



Corporate Resources

Health Needs Assessment Survey 2010

About you

Q1 Which Resource are you employed in?

- | | | | | | |
|-----------------|--------------------------|-----------------------------|--------------------------|--------------------------------|--------------------------|
| Community | <input type="checkbox"/> | Enterprise | <input type="checkbox"/> | Social Work | <input type="checkbox"/> |
| Corporate..... | <input type="checkbox"/> | Finance and IT..... | <input type="checkbox"/> | South Lanarkshire Leisure..... | <input type="checkbox"/> |
| Education..... | <input type="checkbox"/> | Housing and Technical | <input type="checkbox"/> | LVJB..... | <input type="checkbox"/> |

Q2 What pay grade are you on?

- | | | | | | |
|---------------------------------|--------------------------|---------------------------------|--------------------------|---------------------------------|--------------------------|
| Grade 1 (£11,187 - £16,734) ... | <input type="checkbox"/> | Grade 3 (£21,881 - £36,316) ... | <input type="checkbox"/> | Grade 5 (£44,071 - £62,056) ... | <input type="checkbox"/> |
| Grade 2 (£16,497 - £25,768) ... | <input type="checkbox"/> | Grade 4 (£34,710 - £46,079) ... | <input type="checkbox"/> | | |

Q3 Where is your work location?

- | | | | | | |
|-----------------|--------------------------|-----------------------------------|--------------------------|----------------------------|--------------------------|
| Blantyre | <input type="checkbox"/> | East Kilbride, Strathaven etc ... | <input type="checkbox"/> | Larkhall..... | <input type="checkbox"/> |
| Clydesdale..... | <input type="checkbox"/> | Hamilton | <input type="checkbox"/> | Rutherglen/Cambuslang..... | <input type="checkbox"/> |

Q4 Are you:

- Male Female

Q5 What age group are you in?

- | | | | | | | | |
|---------------------|--------------------------|---------------------|--------------------------|---------------------|--------------------------|-----------------|--------------------------|
| Under 18 years..... | <input type="checkbox"/> | 25 - 34 years | <input type="checkbox"/> | 45 - 54 years | <input type="checkbox"/> | 65+ years | <input type="checkbox"/> |
| 19 - 24 years | <input type="checkbox"/> | 35 - 44 years | <input type="checkbox"/> | 55 - 64 years | <input type="checkbox"/> | | |

Employee support - The Council offer a wide range of employee supports under Maximising Attendance and employee benefits

Q6 From the list below, please tick all those that you are AWARE of:

- | | | | | | |
|---------------------------------------|--------------------------|---|--------------------------|-------------------------|--------------------------|
| Physiotherapy | <input type="checkbox"/> | Smoking cessation | <input type="checkbox"/> | Bus travel scheme | <input type="checkbox"/> |
| Employee Counselling Service | <input type="checkbox"/> | Financial advice | <input type="checkbox"/> | Kiddi vouchers | <input type="checkbox"/> |
| Health Checks | <input type="checkbox"/> | Discounted Complementary therapies..... | <input type="checkbox"/> | Cycle scheme | <input type="checkbox"/> |
| Resource specific health checks | <input type="checkbox"/> | Car share..... | <input type="checkbox"/> | | |

Q7 Can you now select, which of the following YOU HAVE ACTUALLY USED.

- | | | | | | |
|---------------------------------------|--------------------------|---|--------------------------|-------------------------|--------------------------|
| Physiotherapy | <input type="checkbox"/> | Smoking cessation | <input type="checkbox"/> | Bus travel scheme | <input type="checkbox"/> |
| Employee Counselling Service | <input type="checkbox"/> | Financial advice | <input type="checkbox"/> | Kiddi vouchers | <input type="checkbox"/> |
| Health Checks | <input type="checkbox"/> | Discounted Complementary therapies..... | <input type="checkbox"/> | Cycle scheme | <input type="checkbox"/> |
| Resource specific health checks | <input type="checkbox"/> | Car share..... | <input type="checkbox"/> | Other | <input type="checkbox"/> |

Other, please give details

Q8 The Council now has an Employee Assistance Programme which allows employees and managers to access a range of supports. Are you aware of the Council Employee Assistance Programme?

- Yes No.....

Q9 If yes, have you attended any of the Employee Assistance roadshow events?

- Yes No.....

Q10 Can you select from the list below, the supports which are available under this programme ,which you are AWARE of:

- | | | | |
|---|--------------------------|--|--------------------------|
| Employee Counselling 24/7 helpline..... | <input type="checkbox"/> | Physiotherapy..... | <input type="checkbox"/> |
| Self referral directly to the Counselling Service | <input type="checkbox"/> | Discounted complementary therapies | <input type="checkbox"/> |
| Access to Benendan Health care | <input type="checkbox"/> | Financial advice sessions..... | <input type="checkbox"/> |
| Cognitive Behaviour Therapy | <input type="checkbox"/> | Early intervention..... | <input type="checkbox"/> |
| Brief Intervention Training for managers | <input type="checkbox"/> | Occupational Health | <input type="checkbox"/> |

Q11 What is the best way to tell you about health and wellbeing initiatives? (select all that apply).

- | | | | | | |
|----------------------------|--------------------------|--------------------------|--------------------------|-------------------|--------------------------|
| Intranet | <input type="checkbox"/> | Personnel circular | <input type="checkbox"/> | Trade Union..... | <input type="checkbox"/> |
| Email | <input type="checkbox"/> | Poster | <input type="checkbox"/> | Local event | <input type="checkbox"/> |
| Works magazine..... | <input type="checkbox"/> | Team brief | <input type="checkbox"/> | Other | <input type="checkbox"/> |
| Other, please give details | <input type="text"/> | | | | |

Q12 Which of the following POLICIES are you aware of? (tick all that apply)

- | | | | | | |
|-----------------------------|--------------------------|---------------------------------|--------------------------|---------------------------------|--------------------------|
| Maximising attendance | <input type="checkbox"/> | Health and safety..... | <input type="checkbox"/> | Addiction..... | <input type="checkbox"/> |
| Dignity at work | <input type="checkbox"/> | Breastfeeding | <input type="checkbox"/> | Mediation | <input type="checkbox"/> |
| Mental wellbeing..... | <input type="checkbox"/> | Discipline and Grievance | <input type="checkbox"/> | Competence Initiative (PDR) ... | <input type="checkbox"/> |
| Healthy eating..... | <input type="checkbox"/> | Personal safety/lone working... | <input type="checkbox"/> | Sustainability | <input type="checkbox"/> |
| Flexible working..... | <input type="checkbox"/> | Equal opportunity..... | <input type="checkbox"/> | | |

Q13 Have you received or are you aware of ANY INFORMATION on the following employee supports?

- | | | | | | |
|-----------------------------|--------------------------|----------------------------------|--------------------------|------------------------------------|--------------------------|
| Maximising attendance | <input type="checkbox"/> | Grievance procedures | <input type="checkbox"/> | Personnel development review | <input type="checkbox"/> |
| Dignity at work | <input type="checkbox"/> | Personal safety/lone working ... | <input type="checkbox"/> | Physiotherapy..... | <input type="checkbox"/> |
| Mental wellbeing..... | <input type="checkbox"/> | Alcohol..... | <input type="checkbox"/> | Parental/carers leave..... | <input type="checkbox"/> |
| Healthy eating..... | <input type="checkbox"/> | Breast cancer | <input type="checkbox"/> | Employee support..... | <input type="checkbox"/> |
| Flexible working..... | <input type="checkbox"/> | Equal opportunity..... | <input type="checkbox"/> | Sustainability | <input type="checkbox"/> |
| Health and safety..... | <input type="checkbox"/> | Physical activity | <input type="checkbox"/> | Employee Assistance Programme..... | <input type="checkbox"/> |
| Breastfeeding | <input type="checkbox"/> | Addictions | <input type="checkbox"/> | | |
| Counselling..... | <input type="checkbox"/> | Mediation..... | <input type="checkbox"/> | | |

Q14 If you would like information on any of the above employee supports. Please give your contact details in below.

(Please be assured your contact details will be held separately from your completed questionnaire and your responses will remain anonymous).

Health and safety

Q15 Are you aware of the Occupational Health and Safety Management System? Yes No.....

Q16 Do you know who to contact within the Council for health and safety information? Yes No.....

Q17 Are you familiar with the procedures for:

- | | Yes | No |
|-----------------------------|--------------------------|--------------------------|
| Fire evacuation | <input type="checkbox"/> | <input type="checkbox"/> |
| First aid | <input type="checkbox"/> | <input type="checkbox"/> |
| Accident/incident reporting | <input type="checkbox"/> | <input type="checkbox"/> |

Q18 Are you aware of risk assessments carried out for your work activities? Yes No.....

Q19 Are you aware of Risk Assessments carried out for your work environment? Yes No

Q20 Do you know how to access health and safety related training? Yes No

Health promotion - alcohol

Health authorities recommend that you should not regularly drink more than:
3-4 units of alcohol per day for men; 2-3 units of alcohol per day for women.

For information, 25ml of spirits = 1 unit; 125ml of wine = 1 unit; 284ml (1/2 pint) of standard strength beer or lager = 1.15 units; 568ml (1 pint) of beer or lager = 2.3 units

Q21 How often do you consume MORE THAN the 'recommended limits' of alcohol noted above?

Never More than once a month On 3 - 5 days per week
Less than once a month On 1 - 2 days per week On 6 - 7 days per week

Health promotion - physical activity

Q22 Do you have any of the following memberships?

South Lanarkshire Leisure Private Leisure Club/facility None of these

Q23 What level of South Lanarkshire Leisure membership do you have?

Fitness Suite Health Suite Swimming

It is recommended that adults should accumulate 30 minutes of moderate exercise on most days.

Q24) How often do you think you achieve this?

Never 1 - 2 days per week
A few times a month 3 - 4 days per week

Q25 What could the Council do to help you achieve the recommended levels of exercise?

Safe storage for bikes Promotions of local walking/climbing routes
Lunchtime walking groups Nothing, I am quite happy as I am
Lunchtime exercise classes Other
Football league

Q25 Other, please give details

Health promotion - healthy eating

It is recommended, for healthy eating, you should consume 5 portions of fruit and veg each day.

Q26 How many portions do you think you consume each day?

1 3 5 7 More than 8 ...
2 4 6 8

Q27 What could the Council do to help you eat more healthily

Details on menus of the healthy options in Council restaurants Weight management classes
Specify calories/fat content in cooked meals in Council restaurants Vending machines without chocolate/crisps/fizzy drinks
Supply of fresh fruit Nothing, I am quite happy with my diet
Healthy recipe information Other
Other, please give details

Health promotion - smoking

- Q28 Do you smoke?** Yes Continue to next question No..... Go to Q31
- Q29 Would you like help to stop or cut down on your smoking?** Yes No.....
- Q30 Are you aware that the Council holds regular smoking cessation classes?** Yes No.....
- Q31 What more could the Council do to support you to stop smoking?**
- Provide information on local NHS Smoking cessation classes Provide more general information on help lines etc..
- Hold more in-house smoking cessation classes Other
- Other, please give details

Mental health wellbeing

- Q32 Do you think the Council promotes good practice by supporting employees who may be experiencing mental health problems?**
- Yes No..... Don't know.....
- Q33 Do you think the Council's policies promote good mental health and wellbeing among employees?**
- Yes No..... Don't know.....
- Q34 Where would you feel comfortable accessing information about mental health wellbeing ? (select all that apply).**
- Intranet Trade Union.....
- Works magazine..... At home.....
- Personnel Team Other
- Manager
- Other, please give details
- Q35 If there are any health topics you would like the Council to provide information about or support on, which it currently doesn't provide, please give details below.**
-
- Q36 If you wish to participate in the prize draw, please give your name and contact number / email address:**
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 All personal information you provide is held in accordance with the Data Protection Act (1998).

Please return your completed survey form to your Healthy Working Lives representative within your Resource Personnel Section