

Dear Respondent,

Turkish Cypriot Community Association (TCCA) is delivering a Workforce Health Project. We are conducting a questionnaire which will examine the overall health and wellbeing of employees, within Turkish Speaking micro-business. The results of this study will further assist us in improving the health and wellbeing of employees who work within these micro-businesses.

Enclosed is a questionnaire which asks you to respond to a series of questions and comment on several statements. The questionnaire and all of your personal details are entirely confidential. The items in the questionnaire focus on your general health (both physical and mental) and your awareness of available provisions. This will be to ensure that employees are aware of lifestyle choices which can help with your physical and mental wellbeing. Throughout the project, your identity will be withheld and completely protected. We also want to stress that your participation in this Project is voluntary.

Purpose of the Questionnaire:

The main purpose of the questionnaire is to gather statistical data based on responses in order to obtain quantitative data which will be easy for analysis purposes. Furthermore, the health and wellbeing of employees within micro-businesses are overlooked in our society, specifically the Turkish Speaking Community. The questionnaire will enhance our understanding regarding the mental and physical health of employees so that we can provide the necessary services to help employees improve their health and wellbeing.

Potential Benefits:

By participating in this questionnaire and Project as a whole, you will have the opportunity to provide information regarding how you feel as an employee within a micro-business. This will include both your physical and your mental health. Through participating; you will be provided with advice on how to improve your health and wellbeing overall, and assisted with how you can access relevant services within the Hackney area. Additionally, it'll give you the knowledge to make better lifestyle choices. This Project is entirely for your benefit.

Voluntariness & Withdrawal from the Project:

Your participation in this study is strictly voluntary and will not affect your current legal situation or result in any adverse reactions from the Hackney Council. No information gained will be shared with any other agency as we aim to only use this information for statistical purposes. The Council nor any personnel will know directly who has or has not participated in the Project. If you choose to participate in this Project, you will be invited to surgeries and seminars which will be held by professionals in the relevant fields who will advise you on how to improve your health and wellbeing. You may end your participation within the Project at any time.

Respondent's Signature:

Date:



**For Further
information please call
0208 826 1080**



**hackneyhealthproject@tcca.org
www.tcca.org**

QUESTIONNAIRE 1



CODE:

SECTION 1: DEMOGRAPHICS & PERSONAL INFORMATION

1. What is your work postcode?

Please State Below.

2. What is your home postcode?

Please State Below.

3. How do you commute to work?

- Walk
- Cycle
- Bus
- Train
- Drive

4. Was you born in the UK?

- Yes
- No

If no, did you migrate to the UK in the last:

- 0 to 5 years
- 5 to 10 years
- 10 years +

5. Which category best describes you?

- Turkish
- Turkish Cypriot
- Kurdish
- Other Turkish Speaking Communities
- Other

Please specify if you selected other.

6. What is your gender?

- Male
- Female

7. What age group do you belong to?

- 18 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- Over 65

QUESTIONNAIRE 1



CODE:

SECTION 1: DEMOGRAPHICS & PERSONAL INFORMATION

8. What is your height?

If you do not know exactly, please state a rough estimate.

9. What is your weight?

If you do not know exactly, please state a rough estimate.

SECTION 2: HEALTH BASED FACTUAL FIGURES

10. How many litres of water do you consume per day?

- 0.5 litres
- 1 litre
- 1.5 litres
- 2 litres
- 2+ litres

11. How many units of alcohol do you consume per week?

- 1 or 2 units
- 3 or 4 units
- 5 or 6 units
- 7 to 9 units
- 0 or more units

12. Are you aware of the negative impacts that a high level of alcohol consumption can have on your health and wellbeing?

- Yes
- No

13. Do you smoke?

- Yes
- No

14. If yes, on average how many cigarettes do you smoke in a day?

- 0 to 1
- 1 to 5
- 5 to 10
- 10 to 15
- 15 to 20
- 20+

15. Are you aware of the negative impacts that smoking can have on your health and wellbeing?

- Yes
- No

QUESTIONNAIRE 1



CODE:

SECTION 2: HEALTH BASED FACTUAL FIGURES

16. On average, what is your calorie intake?

- Below average (1,500 calories)
- Average (2,000-2500 calories)
- Above average (2500+ calories)

17. How much strengthening activity do you do? For example, weights, sit-ups, yoga, carrying heaving shopping bags, digging the garden.

- 0 to 15 minutes
- 15 to 20 minutes
- 25 to 30 minutes
- 30 minutes +

SECTION 3: EMOTION BASED QUESTIONS

18. Overall what would you rate your physical health on a scale of 1 to 5?

- Excellent
- Satisfactory
- Good
- Very Good
- Excellent

19. Overall what would you rate your mental health?

- Excellent
- Satisfactory
- Good
- Very Good
- Excellent

20. Are you currently happy within your workplace?

- Yes
- No

21. Do you believe that you are aware of the healthcare services that are available within your area?

- Yes
- No

22. How knowledgeable are you about the health and wellbeing related issues?

- Sufficient
- Satisfactory
- Good
- Very Good
- Excellent

CODE:

SECTION 3: EMOTION BASED QUESTIONS

23. How often a week do you have the following meals?

a. Main meals during the day

Breakfast:

Lunch:

Dinner:

Snack:

b. How many times a week do you...

Eat at a restaurant

Get take away

SECTION 4: OTHER HEALTH RELATED QUESTIONS

24. Have you used the Healthy Weight Calculator available to you on the NHS website before to find out if you are a healthy weight?

Yes

No

25. Have you taken the 'How Are You Quiz' on the NHS website before?

Yes

No

26. Have you taken the Online Heart Age Test on the NHS website before to find out the risk of getting heart disease or stroke?

Yes

No

27. How often do you get a health screening?

Every 6 months

Every year

Every 2-4 years

Every 4+ years

28. When did you last have a mental health examination done?

3 to 5 years ago

3 to 3 years ago

Last year

Within the last 6 months

CODE:

SECTION 4: OTHER HEALTH RELATED QUESTIONS

29. How knowledgeable are you about mental health related issues?

- Sufficient
- Satisfactory
- Good
- Very Good
- Excellent

30. Do you intend on improving your health for the future?

- Yes
- No

31. Final Comments

Do you have any additional comments in respect of the Questionnaire?

- Yes
- No