.	How tall are you without shoes?			09 Other (specify)			
	1 or 2	$\Box$	1	10 O Don't know			
	feet / inches centimet	res	22.	Do you agree or disagree with the following			
			12.	statement? You only need to have your blood			
14.	How much do you weigh?		]	pressure checked if you think you have a problem.			
	3 or 4	Ш	1	¹O Agree			
	pounds kilogran	ns		<sup>2</sup> O Disagree			
15	How much would you like to weigh?		7	3 No opinion			
10.			<u>_</u>	O Noophion			
	<u> </u>	ne.	Th	The next few questions are about exercise.  23. Exercise includes vigorous activities such as			
l			23.				
	<sup>7</sup> O Don't know			calisthenics, jogging, racquet sports, team			
10	Answer limited in the bind on amount	of activity	1	sports, dance classes, or <u>brisk</u> walking. Do yo feel you get as much exercise as you need or les			
16.	you can do because of a long term	physical		than you need?			
	condition or health problem? By los mean a condition that has lasted or is ex	ng term I		As much as needed			
	last more than 6 months.			5 Less than needed			
	¹○ Yes ²○ No ——— Go to 18	;		6 Don't know			
17.	Are your activities limited	es No	24.	How many times per week do you exercise for at least 15 minutes?			
1	At home <sup>3</sup> C			<sup>1</sup> O Daily			
	At work or school 5C			<sup>2</sup> O 5-6 times a week			
	In other activities such as			3 3-4 times a week			
	leisure time pursuits or	,		4 1-2 times a week			
	transportation to or from work			5 Less than once a week			
18.	When did you last have your blood	Dressure	1	6 Never			
18.	checked?	pressure	L	7 O Don't know			
	1 Last 6 months		25.	Would you say you are physically more active, about the same or less active than other persons			
	<sup>2</sup> O 6-12 months		1	your age?			
	3 One to two years			<sup>1</sup> O More active			
	<sup>4</sup> O More than 2 years			<sup>2</sup> O About the same			
	5O Never			3 Less active			
1	6 Co to 22		1	<sup>4</sup> ○ Don't know			

~	The many ability above mostly in the										
26.	o you think that getting more exercise would aprove your health					<ol><li>Do you think that a person who quits after ten years of heavy smoking reduces the risk of getting a disease related to smoking</li></ol>					
	A great deal					<sup>1</sup> O A great deal					
	<sup>6</sup> ○ A moderate amount					<sup>2</sup> ○ A moderate amount					
	<sup>7</sup> ○ A little					3 A little bit					
	<sup>8</sup> O Not at all										
	<sup>9</sup> O Don't know					O Not at all					
TL.		-				5 O Don't know					
In	The next few questions are about smoking.					Do you ever feel unpleasant effects from the					
27.	At the present time do you smoke cigarettes?					cigarette smoke of others?					
	10 Yes 20 No	► Gota	0 31		L	<sup>6</sup> ○ Yes <sup>7</sup> ○ No					
28.					34.	Have you ever asked someone not to smoke?					
	ally everyday or occasionally,		•	•		<sup>8</sup> ○ Yes <sup>9</sup> ○ No <del>&gt;</del> Go to 36					
	<sup>3</sup> O Regularly <sup>4</sup> C	Occa	asionall	у	35.	Where was that? Anywhere else? (Mark all that					
29.	In the past year has anyone smoke around them?	aske	d you	to not		apply)					
						¹O in restaurant					
	<sup>5</sup> ○ Yes <sup>6</sup> ○ No ——→	- Got	0 31		į	<sup>2</sup> O At work					
30.	Where has this happened? (Mark all that apply)	Any	where	else?		At school  O in a car					
	¹O At school										
	<sup>2</sup> O At work					<ul> <li>Public transportation (bus, airplane)</li> <li>In your own home</li> <li>In a house other than your own</li> </ul>					
	<sup>3</sup> O In a car										
	4O Restaurant					8 Other (specify)					
	5 In your own home					Other (specify)					
	60 In a house other than your	own			Now I would like to ask some questions about alcohol consumption.						
	<sup>7</sup> O Other (specify)					<u>-</u>					
31.	Now I'd like your opinion or				36.	drink it means:					
	about smoking. Tell me who	ther v	you ag	ree or		One bottle of beer or glass of draft One small glass of wine					
	disagree with cach of the tono	wmg.	Dis-	No		One shot or mixed drink with hard liquor					
		Agree		opinion		Have you ever taken a drink of beer, wine, liquor					
	Children are more likely to start smoking if their	91 O	02O	αO		or other alcoholic beverage?					
	parents smoke					¹ ○ Yes ² ○ No ——— Go to 44					
	People are too concerned about the effect on their health of other people	040	<sup>05</sup> O	06O	37.	In the past 12 months, have you taken a drink of beer, wine, liquor or other alcoholic beverage?					
	smoking					3O Yes 4O No Go to 44					
	Most non-smokers don't mind when people smoke	070	<b>08</b> O	<b>09</b> O	<u> </u>						
	in their presence				38.	During the past 12 months, how often, on average, did you drink alcoholic beverages?					
	Women should not smoke during pregnancy	100	11O	120		Was it  1 © Every day					
	Non-smokers should be	130	140	150		<sup>2</sup> O 4-6 times a week					
	provided with a smoke-free area where they work					3 2-3 times a week					
	Smokers should ask per- mission before smoking in	<sup>16</sup> O	170	18O		4O Once a week					
	the presence of others					<sup>5</sup> O Once or twice a month					
	Smoking helps you stay slim	190	200	210		6○ Less often than once a month					

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51.	What effects do you think it would have? (Mark all that apply)	57.	Can you administer cardio-pulmonary resuscitation, sometimes called CPR?
	01		¹O Yes ²O No
	02 Addiction/leads to harder drugs	58.	Would you agree or disagree with the following
	03 Memory loss, brain damage		Would you agree or disagree with the following statement? It is worth learning CPR even though few people ever have to use it.
	04 Other mental or behavioral effects		<sup>3</sup> O Agree
	05 C Lung damage		
	06 Genetic problems/sterility	1	O Disagree
	07 Other physical health problems		<sup>5</sup> O No opinion
	08 O Increase/risk of accidents or injury	59.	Do you have the following in your home?
	09 Other (specify)		Yes No
	10 O Don't know		A first aid kit <sup>1</sup> O <sup>2</sup> O
The	e next few questions are about safety.	1	A smoke detector <sup>3</sup> <sup>4</sup>
			A fire extinguisher 50 60
52.	On average, about how many miles or kilometres per week do you travel in a private vehicle	60.	Interviewer check item:
	As a driver?		Respondent is: Female <sup>7</sup> O ——Go to 61
			Male <sup>8</sup> ○ ——→ Go to 66
	miles or 2 kilometres	m	
	30 5		e next questions are about health actices.
<u> </u>	3 O Don't know	61.	In the past 12 months have you had your breasts
53.	On average, about how many miles or kilometres per week do you travel in a private vehicle		examined by a doctor or nurse?
	As a passenger?		¹O Yes ²O No
		62.	Have you ever been shown how to examine your
	miles kilometres		breasts?
			30 Yes 40 No
<u> </u>	<sup>6</sup> ○ Don't know	63.	How often do you examine your own breasts?
54.	How often do you use seatbelts when you ride in		Would you say
	a car? (Read responses)	}	5 At least once a month
	1 O Always		6 Once every 2-3 months
	O Most of the time		<sup>7</sup> O Less often  8O Never
	<sup>3</sup> O Sometimes	-	
	<sup>4</sup> ○ Karely or never	64.	How often do you think a woman should examine her own breasts?
55.	When you are driving a car do you insist that the	1	1 At least once a month
	children with you have their seatbelt fastened or are in carseats? (Read responses)		<sup>2</sup> O Once every 2-3 months
	1 Always	1	3 C Less often
	<sup>2</sup> O Most of the time	İ	<sup>4</sup> O Never
'	<sup>3</sup> ○ Sometimes		5 O Don't know
		65.	When was the last time you had a PAP smear test
	O Rarely or never		for cancer?
	5 O Don't drive		<sup>1</sup> O Within the past year
	6○ Don't drive with children in car		<sup>2</sup> O Last 2-3 years
56.		1	<sup>0</sup> More than 3 years
	to administer first aid?	1	4O Never
	<sup>7</sup> ○ Yes <sup>8</sup> ○ No		5 O Don't know

The next few questions are about social		72.	What is your current marital status?						
rela	tionships.		1 O Married (including common-law)						
66.	66. About how many people, including relatives, do you consider to be your friends, that is, people you see socially on a regular basis?		<sup>2</sup> O Single/never married						
			3 Separated Go to 74						
			4O Divorced						
			5 Widowed						
67.	Of the people you see socially how many smoke cigarettes? (Read responses)	73.	Does your spouse do any of the following?  Yes No						
	<sup>1</sup> O None	ļ	Exercise regularly 01 02 02						
	<sup>2</sup> O A few		Smoke cigarettes 03 040						
	3 About half		Drink too much 05 06 0						
	<sup>4</sup> ○ Most or all		Overest 07 08 0						
	5 O Don't know		Use tranquilizers such as valium 090 100						
	O DON'T KNOW	-	Smoke marijuana <sup>11</sup> O <sup>12</sup> O						
68.	How many would you say drink too much?	-							
	(Read responses)	The	e next questions are about nutrition.						
	<sup>1</sup> O None	74.	In the last week on how many days did you have						
	<sup>2</sup> O A few		the following for breakfast?						
	3 About half		Nothing or just coffee or tea						
	<sup>4</sup> O Most or all		Eggs, bacon, ham or other meat						
	<sup>5</sup> O Don't know		Breads, pastries, pancal es or cereals						
$\vdash$			Fruit or juice						
69. How many of your friends use marijuana regularly? (Read responses)			Cheese, milk or other dairy products						
	¹O None	_							
	<sup>2</sup> ○ Afew	75.	Are there any foods which you think you should limit or avoid, for the sake of your health?						
	3 About half		¹○ Yes <sup>2</sup> ○ No ——— Go to 77						
		$\vdash$							
	4 O Most or all	76.	Of the following types of food, which one do you feel is the most important to limit or avoid for the						
L	<sup>5</sup> O Don't know		sake of your health? Food that is						
70	. How many of your friends exercise regularly?		<sup>3</sup> O High in cholesterol						
	(Read responses)		<sup>4</sup> ○ High in fat						
l	<sup>1</sup> O None		<sup>5</sup> O High in sugar						
	<sup>2</sup> O A few		6○ High in salt						
	3 About half		O Don't know						
	<sup>4</sup> ○ Most or all	77.	Are there any foods which you think you should						
	5 O Don't know		eat more often for the sake of your health?						
-		L	8○ Yes 9○ No ——— Go to 79						
71	. How many do you consider to be your close friends, that is, people you could talk to if you needed help or had a problem? (Read responses)	78.	Of the following types of food, which one do you feel is the most important to eat more often for the sake of your health? Foods such as						
-	<sup>1</sup> O None		<sup>1</sup> O Fruits and vegetables						
	<sup>2</sup> O A few		<sup>2</sup> O Whole grain cereals						
	3 About half		<sup>3</sup> O Milk and milk products						
	4O Most or all		<sup>4</sup> ○ Meat/fish/poultry						
	5 O Don't know		<sup>5</sup> O Don't know						

79.	I will now read a list of health topics. For each one I'd like your opinion about how important you feel it is for the government to deal with each topic. Tell me on a scale from 1 to 10; with 1 being not at all important and 10 being extremely important.									elitis at all		
		Not at a importa								Extremely important		
		1	2	3	4	5	6	7	8	9	10	
	Drug use	910	020	03 🔾	040	05	<b>06</b> ○	070	080	09	100	110
	Smoking	120	130	14()	190	16()	17()	180	19()	20()	21 ()	220
	Alcohol problems	23 🔾	240	25 🔾	260	27 🔾	280	29 🔾	30 🔾	31 🔾	32 🔾	33 🔾
·	High blood pressure	340	350	36 🔾	370	38 🔾	39	40 🔿	410	420	43 ()	40
	Child health	450	460	47 🔾	48 <sub>O</sub>	49 🔾	50 🔾	51 🔿	520	53 🔾	540	550
	Eating habits	56 🔾	570	58 O	<sup>59</sup> O	60 🔾	61 O	620	63 O	64 O	65 O	66 O
	Mental health	670	68 <sub>O</sub>	69 🔾	70 ()	710	<sup>72</sup> O	<sup>73</sup> O	740	75 (	<sup>76</sup> O	770
	Accident prevention in the home	<sup>78</sup> O	<sup>79</sup> O	80 🔿	81 O	82 🔾	83 (	840	85 🔾	86 🔾	<sup>87</sup> O	88 🔾
	Accident prevention at work	890	900	91 🔾	920	93 🔾	940	95 🔾	86 O	97 🔾	98 🔾	99 🔾
	Accident prevention on the road	100	1010	102	103	1040	105	106	107	108	109	1100
80.	Do you agree or disagree with the following statements?				83.	What loften?	angua	ge do :	you sp	eak at	home	most
		Dis- No Agree agree opinion					nglish					
	Following a healthy diet i expensive and time con		<b>"</b> O	30		20 F	rench					
	suming I'd rather be overweigh	t 40	5O	60		3O C	ther					,
	than have to give up man	than have to give up many of the foods I like			84.	Whatie	the no	stel cod	le for this dwelling?			
	Skipping breakfast is an effective way to control o reduce your weight		80	90		L	ال				't know	,
81.					85.	How many telephones, counting extensions, are there in your dwelling?						
	¹O Yes					¹○ One ——— Go to 90						
}	<sup>2</sup> O N <sub>0</sub>					<sup>2</sup> O 1	wo or m	ore				
	3 O Don't know				-							
Fi-	nally a few questions a	hout -		lf	86.							
82.		•				3O 1						
82.	What is the highest grade you have ever completed?	or leve	i or ear	ication	_	4○ Yes ———— Go to 90						
	O No schooling				87.	How many different numbers are there?						
	<sup>2</sup> O Elementary						]					
	3 Some	Secondar	у		-							
}	Completed				88.	Are any of these numbers for business use only?						
	\$ 1	Commun echnical	college,	_		5O 1		>	► Go to 90			
	6○ Completed	CEGEP,	nurse's t			60 1	res					
	}	Universit or	•		89.	How m	any ar	e for bu	siness 1	se only	y?	
	•	eacher's	college			П	1					
	Other education or training											

90.	Which of the following best describes your main activity during the last 12 months? Were you mainly	100.	In the past year, have you seen or received any information about health topics at your place of work? (e.g. posters, bulletin boards, pamphlets, etc.)
-	¹○ Working at a job or → Go to 92 business		4○ Yes 5○ No
	<sup>2</sup> ○ Looking for work ——— Go to 91	101.	Have you found the information helpful?
	<sup>3</sup> O A student		<sup>6</sup> ○ Yes <sup>7</sup> ○ No
	<sup>4</sup> ○ Retired <sup>5</sup> ○ Keeping house Go to 96		
	6O Other (specify)	102.	Is smoking restricted in your place of work
_		{	<sup>1</sup> O Completely
91.	Did you have a job at any time during the last 12 months?		<sup>2</sup> O In certain places
	¹○ Yes <sup>2</sup> ○ No —— Go to 96		<sup>3</sup> ○ Not at all <sup>4</sup> ○ Don't know
92.	For whom do/did you work?		O DOIL KHOW
		103.	Do you think your place of work is an appropriate place to promote good health habits?
ł			<sup>5</sup> O Yes
93.	What kind of business, industry or service is/was	1	6○ No
	that?		<sup>7</sup> ○ Don't know
		104.	Do you think schools are an appropriate place to promote good health habits?
_		4	¹O Yes
94.	What kind of work do/did you do?		<sup>2</sup> O No
			<sup>3</sup> O Don't know
		-	
95.	How many persons does this company employ? Include persons in all branch locations of the company. Are there	105.	What was your household's total income from all sources before taxes and deductions for 1984?
	³○ Over 100		.00 4 O Don't know
1	4 Between 50 and 100	100	
1	<sup>5</sup> O Between 10 and 49	106.	have done in the past year to improve your
	<sup>6</sup> ○ Under 10		health?
	7O Don't know		01 Nothing ———— Go to 109
96.	In the last five years have you been unemployed	1	02 O Increased exercise
50.	for a year or longer?	Ì	03 O Lost weight
	¹O Yes ²O No		04  Improved eating habits
		,	05 Quit smoking/reduced amount smoked
9	7. Interviewer check item:		06 ○ Reduced drug/medication use
$\parallel$	If code 1 in question 90 30 Go to 98		07 O Drank less alcohol
	Otherwise Co to 104	J	08 O Had blood pressure checked
98	Are you aware of any safety or accident pre- vention programs at your place of work?		09 Attempted to control blood pressure
	5O Yes 6O No 7O Don't know		10 C Learned to manage stress
$\vdash$		$\dashv$	11 O Reduced stress level
99	Are you aware of any other programs to improve health, physical fitness or good nutrition?		12 Received medical treatment
1	¹○ Yes <sup>2</sup> ○ No <sup>3</sup> ○ Don't know		13 Other (specify)

107.	Aside from improving your health, was there any other reason that you decided to do this?	109.	<ol> <li>Considering the health topics we've discussed in this questionnaire, is there anything you intend to do, to improve your health in the next</li> </ol>	
	¹O Yes		year? (Mark all that apply)  Old Nothing	
			02 Increase exercise	1
	<sup>2</sup> ○ No ——— Go to 109		03 C Lose weight	1
			04 O Improve eating habits	
			05 Quit smoking/reduce amount smoked	
108.	What was the other reason?		06 Reduce drug/medication use	1
		1	07 O Drink less alcohol	١
			08O Have blood pressure checked	-
			09 Attempt to control blood pressure	1
		1	10 Learn to manage stress	-
		1	11 Reduce stress level	- {
			12 Receive medical treatment	
		İ	13O Other (specify)	_
		1		$\dashv$
COM	IMENTS:			
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