Keeping a healthy weight
Answers Booklet

This is an EasyRead version of the Health Weight Questionnaire from Kent County Council Public Health.
Keeping a healthy weight Answers Booklet

If you don’t have an answer to any question please leave it blank.

For most questions please just tick the 1 box that is closest to how you feel.

These questions have this tick sign beside them.

For questions with this tick sign please tick all the answers you think fit.
1. How do you feel about your weight?

I want to:

☐ put a lot of weight on

☐ put a little weight on

☐ lose a little bit of weight

☐ lose a lot of weight

☐ stay how I am

A lot of weight means over 1 stone.

A little weight means less than 1 stone.
2. Why do you think you need to change weight?

- [ ] I am worried about my health in the future
- [ ] I am worried about my health now
- [ ] I want to change how I look
- [ ] My doctor has told me I should lose weight
- [ ] I want to feel better about myself
- [ ] I want to be healthier
- [ ] I want to be more active
- [ ] Something else
3. When do you want to make changes?

☐ I have been trying

☐ I’ve just started trying

☐ I want to start soon

☐ I'm still thinking about starting

☐ I don't think I can start yet

☐ I'm not going to do anything soon

☐ I’m not sure
4. Will you be able to get to the weight you want?

☐ I know how to do it, and I’m sure it will work

☐ I have some ideas, but I’d like some help

☐ I’ve tried this in the past and not done well

☐ I can change my weight when I try, but I don't stay like that

☐ I don’t really know how to start

☐ I have no idea how to change my weight
5. If you need to change weight what things stop you?

- I am not well enough to do exercises
- I have other health problems that make it difficult for me to change my weight
- I do not feel good about myself and do not feel able to make a change
- I’ve tried before but it didn’t work
- My job makes it difficult
☐ My family and friends take up all my time

☐ It costs too much

☐ There are no places close to me that I can get to

   (Leisure centres, slimming groups and so on)

☐ Other

☐ Don’t know
6. What help would you like to lose weight?

I would like:

☐ someone to talk to

☐ to join a group with others who think like me

☐ someone to talk to and a group

☐ help online

☐ telephone support
7. What do you need most help with to lose weight?

- [ ] Moving and being more active
- [ ] What to eat
- [ ] How to cook healthily
- [ ] Checks each week on how much I weigh
8. What would help you go to something?

- Free sessions
- My doctor or nurse told me I should go
- Weekend sessions
- Evening sessions
- Sessions during the week
- Sessions in the daytime
[Image of a women only group]
[Image of a men only group]
[Image of a mixed group]

- [ ] A women only group
- [ ] A men only group
- [ ] A mixed group

- [ ] Sessions with people I know
- [ ] Somewhere I could bring my children along

- [ ] Other
9. How would you get to sessions?

- [ ] I have problems walking
- [ ] I don’t have money for fares or petrol
- [ ] I can walk up to 10 minutes
- [ ] I can walk up to 30 minutes
- [ ] I can use the bus or train
- [ ] I have a car or can get a lift
10. Where would you like sessions to be?

☐ At my Doctors

☐ In a private room in the chemists

☐ In somewhere like my village hall or library

☐ At the leisure centre
☐ In my own home

☐ Over the telephone

☐ Online

☐ Using an app on my mobile

☐ Other
11. What are the most important things to help people lose weight?

Local leisure centres, pools and gyms

- Really agree
- Agree
- Don’t agree
- Really don’t agree
- Don’t know

Being able to cycle or walk near where I live

- Really agree
- Agree
- Don’t agree
- Really don’t agree
- Don’t know
Advice on how to eat healthily

Really agree  Agree  Don’t agree  Really don’t agree

Don’t know

Taking part in sport

Really agree  Agree  Don’t agree  Really don’t agree

Don’t know

Going to a class

Really agree  Agree  Don’t agree  Really don’t agree

Don’t know
A session with someone to talk to me

Really agree
Agree
Don’t agree
Really don’t agree

Don’t know

Fresh Fruit and veg that is cheap and easy to get

Really agree
Agree
Don’t agree
Really don’t agree

Don’t know
12. How important do you think these things are?

Healthy walks

Really agree
Agree
Don’t agree
Really don’t agree
Don’t know

Food champions helping you eat healthily

Really agree
Agree
Don’t agree
Really don’t agree
Don’t know
Health trainers

Really agree  Agree  Don’t agree  Really don’t agree

A weight loss service

Really agree  Agree  Don’t agree  Really don’t agree

Classes for pregnant women

Really agree  Agree  Don’t agree  Really don’t agree

Don’t know

Don’t know
Exercise classes your doctor says to go to

- [ ] Really agree
- [ ] Agree
- [ ] Don’t agree
- [ ] Really don’t agree
- [ ] Don’t know
13. What is the best way to find out what there is?

A Kent website with everything on it

- Really agree
- Agree
- Don't agree
- Really don’t agree
- Don’t know

A Kent website with details of classes, healthy eating and ways to be more active

- Really agree
- Agree
- Don't agree
- Really don’t agree
- Don’t know
A page on the County Council’s website

Really agree  Agree  Don’t agree  Really don’t agree

Don’t know

Leaflets, posters and other written information available

Really agree  Agree  Don’t agree  Really don’t agree

Don’t know
Being told by a doctor chemist or other professional

- [ ] Really agree
- [ ] Agree
- [ ] Don’t agree
- [ ] Really don’t agree
- [ ] Don’t know
A bit more about you

To make sure everyone is treated equally and fairly and no-one gets left out we want to ask you a few more questions.

We don’t tell anyone else what you say.
1. Are You a

- [ ] Man
- [ ] Woman
- [ ] I prefer not to say

2. Are You

- [ ] Under 18
- [ ] 18-25
- [ ] 26-35
- [ ] 36-45
- [ ] 46-55
- [ ] 56-60
- [ ] 61-65
- [ ] 66-75
- [ ] Over 76
- [ ] I prefer not to say
3. What is your post code?

4. What is your background?

- White British
- White Irish
- White Gypsy/Roma
- White Irish Traveller
- White Other
- Mixed White and Black Caribbean
- Mixed White and Black African
- Mixed White and Asian
- Mixed other
- Other ethnic group
Asian or Asian British Indian
Asian or Asian British Pakistani
Asian or Asian British Bangladeshi
Asian or Asian British other
Black or Black British Caribbean
Black or Black British African
Black or Black British other
Arab
Chinese
I prefer not to say
5. Do you have a disability that makes it harder for you to do everyday things?

- [ ] Yes
- [x] No
- [ ] I prefer not to say

6. Do you have a religious belief?

- [x] Yes
- [ ] No
- [ ] I prefer not to say
Thank you for answering these questions.

We will use your answers to buy a service that helps keep people in Kent healthier.

Please send this answers booklet back by Thursday 18 September 2014 to:
Val Miller Public Health Specialist
Public Health
Kent County Council
Room 3.45 Sessions House
County Road
Maidstone Kent
ME14 1XQ
Credits

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