



## **BlueHealth Community-Level Survey (BCLS)**

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## BlueHealth Community-Level Survey (BCLS)

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## 1 Background for users

This document contains the content of the BlueHealth Community-Level Survey (BCLS). It first provides some guidance on its use and implementation. It then presents its linkage with the BlueHealth International Survey (BIS). Thirdly, it discusses the provenance of the items in the survey and why they are included. Fourthly, it provides some warnings regarding the collection of certain demographic data. Lastly, it presents various versions of the BCLS in a range of languages.

It also provides an example of how the BCLS can be implemented by presenting a face-to-face interview script which will be administered to respondents at their households in the first wave of data collection for the urban beach regeneration community-level intervention (CLI) which will take place in Plymouth, Devon, UK.

The most important thing to remember is that this document is intended to provide the *content* of the BCLS, and not define a strict protocol for implementing it. While we provide some recommendations, including "gold standards," and an example of how it has been implemented in the case study of urban beach regeneration in Plymouth, there is no set strategy for its implementation.

### 1.1 Study designs

The BCLS is designed for use in CLIs within the BlueHealth project. While it can be used cross-sectionally (i.e. in a 'one-shot' posttest-only design), it is thought that it will be most applied in one-group pretest-posttest designs (which could be longitudinal or repeat cross-sectional). Delayed posttests (i.e. third time points) could also make use of the BCLS, should the resources in the intervention allow for this.

It will also accommodate experimental designs with control groups (e.g. control 'sites' which receive no environmental modifications), though we currently understand that few of the proposed CLIs intend to incorporate a control group.

### 1.2 Mode of administration

The versions of the BCLS herein do not necessitate a particular mode of administration. Whilst it is BlueHealth's aim to standardise multiple aspects of community-level interventions, we realise that practicalities, labour, and numerous other factors may preclude partners from administering the BCLS in exactly the same manner.

Partners should recognise that the BCLS included herein was designed with an in-home interview administration in mind. Certain questions may not make sense to participants if, for example, interviews are administered within the site. As an example, Q4 asks for the date of their most recent visit to the CLI site; this may have to be adapted to specify "before this current visit" if an interview is being administered in the CLI site itself. In such cases, we ask partners to revise the translations accordingly, making sure that the meaning of the revised item is as close to the original item as is possible.

Notwithstanding, the above limitations, the survey should be flexible to multiple modes of administration such as online, mail survey, telephone interviews, in-home interviews, doorstep interviews, and in-site interviews, with only minor modifications to the wording of the questions.

We provide an example of a face-to-face doorstep interview protocol (which we are using in the CLI of urban beach regeneration in Plymouth) in [Section 3](#) of this document.

### 1.3 Sample size

We advocate a minimum of 250 administrations of this survey per wave of data collection, to facilitate meaningful pooled analysis at the end of the project (Task 2.5). This figure is based on a previous pooled analysis of green exercise interventions whose primary outcome variable was psychological health.

Partners should recognise that definitive power analyses for studies this diverse is difficult especially when existing studies often use control groups, and the outcomes of interest differ. If a partner considers other items (or indeed other outcomes outside the scope of the BCLS) to be primary outcome variables of interest, then other power analyses may need to be conducted in order to calculate appropriate sample sizes.

### 1.4 Presentation and question order

Partners are not required to present the survey in the same format as how they are presented herein. If particular items are meant to be displayed in specific ways (for reasons of scientific rigour), then these are noted in the various versions of the survey. **All questions should, however, be kept in the same order as they are presented here.**

### 1.5 Additional questions

The BCLS is not meant to restrict what outcomes partners may wish to measure in their community-level interventions. The questions within are ‘core’ questions which we think should be useful and applicable to all community-level interventions, and provide us with outcomes data that can be synthesised later in the project. However, should partners wish to integrate further questions into their ‘version’ of the survey, then they are free to do this.

### 1.6 Duration

The BCLS consists of 30 items and is designed to last approximately 15 minutes, although if respondents have not visited the site of the community-level intervention in the past four weeks, this duration could be shorter (as some questions are skipped). This duration should be feasible for all potential modes of survey administration (e.g. face-to-face, online, postal, in-site etc.).

### 1.7 Additional materials and information required

Partners are required to create their own information sheets, consent forms, debriefs and other study materials that pertain to the administration of this survey. The versions of the BCLS included herein detail spaces where it may be useful to add your own text regarding the case study site itself. Furthermore, while this survey has received ethical approval for use in Plymouth, UK, it is imperative that partners have approval from their own local ethics committee for all study materials before administering this survey.

## 1.8 Linkage with the BIS

In the BIS, 1,000 respondents from multiple European countries are being recruited to complete a much more expanded form of the BCLS. These 1,000 respondents will be representative of the population of that country in terms of at least sex, age group, and region of residence<sup>1</sup>. Some of the questions in the BIS are identical to the questions in the BCLS. This should facilitate the ability to deduce how similar the samples in our community-level interventions are to the national samples. Differences or similarities from the national samples can then be seen as strengths (e.g. '18-25 year olds males in Guimarães had similar levels of dog ownership to 18-25 year old males in the Ave intermunicipal community more generally' or 'as expected, females in the Coxsidge area of Plymouth had lower levels of income than females in the south-west region of England more generally') or weaknesses (e.g. 'our sample of participants in Malmö were significantly older than the population of Skåne more generally') depending on the population that the community-level intervention intended to recruit.

## 1.9 Provenance of survey items

The items in the BCLS are not original items, but are either derived from items in existing surveys or are directly taken from other international surveys. This will be able to facilitate comparisons between the data collected in CLIs with international standards and norms routinely collected in other surveys. This section provides a complete overview of the provenance of each of the items in the BCLS and why each item is included.

Q1 is derived from the Monitor of Engagement with the Natural Environment (MENE) survey; a repeat cross-sectional survey administered to a representative sample of the English population. It questions contact with natural environments in the last 12 months; from which one can infer an individual's general level of natural environment contact.

The wording, and methodology implied by, Q2, is derived from the Welsh Outdoor Recreation Survey, which chooses to follow-up respondents' visits in the last four weeks to natural environments. In the BCLS, this is included to measure how often the respondent visits the CLI site for purposes of leisure.

The wording of Q3 is derived from the PHENOTYPE survey, a similar survey to the BCLS, which was used in the FP7-funded PHENOTYPE project. It is designed to measure an overall perception of the site's 'quality.' While this is a multifaceted term, we believe it to be the quickest way of gaining such a perception, and are less concerned by its limitations as most other CLIs are undergoing extensive environmental audits and audits by the public.

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<sup>1</sup> For most countries, this involves quota-sampling numbers of respondents that fall into particular demographic categories. Our surveyors have advised us that the most feasible way to gain representativeness with these sample sizes is by interlocking sex with age, and then by region. So we know that such combinations in our sample (e.g. 18-25 year old females in the Andalusian region of Spain) will be proportional to others at the population level (e.g. 54-65 year olds males in the Valencia region of Spain).

The use of 'most recent visit' in the last four weeks is a methodology taken from the Welsh Outdoor Recreation Survey. The date queried in Q4 is so that we are able to ascribe various data after data collection such as whether the visit took place on a weekday or a weekend and what the weather was like - both potentially important confounds in any analysis of linkage between contact with the natural environment and positive health outcomes.

Q5 questions the duration of time the respondent spent in the natural environment. It improves upon similar items previously used in MENE, as it questions the actual contact time with the natural environment rather than the duration of the 'trip' i.e. including travel.

Q6 is also derived from MENE and will be used, along with the duration of contact time with the natural environment, to derive estimates of energy expenditure on visits. This data should complement data from CLIs which are also using the BlueHealth Behavioural Assessment Tool (BBAT). The list of activities is free to vary between different CLIs (see [1.13](#)).

Q7 and Q8 query the composition of the group (if any) that accompanied the respondent on the visit. The items' wordings are derived from MENE and they are included as we are aware that the presence of children on leisure visits to natural environments can often have a significant influence on both energy expenditure and mental health outcomes.

Q9 is derived from the more general life satisfaction item used in the OECD measures of evaluative well-being (an item which is routinely asked in a number of international surveys). It is used here as a primary evaluative well-being outcome related to the visit.

Q10 is a one-item measure of nature connectedness used in the MENE. It is used here to investigate whether connection to nature differs before and after environmental improvements.

Q11 to Q13 have recently been used in MENE as core aspects of people's evaluation of the quality of a range of natural environments. They are included here we expect these to be key areas of change which result from the environmental modifications in the CLIs.

Q14 is a measure of life satisfaction (evaluative well-being) administered to all OECD countries routinely in a number of international surveys. The specific wording in this instance is taken from the European Social Survey (ESS). It is included as a key dependent variable which may be affected in the longer-term as a result of the environmental improvements in the CLIs.

Q15 is a measure of satisfaction with one's community, which is taken from the personal well-being index<sup>2</sup>. This index consists of seven items that measure satisfaction with different domains of life and aims to explain most of the variance in life satisfaction more generally (Q14). We only include the one item on community-connectedness here, both for brevity and also because we expect many CLIs to affect this domain (by creating more

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<sup>2</sup> International Wellbeing Group (2013). Personal Wellbeing Index: 5th Edition. Melbourne: Australian Centre on Quality of Life, Deakin University.

social spaces), more than other domains in the index (e.g. future security, achievements in life etc.).

Q16 to Q20 are the WHO-5 well-being index. This is an index that measures positive quality-of-life currently (in a two-week timeframe). It is routinely asked in the European Quality of Life Survey. It has been used previously to show that socioeconomic inequalities in current, positive quality-of-life are lower among people with good access to green space<sup>3</sup>. It is included here for similar reasons; to investigate whether CLIs improve access to blue space and thus have an association with narrowing socio-economic related inequalities in quality-of-life.

Q21 is a measure of self-reported general health used in many international surveys. The specific wording here is taken from the ESS. It has been observed previously that this measure is associated with coastal proximity<sup>4</sup>. Here it is included to investigate whether CLIs affect people's self-reported general health over time. Clearly, changes in this could be explained by a number of other variables in the BCLS (e.g. well-being variables or physical activity).

Q22 is a one item measure of the number of days in the past week that the respondent has undertaken at least 30 continuous minutes of moderate-intensity physical activity (in all domains of physical activity including leisure, transport, work etc.). It is derived from a single-item measure used previously<sup>5</sup> which has good test-retest reliability and correlates with other international physical activity assessment measures such as the International Physical Activity Questionnaire (IPAQ). It is included here to investigate whether CLIs promote increases in physical activity for their target populations. Partners should note that environmental improvements, historically have been unrelated to changes in total physical activity, and significant findings in this regard often relate to a specific type of physical activity (most often walking) or a specific type of natural environment. Therefore, partners interested in physical activity as an outcome may wish to investigate different domains of physical activity (items for which could also be derived from IPAQ). Note also that physical activity investigation will likely be enhanced in those CLIs which are additionally employing the BlueHealth Behavioural Assessment Tool.

Q23 questions whether the respondent has a dog. The item is taken from MENE and is included as we know that dog ownership is a key explanatory variable in the relationship between green space accessibility and physical activity. It is conceivable therefore that improving access to blue spaces (which many CLIs aim to achieve) will disproportionately affect the physical activity of dog owners compared to non-dog owners.

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<sup>3</sup> Mitchell, R. J., Richardson, E. A., Shortt, N. K., & Pearce, J. R. (2015). Neighborhood environments and socioeconomic inequalities in mental well-being. American journal of preventive medicine, 49(1), 80-84.

<sup>4</sup> Wheeler, B. W., White, M., Stahl-Timmins, W., & Depledge, M. H. (2012). Does living by the coast improve health and wellbeing?. Health & place, 18(5), 1198-1201.

<sup>5</sup> Milton, K., Bull, F. C., & Bauman, A. (2010). Reliability and validity testing of a single-item physical activity measure. British Journal of Sports Medicine, 45(3), 203-208.

Q24 questions whether the respondent has access to a private outdoor space. This item is also derived from MENE and is included here as a potential confound because environmental changes in CLIs may not affect the recreation behaviours of people with residential outdoor space as much if they already choose to recreate in such private spaces.

Q25 and Q26 question the respondent's household composition. The wording of Q25 is taken from the ESS and the wording of Q26 is taken from MENE. They are included here as confounds as it is well-established that households with children present may have a real or perceived lack of leisure time (which may inhibit the use of the improved blue space).

Q27 questions the work status of the respondent and the wording is taken from the ESS. It is included here as a covariate or confound as work status can often explain significant amounts of variance in a number of health related variables such as general health, well-being and physical activity.

Q28 questions perceived minority status. Specifically, whether the respondent sees themselves as a minority ethnicity in their country of residence. The wording is taken from the ESS. We realise that some ethics committees may have requirements about how ethnicity of a respondent is captured, but this method of recording ethnicity simplifies the procedure and provides us with what is ultimately desired - a dichotomous variable representing those who perceive themselves as a minority ethnicity and those who do not. As these data are routinely collected in a number of different European countries, we consider there to be no ethical issue in capturing ethnicity in this manner. It is included here as a covariate or confound as minority ethnic groups in the UK have, in previous literature, been shown to use green and blue spaces less often than their counterparts.

Q29 questions the marital status of the respondent. The wording is taken from the ESS but the response options are condensed for brevity and ease of analysis. It is included as a covariate or confound in the BCLS as it has been shown to predict physical activity attainment in previous literature (which may be a key outcome variable for a number of CLIs).

Q30 questions the respondent's annual total household income after taxes and deduction from all sources. The wording and response options are taken from the ESS (which routinely updates these deciles based on income data from each country it surveys; these deciles are based on the most recent (seventh) wave of ESS data collection). It is included in the BCLS as a potential confound because respondents with higher incomes may be able to afford opportunities or experiences which, for example, increase their weekly physical activity (e.g. gyms).

## 1.10 Recording sex and age

As standard, all CLIs should collect a respondent's sex (male, female) and age. The BCLS provides no guidance as to how to collect these data as they are highly dependent on survey mode administration, cultural norms, and potentially ethical considerations. In the UK, it is standard practice for an interviewer to 'code' a participant's sex and ask for their age in categories (e.g. 18-24, 25-34, 35-44, 45-54, 55-64, 64+), but for ethical reasons,

a postal survey may question gender as opposed to sex in order to be more inclusive. In other countries, it may be standard to ask for a date of birth or year of birth etc.

We therefore ask each CLI to collect data on sex and age before the commencement of the BCLS. Partners should do this in whichever way is most appropriate for the community which they are sampling, so long as a 'sex' can ultimately be inferred (male, female), and an approximate age can be deduced which should be no less specific than the age brackets detailed in the previous paragraph.

### 1.11 Recording home location

The approximate home location of the respondent should also be included in data collection. However, different national, regional, and local ethics committees have different guidelines on just how precise a geographical location can be recorded before a respondent is potentially personally identifiable (anonymity of responses should always be mandatory). Home locations may be used in syntheses later in the project to ascribe additional data (e.g. socio-economic conditions, surrounding greenness), therefore some standardisation of this data collection should occur. We ask that partners collect a home location that can ultimately be recorded as a map coordinate, realising that this coordinate may not always be the respondent's actual home (for example, it may represent the population-weighted centroid of a small area, an approximate coordinate (i.e. rounded off), a postal/zip code which could be assigned a coordinate, a street name etc.).

### 1.12 Recording ethnicity

Q28 is designed to measure whether a participant feels they belong to a 'minority' ethnic group in their country. Whilst we believe this to be an important covariate in all analyses of this type, we recognise that different institution's ethics committees may approve or disapprove of the nature of this question. **Therefore, this question can be considered optional.** However, it is important to recognise that this is a routinely asked question in the European Social Survey (see [1.9](#)) which itself undergoes extensive testing for the acceptability of its items.

### 1.13 Recording visit activity

Q8 invites the respondent to report the main activity they conducted on their most recent visit to the CLI site. At present this item is taken from the BIS and all possible response options are included. We realise that this amounts to a substantial list of potential visit activities. Partners should consider reducing this list down to only those activities which are required/meaningful for their CLI site. We do ask however, that the wording of any one response option be kept as it is currently written.

### 1.14 Recording overall quality

Q3 is derived from a survey used in the PHENOTYPE project and is designed to measure the overall quality of an environment. As it was not used within the main BIS, it only has existing translations from English into Spanish and Dutch. Partners are expected to source the translation of this question themselves.

## 2 The BlueHealth Community-Level Survey

### 2.1 English (EN)

<AN INTRODUCTION OR INFORMATION SHEET SHOULD BE PROVIDED BEFORE THE COMMENCEMENT OF THE SURVEY>

This section will ask you about green and blue spaces.

Green spaces include parks, playgrounds and playing fields in urban areas, or woodlands, footpaths and mountains in more rural areas.

Blue spaces include water and could be inland areas like lakes, canals, rivers, fountains and pools; urban coastal areas such as seaside resorts, harbours, ports and piers; or other coastal areas such as beaches, cliffs and headlands.

However these spaces do not include:

- Indoor locations.
- Places which you visit as part of your job.
- Private locations such as your own garden, land, pond, or swimming pool.

Q1. In the last 12 months, how often, on average, have you spent your leisure time at green and blue spaces?

- Every day
- Several times a week
- Once a week
- Once or twice a month
- A few times in the last 12 months
- Not in the last 12 months

<PROVIDE BESPOKE INTRODUCTION TO INTERVENTION SITE>

Q2. In the last 4 weeks, approximately how many times have you visited <LOCATION>?

- Not at all in the last four weeks (read Q3 then go to Q14)
- Once or twice in the last four weeks
- Once a week
- Several times a week

Q3. Overall, how would you describe the quality of this location?

- Very good
- Good
- Neither good, nor bad
- Bad
- Very bad

This section will ask you a few more details about your most recent visit in your leisure time (i.e. for recreation and not work) to <LOCATION>. This could be anything from a few minutes to all day.

Q4. What date did your most recent visit to <LOCATION> take place?

<INSERT DATE>

Q5. And approximately how much time did you spend at <LOCATION>?

\_\_\_\_ hours \_\_\_\_ minutes

Q6. On this visit which of these activities, if any, was the main activity you did?

By or near the water:

- Walking with a dog
- Walking without a dog
- Nordic walking (i.e. with poles)
- Running
- Cycling
- Horse riding
- Golf
- Adventure sport (e.g. coasteering, climbing, paragliding, off-road driving, mountain biking)
- Informal games and sport (e.g. Frisbee, bat and ball, beach ball)
- Fishing (including angling, crabbing)
- Hunting or shooting
- Conservation activity (e.g. litter-picking)
- Sunbathing
- Visiting an attraction
- Quiet activities (e.g. reading, meditating)
- Playing with children
- Appreciating scenery from your car
- Eating or drinking
- Socialising with friends
- Watching wildlife

On or in the water:

- Boating (e.g. yachting, canoeing, kayaking, pedalo/paddle boat)
- Commercial boat trip (e.g. organised fishing trip, marine wildlife trip)
- Paddling (i.e. walking in shallow water)
- Swimming
- Watersport (e.g. surfing, windsurfing, kitesurfing, Jet Ski)
- Diving (e.g. Scuba diving, snorkelling)

Winter activities:

- Ice skating
- Ice fishing

- Snow sports (e.g. skiing, snowboarding, cross-country skiing, sledding)
- Any other activity

Q7. How many adults aged 16 and over, including yourself, were on this visit?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 or more

Q8. How many children aged under 16 were on this visit?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 or more

How much do you agree with the statements below about your visit?

Q9. "I was satisfied with the visit"

- Strongly disagree
- Disagree
- Slightly disagree
- Neither agree nor disagree
- Slightly agree
- Agree
- Strongly agree

Q10. "I felt part of nature"

- Strongly disagree

- Disagree
- Slightly disagree
- Neither agree nor disagree
- Slightly agree
- Agree
- Strongly agree

Q11. "I felt safe" (i.e. protected from danger)

- Strongly disagree
- Disagree
- Slightly disagree
- Neither agree nor disagree
- Slightly agree
- Agree
- Strongly agree

Q12. "The area was free from litter/vandalism"

- Strongly disagree
- Disagree
- Slightly disagree
- Neither agree nor disagree
- Slightly agree
- Agree
- Strongly agree

Q13. "There were good facilities (e.g. parking, footpaths, toilets)"

- Strongly disagree
- Disagree
- Slightly disagree
- Neither agree nor disagree
- Slightly agree
- Agree
- Strongly agree

In this section we would like you to tell us a little about your health in general. We are interested in your health so that we can explore any links between general levels of health and the kinds of environments people spend their leisure time in. Remember that your responses cannot be linked to yourself or your home location in the large majority of cases.

Q14. All things considered, how satisfied are you with your life as a whole nowadays?

- 10=Extremely satisfied

- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0=Extremely dissatisfied

Q15. How satisfied are you with feeling part of your community?

- 10=Extremely satisfied
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0=Extremely dissatisfied

Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks.

Q16. "I have felt cheerful and in good spirits"

- At no time
- Some of the time
- Less than half of the time
- More than half of the time
- Most of the time
- All of the time

Q17. "I have felt calm and relaxed"

- At no time
- Some of the time
- Less than half of the time
- More than half of the time
- Most of the time
- All of the time

Q18. "I have felt active and vigorous"

- At no time
- Some of the time
- Less than half of the time
- More than half of the time
- Most of the time
- All of the time

Q19. "I woke up feeling fresh and rested"

- At no time
- Some of the time
- Less than half of the time
- More than half of the time
- Most of the time
- All of the time

Q20. "My daily life has been filled with things that interest me"

- At no time
- Some of the time
- Less than half of the time
- More than half of the time
- Most of the time
- All of the time

Q21. How is your health in general? Would you say it is...

- Very good
- Good
- Fair
- Bad
- Very bad

Q22. During the last 7 days, 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?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

This final section asks you some background information about yourself, your household and your family. The questions are not meant to be intrusive, but will assist in understanding the kinds of people who visit green and blue spaces. Again, the survey is anonymous – we will not be able to identify you as an individual.

Q23. Do you have a dog?

- Yes
- No

Q24. Which of the following best applies to you?

- I have access to a private garden
- I have access to a private communal garden
- I have access to a private outdoor space, but not a garden (balcony, yard, patio area)
- I don't have access to a private garden or outdoor space

Q25. Including yourself, how many people – including children – live in your house regularly as members of the household?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 or more

Q26. And how many of these are children aged under 16?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 or more

Q27. Which of these descriptions best describes your situation (in the last seven days)? Please select only one.

- In paid work (or away temporarily) (employee, self-employed, working for your family business)
- In education, (not paid for by employer) even if on vacation
- Unemployed and actively looking for a job
- Unemployed, wanting a job but not actively looking for a job
- Permanently sick or disabled
- Retired
- Doing housework, looking after children, or other persons
- Other
- Don't know

Q28. Do you belong to a minority ethnic group in the UK?

- Yes
- No
- Don't know

Q29. Which of the following best describes your marital status now?

- Married, in a civil union, or living with your partner (cohabiting)
- Single, separated/divorced/civil union dissolved or widowed/civil partner died
- Neither of these
- Prefer not to answer

Q30. Which of the following describes your household's total annual income after tax and compulsory deductions, from all sources? If you don't know the exact figure, please give an estimate.

- Less than £10,858
- £10,858 to under £14,548
- £14,548 to under £18,132
- £18,132 to under £21,715
- £21,715 to under £25,994
- £25,994 to under £30,754
- £30,754 to under £36,691
- £36,691 to under £44,714
- £44,714 to under £58,620
- £58,620 or more
- Prefer not to answer

<PLEASE INSERT YOUR OWN DEBRIEF HERE ABOUT THE NATURE OF YOUR COMMUNITY-LEVEL INTERVENTION>

## 2.2 Spanish (ES)

<AN INTRODUCTION OR INFORMATION SHEET SHOULD BE PROVIDED BEFORE THE COMMENCEMENT OF THE SURVEY>

En esta sección se le preguntará sobre los espacios verdes y azules.

Los espacios verdes incluyen parques, parques infantiles y campos de juego en zonas urbanas, o bosques, senderos y montañas en zonas rurales.

Los espacios azules contienen agua y podrían ser zonas de interior, como lagos, canales, ríos, fuentes y piscinas, zonas costeras urbanas, como centros turísticos costeros, puertos y muelles, u otras zonas costeras, como playas, acantilados y península.

Sin embargo, estos espacios no incluyen:

- Espacios interiores.
- Espacios que visita como parte de su trabajo.
- Espacios privados, como su propio jardín, terreno, estanque o piscina.

Q1. En los últimos 12 meses, ¿con qué frecuencia, de media, ha pasado su tiempo libre en espacios verdes y azules?

- Todos los días  
 Varias veces a la semana  
 Una vez a la semana  
 Una o dos veces al mes  
 En varias ocasiones en los últimos 12 meses  
 Nunca en los últimos 12 meses

<PROVIDE BESPOKE INTRODUCTION TO INTERVENTION SITE>

Q2. En las últimas 4 semanas, aproximadamente, ¿cuántas veces ha visitado <LOCATION>?

- En ninguna ocasión en las últimas cuatro semanas (read Q3 then go to Q14)  
 Una o dos veces en las últimas cuatro semanas  
 Una vez a la semana  
 Varias veces a la semana

Q3. En general, ¿cómo describiría la calidad de esta ubicación?

- Muy buena  
 Buena  
 Ni buena, ni mala  
 Mala  
 Muy mala

En esta sección se le pedirán algunos detalles más sobre su visita más reciente en su tiempo libre (es decir, por diversión, no trabajo) a <LOCATION>, la cual podría haber durado desde unos minutos hasta un día entero.

Q4. ¿En qué fecha tuvo lugar su visita más reciente a <LOCATION>?

<INSERT DATE>

Q5. ¿Y, aproximadamente, cuánto tiempo estuvo en ese <LOCATION>?

\_\_\_\_ horas \_\_\_\_ minutos

Q6. De estas actividades, ¿cuál fue la actividad principal que practicó durante esta visita?

Al lado del agua o cerca de ella:

- Pasear con perro
- Pasear sin perro
- Hacer una caminata nórdica (es decir, con bastones)
- Correr
- Andar en bicicleta
- Montar a caballo
- Jugar al golf
- Practicar deportes de aventura (p. ej., coasteering, alpinismo, parapente, conducción fuera de carretera, ciclismo de montaña)
- Jugar a juegos informales y practicar deportes informales (p. ej., frisbee, mazo y pelota, pelota de playa)
- Pesca (incluidas la pesca con caña y la pesca de cangrejos)
- Cazar
- Realizar actividades de conservación (p. ej., recogida de basura)
- Tomar el sol
- Visitar una atracción turística
- Realizar actividades tranquilas (p. ej., lectura, meditación)
- Jugar con los niños
- Disfrutar del paisaje desde el coche
- Comer o beber
- Relacionarme con mis amigos
- Observar la fauna

En el agua:

- Navegar (p. ej., en yate, canoa, kayak, pedaleta)
- Navegar en un barco comercial (p. ej., un viaje de pesca organizado, un viaje para ver vida marina)
- Caminar por agua poco profunda
- Nadar
- Practicar deportes acuáticos (p. ej., surf, surf a vela, kitesurf, Jet Ski)
- Bucear (p. ej., buceo, snorkel)

Actividades de invierno:

- Patinar sobre hielo
- Pescar en hielo
- Practicar deportes de nieve (p. ej., esquí, snowboard, esquí de fondo, andar en trineo)
- Otra actividad

Q7. ¿Cuántos adultos mayores de 16 años, incluido usted mismo, participaron en esta visita?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 o más

Q8. ¿Cuántos menores de 16 años participaron en esta visita?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 o más

Indique en qué medida está de acuerdo con las siguientes afirmaciones sobre su visita:

Q9. "Me sentí satisfecho con la visita"

- Totalmente en desacuerdo
- En desacuerdo
- Algo en desacuerdo
- Ni de acuerdo ni en desacuerdo
- Algo de acuerdo
- De acuerdo
- Totalmente de acuerdo

Q10. "Me sentí parte de la naturaleza"

- Totalmente en desacuerdo
- En desacuerdo
- Algo en desacuerdo
- Ni de acuerdo ni en desacuerdo
- Algo de acuerdo
- De acuerdo
- Totalmente de acuerdo

Q11. "Me sentí seguro (es decir, protegido del peligro)"

- Totalmente en desacuerdo
- En desacuerdo
- Algo en desacuerdo
- Ni de acuerdo ni en desacuerdo
- Algo de acuerdo
- De acuerdo
- Totalmente de acuerdo

Q12. "La zona se encontraba libre de basura/vandalismo"

- Totalmente en desacuerdo
- En desacuerdo
- Algo en desacuerdo
- Ni de acuerdo ni en desacuerdo
- Algo de acuerdo
- De acuerdo
- Totalmente de acuerdo

Q13. "Tenía buenas instalaciones (p. ej., aparcamiento, senderos, baños, fuentes de agua potable, barbacoas)"

- Totalmente en desacuerdo
- En desacuerdo
- Algo en desacuerdo
- Ni de acuerdo ni en desacuerdo
- Algo de acuerdo
- De acuerdo
- Totalmente de acuerdo

En esta sección nos gustaría que nos hablara un poco sobre su salud en general. Nos interesa su salud para poder explorar la relación entre los niveles generales de salud y los tipos de entornos en los que las personas pasan su tiempo libre. Recuerde que sus respuestas no se podrán asociar con usted ni con la ubicación de su vivienda en la mayoría de los casos.

Q14. En términos generales, ¿en qué medida está usted satisfecho con su vida actualmente?

- 10=Completamente satisfecho
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0=Completamente insatisfecho

Q15. ¿En qué medida se encuentra usted satisfecho con lo integrado que se siente en su comunidad?

- 10=Completamente satisfecho
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0=Completamente insatisfecho

Por favor, indique para cada una de las cinco afirmaciones cual define mejor como se ha sentido usted durante las últimas dos semanas.

Q16. "Me he sentido alegre y de buen humor"

- Nunca
- De vez en cuando
- Menos de la mitad del tiempo
- Más de la mitad del tiempo
- La mayor parte del tiempo
- Todo el tiempo

Q17. "Me he sentido tranquilo y relajado"

- Nunca
- De vez en cuando

- Menos de la mitad del tiempo
- Más de la mitad del tiempo
- La mayor parte del tiempo
- Todo el tiempo

Q18. "Me he sentido activo y enérgico"

- Nunca
- De vez en cuando
- Menos de la mitad del tiempo
- Más de la mitad del tiempo
- La mayor parte del tiempo
- Todo el tiempo

Q19. "Me he despertado fresco y descansado"

- Nunca
- De vez en cuando
- Menos de la mitad del tiempo
- Más de la mitad del tiempo
- La mayor parte del tiempo
- Todo el tiempo

Q20. "Mi vida cotidiana ha estado llena de cosas que me interesan"

- Nunca
- De vez en cuando
- Menos de la mitad del tiempo
- Más de la mitad del tiempo
- La mayor parte del tiempo
- Todo el tiempo

Q21. Hablando de su salud, en general, ¿diría usted que su salud es...?

- Muy buena
- Buena
- Normal
- Mala
- Muy mala

Q22. En los últimos 7 días, ¿cuántos días ha dedicado un total de 30 minutos o más a una actividad física que hiciese aumentar su frecuencia respiratoria?

- 0
- 1
- 2

- 3
- 4
- 5
- 6
- 7

En esta sección final se le harán preguntas generales sobre usted, su hogar y su familia. Las preguntas no tienen la intención de ser intrusivas, sino que nos ayudarán a entender el tipo de personas que visita los espacios verdes y azules. Le recordamos que la encuesta es anónima: no podremos identificarlo individualmente.

Q23. ¿Tiene perro?

- Sí
- No

Q24. ¿Con cuál de las siguientes afirmaciones se identifica más?

- Tengo acceso a un jardín privado
- Tengo acceso a un jardín comunitario
- Tengo acceso a un espacio privado al aire libre, pero no a un jardín (balcón, patio)
- No tengo acceso a un jardín o espacio privado al aire libre

Q25. Incluido usted mismo, ¿cuántas personas, adultos y niños, viven habitualmente en esta casa?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 o más

Q26. ¿Y cuántas de esas personas son menores de 16 años?

- 0
- 1
- 2
- 3
- 4
- 5
- 6

- 7
- 8
- 9
- 10 o más

Q27. ¿Cuál describe mejor su situación en los últimos siete días? Por favor, elija sólo una de ellas.

- En un empleo remunerado (incluye la situación de baja temporal por maternidad-paternidad, accidente, enfermedad o vacaciones) (trabajador/a por cuenta ajena, cuenta propia, o en un negocio familiar)
- Estudiando, aunque haya estado de vacaciones (excluye formación remunerada por una empresa)
- En situación de desempleo y buscando trabajo activamente
- En situación de desempleo, queriendo encontrar un trabajo pero sin buscarlo activamente
- Con enfermedad crónica o situación de invalidez permanente
- Jubilado
- Haciendo labores del hogar, cuidando niños u otras personas
- Otra
- No lo sé

Q28. ¿Considera usted que pertenece usted a una minoría étnica en España?

- Sí
- No
- No lo sé

Q29. ¿Cuál de las situaciones que figuran describe mejor su estado civil?

- Casado, unión civil, viviendo en pareja
- Soltero, separado/divorciado/unión civil disuelta o viudo/pareja fallecida
- Ninguna de las anteriores
- Prefiero no responder

Q30. Si suma los ingresos provenientes de todo tipo de fuentes, ¿qué describe mejor los ingresos anual totales de su hogar después de descontar los impuestos y otras deducciones obligatorias? Si no conoce la cantidad exacta, por favor díganos una cantidad aproximada.

- 9000€ o menos
- Más de 9000€ y menos de 11400€
- Más de 11400€ y menos de 14400€
- Más de 14400€ y menos de 16800€
- Más de 16800€ y menos de 20400€
- Más de 20400€ y menos de 25200€

- Más de 25200€ y menos de 27600€
- Más de 27600€ y menos de 33000€
- Más de 33000€ y menos de 42600€
- Más de 42600€
- Yo preferiría no contestar

<PLEASE INSERT YOUR OWN DEBRIEF HERE ABOUT THE NATURE OF YOUR COMMUNITY-LEVEL INTERVENTION>

### 2.3 Dutch (NL)

<AN INTRODUCTION OR INFORMATION SHEET SHOULD BE PROVIDED BEFORE THE COMMENCEMENT OF THE SURVEY>

Dit gedeelte gaat over groene en blauwe ruimten.

Groene ruimten zijn onder andere parken, speeltuinen en sportvelden in stedelijke gebieden of bossen, wandelwegen en bergen in meer landelijke gebieden.

Blauwe ruimten bevatten water en kunnen gebieden in het binnenland zijn, zoals meren, kanalen, rivieren, fonteinen en zwembaden; of verstedelijkte kustgebieden zoals strandresorts, havens en pieren; of andere kustgebieden, zoals stranden, kliffen en landtongen.

Zijn niet inbegrepen:

- Binnenlocaties.
- Plaatsen waar u heen gaat voor uw werk.
- Privélocaties, zoals uw eigen tuin, land, vijver of zwembad.

Q1. Hoe vaak hebt u in de afgelopen 12 maanden gemiddeld vrije tijd doorgebracht in groene of blauwe ruimten?

- Elke dag
- Meerdere keren per week
- Een keer per week
- Een of twee keer per maand
- Enkele keren in de afgelopen 12 maanden
- Niet in de afgelopen 12 maanden

<PROVIDE INTRODUCTION TO INTERVENTION SITE>

Q2. Ongeveer hoe vaak hebt u <LOCATION> bezocht in de afgelopen 4 weken?

- Helemaal niet in de afgelopen vier weken (read Q3 then go to Q14)
- Een of twee keer in de afgelopen vier weken
- Een keer per week
- Meerdere keren per week

Q3. Alles bij elkaar genomen, hoe zou u de kwaliteit van deze plek omschrijven?

- Zeer goed
- Goed
- Neutraal
- Niet goedonprettig
- Helemaal niet goed

In dit gedeelte krijgt u meer gedetailleerde vragen over uw recentste bezoek aan <LOCATION> in uw vrije tijd (d.w.z. recreatief, niet voor het werk). Dit kan gaan van enkele minuten tot een hele dag.

Q4. Op welke datum vond uw recentste bezoek aan <LOCATION> plaats?

<INSERT DATE>

Q5. En ongeveer hoeveel tijd hebt u doorgebracht in die <LOCATION>?

- \_\_\_uur \_\_\_minuten

Q6. Wat was uw hoofdactiviteit tijdens dit bezoek?

Langs of dichtbij het water:

- Met de hond wandelen
  - Wandelen, zonder een hond
  - Nordic walking (d.w.z. met stokken)
  - Hardlopen, joggen
  - Fietsen
  - Paardrijden
  - Golf
  - Avontuurlijke sport (bv. coasteering, klimmen, paragliden, off-road autorijden, mountainbiken)
  - Informele spelletjes en sport (bv. frisbee, honkbal, beachvolleybal)
  - Vissen, hengelen
  - Jagen of schieten
  - Activiteit voor milieubehoud (bv. afval rapen)
  - Zonnebaden
  - Een bezienswaardigheid/attractie bezoeken
  - Stille activiteiten (bv. lezen, mediteren)
  - Met kinderen spelen
  - Van het landschap genieten vanuit uw auto
  - Eten of drinken
  - Samenzijn met vrienden
  - Fauna observeren
- Op of in het water:
- Met een boot varen (bv. jacht, kano, kajak, pedalo/waterfiets)

Commerciële boottrip (bv. georganiseerde visexcursie, excursie om mariene fauna te observeren)

Paddelen (bv. wandelen door laag water)

Zwemmen

Watersport (bv. surfen, windsurfen, kitesurfen, jetskiën)

Duiken (bv. diepzeeduiken, snorkelen)

Winteractiviteiten:

Schaatsen

Ijsvissen

Wintersport op sneeuw (bv. skiën, snowboarden, langlaufen, sleeën)

Een andere activiteit

Q7. Hoeveel volwassenen van 16 jaar en ouder waren er aanwezig tijdens dit bezoek, uzelf inbegrepen?

1

2

3

4

5

6

7

8

9

10 of meer

Q8. Hoeveel kinderen jonger dan 16 jaar waren aanwezig tijdens dit bezoek?

0

1

2

3

4

5

6

7

8

9

10 of meer

In hoeverre bent u het eens met onderstaande stellingen over uw bezoek?

Q9. "Ik was tevreden over het bezoek"

Sterk mee oneens

- Mee oneens
- Enigszins mee oneens
- Niet mee eens en niet mee oneens
- Enigszins mee eens
- Mee eens
- Sterk mee eens

Q10. "Ik voelde me één met de natuur"

- Sterk mee oneens
- Mee oneens
- Enigszins mee oneens
- Niet mee eens en niet mee oneens
- Enigszins mee eens
- Mee eens
- Sterk mee eens

Q11. "Ik voelde me veilig (d.w.z. beschermd tegen gevaar)"

- Sterk mee oneens
- Mee oneens
- Enigszins mee oneens
- Niet mee eens en niet mee oneens
- Enigszins mee eens
- Mee eens
- Sterk mee eens

Q12. "Er was geen afval/vandalisme te zien"

- Sterk mee oneens
- Mee oneens
- Enigszins mee oneens
- Niet mee eens en niet mee oneens
- Enigszins mee eens
- Mee eens
- Sterk mee eens

Q13. "Er waren goede voorzieningen aanwezig (bv. parkeerplaats, wandelpaden, toiletten, drinkwater, barbecues)"

- Sterk mee oneens
- Mee oneens
- Enigszins mee oneens
- Niet mee eens en niet mee oneens
- Enigszins mee eens
- Mee eens

- Sterk mee eens

In dit gedeelte willen we wat meer te weten komen over uw gezondheid in het algemeen. We zijn geïnteresseerd in uw gezondheid omdat we willen verkennen of er verbanden zijn tussen algemene gezondheid en het soort omgevingen dat mensen bezoeken in hun vrije tijd. Denk eraan dat uw antwoorden in de overgrote meerderheid van de gevallen niet aan u persoonlijk of uw thuislocatie kunnen worden toegeschreven.

Q14. Alles bij elkaar genomen, hoe tevreden bent u vandaag de dag met uw leven in het algemeen?

- 10= Zeer tevreden  
 9  
 8  
 7  
 6  
 5  
 4  
 3  
 2  
 1  
 0= Zeer ontevreden

Q15. Hoe tevreden bent u over hoe u deel uitmaakt van een gemeenschap?

- 10= Uitermate tevreden  
 9  
 8  
 7  
 6  
 5  
 4  
 3  
 2  
 1  
 0= Uitermate ontevreden

U wordt verzocht voor ieder van de vijf uitdrukkingen aan te geven welke het best weergeeft hoe U zich heeft gevoeld tijdens de laatste twee weken.

Q16. "Ik voelde me vrolijk en in een opperbeste stemming"

- Helemaal niet  
 Soms  
 Minder dan de helft van de tijd  
 Meer dan de helft van de tijd

- Meestal
- Constant

Q17. "Ik voelde me rustig en ontspannen"

- Helemaal niet
- Soms
- Minder dan de helft van de tijd
- Meer dan de helft van de tijd
- Meestal
- Constant

Q18. "Ik voelde me actief en doelbewust"

- Helemaal niet
- Soms
- Minder dan de helft van de tijd
- Meer dan de helft van de tijd
- Meestal
- Constant

Q19. "Ik voelde me fris en uitgerust wanneer ik wakker werd"

- Helemaal niet
- Soms
- Minder dan de helft van de tijd
- Meer dan de helft van de tijd
- Meestal
- Constant

Q20. "Mijn dagelijkse leven was gevuld met dingen die me interesseren"

- Helemaal niet
- Soms
- Minder dan de helft van de tijd
- Meer dan de helft van de tijd
- Meestal
- Constant

Q21. Hoe is uw gezondheid over het algemeen? Zou u die omschrijven als...

- ...heel erg goed,
- goed,
- redelijk,
- slecht,
- of, heel erg slecht?

Q22. Op hoeveel dagen in de afgelopen 7 dagen, hebt u in het totaal 30 minuten aan sport of een fysieke activiteit gedaan waardoor u op zijn minst sneller bent gaan ademen?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

In dit laatste deel wordt u wat achtergrondinformatie gevraagd over uzelf, uw huishouden en uw familie. De vragen zijn niet bedoeld om opdringerig te zijn, maar kunnen ons helpen begrijpen welke groepen mensen groene en blauwe ruimten bezoeken. Nogmaals, de enquête is anoniem en wij zullen u niet persoonlijk kunnen identificeren.

Q23. Hebt u een hond?

- Ja
- Nee

Q24. Welk van de volgende is het meest van toepassing op u?

- Ik heb toegang tot een privétuin
- Ik heb toegang tot een gemeenschappelijke privétuin
- Ik heb toegang tot een privébuitenruimte, maar geen tuin (balkon, koer, terras)
- Ik heb geen toegang tot een privétuin of -buitenruimte

Q25. Hoeveel mensen wonen normaal gesproken als lid van jouw huishouden, uzelf en kinderen meegerekend?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 of meer

Q26. En hoeveel van deze kinderen zijn jonger dan 16?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 of meer

Q27. Welke van de omschrijvingen past het beste bij uw situatie (in de afgelopen 7 dagen)? Noem slechts 1 omschrijving.

- Betaald werk verricht (of tijdelijk afwezig) (werknemer, zelfstandig werkzaam, werkzaam voor familiebedrijf)
- Onderwijs gevolgd, ook indien op vakantie (niet door werkgever betaald)
- Werkloos en actief op zoek naar werk
- Werkloos, wil werk maar niet actief op zoek naar werk
- Invalide of arbeidsongeschikt
- Gepensioneerd
- Actief in het huishouden, voor kinderen of andere personen zorgen
- Anders
- Weet niet

Q28. Behoort u tot een etnische minderheid in Nederland? Daaronder verstaan we etnische groepen zoals Turken, Marokkanen, Surinamers en Antillianen die oorspronkelijk niet afkomstig zijn uit Nederland.

- Ja
- Nee
- Weet niet

Q29. Welke (één) van de beschrijvingen geeft uw burgerlijke staat op dit moment weer?

- Getrouwd, geregistreerd partnerschap of samenwonend met uw partner)
- Alleenstaand, gescheiden/uit elkaar of weduwe/weduwnaar/geregistreerde partner overleden
- Geen van bovenstaande
- Zeg ik liever niet

Q30. Kunt u mij vertellen welke overeenkomst met het totale jaar-inkomen van uw huishouden uit alle bronnen en na aftrek van belastingen en sociale premies/verplichte bijdragen? Als u het precieze inkomen niet weet, maak dan een schatting.

- Minder dan €13.000
- €13.000 tot €17.000
- €17.000 tot €20.500
- €20.500 tot €24.200
- €24.200 tot €28.500
- €28.500 tot €33.500
- €33.500 tot €39.200
- €39.200 tot €46.400
- €46.400 tot €58.200
- €58.200 of meer
- Ik zou liever niet te beantwoorden

<PLEASE INSERT YOUR OWN DEBRIEF HERE ABOUT THE NATURE OF YOUR COMMUNITY-LEVEL INTERVENTION>

## 2.4 Swedish (SV)

<AN INTRODUCTION OR INFORMATION SHEET SHOULD BE PROVIDED BEFORE THE COMMENCEMENT OF THE SURVEY>

I detta avsnitt kommer du att få frågor om grön- och blåområden.

Till grönområden räknas parker, lekparker och idrottsplatser i tätorter, eller skogsmark, stigar och berg i mer lantliga miljöer.

I blåområden ingår vatten, och dessa kan till exempel vara inlandsområden som sjöar, kanaler, älvar, fontäner och bassänger; tätbebyggda kustområden som badorter, hamnar, fritidshamnar och bryggor, eller andra kustområden som stränder, klippor och uddar.

Bland dessa områden räknas dock inte:

- Platser inomhus.
- Platser du besöker som en del av ditt arbete.
- Privata områden som din egen trädgård, privat mark, egna dammar eller simbassänger.

Q1. I genomsnitt hur ofta har du tillbringat din fritid i grön- eller blåområden under de senaste 12 månaderna?

- Dagligen
- Flera gånger i veckan
- En gång i veckan
- En eller två gånger i månaden
- Några gånger under de senaste 12 månaderna
- Inte alls under de senaste 12 månaderna

<PROVIDE INTRODUCTION TO INTERVENTION SITE>

Q2. Ungefär hur många gånger har du besökt <LOCATION> under de senaste 4 veckorna?

- Inte alls under de senaste fyra veckorna (read Q3 then go to Q14)
- En eller ett par gånger under de senaste fyra veckorna
- En gång i veckan
- Flera gånger i veckan

Q3. Overall, how would you describe the quality of this location?

- Very good
- Good
- Neither good, nor bad
- Bad
- Very bad

I detta avsnitt kommer vi att be dig om några fler detaljer rörande ditt senaste besök i ett blåområde på din fritid (dvs. för rekreation och inte för arbete). Det kan röra sig om allt från ett par minuter till en heldag.

Q4. Vilket datum ägde ditt senaste besök i <LOCATION>?

<INSERT DATE>

Q5. Och ungefär hur lång tid tillbringade du i <LOCATION>?

\_\_\_\_ timmar \_\_\_\_ minuter

Q6. Vilken av dessa aktiviteter, om någon, var din huvudsakliga aktivitet under detta besök?

Vid eller nära vattnet:

- Rasta en hund
- Promenera utan hund
- Stavgång
- Löpning
- Cykling
- Ridning
- Golf
- Äventyrssport (t.ex. coasteering, klättring, skärmflygning, terrängkörning, mountainbike)
- Informella lekar eller sport (t.ex. frisbee, brämboll, strandvolleyboll)
- Fiske (inklusive metning och krabbfiske)
- Jakt eller skytte

Naturvårdsaktivitet (t.ex. samla skräp)

Solning

Besöka en attraktion

Lugna aktiviteter (t.ex. läsa, meditera)

Leka med barn

Beundra landskap från bilen

Äta eller dricka

Umgås med vänner

Observera djurlivet

På eller i vattnet:

Båtsport (t.ex. segling, kanotpaddling, kajakpaddling, pedalo/trampbåt)

Organiserad båtutflykt (t.ex. organiserad fisketur, utflykt för att titta på djurlivet till havs)

Vadning (dvs. promenad i grunt vatten)

Simning

Vattensport (t.ex. surfing, windsurfing, kitesurfing, vattenskoter)

Dykning (t.ex. sportdykning, snorkling)

Vinteraktiviteter:

Skridskoåkning

Isfiske

Snösport (t.ex. alpin skidåkning, snowboard, längdskidåkning, kälk-/slädåkning)

Annan aktivitet

Q7. Hur många vuxna (16 år eller äldre), inklusive dig själv, deltog i detta besök?

1

2

3

4

5

6

7

8

9

10 eller fler

Q8. Hur många barn under 16 var med på besöket?

0

1

2

3

4

5

6

- 7
- 8
- 9
- 10 eller fler

I vilken utsträckning instämmer du med påståendena nedan när det gäller ditt besök?

Q9. "Jag blev nöjd med besöket"

- Instämmer inte alls
- Instämmer inte
- Instämmer till viss del inte
- Varken instämmer eller inte instämmer
- Instämmer till viss del
- Instämmer
- Instämmer helt

Q10. "Jag kände mig som ett med naturen"

- Instämmer inte alls
- Instämmer inte
- Instämmer till viss del inte
- Varken instämmer eller inte instämmer
- Instämmer till viss del
- Instämmer
- Instämmer helt

Q11. "Jag kände mig trygg (dvs. skyddad från fara)"

- Instämmer inte alls
- Instämmer inte
- Instämmer till viss del inte
- Varken instämmer eller inte instämmer
- Instämmer till viss del
- Instämmer
- Instämmer helt

Q12. "Området var fritt från nedskräpning/vandalism"

- Instämmer inte alls
- Instämmer inte
- Instämmer till viss del inte
- Varken instämmer eller inte instämmer
- Instämmer till viss del
- Instämmer
- Instämmer helt

Q13. "Det fanns bra anläggningar (t.ex. parkering, vandringsleder, toaletter, drickfontärer, grillplatser)"

- Instämmer inte alls
- Instämmer inte
- Instämmer till viss del inte
- Varken instämmer eller inte instämmer
- Instämmer till viss del
- Instämmer
- Instämmer helt

I det här avsnittet vill vi att du svarar på några frågor om din allmänna hälsa. Vi är intresserade av din hälsa för att kunna utforska eventuella kopplingar mellan allmänna hälsounivåer och de typer av miljöer som människor tillbringar sin fritid i. Vi påminner om att dina svar inte kan kopplas till dig eller din hemvist i de allra flesta fall.

Q14. På det hela taget, hur nöjd är du med ditt liv i stort nuförtiden?

- 10=extremt nöjd
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0=extremt missnöjd

Q15. Hur nöjd känner du dig med din delaktighet i ditt lokalsamhälle?

- 10=Ytterst nöjd
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0= Ytterst missnöjd

Var vänlig markera för varje påstående vad som är närmast hur Du har känt under de senaste 2 veckorna.

Q16. "Jag har känt mig glad och på gott humör"

- Aldrig
- Ibland
- Mindre än halva tiden
- Mer än halva tiden
- Mestadels
- Hela tiden

Q17. "Jag har känt mig lugn och avslappnad"

- Aldrig
- Ibland
- Mindre än halva tiden
- Mer än halva tiden
- Mestadels
- Hela tiden

Q18. "Jag har känt mig aktiv och kraftfull"

- Aldrig
- Ibland
- Mindre än halva tiden
- Mer än halva tiden
- Mestadels
- Hela tiden

Q19. "Jag har känt mig pigg och utvildad när jag vaknat"

- Aldrig
- Ibland
- Mindre än halva tiden
- Mer än halva tiden
- Mestadels
- Hela tiden

Q20. "Mitt vardagsliv har varit fyllt av sådant som intresserar mig"

- Aldrig
- Ibland
- Mindre än halva tiden
- Mer än halva tiden
- Mestadels

Hela tiden

Q21. Hur är ditt allmänna hälsotillstånd? Skulle du säga att det är...

- ... mycket bra,
- ... bra,
- ... någorlunda,
- ... dåligt eller
- ... mycket dåligt?

Q22. Hur många dagar under de senaste 7 dagarna, har du varit fysiskt aktiv i totalt 30 minuter eller mer, tillräckligt för att öka din andningstakt?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

I detta sista avsnitt ber vi om viss bakgrundsinformation om dig själv, ditt hushåll och din familj. Frågorna är inte avsedda att vara påträngande, utan kommer att hjälpa oss att förstå vilka typer av mänskor som besöker grön- och blåområden. Återigen, undersökningen är anonym – vi kommer inte att kunna identifiera dig som individ.

Q23. Har du hund?

- Ja
- Nej

Q24. Vilket av följande alternativ stämmer in bäst på dig?

- Jag har tillgång till en privat trädgård
- Jag har tillgång till en privat gemensam trädgård
- Jag har tillgång till en privat uteplats, men inte en trädgård (balkong, innergård, altan)
- Jag har inte tillgång till någon privat trädgård eller uteplats

Q25. Om du räknar med dig själv, hur många personer - inklusive barn - bor i din hushåll?

- 1
- 2
- 3
- 4
- 5

- 6
- 7
- 8
- 9
- 10 eller fler

Q26. Och hur många av dessa barn är under 16?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 eller fler

Q27. Vilken av dessa passar bäst in på vad du har gjort under de senaste sju dagarna?  
Välj endast ett alternativ.

- Förvärvsarbete (eller för tillfället ledig \ bortrest \ på semester), (anställd, egenföretagare, arbetat i familjeföretaget)
- Utbildning, även under lov\ledighet (ej utbildning betald av en arbetsgivare)
- Arbetslös och aktivt arbetssökande
- Arbetslös, vill ha ett arbete men är inte aktivt arbetssökande
- Sjukersättning (Förtidspension p.g.a. sjukdom eller funktionshinder)
- Ålderspensionerad
- Skötte eget hushåll (ej som löneanställd)
- Annat
- Vet ej

Q28. Tillhör du någon etnisk minoritetsgrupp i Sverige?

- Ja
- Nej
- Vet ej

Q29. Vilken av följande beskrivningar passar bäst in på ditt civilstånd just nu?

- Gift, registrerat partnerskap eller sambo
- Ensamstående, separerad/frånkild/upplöst partnerskap eller änka/änkling
- Inget av dessa alternativ
- Föredrar att inte svara

Q30. Om du lägger ihop alla inkomstkällor, vilken beskriver ditt hushålls totala nettoinkomst i månaden? Gör en uppskattning om du inte vet den exakta siffran.

- Upp till 10 999 kr
- 11 000 kr - 14 999 kr
- 15 000 kr - 18 999 kr
- 19 000 kr - 21 999 kr
- 22 000 kr - 24 999 kr
- 25 000 kr - 28 999 kr
- 29 000 kr - 32 999 kr
- 33 000 kr - 39 999 kr
- 40 000 kr - 48 999 kr
- 49 000 kr eller mer
- Jag skulle föredra att inte svara

<PLEASE INSERT YOUR OWN DEBRIEF HERE ABOUT THE NATURE OF YOUR COMMUNITY-LEVEL INTERVENTION>

## 2.5 Estonian (ET)

<AN INTRODUCTION OR INFORMATION SHEET SHOULD BE PROVIDED BEFORE THE COMMENCEMENT OF THE SURVEY>

Selles osas küsitakse teilt roheliste ja siniste alade kohta. Rohelised alad hõlmavad parke, mänguväljakuid ja mängualasid linnapiirkondades või metsi, teeradu ja mägesid maapiirkondades.

Sinised alad hõlmavad vett ning võivad olla sisemaal, näiteks järved, kanalid, jõed, purskkaevud ja tiigid; rannikualad linnapiirkonnas, näiteks mereäärsed kuurordid, sadamad ja muulid; või muud rannikualad, näiteks plaažid, rannakaljud ja neemed.

Nende kohtade hulka ei kuulu aga:

- Kohad siseruumides.
- Kohad, mida külastate seoses oma tööga.
- Eraomanduses kohad, näiteks teie oma aed, maatükk, tiik või ujumisbassein.

Q1. Keskmiselt kui sageli olete viimase 12 kuu jooksul veetnud oma vaba aega rohe ja sinialadel?

- Iga päev
- Mitu korda nädalas
- Kord nädalas
- Kord või kaks kuus
- Mõni kord viimasel 12 kuul
- Mitte kordagi 12 kuul

<PROVIDE INTRODUCTION TO INTERVENTION SITE>

Q2. Umbes mitu korda külastasite <LOCATION> kohta viimase 4 nädala jooksul?

- Mitte ühtki korda viimase nelja nädala jooksul (read Q3 then go to Q14)
- Üks või kaks korda viimase nelja nädala jooksul
- Kord nädalas
- Mitu korda nädalas

Q3. Overall, how would you describe the quality of this location?

- Very good
- Good
- Neither good, nor bad
- Bad
- Very bad

Selles osas küsime teilt veidi rohkem üksikasju teie viimase <LOCATION> külastuse kohta teie vabal ajal (s.t seoses puhkamise, mitte tööga). See võib hõlmata nii mõneminutilist kui ka kogu päeva kestnud külastust.

Q4. Mis kuupäeval külastasite viimati <LOCATION>?

<INSERT DATE>

Q5. Ja umbes kui kaua viibisite selles <LOCATION>?

- \_\_\_\_ tundi \_\_\_\_ minutit

Q6. Milline tegevus oli selle külastuse ajal, kui üldse, teie peamine tegevus?

Vee ääres või lähedal:

- Koeraga jalutamine
- Jalutamine, ilma koerata
- Kepikond (s.t käimine keppidega)
- Jooks
- Jalgrattasõit
- Hobusega ratsutamine
- Golf
- Seiklussport (nt rannakaljudel turnimine, ronimine, paraplaaniga lendamine, maaistikurallal sõitmne, mägimatkamine)
- Seltskondlikud mängud ja sport (nt lendava taldriku loopimine, sulgpall, rannavolle)
- Kalapüük (sealhulgas õngitsemine, vähipüük)
- Jaht või küttimine
- Keskkonnakaitseline tegevus (nt prahi korjamine)
- Päevitamine
- Vaatamisväärsuse külastamine
- Vaiksed tegevused (nt lugemine, mediteerimine)

- Lastega mängimine
- Maastikuvaate imetlemine oma autost
- Söömine või joomine
- Sõopradega suhtlemine
- Metsiku looduse vaatlemine

Vee peal või vees:

- Paadiga sõitmine (nt jahiga, kanuuga, kajakiga, vesijalgrattaga, sõudepaadiga)
- Kommertslik paadi- või laevareis (nt organiseeritud kalastusreis, puutamatu mereloodusega tutvumise reis)
- Sulistamine (s.t madalas veel jalutamine)
- Ujumine
- Veesport (s.t surfamine, tuulesurfamine, lohesurfamine, veesuusatamine)
- Sukeldumine (nt akvalangiga sukeldumine, snorgeldamine)

Talvised tegevused:

- Uisutamine
- Jääalune kalapüük
- Talisport (nt suusatamine, lumelauasõit, murdmaasuusatamine, kelgutamine)
- Igasugune muu tegevus

Q7. Kui palju täiskasvanuid vanuses 16 ja rohkem aastat, kaasa arvatud teie ise, sellel külastusel osales?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 või rohkem

Q8. Kui palju lapsi vanuses alla 16 aasta sellel külastusel osales?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

- 10 või rohkem

Kui palju nõustute allosevate väidetega oma külastuse kohta?

Q9. "Jäin külastusega rahule"

- Ei nõustu üldse
- Ei nõustu
- Pigem ei nõustu
- Ei nõus ega vastu
- Pigem nõustun
- Nõustun
- Nõustun täiesti

Q10. "Tundsin end osana loodusesest"

- Ei nõustu üldse
- Ei nõustu
- Pigem ei nõustu
- Ei nõus ega vastu
- Pigem nõustun
- Nõustun
- Nõustun täiesti

Q11. "Tundsin end turvaliselt (s.t ohtude eest kaitstuna)"

- Ei nõustu üldse
- Ei nõustu
- Pigem ei nõustu
- Ei nõus ega vastu
- Pigem nõustun
- Nõustun
- Nõustun täiesti

Q12. "Sellel alal polnud märke prahist/vandalismist"

- Ei nõustu üldse
- Ei nõustu
- Pigem ei nõustu
- Ei nõus ega vastu
- Pigem nõustun
- Nõustun
- Nõustun täiesti

Q13. "Seal olid head rajatised (nt parkla, teerajad, tualetid, joogiveekohad, grillid)"

- Ei nõustu üldse
- Ei nõustu
- Pigem ei nõustu
- Ei nõus ega vastu
- Pigem nõustun
- Nõustun
- Nõustun täiesti

Selles osas palume teil rääkida veidi oma tervisest üldisemalt. Tunneme huvi teie tervise vastu, et saaksime uurida kõiki seoseid inimeste üldiste tervisetasemetega ja keskkondade vahel, kus nad veedavad oma vaba aega. Meenutame, et teie vastuseid ei saa seostada teie isikuga ega valdaval enamikul juhtudel ka teie kodu asukohaga.

Q14. Kõike kokkuvõttes, kuivõrd rahul Te praegu oma eluga üldiselt olete?

- 10= Väga rahul
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0= Üldse mitte rahul

Q15. Kui rahul olete oma kogukonda kuulumise tundega?

- 10= Väga rahul
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0= Väga rahulolematu

Palun öelge iga järgneva viie väite kohta, milline neist vastab kõige paremini sellele, kuidas Te olete ennast viimase 2 nädala jooksul tundnud.

Q16. "Olen olnud rõõmus ja heas tujuks"

- Mitte kunagi
- Mõnikord
- Vähem kui pool ajast
- Rohkem kui pool ajast
- Enamuse ajas
- Koguaeg

Q17. "Olen olnud rahulik ja lõõgastunud"

- Mitte kunagi
- Mõnikord
- Vähem kui pool ajast
- Rohkem kui pool ajast
- Enamuse ajas
- Koguaeg

Q18. "Olen olnud aktiivne ja energiline"

- Mitte kunagi
- Mõnikord
- Vähem kui pool ajast
- Rohkem kui pool ajast
- Enamuse ajas
- Koguaeg

Q19. "Ärkasin värske ja puhanuna"

- Mitte kunagi
- Mõnikord
- Vähem kui pool ajast
- Rohkem kui pool ajast
- Enamuse ajas
- Koguaeg

Q20. "Mu igapäevane elu on olnud täis mind huvitavaid asju"

- Mitte kunagi
- Mõnikord
- Vähem kui pool ajast
- Rohkem kui pool ajast
- Enamuse ajas
- Koguaeg

Q21. Üldiselt hinnates, milline on Teie tervislik seisund? Kas Teie arvates on see .....

- ...väga hea

- ...hea
- ...rahuldav
- ...halb
- ...või väga halb?

Q22. Mitu korda viimase 7 päeva, jooksul olete harrastanud kokku 30 minutit või kauem füüsilist tegevust, mis on olnud piisavalt intensiivne teie hingamissageduse suurendamiseks?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

Selles viimases osas küsime teilt veidi taustteavet teie enda, teie leibkonna ja perekonna kohta. Me ei taha olla neis küsimustes pealetükkivad, aga teie vastused aitaksid meil mõista, mis laadi inimesed rohelisi ja siniseid kohti külastavad. Meenutame uuesti, et küsitlus on anonüümne – me ei saa teie isikut kindlaks teha.

Q23. Kas teil on koer?

- Jah
- Ei

Q24. Milline järgmistest väidetest kehtib teie kohta kõige täpsemalt?

- Mul on juurdepääs / saan viibida era-aias
- Mul on juurdepääs ühiskasutuses olevale era-aiale
- Mul on juurdepääs privaatsele välipinnale, mis pole aed (nt rödu, hoov, siseõu)
- Mul pole juurdepääsu ei era-aiale ega ka muule privaatsele välipinnale

Q25. Kaasa arvatud Teie ise ja lapsed, kui mitu inimest elab alaliselt koos Teie leibkonnas?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

- 9
- 10 või rohkem

Q26. Mitu neist on lapsed vanuses alla 16 aasta?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 või rohkem

Q27. Milline järgnevatest kirjeldustest kirjeldab kõige paremini Teie olukorda (viimase seitsme päeva jooksul). Valige ainult üks vastusevariant.

- Tasustatud tööl (või ajutiselt tööst eemal) (töövõtja, eraettevõtja, töötate perefirmas)
- Õpите (tasustamata tööandja poolt) või õpingutest ajutisel puhkusel
- Töötu ja otsite aktiivselt tööd
- Töötu, kuid ei otsi aktiivselt tööd
- Püsivalt töövõimetu või puudega
- Pensionil
- Kodune, hoolitsete laste või kellegi teise eest
- Muu
- Eoö

Q28. Kas Te kuulute Eestis rahvusvähemusgruppi?

- Jah
- Ei
- Eoö

Q29. Milline järgmitest kirjeldustest iseloomustab hetkel kõige paremini Teie perekonnaseisu?

- Abielus, tsiviilpartnerlus või kooselu (vabaabielu)
- Vallaline, lahus elav / lahutatud / lõppenud tsiviilpartnerlus või lesk / tsiviilpartner surnud
- Mitte ükski neist
- Ei soovi vastata

Q30. Liites kokku sissetuleku kõikidest sissetulekuallikatest nii ametlik kui mitteametlik palk, pension, toetus- ja abirahad jne., siis mis oli Teie leibkonna kogu aastane netosissetulek (st puhtalt kätte saadud raha, kust on maksud ära makstud)? Kui Te ei oska öelda täpset numbrit, siis palun andke orienteeruv hinnang.

- €0-€4999
- €5000-€10399
- €10400-€11999
- €12000-€13499
- €13500-€17999
- €18000-€19999
- €20000-€22999
- €23000-€26999
- €27000-€34999
- €35000 ja enam
- Ma ei soovi vastata

<PLEASE INSERT YOUR OWN DEBRIEF HERE ABOUT THE NATURE OF YOUR COMMUNITY-LEVEL INTERVENTION>

## 2.6 Russian (RU)

<AN INTRODUCTION OR INFORMATION SHEET SHOULD BE PROVIDED BEFORE THE COMMENCEMENT OF THE SURVEY>

В следующем разделе мы поговорим о зеленых и водных территориях.

К зеленым территориям относятся парки, игровые площадки и игровые поля в городской местности, а также лесные массивы, пешеходные тропы и горы в сельской местности.

К водным территориям относятся материковые водные объекты, такие как озера, каналы, реки, фонтаны и бассейны, городские прибрежные зоны, такие как морские курорты, гавани, порты и пирсы, а также другие прибрежные зоны, такие как пляжи, утесы и мысы.

Данные термины не включают в себя:

- Объекты, расположенные в помещениях.
- Места, которые Вы посещаете в связи со своей работой.
- Частные объекты, такие как сады, земельные участки, пруды или бассейны.

Q1. Как часто в среднем за последние 12 месяцев Вы проводили свободное время на зеленых или водных территориях?

- Каждый день
- Несколько раз в неделю
- Раз в неделю
- Один или два раза в месяц

- Несколько раз за последние 12 месяцев
- Ни разу за последние 12 месяцев

<PROVIDE INTRODUCTION TO INTERVENTION SITE>

Q2. Сколько раз за последние 4 недели Вы посещали <LOCATION>?

- Ни разу за последние четыре недели (read Q3 then go to Q14)
- Один или два раза за последние четыре недели
- Раз в неделю
- Несколько раз в неделю

Q3. Overall, how would you describe the quality of this location?

- Very good
- Good
- Neither good, nor bad
- Bad
- Very bad

В следующем разделе мы поговорим более подробно о Вашем самом недавнем посещении <LOCATION> в свободное время (то есть для отдыха, а не по работе). Такое посещение могло длиться как несколько минут, так и целый день.

Q4. Укажите дату своего самого недавнего посещения <LOCATION>?

<INSERT DATE>

Q5. Сколько приблизительно времени Вы провели на этой <LOCATION>?

- \_\_\_\_ часа \_\_\_\_ минут

Q6. Какой из перечисленных видов деятельности был Вашим основным занятием в том месте?

У воды:

- Прогулка с собакой
- Прогулка без собаки
- Скандинавская ходьба (с лыжными палками)
- Бег
- Езда на велосипеде
- Верховая езда
- Гольф
- Экстремальные виды спорта (например, коастеринг, альпинизм, парапланеризм, вождение по бездорожью или езда на горном велосипеде)
- Подвижные игры и спорт (например, фрисби, бейсбол или пляжный волейбол)

- Рыбалка (включая ловлю на удочку и ловлю раков)
  - Охота и стрельбы по тарелкам
  - Природоохранные мероприятия (например, уборка мусора)
  - Принятие солнечных ванн (получение загара)
  - Посещение достопримечательности
  - Неактивная деятельность (например, чтение или медитация)
  - Игры с детьми
  - Наслаждение пейзажем из салона своего автомобиля
  - Употребление пищи или напитков
  - Общение с друзьями
  - Наблюдение за флорой и фауной
- На воде или в воде:
- Плавание на лодке (например, на яхте, каноэ, каяке, водном велосипеде или катамаране)
  - Организованная экскурсия на лодке (например, организованная рыбалка или экскурсия для ознакомления с морской жизнью)
  - Гребля (например, прогулки на лодке по мелководью)
  - Плавание
  - Водный спорт (например, серфинг, виндсерфинг, кайтсерфинг или катание на гидроцикле)
  - Дайвинг (например, плавание с аквалангом или сноркeling)
- Зимние виды досуга:
- Катание на коньках
  - Подледный лов рыбы
  - Зимние виды спорта (например, лыжный спорт, сноуборд, лыжный кросс или санный спорт)
- Любые иные занятия

Q7. Сколько взрослых (лиц в возрасте 16 лет или старше), включая Вас, приняли участие в этом посещении?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 или больше

Q8. Сколько детей в возрасте до 16 лет участвовали в этом посещении?

- 0

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 или больше

Насколько Вы согласны с перечисленными ниже высказываниями о том посещении?

Q9. "Меня устроило это посещение"

- Совершенно не согласен(-на)
- Не согласен(-на)
- В некоторой степени не согласен(-на)
- Не могу сказать однозначно
- В некоторой степени согласен(-на)
- Согласен(-на)
- Полностью согласен(-на)

Q10. "Я ощущал(-а) себя частью природы"

- Совершенно не согласен(-на)
- Не согласен(-на)
- В некоторой степени не согласен(-на)
- Не могу сказать однозначно
- В некоторой степени согласен(-на)
- Согласен(-на)
- Полностью согласен(-на)

Q11. "Я чувствовал(-а) себя в безопасности (то есть защищенным(-ой) от опасностей)"

- Совершенно не согласен(-на)
- Не согласен(-на)
- В некоторой степени не согласен(-на)
- Не могу сказать однозначно
- В некоторой степени согласен(-на)
- Согласен(-на)
- Полностью согласен(-на)

Q12. "На этой территории не было мусора / следов вандализма"

- Совершенно не согласен(-на)
- Не согласен(-на)
- В некоторой степени не согласен(-на)
- Не могу сказать однозначно
- В некоторой степени согласен(-на)
- Согласен(-на)
- Полностью согласен(-на)

Q13. "На территории имелась хорошая инфраструктура (например, парковочные места, пешеходные дорожки, туалеты, колонки с питьевой водой или мангалы)"

- Совершенно не согласен(-на)
- Не согласен(-на)
- В некоторой степени не согласен(-на)
- Не могу сказать однозначно
- В некоторой степени согласен(-на)
- Согласен(-на)
- Полностью согласен(-на)

В данном разделе мы хотели бы узнать о состоянии Вашего здоровья в целом. Информация о Вашем здоровье позволит нам установить связь между общим состоянием здоровья и той средой, в которой люди проводят свое свободное время. Напоминаем, что в большинстве случаев Ваши ответы невозможно связать с Вами или с Вашим местом проживания.

Q14. Учитывая все аспекты, насколько Вы довольны своей жизнью в настоящее время в общем?

- 10= очень доволен/довольна
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0= очень недоволен/недовольна

Q15. Насколько Вы довольны своим ощущением принадлежности к окружающему Вас обществу?

- 10= В полной мере доволен/довольна

- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0= Совершенно недоволен/недовольна

Выбрать одну из цифр против каждого из пяти нижеприведенных утверждений, ближе/лучше всего отражающую ваше самочувствие в последние две недели.

Q16. "Я чувствую себя бодрой(-ым) и в хорошем настроении"

- Никогда
- Некоторое время
- Менее половины времени
- Более половины времени
- Большую часть времени
- Все время

Q17. "Я чувствую себя спокойной(-ым) и расскованной(-ым)"

- Никогда
- Некоторое время
- Менее половины времени
- Более половины времени
- Большую часть времени
- Все время

Q18. "Я чувствую себя активной(-ым) и энергичной(-ым)"

- Никогда
- Некоторое время
- Менее половины времени
- Более половины времени
- Большую часть времени
- Все время

Q19. "Я просыпаюсь и чувствую себя свежей(-им) и отдохнувшей(-им)"

- Никогда
- Некоторое время
- Менее половины времени

- Более половины времени
- Большую часть времени
- Все время

Q20. "Каждый день со мной происходят вещи, представляющие для меня интерес"

- Никогда
- Некоторое время
- Менее половины времени
- Более половины времени
- Большую часть времени
- Все время

Q21. Как бы Вы в целом оценили свое здоровье? Можете ли Вы сказать, что состояние Вашего здоровья ...

- ... очень хорошее,
- ...хорошее,
- удовлетворительное,
- плохое,
- или, очень плохое?

Q22. За последние 7 дней, сколько было дней, в течение которых Вы в сумме как минимум 30 минут занимались физической активностью, которой было достаточно, чтобы участилось Ваше дыхание?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

Заключительный раздел опроса посвящен общей информации о Вас, Вашем домохозяйстве и Вашей семье. Мы не хотим быть назойливыми, но Ваши ответы помогут нам лучше понять людей, посещающих зеленые и водные территории. Напоминаем, что наш опрос является анонимным и идентифицировать Вас будет невозможно.

Q23. У Вас есть собака?

- Да
- Нет

Q24. Что из перечисленного ниже наиболее точно к Вам относится?

- У меня есть доступ к частному саду
- У меня есть доступ к закрытому коллективному саду
- У меня есть доступ к частной территории вне помещения, но не к саду (это может быть балкон, двор, внутренний двор или патио)
- У меня нет доступа к частному саду или к частной территории вне помещения

Q25. Включая Вас самих и Ваших детей, сколько человек живёт постоянно как члены Вашей семьи/домохозяйства?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 или больше

Q26. Сколько из них являются детьми в возрасте до 16 лет?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 или больше

Q27. Какое из данных описаний лучше всего подходит к Вашей ситуации (в последние семь дней). Выберите пожалуйста только один вариант ответа.

- На оплачиваемой работе (временно удален) (наемный работник, частный предприниматель, работаете в семейном деле)
- На обучении (не оплачиваемом работодателем) или на каникулах
- Безработный/ая и активно ищете работу
- Безработный/ая, но не ищете активно работу
- Хронически болен или нетрудоспособен
- На пенсии

- Домохозяйка, ухаживаете за детьми или другими людьми
- Другое
- Не знаю

Q28. Принадлежите ли Вы к национальному меньшинству в Эстонии? "Принадлежать" предполагает привязанность или идентификацию.

- Да
- Нет
- Не знаю

Q29. Какое одно из описаний лучше всего характеризует Ваше нынешнее семейное положение?

- Состою в официальном или гражданском браке
- Не состою в браке, живем раздельно / в разводе / расторгли гражданский брак, вдова/вдовец
- Ни один из вариантов
- Предпочитаю не отвечать

Q30. Если сложить вместе доход из всех источников, как официальная, так и неофициальная зарплата, пенсия, пособия, и т.д., то каким будет обычный чистый (нетто) годовой доход всей семьи (полученные деньги, с которых уже уплачены налоги)? Если Вы не знаете точную сумму, оцените приблизительно.

- €0-€4999
- €5000-€10399
- €10400-€11999
- €12000-€13499
- €13500-€17999
- €18000-€19999
- €20000-€22999
- €23000-€26999
- €27000-€34999
- €35000 и более
- Я предпочел бы не отвечать

<PLEASE INSERT YOUR OWN DEBRIEF HERE ABOUT THE NATURE OF YOUR COMMUNITY-LEVEL INTERVENTION>

## 2.7 Portuguese (PT)

<AN INTRODUCTION OR INFORMATION SHEET SHOULD BE PROVIDED BEFORE THE COMMENCEMENT OF THE SURVEY>

Esta secção contém perguntas acerca de espaços verdes e azuis.

Os espaços verdes incluem parques, parques infantis e campos de jogos em zonas urbanas, ou florestas, caminhos pedonais e montanhas em zonas mais rurais.

Os espaços azuis incluem água e podem ser zonas no interior como lagos, canais, rios, fontes e piscinas; zonas costeiras urbanas como estâncias balneares, molhes, portos ou cais; ou outras zonas costeiras como praias, falésias e promontórios.

No entanto, estes espaços não incluem:

- Locais interiores.
- Locais que visita no âmbito do seu trabalho.
- Locais privados, como o seu próprio jardim, terreno, lago ou piscina.

Q1. Nos últimos 12 meses, com que frequência, em média, passou o seu tempo de lazer em espaços verdes e azuis?

- Todos os dias  
 Várias vezes por semana  
 Uma vez por semana  
 Uma ou duas vezes por mês  
 Algumas vezes nos últimos 12 meses  
 Nenhuma vez nos últimos 12 meses

<PROVIDE INTRODUCTION TO INTERVENTION SITE>

Q2. Nas últimas 4 semanas, aproximadamente quantas vezes visitou <LOCATION>?

- Nenhuma vez nas últimas quatro semanas (read Q3 then go to Q14)  
 Uma ou duas vezes nas últimas quatro semanas  
 Uma vez por semana  
 Várias vezes por semana

Q3. Overall, how would you describe the quality of this location?

- Very good  
 Good  
 Neither good, nor bad  
 Bad  
 Very bad

Esta secção contém perguntas acerca de mais alguns detalhes relativos à visita mais recente no seu tempo de lazer (ou seja, para recreação e não trabalho) a um espaço azul. Poderá tratar-se de uma visita de alguns minutos ou de um dia completo.

Q4. Em que data fez a sua visita mais recente a <LOCATION>?

<INSERT DATE>

Q5. E aproximadamente quanto tempo passou nesse <LOCATION>?

\_\_\_\_ horas \_\_\_\_ minutos

Q6. Nesta visita, qual destas atividades foi a principal atividade que praticou?

Junto ou próximo da água:

- Passear o cão
- Passear sem cão
- Caminhada nórdica (ou seja, com bastões)
- Corrida
- Ciclismo
- Hipismo
- Golfe
- Desportos de aventura (como caminhadas no litoral, escalada, parapente, condução todo o terreno, bicicleta de montanha, etc.)
- Jogos e desportos informais (como Frisbee, taco e bola, voleibol de praia)
- Pesca (incluindo à linha e de caranguejos)
- Caça ou tiro
- Atividade de conservação (como recolha de lixo)
- Banhos de sol
- Visita a uma atração
- Atividades tranquilas (como ler ou meditar)
- Brincar com crianças
- Apreciar a paisagem do carro
- Comer ou beber
- Socializar com amigos
- Observar a vida selvagem

Na água:

- Passeios de barco (como vela, canoagem, caiaque, remo/gaivota)
- Viagem de barco comercial (como uma pescaria organizada, viagem para observação da vida selvagem marítima, etc.)
- Paddling (ou seja, caminhada em água pouco profunda)
- Natação
- Desportos aquáticos (como surf, windsurf, kitesurf, jet ski)
- Mergulho (mergulho com escafandro, snorkelling, etc.)

Atividades de inverno:

- Patinagem no gelo
- Pesca no gelo
- Desportos de neve (como o esqui, snowboarding, esqui de fundo, trenó)
- Qualquer outra atividade

Q7. Quantos adultos com idade igual ou superior a 16 anos, incluindo-se a si próprio, fizeram esta visita?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 ou mais

Q8. Quantas crianças com idade igual ou inferior a 16 anos participaram nesta visita?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 ou mais

Até que ponto concorda com as afirmações abaixo acerca da sua visita?

Q9. "Fiquei satisfeito com a visita"

- Discordo totalmente
- Discordo
- Discordo parcialmente
- Nem concordo nem discordo
- Concordo parcialmente
- Concordo
- Concordo totalmente

Q10. "Senti-me parte da natureza"

- Discordo totalmente
- Discordo
- Discordo parcialmente
- Nem concordo nem discordo
- Concordo parcialmente
- Concordo

- Concordo totalmente

Q11. "Senti-me seguro (ou seja, protegido do perigo)"

- Discordo totalmente
- Discordo
- Discordo parcialmente
- Nem concordo nem discordo
- Concordo parcialmente
- Concordo
- Concordo totalmente

Q12. "A área não tinha lixo/sinais de vandalismo"

- Discordo totalmente
- Discordo
- Discordo parcialmente
- Nem concordo nem discordo
- Concordo parcialmente
- Concordo
- Concordo totalmente

Q13. "As infraestruturas eram boas (como o estacionamento, caminhos pedonais, casas de banho, fontes de água potável, churrascos, etc.)"

- Discordo totalmente
- Discordo
- Discordo parcialmente
- Nem concordo nem discordo
- Concordo parcialmente
- Concordo
- Concordo totalmente

Nesta secção, gostaríamos que nos falasse um pouco acerca da sua saúde em geral. Estamos interessados na sua saúde para que possamos explorar quaisquer ligações entre os níveis gerais de saúde e os tipos de ambiente onde as pessoas passam o seu tempo de lazer. Lembre-se de que, na grande maioria dos casos, as suas respostas não podem ser associadas a si nem à localização da sua casa.

Q14. Tudo somado, qual é o seu grau de satisfação com a sua vida em geral?

- 10= Extremamente satisfeito
- 9
- 8
- 7
- 6

- 5
- 4
- 3
- 2
- 1
- 0= Extremamente insatisfeito

Q15. Até que ponto está satisfeito com a sensação de pertencer à sua comunidade?

- 10= Extremamente satisfeito
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0= Extremamente insatisfeito

Indique, por favor, para cada uma das cinco afirmações, a que se aproxima mais do modo como se tem sentido nas últimas duas semanas.

Q16. "Senti-me alegre e bem disposto"

- Nunca
- Alguma s vezes
- Menos de metade do tempo
- Mais de metade do tempo
- A maior parte do tempo
- Todo o tempo

Q17. "Senti-me calmo e tranquilo"

- Nunca
- Alguma s vezes
- Menos de metade do tempo
- Mais de metade do tempo
- A maior parte do tempo
- Todo o tempo

Q18. "Senti-me activo e enérgico"

- Nunca
- Alguma s vezes

- Menos de metade do tempo
- Mais de metade do tempo
- A maior parte do tempo
- Todo o tempo

Q19. "Acordei a sentir-me fresco e repousado"

- Nunca
- Algumas vezes
- Menos de metade do tempo
- Mais de metade do tempo
- A maior parte do tempo
- Todo o tempo

Q20. "O meu dia-a-dia tem sido preenchido com coisas que me interessam"

- Nunca
- Algumas vezes
- Menos de metade do tempo
- Mais de metade do tempo
- A maior parte do tempo
- Todo o tempo

Q21. Como avalia a sua saúde em geral?

- Muito boa
- Boa
- Razoável
- Má
- Ou muito má

Q22. Durante os últimos 7 dias, em quantos dias praticou, no total, 30 minutos ou mais de atividade física suficiente para aumentar a sua frequência respiratória?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

Esta secção final contém perguntas de contexto sobre si, o seu agregado familiar e a sua família. As perguntas não pretendem ser intrusivas, mas antes ajudar a

compreender os tipos de pessoas que visitam espaços verdes e azuis. Mais uma vez, o questionário é anónimo: não poderemos identificá-lo individualmente.

Q23. Tem um cão?

- Sim
- Não

Q24. Qual destas opções melhor se aplica ao seu caso?

- Tenho acesso a um jardim privado
- Tenho acesso a um jardim comum privado
- Tenho acesso a um espaço exterior privado, mas não a um jardim (varanda, quintal, pátio)
- Não tenho acesso a um jardim privado nem a um espaço exterior

Q25. Contando consigo, quantas pessoas – incluindo crianças – fazem habitualmente parte do seu agregado familiar?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 ou mais

Q26. E quantas destas crianças têm idade inferior a 16 anos?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 ou mais

Q27. E qual das seguintes descrições melhor define a sua situação (nos últimos 7 dias)? Indique só uma hipótese.

- A fazer trabalho pago (ou temporariamente ausente), (por conta de outrem, conta própria, no negócio da família)
- A estudar mesmo se de férias (sem ser remunerado)
- Desempregado à procura de emprego
- Desempregado, à espera de emprego, mas não à procura de emprego
- Em situação de doença ou incapacidade/invalidez permanente
- Na reforma
- A fazer trabalho doméstico, a cuidar de crianças ou de outras pessoas (sem ser pago)
- Outra
- Não sabe

Q28. Pertence a uma minoria étnica?

- Sim
- Não
- Não sabe

Q29. Qual das seguintes situações se aplica melhor ao seu estado civil actual?

- Casado, em união de facto ou a viver com o parceiro (coabitação)
- Solteiro, separado/divorciado/união de facto dissolvida ou viúvo/partner falecido
- Nenhuma destas opções
- Prefiro não responder

Q30. Se somar o rendimento de todas as fontes, qual melhor corresponde o rendimento anual das pessoas que vivem nesta casa, depois dos descontos obrigatórios para contribuições e impostos? Se não souber o número exacto, por favor, dê um valor aproximado.

- Menos de 5099 Euros
- Entre 5100 e 7400 Euros
- Entre 7401 e 9400 Euros
- Entre 9401 e 11600 Euros
- Entre 11601 e 14000 Euros
- Entre 14001 e 16750 Euros
- Entre 16751 e 20100 Euros
- Entre 20101 e 24900 Euros
- Entre 24901 e 37800 Euros
- Mais de 37800 Euros
- Eu prefiro não responder

<PLEASE INSERT YOUR OWN DEBRIEF HERE ABOUT THE NATURE OF YOUR COMMUNITY-LEVEL INTERVENTION>

## 2.8 Italian (IT)

<AN INTRODUCTION OR INFORMATION SHEET SHOULD BE PROVIDED BEFORE THE COMMENCEMENT OF THE SURVEY>

Questa sezione riguarda gli spazi verdi e gli spazi blu.

Gli spazi verdi comprendono parchi, parchi giochi e campi da gioco in aree urbane o boschi, sentieri e montagne in aree più rurali.

Gli spazi blu comprendono le acque e possono essere zone dell'entroterra come laghi, canali, fiumi, fontane e piscine; zone costiere urbane come località balneari, porti e banchine; o altre zone costiere come spiagge, scogliere e promontori.

Tuttavia questi spazi non comprendono:

- Luoghi al chiuso.
- Luoghi che visita come parte del suo lavoro.
- Luoghi privati come il suo giardino, terreno, stagno, o la sua piscina.

Q1. Negli ultimi 12 mesi, con quale frequenza, in media, ha trascorso il suo tempo libero in spazi verdi e blu?

- Tutti i giorni
- Più volte alla settimana
- Una volta alla settimana
- Una o due volte al mese
- Qualche volta negli ultimi 12 mesi
- Non negli ultimi 12 mesi

<PROVIDE INTRODUCTION TO INTERVENTION SITE>

Q2. Nelle ultime 4 settimane, quante volte all'incirca ha visitato <LOCATION>?

- Per niente nelle ultime quattro settimane (read Q3 then go to Q14)
- Una o due volte nelle ultime quattro settimane
- Una volta alla settimana
- Più volte alla settimana

Q3. Overall, how would you describe the quality of this location?

- Very good
- Good
- Neither good, nor bad
- Bad
- Very bad

In questa sezione le verrà chiesto qualche dettaglio in più sulla sua visita più recente a <LOCATION> nel suo tempo libero (ovvero per attività ricreative e non lavorative). Può trattarsi di una visita di qualsiasi durata, da alcuni minuti a tutto il giorno.

Q4. In che data ha avuto luogo la sua visita più recente a <LOCATION>?

<INSERT DATE>

Q5. Quanto tempo ha trascorso indicativamente in <LOCATION>?

\_\_\_\_ ore \_\_\_\_ minuti

Q6. Quale di queste è l'attività principale che ha svolto durante questa visita?

Vicino all'acqua:

- Passeggiata con il cane
- Passeggiata senza cane
- Nordic Walking (ovvero camminata con bastoncini)
- Corsa
- Ciclismo
- Equitazione
- Golf
- Sport d'avventura (ad es. coasteering, arrampicata, parapendio, guida fuoristrada, mountain bike)
- Sport e giochi informali (ad es. frisbee, giochi con mazza e palla o con pallone da spiaggia)
- Pesca (tra cui pesca con la lenza, pesca del granchio)
- Caccia o tiro a segno
- Attività di conservazione della natura (ad es. raccolta rifiuti abbandonati)
- Prendere il sole
- Visita a un'attrazione
- Attività tranquille (ad es. lettura, meditazione)
- Giochi con i bambini
- Ammirare il paesaggio dall'auto
- Mangiare o bere
- Socializzare con amici
- Osservazione della fauna selvatica

In acqua o sull'acqua:

- Escursione in barca (ad es. vela, canoa, kayak, pedalò)
- Escursione commerciale in barca (ad es. battuta di pesca organizzata, escursione per ammirare la fauna marina)
- Camminata in acque poco profonde
- Nuoto
- Sport acquatici (ad es. surf, windsurf, kitesurf, Jet Ski)
- Immersioni (ad es. immersioni subacquee, snorkeling)

Attività invernali:

- Pattinaggio sul ghiaccio
- Pesca sul ghiaccio
- Sport sulla neve (ad es. sci, snowboard, sci di fondo, slittino)
  
- Qualsiasi altra attività

Q7. Lei compreso/a, quanti adulti di 16 anni o più c'erano con lei durante questa visita?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 o più

Q8. Quanti bambini minori di 16 anni c'erano in questa visita?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 o più

Quanto è d'accordo con le seguenti affermazioni sulla sua visita?

Q9. "Sono rimasto/a soddisfatto/a della visita"

- Fortemente in disaccordo
- In disaccordo
- Leggermente in disaccordo
- Né d'accordo né in disaccordo
- Leggermente d'accordo
- D'accordo
- Fortemente d'accordo

Q10. "Mi sono sentito/a parte della natura"

- Fortemente in disaccordo
- In disaccordo
- Leggermente in disaccordo
- Né d'accordo né in disaccordo
- Leggermente d'accordo
- D'accordo
- Fortemente d'accordo

Q11. "Mi sono sentito/a al sicuro (ovvero protetto/a dai pericoli)"

- Fortemente in disaccordo
- In disaccordo
- Leggermente in disaccordo
- Né d'accordo né in disaccordo
- Leggermente d'accordo
- D'accordo
- Fortemente d'accordo

Q12. "La zona non presentava rifiuti abbandonati/atti vandalici"

- Fortemente in disaccordo
- In disaccordo
- Leggermente in disaccordo
- Né d'accordo né in disaccordo
- Leggermente d'accordo
- D'accordo
- Fortemente d'accordo

Q13. "Erano presenti buone strutture (ad es. parcheggi, percorsi a piedi, servizi igienici, fontane d'acqua, barbecue)"

- Fortemente in disaccordo
- In disaccordo
- Leggermente in disaccordo
- Né d'accordo né in disaccordo
- Leggermente d'accordo
- D'accordo
- Fortemente d'accordo

In questa sezione vorremmo che ci parlasse un po' della sua salute in generale. Siamo interessati alla sua salute perché vogliamo esplorare eventuali legami tra i livelli generali di salute e il tipo di ambienti in cui le persone trascorrono il proprio tempo libero. Le ricordiamo che le sue risposte non possono essere ricondotte a lei o al suo indirizzo di casa nella grande maggioranza dei casi.

Q14. Complessivamente, quanto è soddisfatto della sua vita attuale?

- 10= totalmente soddisfatto
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0= totalmente insoddisfatto

Q15. Quanto è soddisfatto/a di sentirsi parte della sua comunità?

- 10= totalmente soddisfatto
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0= totalmente insoddisfatto

Per ciascuna delle cinque affermazioni, la preghiamo di indicare la risposta che più si avvicina a come si è sentito/a nelle ultime due settimane.

Q16. "Mi sono sentito/a allegro/a e di buon umore"

- Mai
- A volte
- Meno della metà del tempo
- Più della metà del tempo
- La maggior parte del tempo
- Sempre

Q17. "Mi sono sentito/a calmo/a e rilassato/a"

- Mai
- A volte
- Meno della metà del tempo
- Più della metà del tempo

- La maggior parte del tempo
- Sempre

Q18. "Mi sono sentito/a attivo/a ed energico/a"

- Mai
- A volte
- Meno della metà del tempo
- Più della metà del tempo
- La maggior parte del tempo
- Sempre

Q19. "Mi sono svegliato/a sentendomi fresco/a e riposato/a"

- Mai
- A volte
- Meno della metà del tempo
- Più della metà del tempo
- La maggior parte del tempo
- Sempre

Q20. "La mia vita di tutti i giorni è stata piena di cose che mi interessano"

- Mai
- A volte
- Meno della metà del tempo
- Più della metà del tempo
- La maggior parte del tempo
- Sempre

Q21. Attualmente, come è in generale, la sua salute? La definirebbe...

- ...molto buona
- ...buona
- ...discreta
- ...cattiva
- ...pessima

Q22. Negli ultimi 7 giorni, quanti giorni ha fatto 30 minuti o più in totale di attività fisica sufficientemente intensa da aumentare la sua frequenza respiratoria?

- 0
- 1
- 2
- 3
- 4

- 5
- 6
- 7

Questa parte finale le chiederà informazioni di carattere generale su di lei, il suo nucleo familiare e la sua famiglia. Le domande non intendono essere invadenti, ma servono per aiutarci a comprendere il tipo di persone che visitano gli spazi verdi e gli spazi blu. Le ricordiamo che il sondaggio è anonimo e che pertanto non saremo in grado di identificare il singolo partecipante.

Q23. Ha un cane?

- Sì
- No

Q24. Quale tra le seguenti opzioni descrive meglio la sua situazione?

- Ho accesso a un giardino privato
- Ho accesso a un giardino comune privato
- Ho accesso a uno spazio esterno privato, ma non a un giardino (balcone, cortile pavimentato, patio)
- Non ho accesso a un giardino o spazio esterno privato

Q25. Compresi lei ed eventuali bambini, quante persone vivono regolarmente in il tuo casa come membri della famiglia?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 o più

Q26. E quante di queste sono bambini minori di 16 anni?

- 0
- 1
- 2
- 3
- 4
- 5
- 6

- 7
- 8
- 9
- 10 o più

Q27. In particolare, quale delle seguenti alternative descrive meglio la condizione lavorativa in cui lei si trovava la settimana scorsa? Una sola risposta.

- Occupato (o temporaneamente in congedo) (dipendente, autonomo o coadiuvante familiare)
- Studente/essa (non retribuito da un datore di lavoro) inclusi i periodi di vacanza
- Disoccupato e attivamente in cerca di lavoro
- Disoccupato in attesa di lavoro ma senza cercarlo attivamente
- Inabile al lavoro
- Pensionato
- Dedito alla cura del nucleo familiare
- Altro
- Non so

Q28. Lei appartiene ad una minoranza etnica?

- Sì
- No
- Non so

Q29. Quale categoria descrive il Suo attuale stato civile?

- Coniugato/a, in unione civile o convivente
- Celibe/nubile, separato/a, divorziato/a, unione civile sciolta, vedovo/a o partner civile deceduto/a
- Nessuna di queste
- Preferisco non rispondere

Q30. Calcolando i redditi di qualsiasi tipo, quale descrive meglio le entrate totali annuale nette della sua famiglia? Se non sa l'esatto valore, per favore, faccia una stima.

- Meno di 11.710
- Da 11.711 a 15.632
- Da 15.633 a 19.200
- Da 19.201 a 23.035
- Da 23.036 a 27.000
- Da 27.001 a 31.952
- Da 31.953 a 37.683
- Da 37.683 a 45.340
- Da 45.341 a 58.549
- Più di 58.549

Preferirei non rispondere

<PLEASE INSERT YOUR OWN DEBRIEF HERE ABOUT THE NATURE OF YOUR COMMUNITY-LEVEL INTERVENTION>

### 3 Example usage

This section will present how the English version of the BCLS was implemented into a protocol for face-to-face doorstep interviews in the CLI of urban beach regeneration in Plymouth, Devon, UK. It will begin by explaining some background regarding the design, sampling, and prior stakeholder and community engagement regarding the BCLS in Plymouth, before presenting materials and an interview script that will be used for this CLI. The section is intended to demonstrate how flexible the questions within the BCLS are, how other original items can be introduced, and how the BCLS can be administered in spoken form.

#### 3.1 Sampling and design of BCLS data collection in Plymouth, UK

The CLI of urban beach regeneration in Plymouth, UK, will adopt a pretest-posttest, repeat cross-sectional design. This will involve 450 face-to-face interviews taking place in June 2017 and 450 face-to-face interviews taking place in June 2018. These sampling periods fall either side of when the site (Teat's Hill beach) is due to be renovated (Winter, 2017-2018).

Firstly, people will be interviewed on the doorsteps of their residences. Specifically, interviewers will contact alternating residences (i.e. every other residence) within seven census areas<sup>6</sup> in Plymouth that fall within 1km of Teat's Hill beach (and therefore have ready access to the area).

In the first wave, when this mode of administration has been exhausted, interviewers will conduct interviews at the Teat's Hill beach site with visitors to the site, until the total number of responses reaches 450.

In the second wave of data collection, interviewers will follow the same protocol; this time contacting the alternating residences which they did not contact previously. Again, the doorstep interviews will be supplemented by interviews at the Teat's Hill beach site until the quota of 450 responses is fulfilled.

#### 3.2 Prior stakeholder and community engagement

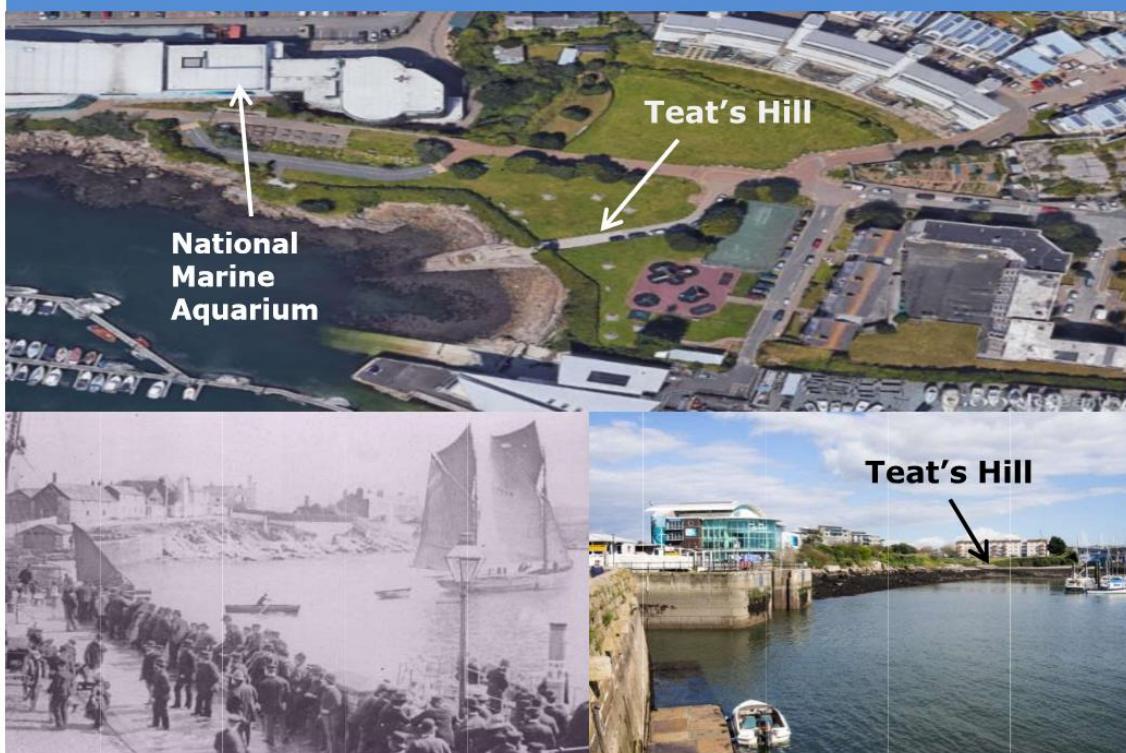
Stakeholder engagement will permeate throughout the BCLS data collection in Plymouth. A steering group of local stakeholders has already been set up by Plymouth City Council who, whilst their main role is to oversee the renovation and engage the local community with it, have all contributed and approved the BCLS data collection and its protocol. The steering group includes representatives from the local housing association who have permitted us access to the social housing that they manage.

Two weeks prior to the BCLS interviews taking place (in both waves of data collection), an A6-sized postcard (similar to the one below) will be delivered to all properties which interviewers may contact. This is to inform them of why their household may be approached, and inform them of how to notify the interviewers that they do not wish to be contacted, if that is their desire.

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<sup>6</sup> In reality, these will be lower-layer-super-output-areas (LSOAs), a small area geography used in the UK where average population size in the whole country is estimated to be 1,000.

## Your views on local waterfront improvements



## Your views on local waterfront improvements

### What's happening?

- Plymouth City Council are working with NMA and a research team to better understand local peoples views on local waterfront improvements.
- One local area under discussion is Teat's Hill



### Where?

#### **Teat's Hill (Coxside, Plymouth):**

- Used by American Soldiers in World War Two.
- Previous centre for maritime industry (e.g. rope making, ship building and repairs)
- Supports a range of wildlife on land and in the sea.

### What next?

- In 2 weeks time, interviewers from a professionally accredited company (Marketing Means) will be visiting your area to better understand local people's views.
- You do not have to take part if you do not want to.**
- Please phone Chris Bowden on 01364 654485 if you do not wish to be contacted.
- For more information, see [bluehealth2020.eu/projects/urban-beach-regeneration/](http://bluehealth2020.eu/projects/urban-beach-regeneration/) or contact the research team: L.R.Elliott@exeter.ac.uk



### 3.3 Instructions for interviewers

The interviews for the Plymouth CLI will be conducted by an externally subcontracted market research company who use tablet computers with bespoke survey software for data collection. Along with standard in-house training, they will be provided with the following bespoke instructions related to the interview protocol:

**Instructions to interviewers:**

1. Please read out only the text in *italics*.
2. Question numbers are indicated in squared brackets.
3. Text in capitals and/or in squared brackets represent instructions.
4. Questions 1 and 2 do not require a response from participants, but should be coded by you. Likewise the final three questions should be coded by yourself.
5. All responses should be recorded by yourself on the tablet computer, unless stated otherwise.
6. There are relatively few sensitive questions in this survey. However, should any respondent display signs of any discomfort with the questions they are being asked, you should ask the respondent if they are okay to continue with the interview.
  - a. If they indicate that they are okay to continue, remind them that they can stop the interview at any time they wish.
  - b. If they indicate that they are not okay to continue, please cease the interview immediately by reading the “debrief” and explain to them that their responses will not be saved.
    - i. Additionally, in cases of visible distress, you must provide them with the printed contact details in your pack of local help organisations and the NHS self-help postcard.
7. You should also not interview anyone who shows similar signs at the outset. In such cases, you should explain to them that you will not begin the interview due to concerns about their safety. Again, provide them with the printed contact details of local help organisations and the NHS self-help postcard.
8. In household interviews, if someone who appears to be under 18 answers the door, politely ask to speak to someone over the age of 18 in the household.
  - a. If you suspect the individual to be dishonest about their being over 18, ask again to speak to someone else over the age of 18. If this is not possible or the individual refuses, politely cease the interview citing concerns about the quality of the interview.

### 3.4 Introduction to the interview

The following introduction will be used in the first wave of BCLS data collection for doorstep interviews:

**Introduction to interview:**

**INTERVIEWER:** Hello, I'm [NAME] from Marketing Means and I'm conducting a survey on behalf of Plymouth City Council and various other organisations across the South-West.

*Did you receive the leaflet that we delivered to your home about the Teat's Hill project? [SHOW LEAFLET AND RESPOND TO Qiii].*

**IF "YES":** Did you have a look at the link that was mentioned on the leaflet? [RESPOND TO Qiv]

**IF "NO":** [READ LONGER TEXT IN PARAGRAPH BELOW]

**IF "YES":** Did you watch the video on the website? [RESPOND TO Qv]

**IF "NO":** [READ LONGER TEXT IN PARAGRAPH BELOW]

**IF "YES":** Great, then you already know a bit about the project. Here is some more information for you to read and keep [HAND INFORMATION SHEET]. Are you able to help me with an interview about this? It should only take a maximum of 15 minutes.

**IF "NO" TO INITIAL QUESTION:** No problem at all, we will tell you a bit more about the project. We are interested in how people in Plymouth relate to their local 'green' spaces like parks and woodland, and 'blue' spaces like the coast and rivers, and the effects they may have on people's health. We are interested in Teat's Hill in particular and are interviewing people in the area about this. The interview is confidential, you can withdraw at any time and your survey answers will be anonymous. Here is some more information for you to read and keep. [HAND INFORMATION SHEET]. Are you able to help me with an interview about this? It should only take a maximum of 15 minutes.

**IF "NO" TO INTERVIEW: END THE INTERVIEW IN THE AGREED WAY.**

**IF YES TO INTERVIEW: [CONTINUE TO CONSENT FORM].**

[INTERVIEWER SHOULD ALSO CODE THE FOLLOWING AT THIS POINT]:

[Qi]. Weather [CHECK ALL THAT APPLY]:  Sunny  Rainy  Cloudy  Windy  Hot  Cold

[Qii]. Sex of respondent:  Male  Female

[Qiii]. Saw postcard?  Yes  No

[Qiv]. Visited link?  Yes  No

[Qv]. Watched video?  Yes  No

[Qvi]. Door knock attempts: [ENTER NUMBER]

### 3.5 Consent procedure

The following script will be used to gain informed consent from respondents at their residences in the first wave of data collection:

**Consent procedure for participants (the interviewer will read the following and check corresponding boxes on their tablet device - these will also be saved as data fields).**

**INTERVIEWER:** Before we begin, I just need to check that you're happy with a few things.

*Can I check you have read the information sheet and understand what the interview will be about?*

**IF "NO," ASK INTERVIEWEE TO READ THE INFORMATION SHEET AND ENCOURAGE THEM TO ASK ANY QUESTIONS.**

**IF "YES" SAY:** Can you confirm the following?

[Qvi] *Firstly, can I just check that you are over 18 years old?*

**IF "NO," PLEASE THANK THE RESPONDENT FOR THEIR TIME AND END THE INTERVIEW IN THE AGREED WAY.**

**IF "YES" SAY:** [Qvii] *Secondly, do you understand that your participation is entirely voluntary and that you can withdraw at any time you wish?*

IF "NO," REMIND INTERVIEWEE THAT THEY DO NOT HAVE TO TAKE PART AND CAN WITHDRAW AT ANY TIME AND THEIR RESPONSES WILL NOT BE SAVED. REITERATE QUESTION.

IF "YES" SAY: [Qviii] *Thirdly, do you understand that your data will be held in secure storage?*

IF "NO," REMIND INTERVIEWEE THAT THEY DO NOT HAVE TO TAKE PART AND CAN WITHDRAW AT ANY TIME AND THEIR RESPONSES WILL NOT BE SAVED. REITERATE QUESTION.

IF "YES" SAY: [Qix] *Lastly, do you understand that while results of the research may be published, your identity will always remain anonymous?*

IF "NO," REMIND INTERVIEWEE THAT THEY WILL NEVER BE ABLE TO BE IDENTIFIED FROM THE RESPONSES THEY GIVE. REITERATE QUESTION.

IF "YES" SAY: *If you have no further questions, we can begin the interview.*

[FOR EACH "YES" RESPONSE GIVEN, CHECK THE CORRESPONDING BOX ON THE TABLET INTERFACE].

### 3.6 Main interview script

This is the main interview script that will be used for doorstep interviews in the first wave of data collection in Plymouth. Annotations throughout should help illuminate the flexibility of the BCLS. Please refer to [Section 3.3](#) if symbols or formatting do not make sense; all italics, arrowed brackets, square brackets etc. are deliberate.

**Main interview script. Note that arrowed brackets indicate the number which should be used in the data file. Includes debrief and showcards (which will be shown on tablet).**

**PART 1: GREEN AND BLUE SPACES**

This section will ask you about green and blue spaces. Green spaces include parks, playgrounds and playing fields in urban areas, or woodlands, footpaths and mountains in more rural areas. Blue spaces include water and could be inland areas like lakes, canals, rivers, fountains and pools; urban coastal areas such as seaside resorts, harbours, ports and piers; or other coastal areas such as beaches, cliffs and headlands. However these spaces do not include: indoor locations, places which you visit as part of your job, or private locations such as your own garden, land, pond, or swimming pool.

[Q1]. In the last 12 months, how often, on average, have you spent your leisure time at green and blue spaces? Would you say it was:

- <6> Every day
- <5> Several times a week
- <4> Once a week
- <3> Once or twice a month
- <2> A few times in the last 12 months; or
- <1> Not in the last 12 months

[Q2]. And in the last 4 weeks, how many times have you visited Teat's Hill? This could be the beach or the park area [INDICATE THIS USING SHOWCARD A]. Would you say it was:

- <1> Not at all in the last four weeks [READ Q3 BUT THEN SKIP TO PART 2]
- <2> Once or twice in the last four weeks
- <3> Once a week; or
- <4> Several times a week

[Q3]. Overall, how would you describe the quality of this location? Would you say it was:

- <5> Very good
- <4> Good
- <3> Neither good, nor bad
- <2> Bad; or
- <1> Very bad

This section will ask you a few more details about your most recent visit in your leisure time (i.e. for recreation and not work) to Teat's Hill. This could be anything from a few minutes to all day.

[Q4]. Firstly, before today, on what date did your most recent visit to Teat's Hill take place?

<INSERT DATE ON TABLET AS DD/MM/YYYY>

[Q5]. And approximately how much time did you spend at Teat's Hill?

<ENTER PARTICIPANTS RESPONSE IN MINUTES>

[E.G. "AN HOUR AND A HALF" WOULD BE 90"]

[Q6]. On this visit which of these activities, if any, was the main activity you did? [SHOW LIST ON TABLET].

- <1> Walking with a dog
- <2> Walking without a dog

- <3> Playing with children
- <4> Informal games and sport (e.g. Frisbee, bat and ball, beach ball)
- <5> Running
- <6> Cycling
- <7> Fishing (including angling, crabbing)
- <8> Swimming
- <9> Sunbathing
- <10> Quiet activities (e.g. reading)
- <11> Eating or drinking
- <12> Socialising with friends
- <13> Conservation activity (e.g. litter-picking)
- <14> Any other activity not in the list

[Q7]. *How many adults, aged 16 and over, including yourself, were on this visit? [DO NOT READ RESPONSE OPTIONS, JUST CODE ANSWER].*

- <1> 1
- <2> 2
- <3> 3
- <4> 4
- <5> 5
- <6> 6
- <7> 7
- <8> 8
- <9> 9
- <10> 10 or more

[Q8]. *And how many children aged under 16 were on this visit? [DO NOT READ RESPONSE OPTIONS, JUST CODE ANSWER].*

- <1> 1
- <2> 2
- <3> 3
- <4> 4
- <5> 5
- <6> 6
- <7> 7
- <8> 8
- <9> 9
- <10> 10 or more

*How much do you agree with the following statements below about your most recent visit to Teat's Hill? You can answer on a scale from 1 meaning 'strongly disagree' to 7 meaning 'strongly agree'.*

- [Q9]. "I was satisfied with the visit"
- [Q10]. "I felt part of nature"
- [Q11]. "I felt safe (i.e. protected from danger)"
- [Q12]. "The area was free from litter/vandalism"
- [Q13]. "There were good facilities"

- <1> Strongly disagree
- <2> Disagree
- <3> Slightly disagree
- <4> Neither agree nor disagree
- <5> Slightly agree
- <6> Agree
- <7> Strongly agree

[DO NOT READ RESPONSE OPTIONS INDIVIDUALLY. SAME REPSONSE OPTIONS FOR EACH ITEM. REMIND RESPONDENT OF RESPONSE OPTIONS IF NEEDED].

[IF RESPONDENT ASKS WHY ANY OF THESE QUESTIONS [Q3 TO Q15] ARE BEING ASKED, REPLY WITH, "BECAUSE THE ACTIVITIES YOU UNDERTAKE AND YOUR EVALUATIONS OF THE VISIT MAY BE RELATED TO YOUR HEALTH – THE SURVEY IS INTERESTED IN THESE RELATIONSHIPS"].

**PART 2: TEAT'S HILL RENOVATION**

[THIS SECTION WILL ONLY BE ASKED OF PARTICIPANTS IN THE FIRST WAVE OF THE SURVEY]

*Teat's Hill is a coastal site in Plymouth with a beach and green space. The site is situated near the Barbican and Plymouth's waterfront.*

*I am going to provide you with some more information about Teat's Hill and show you some pictures. The pictures are displayed on the tablet and I am going to ask you to scroll through each of the photos one by one.*

*The rocky beach has a public slipway (or ramp) for boat use and water-based recreation.*



*The park has a children's playground, ball-court and grassy area with benches and picnic tables.*



*Teat's Hill has a long maritime and military history, for example the site was used by American soldiers in World War Two.*



*The site also has environmental importance, supporting a range of species on land and in the sea.*



*However, over recent years, Teat's Hill has suffered damage, which has affected the infrastructure, facilities and the environmental quality of the site. The site has become overgrown with vegetation and there has been a build-up of rubbish on the beach, including plastic and glass. The current condition of Teat's Hill is shown in the following photos, which were taken in April this year.*







*As a result of damage to the site, local authorities and researchers are thinking about a project that would improve Teat's Hill. The project will be called the Teat's Hill renovation project and will improve the quality of the facilities, infrastructure and natural environment at the site. Potential plans for the Teat's Hill renovation project are presented here:*

-  → Nature based and recreational events and workshops at Teat's Hill for families.
-  → Conservation efforts and clean-ups to remove litter and debris from the beach.
-  → Improvements to paths and access throughout the site to allow pedestrian, buggy, wheelchair and mobility scooter access.
-  → Improvements to seating area and viewing points over the harbour. Improvements to the children's play area.
-  → New signs and education boards throughout the site, describing the local environment and history of the area.

*The project will potentially have a number of benefits for residents across Plymouth. Renovation of the site will help to improve people's access to the coastline for recreation and leisure. The project will also improve facilities at the site, for example, improve the park and play area for families. The renovation will also help to improve the environmental quality of the site. For example, the removal of litter and debris will reduce pollution at Teat's Hill, as well as other sites around the harbour. This will also reduce risks to wildlife and improve the natural environment.*

*The project will be organised by a number of institutions across Plymouth, including Plymouth City Council, the University of Exeter, Plymouth University, the National Marine Aquarium, and Plymouth Marine Laboratory. Although, a number of organisations have contributed towards the project, more funding is required to put the plans into action.*

*One possible way of financing this project is through the Plymouth Parks Foundation. The Plymouth Parks Foundation is an independent charitable organisation that raises funds for the improvement of parks, gardens and open spaces across Plymouth. Plymouth residents would be asked to contribute to the 'Plymouth Parks Foundation' fund. A similar fund was founded in Bournemouth in 2015, to enhance their local parks and green spaces. Teat's Hill will be the first outdoor space to be improved. If successful, the fund will be used to finance other projects that improve green and blue spaces across Plymouth. The fund would be used exclusively to improve Teat's Hill, through the Teat's Hill renovation project. Following the improvement, the site will be maintained by Plymouth City Council.*

[Q14]. Considering the benefits of this project for Plymouth residents and for you personally, what is the maximum that you would be willing to contribute to this fund, as a one off payment, for these improvements? If the overall funds people are willing to contribute do not cover the cost of the project, the plans cannot be put into action.

SHOW CARD B ON TABLET AND ASK RESPONDENT TO RESPOND USING THE TABLET.

IF THE RESPONDENT ASKS WHY THIS IS BEING ASKED REPLY WITH, "BECAUSE WE ARE INTERESTED IN HOW MUCH YOU ARE WILLING TO PAY TO SEE THESE IMPROVEMENTS TO TEATS HILL FULFILLED."

*For the next question, we would like you to answer how strongly you agree with the following statements about your contribution to the Teat's Hill renovation project. You can answer on a scale from 'Strongly Agree' to 'Strongly Disagree'.*

*How much do you agree or disagree with the following statements:*

[Q15]. "*I have the right to enjoy the improvements to Teat's Hill, and should not have to pay extra for it*".

[Q16]. "*I don't want to pay for the Teat's Hill renovation project, as I don't go there*".

[Q17]. "*Any improvements to Teat's Hill are not important to me*"

[Q18]. "*I object to the Teat's Hill renovation project going ahead, under any circumstances*".

[Q19]. "*I approve of the Teat's Hill renovation project but I object to paying into the 'Plymouth Parks Foundation' fund for it*".

<1> Strongly Agree

<2> Agree

<3> Neither agree nor disagree

<4> Disagree

<5> Strongly disagree

**PART 3: HEALTH AND WELL-BEING**

In this section we would like you to tell us a little about your health in general. We are interested in your health so that we can explore any links between general levels of health and the kinds of environments people spend their leisure time in. Remember that your responses cannot be linked to yourself or your home location in the large majority of cases.

For these four questions, I will ask you how satisfied you are and you can respond on a scale of 0 to 10 where 0 means 'not at all satisfied' and 10 means completely satisfied.

[Q20]. Firstly, all things considered, how satisfied are you with your life as a whole nowadays?

[Q21]. Secondly, how satisfied are you with your health?

[Q22]. Thirdly, how satisfied are you with how safe you feel?

[Q23]. Lastly, how satisfied are you with feeling part of your community?

<0> Not at all satisfied

<1>

<2>

<3>

<4>

<5>

<6>

<7>

<8>

<9>

<10> Completely satisfied

[DO NOT READ RESPONSE OPTIONS]

Please indicate for each of the following five statements which is closest to how you have been feeling over the last two weeks. You can choose from: At no time, some of the time, less than half of the time, more than half of the time, most of the time, or all of the time.

[Q24]. Firstly "I have felt cheerful and in good spirits"

[Q25]. Secondly, "I have felt calm and relaxed"

[Q26]. And, "I have felt active and vigorous"

[Q27]. And, "I woke up feeling fresh and rested"

[Q28]. And finally, "My daily life has been filled with things that interest me"

<1> At no time

<2> Some of the time

<3> Less than half of the time

<4> More than half of the time

<5> Most of the time

<6> All of the time

[REMIND RESPONDENT OF RESPONSE OPTIONS IF NEEDED]

[Q29]. How is your health in general? Would you say it is:

<5> Very good

<4> Good

<3> Fair

<4> Bad, or

<5> Very bad

[Q30]. During the last 7 days, 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?

- <1> 1
- <2> 2
- <3> 3
- <4> 4
- <5> 5
- <6> 6
- <7> 7

[DO NOT READ RESPONSE OPTIONS]

[IF THE RESPONDENT ASKS WHY ANY OF THESE QUESTIONS (16 TO 24) ARE BEING ASKED, REPLY WITH, "THE SURVEY IS INTERESTED IN HOW DIFFERENT ASPECTS OF HEALTH AND WELL-BEING ARE RELATED TO THE KINDS OF ENVIRONMENTS YOU LIVE NEAR AND VISIT."]

**PART 4: BACKGROUND INFORMATION**

*This final section asks you some background information about yourself, your household and your family. The questions are not meant to be intrusive, but will assist in understanding the kinds of people who visit green and blue spaces. Again, the survey is anonymous – we will not be able to identify you as an individual.*

[Q31]. *Firstly, how old are you?*

[ENTER A WHOLE NUMBER]

[Q32]. *Do you have a dog?*

- <2> Yes
- <1> No

[DO NOT READ RESPONSE OPTIONS]

[Q33]. *And how many years have you lived in Plymouth?*

[ENTER A WHOLE NUMBER]

[Q34]. *And which of the following best applies to you?*

- <4> I have access to a private garden
- <3> I have access to a private communal garden
- <2> I have access to a private outdoor space, but not a garden (e.g. balcony, yard, patio area)
- <1> I don't have access to a private garden or outdoor space

[Q35]. *Including yourself, how many people – including children – live in your house regularly as members of the household?*

- <1> 1
- <2> 2
- <3> 3
- <4> 4
- <5> 5
- <6> 6
- <7> 7
- <8> 8
- <9> 9
- <10> 10 or more

[Q36]. *And how many of these are children that are aged under 16?*

- <0> 0
- <1> 1
- <2> 2
- <3> 3
- <4> 4
- <5> 5
- <6> 6
- <7> 7
- <8> 8
- <9> 9
- <10> 10 or more

[Q37]. Which of these descriptions applies to what you have been doing for the last 7 days? Please select only one. [SHOW LIST TO RESPONDENT ON TABLET - DO NOT READ RESPONSE OPTIONS]

- <1> In paid work (or away temporarily) (employee, self-employed, working for your family business)
- <2> In education, (not paid for by employer) even if on vacation
- <3> Unemployed and actively looking for a job
- <4> Unemployed, wanting a job but not actively looking for a job
- <5> Permanently sick or disabled
- <6> Retired
- <7> Doing housework, looking after children, or other persons
- <8> Other
- <9> Don't know

[Q38]. Do you think you belong to a minority ethnic group in the UK?

- <2> Yes
- <1> No
- <3> Don't know

[DO NOT READ OUT RESPONSE OPTIONS]

[Q39]. And which of the following best describes your marital status now?

- <4> Are you married, in a civil union, or living with your partner (cohabiting)?
- <3> Single, separated/divorced/civil union dissolved or widowed/civil partner died?
- <2> Neither of these; or
- <1> Would you prefer not to answer?

[Q40]. Which of the following describes your household's total annual income after tax and compulsory deductions, from all sources? If you don't know the exact figure, please give an estimate.

- <1> Less than £10,858
- <2> £10,858 to under £14,548
- <3> £14,548 to under £18,132
- <4> £18,132 to under £21,715
- <5> £21,715 to under £25,994
- <6> £25,994 to under £30,754
- <7> £30,754 to under £36,691
- <8> £36,691 to under £44,714
- <9> £44,714 to under £58,620
- <10> £58,620 or more
- <11> Prefer not to answer

[IF THE RESPONDENT ASKS WHY ANY OF THESE QUESTIONS (25 TO 34) ARE BEING ASKED, REPLY, "BECAUSE WE ARE INTERESTED IN THE DIFFERENT CHARACTERISTICS OF PEOPLE WHO VISIT NATURAL SPACES AND IN PARTICULAR TEATS HILL"]

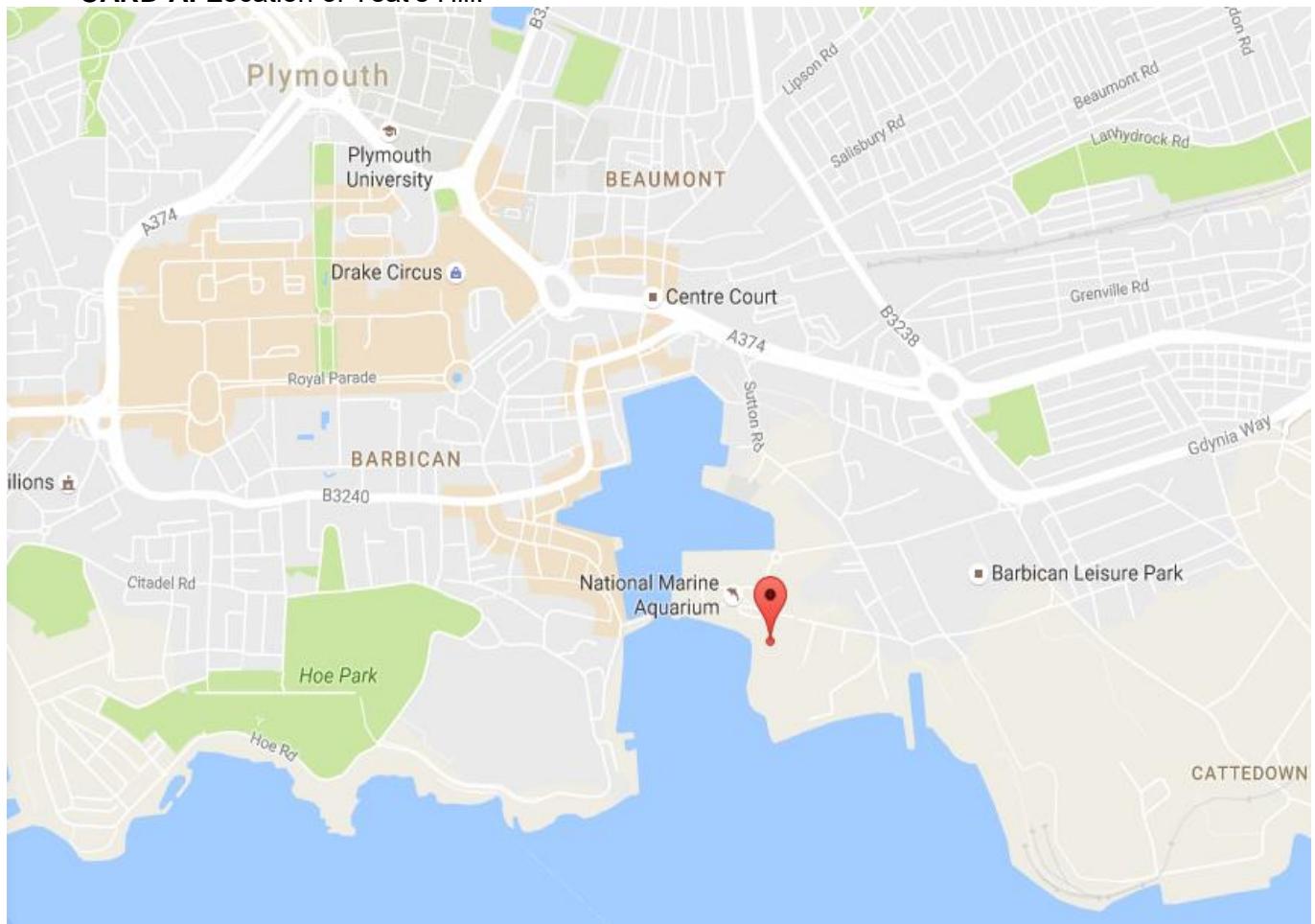
#### PART 5: TO BE COMPLETED BY THE INTERVIEWER

[Q41]. Was the respondent alone during the interview?  Yes  No

[Q42]. Do you think the respondent understood the valuation exercise (Part 2)?  Yes  No

[Q43]. In the event that the respondent stopped the survey, do you think that the respondent:

- Did not understand the survey
- Was annoyed by the content of the survey
- Was annoyed by the length of the survey
- Other: [ENTER RESPONSE AS FREE TEXT]

**CARD A: Location of Teat's Hill.**

**CARD B:** Payment Card

	<b>One-off contribution</b>	
<input type="radio"/>	0	<0>
<input type="radio"/>	£1	<1>
<input type="radio"/>	£2	<2>
<input type="radio"/>	£5	<5>
<input type="radio"/>	£10	<10>
<input type="radio"/>	£15	<15>
<input type="radio"/>	£20	<20>
<input type="radio"/>	£30	<30>
<input type="radio"/>	£40	<40>
<input type="radio"/>	£50	<50>
<input type="radio"/>	£75	<75>
<input type="radio"/>	£100	<100>
<input type="radio"/>	£150	<150>
<input type="radio"/>	£200	<200>
<input type="radio"/>	Over £200	<999>

**Debrief:**

*Thank you for taking part. The interview's main aim was to find out how people use Teat's Hill. The findings will help us understand how better access to, and contact with, natural spaces is associated with better health in Plymouth, Devon.*

*We asked you to give a figure indicating how much money you would be willing to contribute to "parks and recreation" fund. To reassure you, the improvements will be going ahead regardless and will be undergoing public consultations which you can partake in. You will not have to pay any money into a fund for these improvements. The purpose of the question was so that we can compare the figure you give with monetary estimations of changes in health that are experienced as a result of the renovation of Teat's Hill.*

*Do you have any questions?*

If you wish to know about the outcomes of the survey, please email Dr Lewis Elliott on [L.R.Elliott@exeter.ac.uk](mailto:L.R.Elliott@exeter.ac.uk).

If you have any complaints about the way in which this study has been carried out please contact the Director of Marketing Means and the Chair of the University of Exeter Medical School Research Ethics Committee:

Chris Bowden  
Director at Marketing Means  
Email: chris@marketingmeans.co.uk

Ruth Garside, PhD  
Chair of the UEMS Research Ethics Committee  
Email: [uemsethics@exeter.ac.uk](mailto:uemsethics@exeter.ac.uk)

[NOTE THAT THESE CONTACT DETAILS WILL BE PROVIDED TO PARTICIPANTS ON A BUSINESS CARD-SIZED CARD - THIS IS STANDARD FOR THE MARKET RESEARCH COMPANY WE HAVE SUBCONTRACTED].

### 3.7 Information sheet

The following information sheet will be handed to all people who respond at their residences in the first wave of data collection. They will keep a copy. See [Section 3.4](#) for where this fits into the interview protocol.

#### Teat's Hill project survey

#### INFORMATION SHEET FOR PARTICIPANTS

Thank you for showing an interest in this project. Please read this information sheet carefully before deciding whether or not to participate.

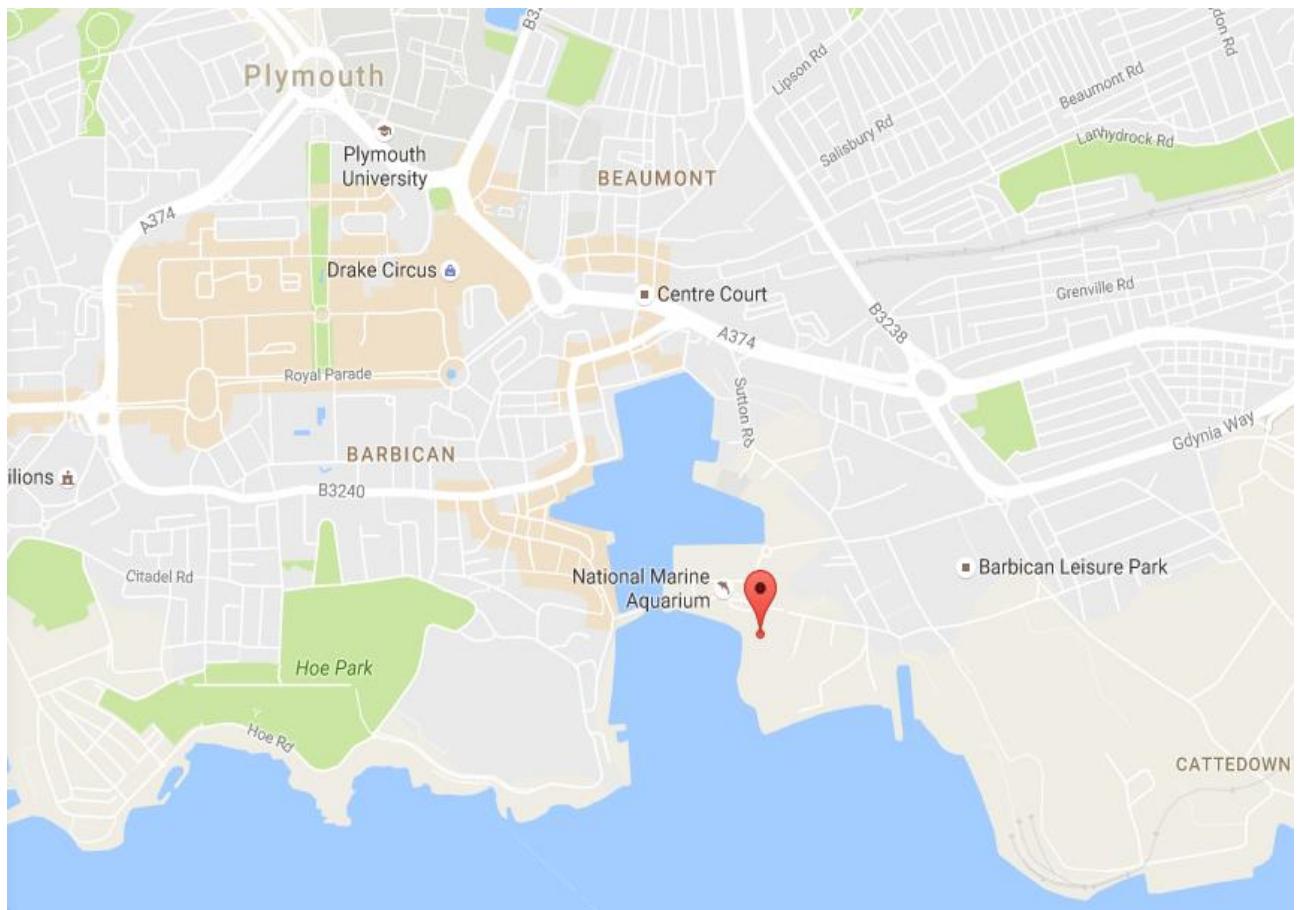
##### **What is the aim of the project?**

Plymouth City Council would like to know more about how people use 'green' spaces like parks and woodlands, and 'blue' spaces like lakes, rivers and the coast. This is so they can find out more about how these environments affect the health and well-being of Plymouth residents. The interview will ask you questions about Teat's Hill (a place on

Plymouth's waterfront). The location and appearance of Teat's Hill are shown in the maps and pictures below, for reference.

The study is being undertaken as part of a European Commission funded grant to the University of Exeter Medical School. Marketing Means, a market research company, has been commissioned by the University of Exeter Medical School to undertake this survey and their staff are conducting the interviews.

**Figure 1:** Map of Plymouth waterfront (© Google maps). Teat's Hill is indicated by the red marker.



**Figure 2:** Aerial photographs of Teat's Hill (©Google Earth). Teat's Hill is indicated by the red marker.



**Figure 3:** Eye-level shot of Teat's Hill Beach, Sutton Harbour Marina, and the National Marine Aquarium (right) as seen from the slipway.





### Why me?

As a resident in Plymouth we are interested in your opinion. You don't have to be a visitor to Teat's Hill to participate in the study.

### Description of participants required

As a resident in Plymouth we have invited you to participate in the study. Only adults over the age of 18 can participate in the project.

### What will participants be asked to do?

If you decide to participate in the study, you will be asked a number of questions. The interview will proceed as follows:

1. Firstly, you will be asked how often you visit 'green' and 'blue' spaces and about your most recent visit to Teat's Hill.
2. Secondly, we will ask your opinion on a potential renovation project at Teat's Hill.
3. Lastly, we will ask you about your health in general and some other background details (e.g. the kind of work you do). These questions are asked so we can know more about the types of benefits that these environments have and the kinds of people who visit these places.

### Time commitment

For some of the questions you may indicate that you "prefer not to answer" if you wish. The interview should take a maximum of 15 minutes, but in many cases it will be shorter.

### Can participants change their mind and withdraw from the Project?

You don't have to take part if you don't want to. Please let the interviewer know at any time if you would like to withdraw from participation in the study, and any responses you've already given won't be saved.

**What data or information will be collected and what use will be made of it?**

All of the responses you make during the interview will be recorded. All responses will be anonymous- you won't be personally identifiable in any way. The data will be stored and shared securely and will only be viewed by selected individuals at the University of Exeter Medical School and research partners. Research and reports may be published using this data, but again, you will not be personally identifiable in any research output.

If you have questions about this project or wish to know the results of the project, please contact:

Dr Lewis Elliott  
European Centre for Environment and Human Health  
Email: L.R.Elliott@exeter.ac.uk

**Complaints:**

If you have any complaints about the way in which this study has been carried out please contact Marketing Means and the Chair of the University of Exeter Medical School Research Ethics Committee:

Chris Bowden  
Director at Marketing Means  
Email: chris@marketingmeans.co.uk

Ruth Garside, PhD  
Chair of the UEMS Research Ethics Committee  
Email: uemsethics@exeter.ac.uk  
UEMS REC REFERENCE NUMBER: