



# HEALTH PROMOTION SURVEY

Telephone Number




Hrd Page -  
Line No.

First I would like to ask you a few questions about your health.

1. In general, compared to other persons your age would you say your health is ...

- 1 Excellent
- 2 Very good
- 3 Good
- 4 Fair
- 5 Poor

2. Do you agree or disagree with the following statement? Compared to most people my age I make more of an effort to improve my health.

- 6 Agree
- 7 Disagree
- 8 No opinion

3. Do you think there is anything you personally should do to improve your physical health?

- 1 Yes
- 2 No → Go to 6

4. What is the most important thing you personally should do?

- 3 Exercise more
- 4 Improve eating habits
- 5 Lose weight
- 6 Stop smoking
- 7 Reduce drug use/medications
- 8 Cut down on drinking
- 9 Other (specify) \_\_\_\_\_

5. Is there anything stopping you from making this improvement? (Mark all that apply)

- 01 No
- 02 Problem not serious, no urgency
- 03 Lack of time
- 04 Lack of self discipline, energy
- 05 Too depressed
- 06 Don't know how to get started, lack knowledge
- 07 Peer pressure
- 08 Lack of support from family or friends
- 09 Don't want to change current habits
- 10 Too difficult
- 11 Too costly
- 12 Other (specify) \_\_\_\_\_

6. Do you think there is anything you personally should do to improve the way you cope with stress?

- 1 Yes
- 2 No → Go to 9

7. What is the most important thing you think you should do? (Mark only most important)

- 1 Exercise more
- 2 Learn to relax, worry less
- 3 Get out more often, make new friends, socialize
- 4 Change jobs, move, leave home, change situation
- 5 Reduce drug use/medications
- 6 Reduce alcohol use
- 7 Spend more time with family and close friends
- 8 Other (specify) \_\_\_\_\_

8. Is there anything stopping you from making this improvement?

- 01 No
- 02 Problem not serious, no urgency
- 03 Lack of time
- 04 Lack of self discipline, energy
- 05 Too depressed
- 06 Don't know how to get started, lack knowledge
- 07 Peer pressure
- 08 Lack of support from family or friends
- 09 Don't want to change current habits
- 10 Too difficult
- 11 Too costly
- 12 Other (specify) \_\_\_\_\_

9. In general would you say you're ...

- 1 Very happy
- 2 Pretty happy
- 3 Not too happy

10. Would you describe your life as ...

- 4 Very stressful
- 5 Fairly stressful
- 6 Not very stressful
- 7 Not at all stressful



28. Do you think that getting more exercise would improve your health...

- 5  A great deal
- 6  A moderate amount
- 7  A little
- 8  Not at all
- 9  Don't know

The next few questions are about smoking.

27. At the present time do you smoke cigarettes?

- 1  Yes    2  No    → Go to 31

28. Do you smoke cigarettes regularly, that is usually everyday or occasionally, not every day?

- 3  Regularly    4  Occasionally

29. In the past year has anyone asked you to not smoke around them?

- 5  Yes    6  No    → Go to 31

30. Where has this happened? Anywhere else? (Mark all that apply)

- 1  At school
- 2  At work
- 3  In a car
- 4  Restaurant
- 5  In your own home
- 6  In a house other than your own
- 7  Other (specify) \_\_\_\_\_

31. Now I'd like your opinion on some statements about smoking. Tell me whether you agree or disagree with each of the following?

- |                                                                                   | Dis-                     | No                                                |
|-----------------------------------------------------------------------------------|--------------------------|---------------------------------------------------|
|                                                                                   | Agree                    | agree                                             |
|                                                                                   | opinion                  |                                                   |
| Children are more likely to start smoking if their parents smoke                  | 01 <input type="radio"/> | 02 <input type="radio"/> 03 <input type="radio"/> |
| People are too concerned about the effect on their health of other people smoking | 04 <input type="radio"/> | 05 <input type="radio"/> 06 <input type="radio"/> |
| Most non-smokers don't mind when people smoke in their presence                   | 07 <input type="radio"/> | 08 <input type="radio"/> 09 <input type="radio"/> |
| Women should not smoke during pregnancy                                           | 10 <input type="radio"/> | 11 <input type="radio"/> 12 <input type="radio"/> |
| Non-smokers should be provided with a smoke-free area where they work             | 13 <input type="radio"/> | 14 <input type="radio"/> 15 <input type="radio"/> |
| Smokers should ask permission before smoking in the presence of others            | 16 <input type="radio"/> | 17 <input type="radio"/> 18 <input type="radio"/> |
| Smoking helps you stay slim                                                       | 19 <input type="radio"/> | 20 <input type="radio"/> 21 <input type="radio"/> |

32. Do you think that a person who quits after ten years of heavy smoking reduces the risk of getting a disease related to smoking...

- 1  A great deal
- 2  A moderate amount
- 3  A little bit
- 4  Not at all
- 5  Don't know

33. Do you ever feel unpleasant effects from the cigarette smoke of others?

- 6  Yes    7  No

34. Have you ever asked someone not to smoke?

- 8  Yes    9  No    → Go to 36

35. Where was that? Anywhere else? (Mark all that apply)

- 1  In restaurant
- 2  At work
- 3  At school
- 4  In a car
- 5  Public transportation (bus, airplane)
- 6  In your own home
- 7  In a house other than your own
- 8  Other (specify) \_\_\_\_\_

Now I would like to ask some questions about alcohol consumption.

36. In the next questions when we use the word drink it means:

- One bottle of beer or glass of draft
- One small glass of wine
- One shot or mixed drink with hard liquor

Have you ever taken a drink of beer, wine, liquor or other alcoholic beverage?

- 1  Yes    2  No    → Go to 44

37. In the past 12 months, have you taken a drink of beer, wine, liquor or other alcoholic beverage?

- 3  Yes    4  No    → Go to 44

38. During the past 12 months, how often, on average, did you drink alcoholic beverages? Was it...

- 1  Every day
- 2  4-6 times a week
- 3  2-3 times a week
- 4  Once a week
- 5  Once or twice a month
- 6  Less often than once a month

39. (a) Thinking back over the past 7 days, on how many of these days did you have any alcoholic drinks?  
 8○ None → Go to 40
- (b) On how many of these days did you have 2 or more drinks?  
 8○ None → Go to 40
- (c) On how many of these days did you have 4 or more drinks?  
 8○ None → Go to 40
- (d) On how many of these days did you have 8 or more drinks?  
 8○ None → Go to 40
- (e) On how many of these days did you have 12 or more drinks?  
 8○ None

40. Would you say that this is more, less or about the same amount that you usually consume during a week?
- 1○ More  
 2○ Less  
 3○ Same

41. During the past month how many times have you driven within two hours after drinking any amount of alcohol?
- 88○ Don't drive → Go to 44  
 99○ Don't know

42. About how many drinks can you have, over a 3 hour period, before you would worry about your ability to drive?
- 99○ Don't know

43. There is a legal limit to the amount of alcohol you can have in your blood when driving. How many drinks do you think you can have over a period of three hours before you are over the legal limit?
- 99○ Don't know

44. In the past 12 months, have you been with a friend or relative whom you thought had too much to drink to drive safely?
- 5○ Yes  
 6○ No  
 7○ Don't know } Go to 47

45. On the most recent occasion did you attempt to prevent this person from driving?  
 8○ Yes 9○ No → Go to 47

46. What did you do? (Mark all that apply)
- 1○ Drove them home yourself  
 2○ Asked someone to drive them home  
 3○ Asked them to take a taxi  
 4○ Hid their car keys  
 5○ Served coffee  
 6○ Kept the person at your home  
 7○ Other (specify) \_\_\_\_\_

47. How many drinks do you think a person can have per week, without endangering his/her health over the long term?
- 99○ Don't know

48. Now I'd like your opinion on some statements about drinking. Please tell me, whether you agree or disagree?
- |                                                                                          | Dis-<br>Agree | No<br>agree | opinion |
|------------------------------------------------------------------------------------------|---------------|-------------|---------|
| Moderate drinking can be good for your health                                            | 01○           | 02○         | 03○     |
| On social occasions I often feel obligated to have a drink, even when I would rather not | 04○           | 05○         | 06○     |
| Most drinkers do not suffer health problems as a result of their drinking                | 07○           | 08○         | 09○     |
| Most people don't mind if you get intoxicated once in a while                            | 10○           | 11○         | 12○     |
| I'd rather pay for a taxi than see a friend drive after drinking                         | 13○           | 14○         | 15○     |

Now I would like to ask about your use of drugs.

49. In the past 12 months have you used:
- Sleeping pills? 01○ Yes 02○ No
- Pep pills, stimulants? 03○ Yes 04○ No
- Tranquillizers such as valium? 05○ Yes 06○ No
- Cocaine? 07○ Yes 08○ No
- Marijuana or hashish? 09○ Yes 10○ No

50. Do you think that occasional use of marijuana will affect a persons' physical or mental health?
- 4○ Yes  
 5○ No  
 6○ Don't know } Go to 52



The next few questions are about social relationships.

66. About how many people, including relatives, do you consider to be your friends, that is, people you see socially on a regular basis?

67. Of the people you see socially how many smoke cigarettes? (Read responses)

- 1  None  
2  A few  
3  About half  
4  Most or all  
5  Don't know

68. How many would you say drink too much? (Read responses)

- 1  None  
2  A few  
3  About half  
4  Most or all  
5  Don't know

69. How many of your friends use marijuana regularly? (Read responses)

- 1  None  
2  A few  
3  About half  
4  Most or all  
5  Don't know

70. How many of your friends exercise regularly? (Read responses)

- 1  None  
2  A few  
3  About half  
4  Most or all  
5  Don't know

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)

- 1  None  
2  A few  
3  About half  
4  Most or all  
5  Don't know

72. What is your current marital status?

- 1  Married (including common-law)  
2  Single/never married  
3  Separated  
4  Divorced  
5  Widowed

} Go to 74

73. Does your spouse do any of the following?

	Yes	No
Exercise regularly	01 <input type="radio"/>	02 <input type="radio"/>
Smoke cigarettes	03 <input type="radio"/>	04 <input type="radio"/>
Drink too much	05 <input type="radio"/>	06 <input type="radio"/>
Overeat	07 <input type="radio"/>	08 <input type="radio"/>
Use tranquilizers such as valium	09 <input type="radio"/>	10 <input type="radio"/>
Smoke marijuana	11 <input type="radio"/>	12 <input type="radio"/>

The next questions are about nutrition.

74. In the last week on how many days did you have the following for breakfast?

- Nothing or just coffee or tea   
Eggs, bacon, ham or other meat   
Breads, pastries, pancakes or cereals   
Fruit or juice   
Cheese, milk or other dairy products

75. Are there any foods which you think you should limit or avoid, for the sake of your health?

- 1  Yes    2  No    → Go to 77

76. Of the following types of food, which one do you feel is the most important to limit or avoid for the sake of your health? Food that is ...

- 3  High in cholesterol  
4  High in fat  
5  High in sugar  
6  High in salt  
7  Don't know

77. Are there any foods which you think you should eat more often for the sake of your health?

- 8  Yes    9  No    → Go to 79

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 ...

- 1  Fruits and vegetables  
2  Whole grain cereals  
3  Milk and milk products  
4  Meat/fish/poultry  
5  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.

	Not at all important										Extremely important	Don't know
	1	2	3	4	5	6	7	8	9	10		
Drug use	01 <input type="radio"/>	02 <input type="radio"/>	03 <input type="radio"/>	04 <input type="radio"/>	05 <input type="radio"/>	06 <input type="radio"/>	07 <input type="radio"/>	08 <input type="radio"/>	09 <input type="radio"/>	10 <input type="radio"/>	11 <input type="radio"/>	
Smoking	12 <input type="radio"/>	13 <input type="radio"/>	14 <input type="radio"/>	15 <input type="radio"/>	16 <input type="radio"/>	17 <input type="radio"/>	18 <input type="radio"/>	19 <input type="radio"/>	20 <input type="radio"/>	21 <input type="radio"/>	22 <input type="radio"/>	
Alcohol problems	23 <input type="radio"/>	24 <input type="radio"/>	25 <input type="radio"/>	26 <input type="radio"/>	27 <input type="radio"/>	28 <input type="radio"/>	29 <input type="radio"/>	30 <input type="radio"/>	31 <input type="radio"/>	32 <input type="radio"/>	33 <input type="radio"/>	
High blood pressure	34 <input type="radio"/>	35 <input type="radio"/>	36 <input type="radio"/>	37 <input type="radio"/>	38 <input type="radio"/>	39 <input type="radio"/>	40 <input type="radio"/>	41 <input type="radio"/>	42 <input type="radio"/>	43 <input type="radio"/>	44 <input type="radio"/>	
Child health	45 <input type="radio"/>	46 <input type="radio"/>	47 <input type="radio"/>	48 <input type="radio"/>	49 <input type="radio"/>	50 <input type="radio"/>	51 <input type="radio"/>	52 <input type="radio"/>	53 <input type="radio"/>	54 <input type="radio"/>	55 <input type="radio"/>	
Eating habits	56 <input type="radio"/>	57 <input type="radio"/>	58 <input type="radio"/>	59 <input type="radio"/>	60 <input type="radio"/>	61 <input type="radio"/>	62 <input type="radio"/>	63 <input type="radio"/>	64 <input type="radio"/>	65 <input type="radio"/>	66 <input type="radio"/>	
Mental health	67 <input type="radio"/>	68 <input type="radio"/>	69 <input type="radio"/>	70 <input type="radio"/>	71 <input type="radio"/>	72 <input type="radio"/>	73 <input type="radio"/>	74 <input type="radio"/>	75 <input type="radio"/>	76 <input type="radio"/>	77 <input type="radio"/>	
Accident prevention in the home	78 <input type="radio"/>	79 <input type="radio"/>	80 <input type="radio"/>	81 <input type="radio"/>	82 <input type="radio"/>	83 <input type="radio"/>	84 <input type="radio"/>	85 <input type="radio"/>	86 <input type="radio"/>	87 <input type="radio"/>	88 <input type="radio"/>	
Accident prevention at work	89 <input type="radio"/>	90 <input type="radio"/>	91 <input type="radio"/>	92 <input type="radio"/>	93 <input type="radio"/>	94 <input type="radio"/>	95 <input type="radio"/>	96 <input type="radio"/>	97 <input type="radio"/>	98 <input type="radio"/>	99 <input type="radio"/>	
Accident prevention on the road	100 <input type="radio"/>	101 <input type="radio"/>	102 <input type="radio"/>	103 <input type="radio"/>	104 <input type="radio"/>	105 <input type="radio"/>	106 <input type="radio"/>	107 <input type="radio"/>	108 <input type="radio"/>	109 <input type="radio"/>	110 <input type="radio"/>	

80. Do you agree or disagree with the following statements?

- |                                                                         | Agree                   | Dis-agree               | No opinion              |
|-------------------------------------------------------------------------|-------------------------|-------------------------|-------------------------|
| Following a healthy diet is expensive and time consuming                | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> |
| I'd rather be overweight than have to give up many of the foods I like  | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> |
| Skipping breakfast is an effective way to control or reduce your weight | 7 <input type="radio"/> | 8 <input type="radio"/> | 9 <input type="radio"/> |

81. Do you think that you could improve your health by changing your eating habits?

- 1  Yes  
 2  No  
 3  Don't know

Finally a few questions about yourself.

82. What is the highest grade or level of education you have ever completed?

- 1  No schooling  
 2  Elementary  
 3  Some } Secondary  
 4  Completed }  
 5  Some } Community college, technical college, CEGEP, nurse's training  
 6  Completed }  
 7  Some } University or teacher's college  
 8  Completed }  
 9  Other education or training

83. What language do you speak at home most often?

- 1  English  
 2  French  
 3  Other

84. What is the postal code for this dwelling?

4  Don't know

85. How many telephones, counting extensions, are there in your dwelling?

- 1  One → Go to 90  
 2  Two or more

86. Do all the telephones have the same number?

- 3  No  
 4  Yes → Go to 90

87. How many different numbers are there?

88. Are any of these numbers for business use only?

- 5  No → Go to 90  
 6  Yes

89. How many are for business use only?

90. Which of the following best describes your main activity during the last 12 months? Were you mainly ...

- 1  Working at a job or business → Go to 92
- 2  Looking for work → Go to 91
- 3  A student
- 4  Retired
- 5  Keeping house
- 6  Other (specify) \_\_\_\_\_ } Go to 96

91. Did you have a job at any time during the last 12 months?

- 1  Yes
- 2  No → Go to 96

92. For whom do/did you work?

\_\_\_\_\_

\_\_\_\_\_

93. What kind of business, industry or service is/was that?

\_\_\_\_\_

\_\_\_\_\_

94. What kind of work do/did you do?

\_\_\_\_\_

\_\_\_\_\_

95. How many persons does this company employ? Include persons in all branch locations of the company. Are there ...

- 3  Over 100
- 4  Between 50 and 100
- 5  Between 10 and 49
- 6  Under 10
- 7  Don't know

96. In the last five years have you been unemployed for a year or longer?

- 1  Yes
- 2  No

97. Interviewer check item:

- If code 1 in question 90 3  → Go to 98
- Otherwise 4  → Go to 104

98. Are you aware of any safety or accident prevention programs at your place of work?

- 5  Yes
- 6  No
- 7  Don't know

99. Are you aware of any other programs to improve health, physical fitness or good nutrition?

- 1  Yes
- 2  No
- 3  Don't know

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.)

- 4  Yes
- 5  No → Go to 102

101. Have you found the information helpful?

- 6  Yes
- 7  No

102. Is smoking restricted in your place of work ...

- 1  Completely
- 2  In certain places
- 3  Not at all
- 4  Don't know

103. Do you think your place of work is an appropriate place to promote good health habits?

- 5  Yes
- 6  No
- 7  Don't know

104. Do you think schools are an appropriate place to promote good health habits?

- 1  Yes
- 2  No
- 3  Don't know

105. What was your household's total income from all sources before taxes and deductions for 1984?

\_\_\_\_\_ .00 4  Don't know

106. What is the single most important thing you have done in the past year to improve your health?

- 01  Nothing → Go to 109
- 02  Increased exercise
- 03  Lost weight
- 04  Improved eating habits
- 05  Quit smoking/reduced amount smoked
- 06  Reduced drug/medication use
- 07  Drank less alcohol
- 08  Had blood pressure checked
- 09  Attempted to control blood pressure
- 10  Learned to manage stress
- 11  Reduced stress level
- 12  Received medical treatment
- 13  Other (specify) \_\_\_\_\_



