Thank you for taking part in our walker health survey. We hope you enjoy your first Ramblers Walking for Health short group walk.

The information you provide in this survey will remain completely anonymous.

Your answers will help us to demonstrate who the programme is reaching and how short group walks are helping people across England live happier and healthier lives.

The survey should take around 5 minutes to complete - thank you for your time!

1. Ramblers Walking for Health Scheme name: ________________________________

2. How much walking have you done in the last year?
   - [ ] I am just starting
   - [ ] I walk regularly
   - [ ] I used to walk but have not walked for over 3 months
   - [ ] I am just starting to walk but do other physical activities

3. 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 breathing 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).
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3
   - [ ] 4
   - [ ] 5
   - [ ] 6
   - [ ] 7

4. Were you recommended by a health professional to attend the short group walk?
   - [ ] Yes
   - [ ] No

5. If yes to the previous question, please tick which health professional recommended you:
   - [ ] GP
   - [ ] Cardiac rehabilitation team
   - [ ] Macmillan professional
   - [ ] Occupational Therapist
   - [ ] Mental health team
   - [ ] Paramedic
   - [ ] Physiotherapist
   - [ ] Exercise referral team
   - [ ] Nurse
   - [ ] Health trainer
   - [ ] Other (please specify): ____________________________________________

6. If you are a person who has been affected by cancer in some way, please tick all that apply:
   - [ ] Have you ever been diagnosed with cancer?
   - [ ] Are you a carer of someone with cancer?
   - [ ] Are you a close relative or friend of someone with cancer?

7. Have you ever been diagnosed by your doctor or health professional with any of the following long term conditions?
   - [ ] COPD (Emphysema and chronic bronchitis)
   - [ ] Diabetes
   - [ ] Asthma
   - [ ] Heart disease
   - [ ] High blood pressure
   - [ ] Other (please specify): ____________________________________________
8. Do you have a long term illness, health problem or disability which limits your daily activities or the work you can do?
- [ ] Yes
- [ ] No
- [ ] Prefer not to say

9. If yes to the above, please tick all that apply:
- [ ] Physical disability
- [ ] Learning disability
- [ ] Mental health issue
- [ ] Sensory disability
- [ ] Learning difficulties
- [ ] Other (please specify):

10. Please tell us how you found out about the walk you attended:
- [ ] Library
- [ ] Leisure centre
- [ ] National media
- [ ] Local media
- [ ] Local authority/council
- [ ] Search on internet
- [ ] Walking for Health website
- [ ] Workplace
- [ ] Social media
- [ ] Local website
- [ ] GP surgery
- [ ] Housing association
- [ ] Hospital
- [ ] Macmillan Cancer Support
- [ ] Other pharmacy
- [ ] Festival/event
- [ ] Other charity
- [ ] Ramblers
- [ ] Other community location
- [ ] Word of mouth / told about
- [ ] Leaflet through door
- [ ] Other (please specify):

11. Gender:
- [ ] Male
- [ ] Female

12. Age:
- [ ] 18 - 24
- [ ] 25 - 34
- [ ] 35 - 44
- [ ] 45 - 54
- [ ] 55 - 64
- [ ] 65 - 74
- [ ] 75 - 84
- [ ] 85 +

13. What is your ethnic group?
- [ ] English/Welsh/Scottish/Northern Irish/British
- [ ] Irish
- [ ] Gypsy or Irish Traveller
- [ ] Any other White background
- [ ] White and Black Caribbean
- [ ] White and Black African
- [ ] Any other Mixed/Multiple ethnic background
- [ ] White and Asian
- [ ] Pakistani
- [ ] Any other Asian background
- [ ] Chinese
- [ ] Any other Black/African/Caribbean background
- [ ] Caribbean
- [ ] African
- [ ] Arab
- [ ] Any other ethnic group