



# HEALTH 2011

**A Survey  
on Health and Functional Capacity  
in Finland**

**SPORT AND EXERCISE QUESTIONNAIRE  
(Sport and exercise sub-sample)**



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T4017

## INSTRUCTIONS FOR RESPONDING

The questions are answered by circling the number of the alternative best describing your current situation or opinion or by writing down the appropriate amount or quantity in the empty space provided. In some cases, you will be asked to write your response in the space provided. There are further instructions for some questions.

### Immediate environment and mobility

The purpose of this questionnaire is to ask about your views about the immediate environment of your home and workplace. Please give answers that you feel are the most appropriate, giving only one answer to each question. There are no 'right' or 'wrong' answers. All information you provide will be handled in confidence.

#### 1. What types of homes are there in your immediate environment?

Your 'immediate environment' is defined as the area around your home to a distance of about 1 km, or places where you could walk in 10 to 15 minutes.

Please circle the one alternative for each question that you feel is the most accurate for homes in the immediate environment of your home.

#### How many of the following types of homes are there in your immediate environment?

	None	A few	About half of them	Most of them	All of them
T11_Liik_K01A a) Detached houses	1	2	3	4	5
T11_Liik_K01B b) Semi-detached houses or terraced houses	1	2	3	4	5
T11_Liik_K01C c) Blocks of flats	1	2	3	4	5

#### 2. Distance to local services

#### How long does it take you to walk from your home to the nearest shop or other service, as listed below?

Please circle the one alternative for each question that you feel is the most accurate for the immediate environment of your home.

The nearest...	1–5 min	6–10 min	11–20 min	21–30 min	over 30 min
T11_Liik_K02A a) Local shop (small food shop, bakery, butcher's, etc.)	1	2	3	4	5
T11_Liik_K02B b) Supermarket (medium-sized or large food and grocery shop)	1	2	3	4	5
T11_Liik_K02C c) Local services such as a bank, post office or library	1	2	3	4	5
T11_Liik_K02D d) Restaurant, café or bar	1	2	3	4	5
T11_Liik_K02E e) Fast-food or take-away restaurant	1	2	3	4	5

The nearest...	1–5 min	6–10 min	11–20 min	21–30 min	over 30 min
T11_Liik_K02F f) Bus, tram, metro or train stop	1	2	3	4	5
T11_Liik_K02G g) Sports or recreation facility such as a swimming bath, sports field or gym	1	2	3	4	5
T11_Liik_K02H h) Outdoor recreation area such as a park or other green area	1	2	3	4	5

### 3. Footpaths and cycle paths in your immediate environment

Your 'immediate environment' is defined as the area around your home to a distance of about 1 km, or places where you could walk in 10 to 15 minutes.

Please circle one alternative for each statement.

	Not at all	A little	Some	A lot
T11_Liik_K03A a) There are pavements in the immediate environment.	1	2	3	4
T11_Liik_K03B b) There are pedestrian streets and zones in the immediate environment.	1	2	3	4
T11_Liik_K03C c) There are cycle lanes/paths in the immediate environment.	1	2	3	4
T11_Liik_K03D d) There are cycle paths and routes completely separated from other traffic in the immediate environment.	1	2	3	4

### 4. Maintenance of footpaths and cycle paths

Your 'immediate environment' is defined as the area around your home to a distance of about 1 km, or places where you could walk in 10 to 15 minutes.

Please circle one alternative for each statement.

	Fully disagree	Partly disagree	Partly agree	Fully agree	Not applicable to my immediate environment
T11_Liik_K04A a) The pavements in the immediate environment are kept in good condition.	1	2	3	4	5
T11_Liik_K04B b) The cycle paths in the immediate environment are kept in good condition.	1	2	3	4	5
T11_Liik_K04C c) The outdoor recreation areas, sports fields and parks in the immediate environment are kept in good condition.	1	2	3	4	5

## 5. Safety of your immediate environment

Your 'immediate environment' is defined as the area around your home to a distance of about 1 km, or places where you could walk in 10 to 15 minutes.

Please circle one alternative for each statement.

	Fully disagree	Partly disagree	Partly agree	Fully agree
T11_Liik_K05A a) It is unsafe to leave a bicycle unlocked in the immediate environment.	1	2	3	4
T11_Liik_K05B b) There are not enough places to safely cross busy streets in the immediate environment.	1	2	3	4
T11_Liik_K05C c) Walking in the immediate environment feels dangerous because of traffic.	1	2	3	4
T11_Liik_K05D d) Cycling in the immediate environment feels dangerous because of traffic.	1	2	3	4
T11_Liik_K05E e) The immediate environment is dangerous by day because of the threat of crime.	1	2	3	4
T11_Liik_K05F f) The immediate environment is dangerous by night because of the threat of crime.	1	2	3	4

## 6. How pleasant is your immediate environment to walk or cycle in?

Your 'immediate environment' is defined as the area around your home to a distance of about 1 km, or places where you could walk in 10 to 15 minutes.

Please circle the response to each statement that you feel is the most accurate for the immediate environment of your home.

	Fully disagree	Partly disagree	Partly agree	Fully agree
T11_Liik_K06A a) It is pleasant to walk or cycle in the immediate environment.	1	2	3	4
	<b>Not at all</b>	<b>A little</b>	<b>Some</b>	<b>A lot</b>
T11_Liik_K06B b) The streets/roads in the immediate environment are littered, or there are messy graffiti along them.	1	2	3	4
T11_Liik_K06C c) There are trees growing along the streets/roads in the immediate environment.	1	2	3	4
T11_Liik_K06D d) There are many poorly maintained, uninhabited or ugly buildings in the immediate environment.	1	2	3	4

## 7. Footpath and cycle path networks in your immediate environment

Your 'immediate environment' is defined as the area around your home to a distance of about 1 km, or places where you could walk in 10 to 15 minutes.

Please circle one alternative for each statement

	Fully disagree	Partly disagree	Partly agree	Fully agree
T11_Liik_K07A a) There are many shortcuts accessible on foot in the immediate environment.	1	2	3	4
T11_Liik_K07B b) It is quicker to move around by bicycle than by car in the immediate environment in the daytime.	1	2	3	4
T11_Liik_K07C c) There are many intersections in the immediate environment.	1	2	3	4
T11_Liik_K07D d) There are many alternative routes for walking or cycling from one place to another in the immediate environment.	1	2	3	4

## 8. Home environment

Please answer Yes or No to each question.

	Yes	No
T11_Liik_K08A a) Do you have a bicycle?	1	0
T11_Liik_K08B b) Do you have a garden (this includes rented plots, allotment gardens, city gardens, etc.)?	1	0
T11_Liik_K08C c) Do you have small-scale sports equipment at home for your own use (balls, rackets, bats, etc.)?	1	0
T11_Liik_K08D d) Do you have large-scale sports equipment at home for your own use (weights, treadmill, exercise bike, etc.)?	1	0
T11_Liik_K08E e) Do you have access to a car?	1	0
T11_Liik_K08F f) Do you have a dog?	1	0

T11\_Liik\_K09A

**9. Work or study environment****A. How long is your normal commute to your place of work or study?**

- I am not employed and not studying → go to question 10
- I usually work at or from home → go to question 10
- My commute to my place of work or study is |\_\_\_|\_\_\_|\_\_\_| km one way.  
T11\_Liik\_K09A03

**B. Does your place of work or study have any of the following:**

<i>Please answer Yes or No to each question.</i>	<b>Yes</b>	<b>No</b>
T11_Liik_K09BA a) ...escalator or lift?	1	0
T11_Liik_K09BB b) ...stairs?	1	0
T11_Liik_K09BC c) ...a gym or exercise equipment?	1	0
T11_Liik_K09BD d) ...bicycles provided by the employer or educational institution?	1	0
T11_Liik_K09BE e) ...a safe place to store a bicycle?	1	0
T11_Liik_K09BF f) ...sufficient parking spaces for cars?	1	0
T11_Liik_K09BG g) ...a shower and changing rooms?	1	0
T11_Liik_K09BH h) ...guided exercise (e.g. aerobics classes)?	1	0
T11_Liik_K09BI i) ...fitness or sports clubs (e.g. jogging club), or fitness or sports associations?	1	0
T11_Liik_K09BJ j) ...public transport vouchers (or exercise vouchers) sponsored by the employer or educational institution?	1	0

**10. Walking and cycling****A. How much do you walk and cycle per week at various times of the year?**

*Please enter a zero (0) if you do not walk or cycle at all.*

	SPRING		SUMMER		AUTUMN		WINTER	
	times a week	minutes at a time	times a week	minutes at a time	times a week	minutes at a time	times a week	minutes at a time
Walking to and from work	T11_Liik_K 10A0101A	T11_Liik_K 10A0101B	T11_Liik_K 10A0102A	T11_Liik_K 10A0102B	T11_Liik_K 10A0103A	T11_Liik_K 10A0103B	T11_Liik_K 10A0104A	T11_Liik_K 10A0104B
Walking to everyday shopping and other business	T11_Liik_K 10A0201A	T11_Liik_K 10A0201B	T11_Liik_K 10A0202A	T11_Liik_K 10A0202B	T11_Liik_K 10A0203A	T11_Liik_K 10A0203B	T11_Liik_K 10A0204A	T11_Liik_K 10A0204B
Leisure-time walking for exercise	T11_Liik_K 10A0301A	T11_Liik_K 10A0301B	T11_Liik_K 10A0302A	T11_Liik_K 10A0302B	T11_Liik_K 10A0303A	T11_Liik_K 10A0303B	T11_Liik_K 10A0304A	T11_Liik_K 10A0304B
Cycling to and from work	T11_Liik_K 10A0401A	T11_Liik_K 10A0401B	T11_Liik_K 10A0402A	T11_Liik_K 10A0402B	T11_Liik_K 10A0403A	T11_Liik_K 10A0403B	T11_Liik_K 10A0404A	T11_Liik_K 10A0404B
Cycling to everyday shopping and other business	T11_Liik_K 10A0501A	T11_Liik_K 10A0501B	T11_Liik_K 10A0502A	T11_Liik_K 10A0502B	T11_Liik_K 10A0503A	T11_Liik_K 10A0503B	T11_Liik_K 10A0504A	T11_Liik_K 10A0504B
Leisure-time cycling for exercise	T11_Liik_K 10A0601A	T11_Liik_K 10A0601B	T11_Liik_K 10A0602A	T11_Liik_K 10A0602B	T11_Liik_K 10A0603A	T11_Liik_K 10A0603B	T11_Liik_K 10A0604A	T11_Liik_K 10A0604B

## B. Please respond to the following statements about cycling.

If you do not cycle at all, choose the alternative 'Not applicable'.

	Fully disagree	Partly disagree	Partly agree	Fully agree	Not applicable
T11_Liik_K10B01 I cycle because I want to improve my physical fitness.	1	2	3	4	5
T11_Liik_K10B02 I cycle because it is fun.	1	2	3	4	5
T11_Liik_K10B03 I cycle because it is environmentally friendly.	1	2	3	4	5
T11_Liik_K10B04 I cycle because it is cheaper than driving a car.	1	2	3	4	5
T11_Liik_K10B05 I cycle because public transport is expensive.	1	2	3	4	5
T11_Liik_K10B06 I cycle less if I have to have my bike serviced.	1	2	3	4	5
T11_Liik_K10B07 I cycle less if the weather is rainy.	1	2	3	4	5
T11_Liik_K10B08 I cycle less if there is snow and ice.	1	2	3	4	5

## 11. Social support

How have your family and friends responded to you in the past 3 months?

How often have your family members and friends...	Never	A few times	Often	Not applicable
T11_Liik_K1101 ...exercised or engaged in sport with you?	1	2	3	4
T11_Liik_K1102 ...helped you by reminding you of exercise ('Are you going jogging today?')?	1	2	3	4
T11_Liik_K1103 ...encouraged you to continue your sport/exercise pastime?	1	2	3	4
T11_Liik_K1104 ...changed their schedules so that you could exercise together?	1	2	3	4
T11_Liik_K1105 ...discussed sport/exercise with you?	1	2	3	4
T11_Liik_K1106 ...complained that you use too much time for sport/exercise?	1	2	3	4
T11_Liik_K1107 ...criticised or mocked you because of your sport/exercise pastime?	1	2	3	4
T11_Liik_K1108 ...commended you for your sport/exercise pastime?	1	2	3	4
T11_Liik_K1109 ...planned leisure activities with you that included sport/exercise?	1	2	3	4

## 12. Regular sport/exercise

*Most people have plans and habits with regard to sport/exercise. Sometimes it is difficult to follow these plans because of various obstacles.*

**How certain are you that you could continue to engage in sport/exercise in case of the following complications?**

I can continue to engage in sport/exercise:	Certainly not	Probably not	Probably yes	Certainly yes	Not applicable
T11_Liik_K1201 ...even when I have problems and cares.	1	2	3	4	5
T11_Liik_K1202 ...even when I am busy.	1	2	3	4	5
T11_Liik_K1203 ...even when I am depressed or sad.	1	2	3	4	5
T11_Liik_K1204 ...even when I am tired.	1	2	3	4	5
T11_Liik_K1205 ...even if I have to plan a weekly exercise schedule for myself.	1	2	3	4	5
T11_Liik_K1206 ...even if I have to try several times before I manage to follow my own exercise schedule.	1	2	3	4	5
T11_Liik_K1207 ...even when I feel tense.	1	2	3	4	5
T11_Liik_K1208 ...even if it took me a long time to learn the required routines.	1	2	3	4	5
T11_Liik_K1209 ...even if I did not receive very much support from other people in my first attempts.	1	2	3	4	5
T11_Liik_K1210 ...even if I had to change my exercise habits completely.	1	2	3	4	5

*Please check once more that you have responded to all the questions.*

Date on which you filled out the questionnaire: \_\_\_\_/\_\_\_\_/\_\_\_\_

*Thank you for your time!*

