



## Women's Institute Survey

### Welcome to the Women's Institute Survey

**By completing this survey you agree that the information you give may be used by Heart Research UK (HRUK). Any responses will be kept anonymous and personal details will not be shared with any third parties.**

\* 1. Which WI are you from?

\* 2. Do you believe the following statement to be true or false?

Coronary heart disease is more common in men

- True
- False
- I don't know

\* 3. Do you believe the following statement to be true or false?

Women with diabetes have a lower risk of coronary heart disease

- True
- False
- I don't know

\* 4. Do you think that after the menopause the risk of coronary heart disease in women is...

- Increased
- Decreased
- I don't know

\* 5. Do you believe the following statement to be true or false?

Smoking increases the risk of coronary heart disease

- True
- False
- I don't know

\* 6. Which disease do you think claims more women's lives?

- Coronary Heart Disease
- Breast Cancer
- I don't know

\* 7. Do you believe the following statement to be true or false?

A high-fibre diet increases risk of heart disease

- True
- False
- I don't know

**DO YOU KNOW YOUR NUMBERS?**

\* 8. Which of the following statements is true?

- All the risk factors associated with coronary heart disease can be controlled through lifestyle changes
- None of the factors associated with coronary heart disease can be controlled through lifestyle changes
- Some of the risk factors associated with coronary heart disease can be controlled through lifestyle changes but not others
- I don't know

\* 9. What do you think a healthy total cholesterol is considered to be?

- Below 5mmol/l
- Below 7mmol/l
- Below 9mmol/l
- None / I don't know

\* 10. When was the last time you had your cholesterol checked?

Please select nearest match in months

- 0-6
- 7-12
- 13-18
- 19-24
- 25+
- I have never had my cholesterol checked

\* 11. Do you know what your cholesterol levels are?

- Yes
- No

\* 12. Which of the following is a healthy blood pressure reading?

- 150 / 100 mmHg
- 140 / 90 mmHg
- 120 / 80 mmHg
- None of the above
- I don't know

\* 13. When did you last have your blood pressure checked?

Please select nearest match in months

- 0-6
- 7-12
- 13-18
- 19-24
- 25+
- I have never had my blood pressure checked

\* 14. What do you believe a typically healthy BMI to be?

- Below 18.5
- Between 18.5 and 24.9
- Between 25 and 29.9
- Above 30
- I don't know

\* 15. From the following options, which do you think a woman's healthy waist circumference should not exceed?

- 31.5 inches (80 cm)
- 34.5 inches (88 cm)
- 37.5 inches (95 cm)
- 39 inches (99 cm)
- I don't know

\* 16. On average, the recommended weekly amount of moderate physical activity for an adult in minutes is:

- 60
- 100
- 150
- 200
- I don't know

\* 17. Which of the following describes your physical activity in an average week?

- I am active every day
- I am active most days
- I am active some days
- I am not very active at all

\* 18. How much moderate intensity (raises heart rate, feeling slightly warmer, able to hold a conversation) exercise or physical activity do you typically do in an average week?

Please select nearest match in minutes

- None
- Under 30 minutes
- Over 30, less than 60 minutes
- Over 60, less than 90 minutes
- Over 90, less than 150 minutes
- Over 150, less than 300 minutes
- 300 minutes or more

\* 19. How much vigorous intensity (feeling very warm, unable to hold a conversation) exercise or physical activity do you do in an average week?

Please select nearest match in minutes

- None
- Under 30 minutes
- Over 30, less than 60 minutes
- Over 60, less than 90 minutes
- Over 90, less than 150 minutes
- Over 150, less than 300 minutes
- 300 minutes or more

#### FOODS AND THE HEART

\* 20. Which of the following do you think counts as oily fish (rich in omega-3 fatty acids)?

(Tick all that apply)

- Tinned Salmon
- Fresh or Frozen Tuna
- Fresh or Frozen Cod
- Tinned Tuna
- Fresh or Frozen Sardines
- Fresh or Frozen Haddock
- None of the above
- I don't know

\* 21. Which of the following is a good source of mono-unsaturated fats (good fats)?  
(Tick all that apply)

- Almonds
- Avocados
- Coconuts and Coconut Oil
- Olives and Olive Oil
- Rapeseed Oil
- None / I don't know

\* 22. For adults, what do you think is the maximum recommended intake of salt per day?  
Please select nearest match in grams

- 2
- 4
- 6
- 8
- I don't know

**ABOUT YOU**

\* 23. Personal Details

<b>Full Name</b>	<input type="text"/>
<b>Address</b>	<input type="text"/>
<b>Address 2</b>	<input type="text"/>
<b>City/Town</b>	<input type="text"/>
<b>Post Code</b>	<input type="text"/>
<b>Email Address</b>	<input type="text"/>
<b>Phone Number</b>	<input type="text"/>

\* 24. Age

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75 years or older

\* 25. Which region of the UK do you currently live in?

- East of England
- East Midlands
- London
- North East
- North West
- Northern Ireland
- Scotland
- South East
- South West
- Wales
- West Midlands
- Yorkshire and The Humber

\* 26. What is your ethnic group?

- White – British
- White – Irish
- White – Gypsy or Irish traveller
- White – Other
- Mixed / Multiple - White and Black Caribbean
- Mixed / Multiple - White and Black African
- Mixed / Multiple – White and Asian
- Mixed / Multiple – Other
- Asian or Asian British – Indian
- Asian or Asian British – Pakistani
- Asian or Asian British – Bangladeshi
- Asian or Asian British – Chinese
- Asian or Asian British – Other
- Black or Black British – African
- Black or Black British – Caribbean
- Black or Black British – Other
- Arab
- Other ethnicity

\* 27. We would like to send you information about Heart Research UK including our research results, healthy tips and ways to support us. We only send communications out occasionally so you won't be bombarded. Please tick any of the boxes below to let us know how you would prefer to be contacted.

View our privacy policy [here](#)

- Post
- Email
- Text (SMS)
- Phone
- I don't want to be contacted

If you have chosen to be sent occasional events, health tips, advice and information by email, you will have the opportunity to opt out via subsequent communications thereafter. HRUK will not share your data with any third party.