

LIFESTYLE QUESTIONNAIRE

Introduction:

In order to help us focus our Health Promotion activities, we would be grateful if you could fill in this short questionnaire. Please send this questionnaire to us in the prepaid envelope provided.

Name

Date of Birth

Do you smoke? Yes No

If Yes, do you –

smoke less than 1 cigarette/day

1 – 9 cigarettes/day

10-19 cigarettes/day

20-39 cigarettes/day

more than 40 cigarettes/day

smoke a pipe

smoke cigars

If No, have you –

never ever smoked

given up smoking in the last year

not smoked for more than 1 year

Do you have high blood pressure? Yes No

Have you ever had a heart attack or suffered from angina? Yes No

Have you ever had a stroke, "shock" or any weakness down one side? Yes No

Have any of the following – mother, father,
brothers or sisters had –

a heart attack below the age of 60 Yes No

a heart attack above the age of 60 Yes No

a stroke Yes No

very high cholesterol (hyperlipidaemia) Yes No

EXERCISE

Healthy exercise usually involves activity that lasts for at least 20 minutes, raises your pulse and produces hard breathing. In younger people this might be running, cycling or sport, or brisk walking for older people.

Do you take this type of exercise –

- daily
- 3 times weekly
- once weekly
- once monthly
- seldom
- I cannot take exercise because of disability

DIET

Please tick the one category which is closest to your usual eating pattern.

- I eat no meat, fish or dairy produce
- I eat no meat
- I eat a mixture including daily fruit and vegetables
- I eat a mixture including regular chips and fries
- I eat frozen meals (eg TV dinners) 3 or 4 times/week
- I eat mainly snacks
- I eat a special medical diet
- Please specify

ALCOHOL

Please tick the statement which most closely describes your usual average alcohol intake. (1 unit is 1 glass wine, 1/2 pint beer or a single measure of spirit.)

- I never drink alcohol
- I drink less than 1 unit per day
- I drink between 1 and 2 units a day
- I drink between 3 and 6 units a day
- I drink between 7 and 9 units a day
- I drink more than 9 units a day on average
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