



Are current government public health initiatives effective?

Survey projects as an alternative to wet lab projects.

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What are public health survey projects?

- Evaluate effectiveness of current Government Public Health initiatives
 - Chose question and client population
 - Semi-structured face-to-face interviews
 - Comparison > 2 populations and/or regions
- Normal assessment criteria
- Any area within Biosciences



Evaluating “Fit Fans” & “Start 4 Life”



- 40+ male rugby league supporters
- 8 wk lifestyle / health promotion programme
- Evaluate short & long-term effectiveness
- Comparison with other RL supporters



- Pregnant women / new mothers
- Introduce healthy habits from birth
- Evaluate
 - Levels of scheme awareness
 - Opinions on benefits of early-life healthy lifestyles
 - Knowledge of key guidelines

Rugby League Questionnaire

All responses will be treated with confidence and individuals will remain anonymous in presented data. Thank you for participating.

General

- 1) Age: _____
2) Ethnicity: _____
3) Occupation: _____
4) Current weight : _____ (kg/stones)
5) Height: _____ (cm/feet)
6) First part of my postcode: _____

Weight

- 7) I consider myself to be:
 Below average weight
 Average weight
 Overweight
 Obese

Food and Drink

8) "Eating a healthy diet is important to me." How strongly do you agree with this statement?

- Strongly Agree Agree Indifferent
Disagree Strongly Disagree

9) How often do you eat breakfast?

- Always Sometimes (e.g. 2 or 3 times a week)
Rarely (e.g. less than 5 times a month) Never

10) On average working day, how many portions of the following foods do you consume?

Fruit or Vegetables	
Starch Carbohydrates (e.g. bread, oats, pasta, cereals, rice, potatoes etc.)	
Milk and Dairy (inc. milk, cheese, yoghurts, cream etc.)	
Meat, Fish, Eggs and Beans (non-dairy protein sources)	
Food and Drinks high in Fat and or Sugar (e.g. fizzy drinks, cakes, chocolate, sweets, crisps etc.)	

11) I eat takeaways (e.g. kebabs, burgers, Chinese, pizza, fish and chips, etc.)

- Rarely A few times a month Once a week
A few times a week Once a day A few times a day

12) On average, how many units of alcohol do you drink in a week? (Please ask if you need assistance)

- 0 1-10 11-21 22-35 36-50 51+

13) How do you manage what you buy and eat?

- I buy the food shopping but don't cook
 I buy the food shopping and cook
 I cook but I don't buy the food shopping
 My partner/ family member/ other does both

14) I read nutrition labels on food and drinks

- Yes, always Usually Occasionally No

Physical Activity: Active living, not just sport!

15) "Physical activity is important to me." How strongly do you agree with this statement?

- Strongly Agree Agree Indifferent
Disagree Strongly Disagree

16) How many times a week do you participate in 30 minutes or more of physical activity? (Inc. social sports, walking, gym or resistance training)

- 0 1 2 3 4 5 6 7 7+

During this time I play/do _____

17) Is there any opportunity to participate in exercise (sports, gym etc.) at work?

- Daily Weekly Monthly Never N/A

18) How many hours a day do you sit watching the television or playing computer games?

- Less than 1 hour 1 2 3 4 5 6 8+

19) Would you say that you lead an active lifestyle overall?

(1= I am not active at all, 10= I never sit down!)

- 1 2 3 4 5 6 7 8 9 10

20) I find it difficult to be more physically active because: (tick all that apply)

- I am too busy
 I am too tired / don't have the energy
 I would prefer to do other things
 There are no opportunities to be active at work
 It is too expensive
 There is nobody to go with/ be active with
 There is little green space where I live
 In my neighbourhood, exercising outside is unsafe
 The sports facilities in my area are not to my taste
 I have a medical condition that prevents me from or reduces my ability to be physically active
 Other _____

Services in your area

21) Are you encouraged by your workplace to lead an active, healthy lifestyle? (e.g. healthy food options, bike storage, showers, or encouraged to use stairs)

- Yes No N/A

22) In the past year, how many times have you visited your GP?

_____ occasions

23) If you could have a free health check up in a place that was convenient to you, where would that be? (e.g. GP surgery, work, pubs, barber shops, shopping centres, rugby matches, anywhere else?)

24) Have you ever used a weight management programme, either commercial (e.g. 'Weight Watchers') or community-based?

- Yes No

If answered yes please state service used: _____

25) If a free, male-only, group weight management programme involving advice on healthy eating and sessions of physical activity was offered to you, would you attend?

- Yes Possibly No

Please state why/ why not: _____





- Focused question
 - Develop project in reverse order
- Accessible client population & numbers
- Novelty of topic
- Potential for “added value”
- Strict timelines (& keep to them)
- Making use of contacts



- Student training
 - Survey design & analysis seminar
 - Guidance documents
- Ethical review
- Vetting of questionnaires
- CRB/VBS checks
- Recruitment of clients
- Location(s)
- Costs- £100 (+£64?)
- Assessment & assessors



- Academically equivalent alternative to traditional wet lab projects
- Fulfills need within curriculum
- Encourages students to be enterprising and innovative
- Enhances employability
- Concept suitable for all areas of the Biosciences

Further details, student guidance notes or assessment criteria?

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