

# P.D.H. Health Behaviours Survey

## Nutrition & Alcohol

Dear Employee,

As part of the process of developing a workplace health and wellbeing program we would like to learn more about your current health behaviours so that we can develop strategies and make changes to the workplace environment to better support your health and wellbeing. This survey includes questions on your current health behaviours and will take approximately 5 minutes to complete. All information collected will be confidential.

### A. Nutrition

**1. How many serves of vegetables (including fresh, frozen and tinned vegetables) do you usually eat each day? (One serve of vegetables = one cup of salad vegetables OR 0.5 cup of cooked vegetables)**

- |   |   |
|---|---|
| <input type="checkbox"/> Less than one                        | <input type="checkbox"/> Four = 4 cups raw / 2 cups cooked          |
| <input type="checkbox"/> One = 1 cup raw / 0.5 cup cooked     | <input type="checkbox"/> Five = 5 cups raw / 2.5 cups cooked        |
| <input type="checkbox"/> Two = 2 cups raw / 1 cup cooked      | <input type="checkbox"/> Six or more = 6+ cups raw / 3+ cups cooked |
| <input type="checkbox"/> Three = 3 cups raw / 1.5 cups cooked | <input type="checkbox"/> I don't eat vegetables                     |

**2. How many serves of fruit (including fresh, frozen and tinned fruit) do you usually eat each day? (One serve of fruit = 1 medium sized piece of fruit (e.g. apple / orange / banana) OR 2 small sized pieces of fruit (e.g. apricots / kiwi fruit) OR 0.5 cup of tinned fruit)**

- |  |  |
|--|--|
| <input type="checkbox"/> Less than one                   | <input type="checkbox"/> Three or more = more than 3 medium / 6 small pieces |
| <input type="checkbox"/> One = 1 medium / 2 small pieces | <input type="checkbox"/> I don't eat fruit                                   |
| <input type="checkbox"/> Two = 2 medium / 4 small pieces |  |

**3. In the last 7 days, on how many days did you eat foods that were high in fat, salt or sugar? (This includes deep-fried foods, hot chips, pies, pastries, chocolates, lollies and crisps)**

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> None       | <input type="checkbox"/> Four days  |
| <input type="checkbox"/> One day    | <input type="checkbox"/> Five days  |
| <input type="checkbox"/> Two days   | <input type="checkbox"/> Six days   |
| <input type="checkbox"/> Three days | <input type="checkbox"/> Seven days |

**4. In the last 7 days, during work hours, how many days did you eat foods that were high in fat, salt or sugar? (This includes deep-fried foods, hot chips, pies, pastries, chocolates, lollies and crisps)**

- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> None (Skip question 5) | <input type="checkbox"/> Four days  |
| <input type="checkbox"/> One day                | <input type="checkbox"/> Five days  |
| <input type="checkbox"/> Two days               | <input type="checkbox"/> Six days   |
| <input type="checkbox"/> Three days             | <input type="checkbox"/> Seven days |



**10. How would you describe your understanding / knowledge of healthy food and eating?**

- |          |          |          |           |           |
|----------|----------|----------|-----------|-----------|
| <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b>  | <b>5</b>  |
| Poor     | Fair     | Good     | Very Good | Excellent |

**11. Would you like to learn more about healthy food and eating?**

- Yes
  - No
- If no, why?**  I already know enough  
 I'm not interested  
 Other .....

**12. If PDH had a wider range of affordable, healthy food choices would you purchase food here more often?**

- No
- Possibly
- Probably
- Definitely

**13. Do you have access to and use of the following facilities while at work at PDH?**

**a) Refrigerator and Freezer**

- No and I wouldn't use if I did have access
- No, but I would use if I did have access
- Yes and I use
- Yes but I don't use

(If yes, **location:** .....

**b) Space to store and prepare food (e.g. microwave, sandwich maker, cutlery)**

- No and I wouldn't use if I did have access
- No, but I would use if I did have access
- Yes and I use
- Yes but I don't use

(If yes, **location:** .....

**e) Drinking Water & Tea & coffee making facilities**

- No and I wouldn't use if I did have access
- No, but I would use if I did have access
- Yes and I use
- Yes but I don't use

(If yes, **location:** .....

**14. Please share your comments and ideas on improvements PDH could make regarding**

- a) healthy food** .....
- b) healthy eating** .....
- c) healthy drink options** .....

## B. Alcohol

**15. On average, how often have you consumed alcohol in the past year?**

- Daily       Several times per week       Weekly       Several times per month  
 Monthly       Several times per year       Once or twice       Not at all

**16. On average, how many times in the past year have you consumed four or more standard drinks\* on one occasion?**

- Daily       Several times per week       Weekly       Several times per month  
 Monthly       Several times per year       Once or twice       Not at all

*\*One standard drink equals:*

- 285 ml (one pot/middy/half-pint) of regular beer (4.8 per cent alcohol content)
- 375 ml (one stubby) of mid-strength beer (3.5 per cent alcohol content)
- 100 ml (or one small glass) of table wine (approx. 13.5 per cent alcohol content)
- 30 ml of spirits (approx. 40 per cent alcohol content) plus mixer.

*NB: Cocktails can contain as much alcohol as five or six standard drinks, depending on the recipe.*

**17. To the best of your knowledge, please answer the following True/False questions:**

Alcohol can make you feel hungry and can make you more prone to eating salty and fatty foods

- True       False       Unsure

Two pots of mid or full strength beer contain approximately the same amount of kilojoules/calories as one scoop of chocolate ice cream

- True       False       Unsure

Your body uses alcohol for energy before it uses food or body fat for energy

- True       False       Unsure

## C. Participant Information

### 18. Please tick the response that applies to you

(Please refer to the *Nutrition Australia* Weight for Height Chart on the next page for assistance)

- I know that I am in the healthy weight range
- I know that I am in the overweight range
- I know that I am in the obese weight range
- I am unsure whether I am in the healthy or unhealthy weight range

### 19. My waist measurement is (please tick):

(Please use tape measure supplied for assistance)

- | <i>Men</i>                                | <i>Women</i>                             |                       |
|---|--|-----------------------|
| <input type="checkbox"/> Less than 90 cm  | <input type="checkbox"/> Less than 80 cm | <i>Low Risk</i>       |
| <input type="checkbox"/> 90 – 100 cm      | <input type="checkbox"/> 80 – 90 cm      | <i>Increased Risk</i> |
| <input type="checkbox"/> More than 100 cm | <input type="checkbox"/> More than 90 cm | <i>High Risk</i>      |

### 20. I am concerned about my weight

- True       False

### 21. I would appreciate support from PDH regarding

- a) healthier food and drink choices     Yes     No
- b) becoming more active                 Yes     No
- c) reducing alcohol consumption        Yes     No

*Thank you for your valued input and participation.*

### Optional Information for potential follow up and evaluation

*(Please note: all survey information supplied will be de-identified and will remain confidential)*

Name: ..... Mobile Phone (for SMS): .....

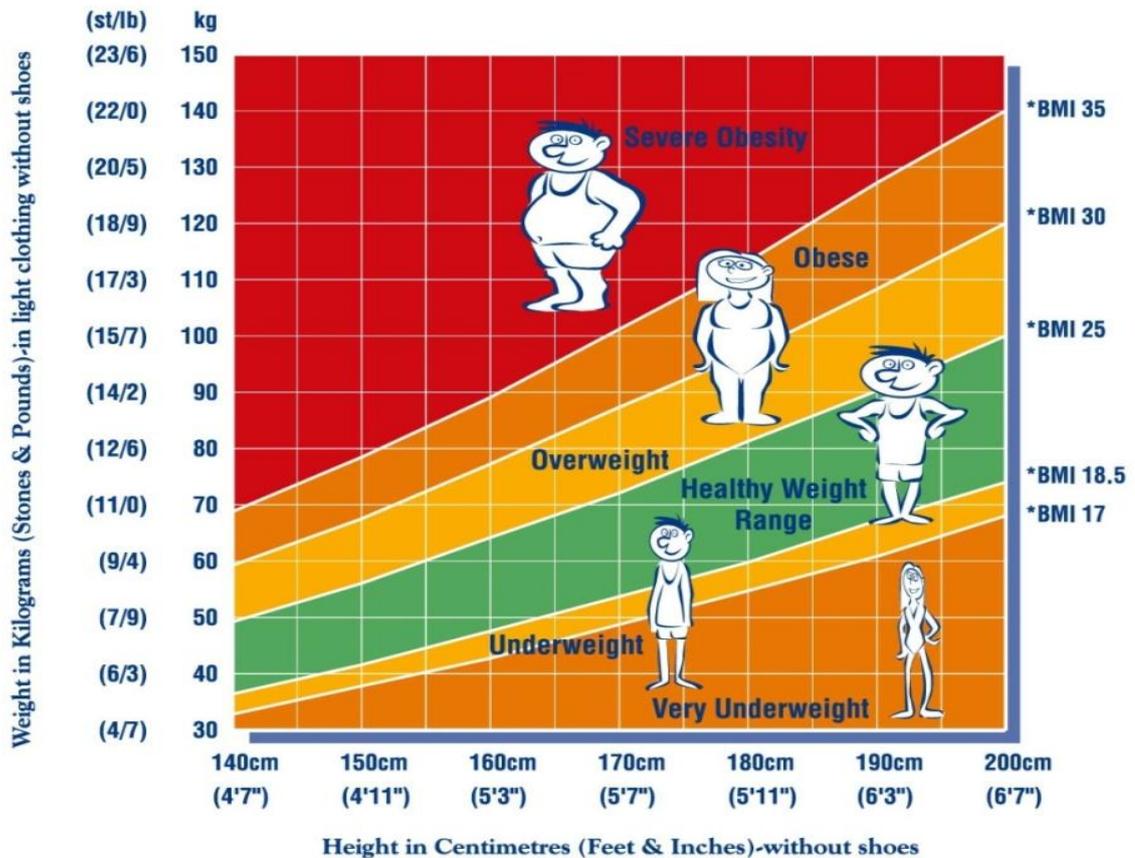
Email: .....

Would you like to be contacted for follow up?     Yes     No

If yes, what is your preferred method of contact?     Email     SMS     Either

# AIM FOR A HEALTHY WEIGHT

Weight for Height Chart for Men and Women Aged 18-64



\* Body Mass Index (BMI) =  $\frac{\text{Weight (kg)}}{\text{Height}^2 \text{ (metres)}}$



Based on WHO data and the NHMRC Clinical Practice Guidelines for the Management of Overweight and Obesity 2003.  
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Source:

[http://www.nutritionaustralia.org/sites/default/files/imagecache/product\\_full/Aim%20for%20a%20Healthy%20Weight%20Poster\\_1.JPG](http://www.nutritionaustralia.org/sites/default/files/imagecache/product_full/Aim%20for%20a%20Healthy%20Weight%20Poster_1.JPG)