

ERASMUS+ COOPERATION PARTNERSHIPS IN SPORT

“FIT-BALKANS”

Project n° 101049997_Fit-Balkans

QUESTIONNAIRE WP3

FIRST



Fit-Balkans

Fit-Balkans is a project funded by the European Commission for the promotion of physical activity among young women in Balkans. Fit-Balkans aims to improve the subjective well-being of young women aged 18 to 30 in the Balkans by promoting physical activity. The project will be conducted in five case cities: Athens, Greece; Plovdiv, Bulgaria; Bucharest, Romania; Nis, Serbia, and Shtip, North Macedonia. The project has three objectives. The first objective is to provide first-hand research results that can be used as a basis for interventions in partner countries towards using physical activity to improve the subjective well-being of the target group. The second objective is to inform the target group about the benefits of having an active lifestyle. The third objective is to provide accessible sources related to intervention methods for policymakers.

This questionnaire is the first of the two surveys, and its objective is to explore the physical activity status of the participant and the factors affecting it. This question has five main parts: neighborhood perception and mobility behavior, physical activity, nutrition, well-being, and socioeconomic part.

This questionnaire will take 20 minutes of your time.

Fit-Balkans Questionnaire

ID number _____

City _____

Neighborhood and Mobility Attributes

1. Walking and cycling network

By your neighborhood we mean ALL the area within approximately a one-kilometer radius from your home or the area within which you can walk in 10-15 minutes.

Please circle one answer per statement

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
a) There are many shortcuts for walking in my neighborhood	1	2	3	4
b) Cycling is quicker than driving in my neighborhood during the day	1	2	3	4
c) There are many road junctions in my neighborhood	1	2	3	4
d) There are many different routes for walking from place to place in my neighborhood so I don't have to go the same way every time	1	2	3	4
e) There are many different routes for cycling from	1	2	3	4

place to place in my neighborhood so I don't have to go the same way every time				
f) There are shops for everyday shopping (supermarket, groceries and so on) in my area	1	2	3	4
g) There are entertainment establishments (e.g. restaurants, bars, cinema) in my area	1	2	3	4
h) There are retail shops (e.g. clothes, shoes, homeware) in my area	1	2	3	4
i) There is a diverse land-use mix in my area	1	2	3	4

2. How pleasant is your neighborhood for walking or cycling?

By your neighborhood we mean ALL the area within approximately a one-kilometer radius from your home or the area within which you can walk in 10-15 minutes.

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
a) My local neighborhood is a pleasant environment for walking	1	2	3	4
b) My local neighborhood is a pleasant environment for cycling				
	None	A few	Some	Plenty
c) There is litter in the streets of my neighborhood	1	2	3	4
d) There is green or trees along the streets in my neighborhood	1	2	3	4
e) In my neighborhood there are badly maintained, unoccupied or ugly buildings	1	2	3	4

3. Walking and cycling infrastructure in your neighborhood

By your neighborhood we mean ALL the area within approximately a one kilometer radius from your home the area within which you can walk in 10-15 minutes.

Please circle one answer per statement

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree

a) There are walkable sidewalks in my neighborhood	1	2	3	4
b) There are pedestrian zones or pedestrian trails in my neighbourhood	1	2	3	4
c) There are special lanes, routes or paths for cycling in my neighbourhood	1	2	3	4
d) There are cycle routes in my neighborhood that are separated from traffic	1	2	3	4
e) There are safe areas to park bikes in my area	1	2	3	4

4. Neighborhood safety

By your neighborhood we mean ALL the area within approximately a one-kilometer radius from your home or the area within which you can walk in 10-15 minutes.

Please circle one answer per statement

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
a) It is dangerous to leave a bicycle locked in my neighbourhood	1	2	3	4
b) There are not enough safe places to cross busy streets in my neighborhood	1	2	3	4
c) Walking is dangerous because of the <u>traffic</u> in my neighborhood	1	2	3	4
d) Cycling is dangerous because of the <u>traffic</u> in my neighborhood	1	2	3	4
e) It is dangerous in my neighborhood <u>during the day</u> because of the level of crime	1	2	3	4
f) It is dangerous in my neighborhood <u>during the night</u> because of the level of crime	1	2	3	4

5. What is your most dominant mode of transportation for non-commuting trips (including shopping, entertainment, and purposeless trips)?

- ☐ On foot
- ☐ By bicycle
- ☐ By scooter
- ☐ By motorbike
- ☐ By bus/metrobus/microbus/trolleybus/BRT
- ☐ By metro/light rail train/tram
- ☐ By personal/household car
- ☐ By taxi (including taxi app, uber, etc.)
- ☐ By care-share/car-pool/organizational bus

6. What is your most dominant mode of transportation for commuting trips?

- ☐ On foot
☐ By bicycle
☐ By scooter
☐ By motorbike
☐ By bus/metrobus/microbus/trolleybus/BRT
☐ By metro/light rail train/tram
☐ By personal/household car
☐ By taxi (including taxi app, uber, etc.)
☐ By care-share/car-pool/organizational bus

7. How often do you use public transportation?

- ☐ Never ☐ rarely ☐ a few times per month ☐ a few times per week ☐ Everyday

8. How do you find the shopping/ Social/ Recreational facilities of your neighborhood?

- ☐ Not attractive at all ☐ Little attractive ☐ Medium ☐ Very attractive ☐ Extremely attractive
☐ not available

9. Please write the NAME of a landmark or square or two streets (intersection point of two streets) near your home.

10. Please write the NAME of a landmark or square or two streets (intersection point of two streets) near your workplace/education center (university, school, faculty).

International Physical Activity Questionnaire

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions ask about the time you have spent being physically active during the past 7 days. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the vigorous activities that you did during the past 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did with a minimum duration of 10 minutes.

11. During the past 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?

_____ days per week

- ☐ No vigorous physical activities



Skip to question 12

12. How much time did you usually spend doing vigorous physical activities on average per day?

_____ minutes per day

☐ Don't know/Not sure

Think about all the moderate activities that you did during the past 7 days. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did with a minimum duration of 10 minutes.

13. During the past 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

_____ days per week

☐ No moderate physical activities



Skip to question 14

14. How much time did you usually spend doing moderate physical activities on average per day?

_____ minutes per day

☐ Don't know/Not sure

Think about the time you spent walking during the past 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

15. During the past 7 days, on how many days did you walk for at least 10 minutes at a time?

_____ days per week

☐ No walking



Skip to question 16

16. How much time did you usually spend walking on average per day?

☐ _____ minutes per day

☐ Don't know/Not sure

The last question is about the time you spent sitting on weekdays during the past 7 days. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

17. During the past 7 days, how much time did you spend sitting on average per day?

_____ minutes per day

☐ Don't know/Not sure

18. During the last 7 days, how much time did you spend on screening (using a smartphone, TV, e-book- tablet, etc.)?

_____ minutes per day during weekdays

_____ minutes per day during the weekend

Nutrition Questions

19. How would you consider your eating habits in general?

☐ Not healthy at all ☐ Not really healthy ☐ Somewhat Healthy ☐ Very healthy ☐ Extremely healthy

20. How many meals per day do you eat on a typical day?

☐ One meal ☐ Two meals ☐ Three meals ☐ One to two meals ☐ Two to three meals ☐ Three or more meals

21. How many glasses of water do you drink on a typical day?

☐ less than 2 glasses ☐ 2-4 glasses ☐ 5-7 glasses ☐ 8 or more glasses

22. How many times per week do you eat junk food?

_____per week

23. What time approximately do you have your main meals on a typical day?

- a) Breakfast__
- b) Lunch__
- c) Dinner__

**The Warwick-Edinburgh Mental Well-being Scale
(WEMWBS)**

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the past 2 weeks

Statements	None of the time	Rarely	Some of the time	Often	All of the time
24. I've been feeling optimistic about the future	1	2	3	4	5
25. I've been feeling useful	1	2	3	4	5
26. I've been feeling relaxed	1	2	3	4	5
27. I've been feeling interested in other people	1	2	3	4	5
28. I've had energy to spare	1	2	3	4	5
29. I've been dealing with problems well	1	2	3	4	5
30. I've been thinking clearly	1	2	3	4	5
31. I've been feeling good about myself	1	2	3	4	5
32. I've been feeling close to other people	1	2	3	4	5
33. I've been feeling confident	1	2	3	4	5
34. I've been able to make up my own mind about things	1	2	3	4	5
35. I've been feeling loved	1	2	3	4	5
36. I've been interested in new things	1	2	3	4	5
37. I've been feeling cheerful	1	2	3	4	5

Socioeconomic

38. Age ____ years

39. Height ____ cm

40. Weight ____ kg

41. Which of these descriptions best describes your situation (during the past 7 days)? Select all that apply.

☐ In paid work (or away temporarily) (employee, self-employed, working for your family business)

☐ Unemployed and actively looking for a job

☐ Permanently sick or disabled

☐ Doing housework, looking after children or other persons

☐ Student

42. What is your marital status?

☐ Single/divorced/widow

☐ Married/living with my partner

☐ In a relationship but living separately

43. How would you describe your health/health status?

☐ Very bad

☐ Bad

☐ Fair

☐ Good

☐ Very good

44. Are you hampered in your daily activities in any way by any longstanding illness, or disability, infirmity or mental health problem?

☐ No

☐ Yes, to some extent

☐ Yes, a lot

45. How many people – including children – live here regularly as members of this household?

_____ members in the household

46. How many children do you have?

_____ children

47. Do you own any of the following transport modes? You can choose more than one option.

- a) ☐ Car
- b) ☐ Bicycle
- c) ☐ e-Scooter
- d) ☐ Motorcycle

48. Do you have access to any of the following transport modes? You can choose more than one option.

- a) ☐ Car
- b) ☐ Bicycle
- c) ☐ e-Scooter
- d) ☐ Motorcycle

49. Which of these describes your GROSS HOUSEHOLD MONTHLY income in Euro?

- ☐ 0
- ☐ 0-499
- ☐ 500-999
- ☐ 1000-1499
- ☐ 1499-1999
- ☐ 2000-2499
- ☐ 2500-2999
- ☐ 3000-3499
- ☐ 3500 and more

50. How would you describe your financial status?

- ☐ Low
- ☐ Low-mid
- ☐ Mid
- ☐ Mid-high
- ☐ High

51. Are you willing to participate in an intervention?

- ☐ Yes
- ☐ No

This is the end of the questionnaire. Thank you for participating.

52. If yes, can you provide your contacts to be reached if you are selected to take part in that phase of the study?

- ☐ Cell phone number _____
- ☐ I do not have a cell phone

Intervention Type

There are four interventions that will take place within the framework of Fit-Balkans

53. Mobility ☐

- a) I would like to increase 20% of walking time ☐
- b) I would like to increase 20% of biking time ☐
- c) I would like to increase 20% of walking and biking time (combined) ☐

54. Sitting time ☐

In addition to one mobility intervention way, I will reduce my sitting time by 20%

55. Screen time ☐

In addition to one mobility intervention way, I will reduce my screen time by 20%

56. Nutrition ☐

In addition to one mobility intervention way, I will change my nutrition habits:

- a) I will try to adjust my eating times ☐
- b) I will increase the amount of water I drink daily ☐
- c) I will reduce the portion size ☐

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