



Outdoor Health Questionnaire

Welcome to Walking for Health! Before you start please complete this form so your walk leader has a clear idea of your level of fitness and any specific health problems you have. **Please print clearly in block capitals.**

Your health walks are provided by your local scheme with support from the Walking for Health national centre, run by the Ramblers in partnership with Macmillan Cancer Support to help everyone enjoy healthy physical activity. Visit us at www.walkingforhealth.org.uk.

NOTE to health walk staff and volunteers: This form will contain sensitive or personal data once completed and **must** be handled and stored securely.

1. Name of scheme

2. Name of walk

3. Your name

4. Title (Mr, Ms, etc)

5. Address

6. County

7. Postcode

8. Tel No.

9. Email

10. For most people, physical activity does not pose a hazard. The questions below have been designed to identify the small number of people who should seek medical advice before starting.

- a. **Has a doctor** ever said you have a heart condition?
 Yes No
- b. **Do you feel pain in your chest** when you do physical activity?
 Yes No
- c. **Do you ever lose balance** because of dizziness or ever lose consciousness?
 Yes No
- d. **In the past month have you had pain** in your chest when you were **NOT** doing physical activity?
 Yes No
- e. **Do you have a bone or joint** problem that could be made worse by a change in your physical activity?
 Yes No

I understand that if I have answered yes to any of the previous Health Screening questions, I must seek medical advice before attending a walk. I agree to tell the walk leaders if there is a change in my medical condition. I understand that I walk at my own risk.

Signed

Date

Please help us make the case for funding and improve our walking schemes by answering the following questions:

11. Have you ever been diagnosed by your doctor or health professional with any of the following?

- Heart disease High blood pressure
- COPD (Emphysema and chronic bronchitis)
- Diabetes Asthma

Please advise the walk leader if you have any other conditions you feel they might need to know of.

12. Do you have a long-standing (for more than 12 months and likely to continue) illness or disability which affects (or limits) your day to day activities?

- No Prefer not to say Yes

If **Yes**, please tick all that apply:

- Physical disability Sensory disability
- Learning disability Learning difficulties
- Mental health issues
- Other long term or life limiting illness
- Other Prefer not to say

13. Have you ever been diagnosed with cancer?

- No Yes Prefer not to say

About You

14. Are you a trained walk leader?

Yes No

15. Have you been recommended by your doctor or a health professional to come on this scheme?

Yes No

16. In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your heart rate? *This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job.* Please tick one box:

0 1 2 3 4 5 6 7

17. Age:

16-24 25-34 35-44
 45-54 55-64 65-74
 75-84 85+

18. Gender: Male Female

19. Ethnicity:

White British White Irish
 White Other Chinese
 Traveller/Roma/Irish Traveller
 Mixed/White and Black Caribbean
 Mixed White and Black African
 Mixed/ White and Asian
 Mixed/ Other
 Asian or Asian British/Indian
 Asian or Asian British/ Pakistani
 Asian or Asian British/ Bangladeshi
 Asian or Asian British/ Other
 Black or Black British/ African
 Black or Black British / Caribbean
 Black or Black British /Other
 Other
 Not disclosed

20. Please tell us how you found out about this scheme (please tick any that apply):

GP/ Health professional referral
 Library Walking Group
 Poster/advertisement
 Leisure centre
 Residents' Association
 Health trainer referral
 Macmillan Cancer Support Ramblers
 Told about it by someone (not covered above)
 Other – please state

Using and Sharing Your Information

The information you give us here will be stored on a secure database managed by BTCV on behalf of the Ramblers, who host the Walking for Health national centre. This form will then be shredded or if needed stored securely by your walk scheme. The Ramblers will hold your information in accordance with the Data Protection Act 1998. Access to the database is strictly controlled and monitored. Your information can only be viewed by those who need to do so at the Ramblers, Macmillan Cancer Support, your local health walks scheme, and others who work with us on the project. It will only be used to help evaluate and manage Walking for Health and, if you agree, to contact you in connection with health walks. Our organisations will not pass on your information to anyone else without your permission. Your information helps us to show the success of the project and to help ensure your walks continue.

Your local scheme and Ramblers would like to contact you to tell you more about health walks, walking events and other walking news.

How would you like to be contacted? *Tick all that apply.*
 Post Phone email Please don't contact me

Macmillan Cancer Support would like to tell you more about their work and ways they can support you.

How would you like to be contacted? *Tick all that apply.*
 Post Phone email Please don't contact me

Signed

Date

Thank you for completing this questionnaire

The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC039799) and a company limited by guarantee (England & Wales no 4458492). Registered office 2nd Floor, 87-90 Albert Embankment, London SE1 7TW.

Macmillan Cancer Support is a registered charity (England and Wales no 261017, Scotland no SC039907, Isle of Man no 604) and a company limited by guarantee (England and Wales no 2400969, Isle of Man no 4694F).

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