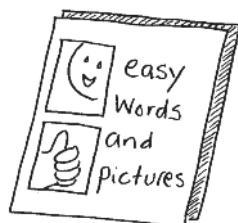
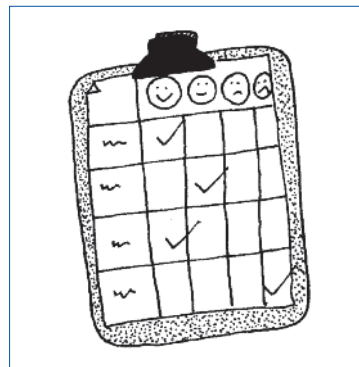


Lifestyle Services in Birmingham

CONSULTATION QUESTIONS



This leaflet is easy to read

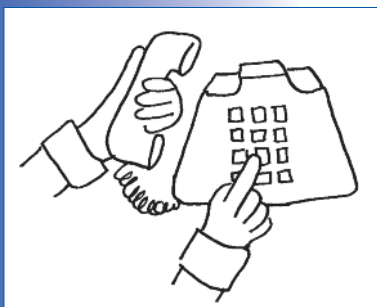
1. Do you like our plan for services to link up better and do more together to help with **ALL** of your lifestyle needs?



- Yes
- No
- Don't know

Any comments?

2. It might be easier for some people to be able to get help on the phone, by text or on a web-site. Do you think this is a good idea?



- Yes
- No
- Don't know

Any comments?

3. Lifestyle services help everyone, but some people may need extra support (see list in section 4 of consultation document)

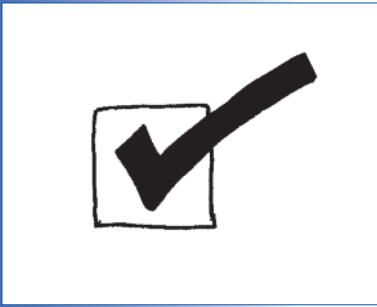
Do you agree that we should focus on these people?

Yes

No

Don't know

Any comments?



4. The following are what we think is important for people in Birmingham to live healthier lives

Please tick how much you agree with these:



- **Reduce the number of overweight children**

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- Don't care



- **Reduce the number of overweight adults**

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- Don't care



- **Reduce the number of people who smoke**

Strongly agree

Agree

Disagree

Strongly disagree

Don't care



- **Increase the number of adults who do exercise and are active**

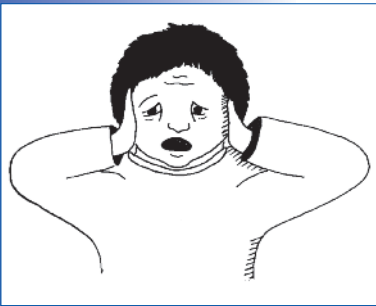
Strongly agree

Agree

Disagree

Strongly disagree

Don't care



- **Help people to improve their mental health**

Strongly agree

Agree

Disagree

Strongly disagree

Don't care

- **Increase the number of people using parks and green spaces**

Strongly agree

Agree

Disagree

Strongly disagree

Don't care



- **Support older people to remain active to reduce the risk of falls**

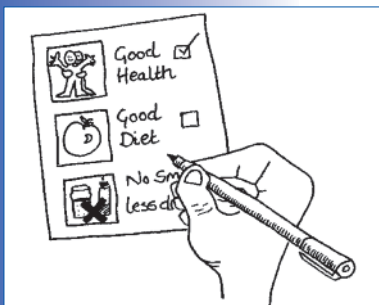
Strongly agree

Agree

Disagree

Strongly disagree

Don't care



- **Increase health checks and advice to support people to make healthier choices**

Strongly agree

Agree

Disagree

Strongly disagree

Don't care



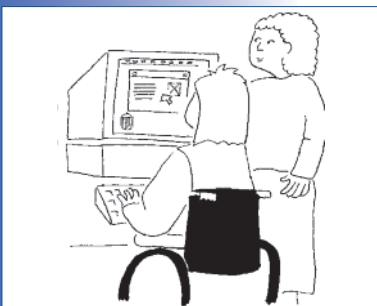
- **Support people to live a healthier life to reduce the risk of developing long term conditions like cancer or heart diseases**

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- Don't care



- **Support people to live a healthier life so that they can live independently**

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- Don't care



- **Support people to live a healthier life so that they feel able to work**

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- Don't care



- Support people to live a healthier life so that they don't need extra help and support when they're older

Strongly agree

Agree

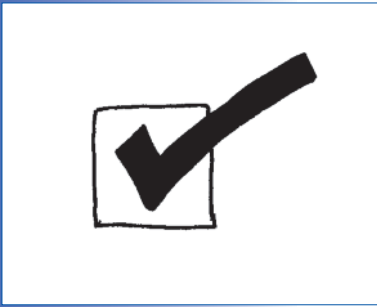
Disagree

Strongly disagree

Don't care



Do you have any more ideas about what the new lifestyle service should do?



5. We want people to use services easily. Where would you most likely go for the services?

Please tick all that apply:

- Leisure/Sport Centres
- Schools
- Parks and green spaces
- Libraries
- Doctors/hospitals/pharmacies
- Community centres
- Care homes or supported housing
- Private gyms
- Other

If you ticked Other, where do you mean?



6. Please tell us what other things we could do to encourage people who don't use lifestyle services to start using them



7. Is there anything else you want to add about lifestyle services?

A large, empty rectangular box with a thin blue border, intended for the user to provide their answer to the question above.

About you:

We would like you to tell us something about you.

You do not have to tell us if you do not want to, but if you do, it will help us to plan our services.

Are you? (please tick only one of the boxes below)



A member of the general public

Someone who has used Lifestyle Services

Health or care professional

An organisation which provides Lifestyle Services

A family member or carer of someone who has used Lifestyle services

Other (please give details below)

What is your full postcode?

Age

Which age group applies to you?



0 - 4

5 - 9

10 - 14

15 - 17

18 - 19

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 - 54

55 - 59

60 - 64

65 - 69

70 - 74

75 - 79

80 - 84

85+

Sex

What is your sex?

Male

Female

Disability

Do you have any physical or mental health conditions or illnesses lasting or expecting to last 12 months or more?



Yes

No

Prefer not to say

If yes, do any of these conditions or illnesses affect you in any of the following areas? (More than one answer is acceptable)

1. Vision (for example blindness or partial sight)

2. Hearing (for example deafness or partial hearing)

3. Mobility (for example walking short distances or climbing stairs)

4. Dexterity (for example lifting and carrying and carrying objects, using a keyboard)

5. Learning or understanding or concentrating

6. Memory

7. Mental Health

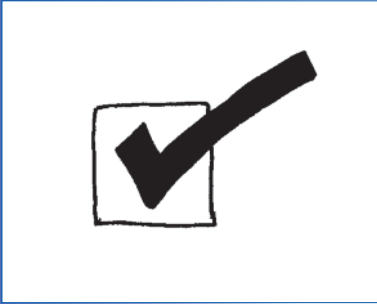
8. Stamina or breathing or fatigue

9. Socially or behaviourally (for example associated with autism, attention deficit disorder or Asperger's syndrome)

10. Other (please specify)

Ethnicity

What is your ethnic group?



White

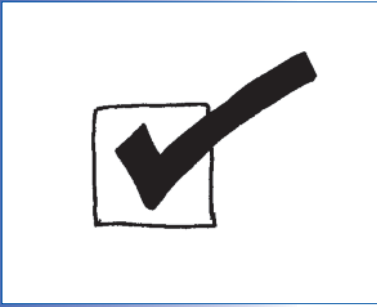
- English/Welsh/Scottish/Northern Irish/British
- Irish
- Gypsy or Irish Traveller
- Polish
- Baltic States
- Jewish
- Other white European (including Mixed European)

Any other White background (write in)

Mixed/multiple ethnic groups

- White and Black Caribbean/African
- White and Asian

Any other Mixed background (write in)



Asian/Asian British

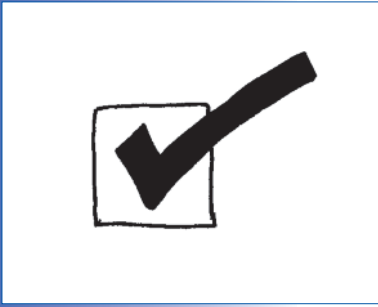
- Afghani
- Bangladeshi
- British Asian
- Chinese
- Filipino
- Indian Sikh
- Indian Other
- Kashmiri
- Pakistani
- Sri Lankan
- Vietnamese

Any other Asian background (write in)

Black African/Caribbean/Black British

- African
- Black British
- Caribbean
- Somali

Any other Black/African/Caribbean background (write in)



Other ethnic group

Arab

Iranian

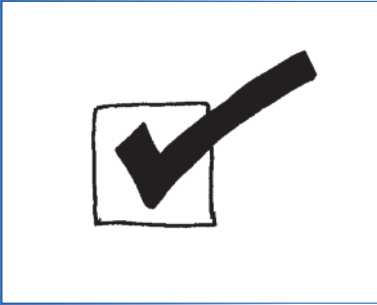
Kurdish

Yemeni

Any other ethnic group (write in)

Sexual Orientation

What is your sexual orientation?



- Bisexual
- Gay or Lesbian
- Heterosexual or straight
- Other
- Prefer not to say

Religion

What is your religion or belief?

- No religion
- Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
- Buddhist
- Hindu
- Jewish
- Muslim
- Sikh

Any other religion, write in

We want to know what you think of our plan to make lifestyle services better.

Please return the questionnaire in the prepaid envelope provided, you do not need to use a stamp.

Please tell us what you think:

Website: www.birminghambeheard.org.uk/

Email: birminghamlifestyles@birmingham.gov.uk

The pictures in this leaflet have been provided by CHANGE.

Website: www.changepeople.co.uk