

50+ FORUM

SURVEY 3



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Older People & Their Ability to Access a Healthy Diet



national public health
service for Wales
Gwasanaeth Iechyd Lywodraethol
Cymru (NPHS) Cymru

Please answer all questions by placing a ✓ in the appropriate box or writing your answer in the allocated space provided

About You

Q.1 What is your gender? *(Please tick one answer only)*

- Female
- Male

Q.2 What is your age? *(Please tick one answer only)*

- Under 50
- 50-60
- 61-70
- 71-80
- 80 +

Q.3 Are you? *(Please tick one answer only)*

- Married
- Not married – but in a relationship
- Single
- Widowed
- Divorced

Q.4 Do you? *(Please tick one answer only)*

- Live with partner/spouse
- Live with children/family members
- Live alone
- Other (please give details in the space provided) _____

Q.5 Are you? *(Please tick one answer only)*

- In employment -full time
- In employment -part time
- Retired
- Other (please give details in the space provided) _____

Q.6 What is your full postcode?

Current Eating Habits

Q.7 Which of the following types of food do you eat regularly (at least two or three days a week)? *(Please tick all that apply)*

- Fresh vegetables/salads/fruit
- Fresh meat/chicken/fish
- Dairy products (milk; cheese; yoghurt; butter etc)
- Ready made meals (eg. those that can be heated in an oven or microwave)
- Other convenience foods; frozen or packaged food
- Take away foods (chip shop/Chinese/Indian etc)
- None of the above
- Don't know

Q.8 In a normal week how often do you cook/prepare meals yourself? *(Please tick only one answer)*

- Always
- On most days
- Occasionally – about 2 or 3 days a week
- Rarely – once a week or less
- Never

Q.9 In a normal week how often do the following cook/prepare meals for you, if at all? *(Please tick one box in each row)*

	Always	On most days	Occasionally	Rarely	Never
Other household member/s	<input type="radio"/>				
Family/friends outside the home	<input type="radio"/>				
Meals on wheels or similar	<input type="radio"/>				
Lunch club/community cafe or similar	<input type="radio"/>				

Q.10 On average how often do you have a cooked meal? *(Please tick one answer only)*

- More than once a day
- Once a day
- Most days
- Occasionally – 2 or 3 times a week
- Rarely – once a week or less
- Never

Current shopping patterns

Q.11 Where do you tend to do most of your food shopping? *(Please tick all that apply)*

- Supermarket
- Local shops (including greengrocers; butchers; bakers)
- Local market(s)
- Local food co-operative(s)
- Local food van
- Via the internet – e.g. Supermarket food delivery
- I don't shop for food - someone else does it for me
- None of the above
- Other (please give details in the space provided) _____

Q.12 How do you normally travel when shopping for food? Think about the main form of transport used. *(Please tick only one answer)*

- By car (either as a driver or a passenger)
- By bus
- By taxi
- By train
- Walk
- By community transport
- Free supermarket transport e.g. Tesco bus
- Not applicable (don't shop for food/have delivered)
- Other (please give details in the space provided) _____

Q.13 Do you normally go shopping on your own or does somebody go with you? *(Please tick one answer only)*

- On own
- With family member/friend
- With carer or other volunteer
- Varies
- Not applicable (don't shop for food/have delivered)
- Other (please give details in the space provided) _____

Q.14 How often do you shop for food? *(Please tick one answer only)*

- Every day
- Every 2-3 days
- About once a week
- About 2-3 times a month
- About once a month
- Less often
- Not applicable (don't shop for food/have delivered)

Q.15 How often do you usually do a large main shop (bulk buy)? *(Please tick one answer only)*

- Every day
- Every 2-3 days
- About once a week
- About 2-3 times a month
- About once a month
- Less often
- Never
- Not applicable (don't shop for food/have delivered)

Q.16 How often do you usually do a smaller (top up) shop? *(Please tick one answer only)*

- Every day
- Every 2-3 days
- About once a week
- About 2-3 times a month
- About once a month
- Less often
- Never
- Not applicable (don't shop for food/have delivered)

Potential difficulties when shopping, preparing or cooking food.

Q.17 In your opinion what, if anything, makes it difficult for you to eat healthily?
(Please tick up to three main answers)

- Lack of money
 - Cost of healthier food
 - Lack of local shops/retailers selling healthy food
 - Lack of suitable transport to local shops/retailers
 - Cost of public transport (including taxis) to local shops/retailers
 - Mobility problems/difficulties in carrying shopping
 - Lack of information about healthy eating
 - Not knowing how to cook
 - Not having help to cook
 - Difficulties using some kitchen equipment
 - Lack of motivation to prepare/cook meals
 - Lack of time
 - Lack of smaller portion sizes for pre-packed food
 - Other (please give details in the space provided)
-

Local activities

Q.18 Are you aware of any of the following initiatives operating in your area?
(Please tick all that apply)

Definitions: -

Community Café - provides a meeting place for the community, where individuals can learn a new skill, take part in a variety of activities and enjoy reasonably priced nutritious food. Often non-profit making and run by members of the community themselves.

Food Co op - enables people to access fresh fruit and vegetables on a weekly basis at wholesale prices, customers can order as little or as much as they like and all money goes direct to the supplier.

Growing Schemes - encourage people to grow their own fruit and vegetables, often with others from their community, on local land. The produce is distributed amongst those involved.

- Lunch club
 - Local/community cafe
 - Food co-operative
 - Growing scheme
 - Meals-on-wheels service
 - Cooking classes
 - None of the above
 - Other food initiative (please give details in the space provided)
-
-

Q.19 Have you used/attended any of the following initiatives in your area in the past 12 mths?
(Please tick all that apply)

- Lunch club
 - Local/community cafe
 - Food co-operative
 - Growing scheme
 - Meals-on-wheels service
 - Cooking classes
 - None of the above
 - Other food initiative (please give details in the space provided)
-

Q.20 Which, if any of the initiatives would you like to see introduced/expanded in your area?
(Please tick all that apply)

- Lunch club
 - Local/community cafe
 - Food co-operative
 - Growing scheme
 - Meals-on-wheels service
 - Cooking classes
 - None of the above
 - Other (please give details in the space provided)
-

Improvements

Q. 21 In your opinion what should be done to help older people eat more healthily?
(Please tick up to three main answers)

- Improve transport to local shops/food co-operatives
 - More practical advice/information on healthy eating
 - More home delivery services/mobile shops
 - More help with shopping/carrying shopping
 - More community food initiatives, such as lunch clubs/community cafes
 - More food co-ops/growing schemes
 - Smaller portions/more meals for one at supermarkets
 - Meals on wheels services
 - Cooking classes
 - Nothing needed
 - Other (please give details in the space provided)
-
-
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Further Research

In addition to this questionnaire, which has been sent to all 50+ Forum members in Carmarthenshire, the Local Public Health Team are looking for volunteers to participate in a more detailed interview about the issues raised in this survey. The purpose of the interview is to gain a real understanding of the issues faced by people aged over 50 in trying to eat a healthy diet. The information gathered will be used to inform an action plan for improving healthy eating amongst the over 50s. We really need and value your input in to this process.

Are you willing to take part in an interview about healthy eating in the over 50 population in Carmarthenshire?

- Yes
 No

If you are willing to participate, please provide your name and contact telephone number below. A researcher from the Local Public Health Team within the local NHS will then contact a random selection of volunteers in February/ March with more details. If at that stage you decide that you no longer want to take part you are free to withdraw at any time. Please note that not all volunteers will be contacted.

Name: _____

Telephone number (daytime): _____

Telephone number (evening): _____

Prize Draw

For entry into the prize draw to win a fruit and vegetable hamper, please fill in your contact information below. Your details will only be used to contact you if you win and will be destroyed after the survey results are analysed.

Name: _____

Telephone number: _____



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Cymru/Iechyd Cymru

Your Standard of Living

These are some questions about your material standard of living – the things that money can buy.

Your material standard of living does NOT mean ability to enjoy life. You should NOT take your health into account.

Q. 22 Thinking about your income, how adequate do you think it is to meet your basic needs?
(Please tick only one)

- More than enough
- Just enough
- Not enough

Q. 23 In the last twelve months, to help you keep your living costs down, have you...
(Please tick one box in each row)

	Often	Sometimes	Never
Bought cheaper cuts of meat or less than you would like to buy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gone without fresh fruit and vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bought second hand clothing instead of new continued wearing clothing that was worn out because you couldn't afford replacement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put off buying clothing for as long as possible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relied on gifts of clothing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Continued wearing shoes that were worn out because you couldn't afford replacements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put up with feeling cold to save heating costs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stayed in bed longer to save heating costs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skipped on food so that others in the household would have enough to eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Postponed visits to the dentist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gone without or cut back on visits to family and friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gone without or cut back on telephone calls to family and friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gone without or cut back on trips to the shops or local places	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spent less on hobbies than you would like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not gone to a funeral you would have liked to attend because of the costs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cut back on visits to the local pub	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ever used less than you needed of gas, electricity and the telephone because you couldn't afford it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q. 24 Below is a list of things which people sometimes go without when money is tight. Which of these items have you **PERSONALLY** gone without in the last year because of shortage of money? *(please tick all that apply)*

- Clothes
- Shoes
- Food
- Heating
- Telephoning friends or family
- Going out
- Visits to the pub
- A hobby or sport
- A holiday
- Never go without
- Money never tight

Q. 25 Have there been times during the past year when you were seriously behind in paying within the time allowed for any of these items? *(please tick all that apply)*

- None of these
- Rent
- Gas
- Electricity
- Water
- Goods on hire purchase
- Mortgage repayments
- Council Tax
- Credit card payments
- Mail order catalogue payments
- Telephone
- Other loans
- TV Licence
- Road Tax
- DSS Social Fund Loan
- Child Support or Maintenance

Q. 26 Have you ever been disconnected in relation to water, gas, electricity and the telephone because you couldn't afford it? *(please tick all that apply)*

- None of these
- Water
- Gas
- Electricity
- Telephone

Q. 27 Have you ever used less than you needed to in relation to water, gas, electricity and the telephone because you couldn't afford it? *(please tick all that apply)*

- None of these
- Water
- Gas
- Electricity
- Telephone

Transportation

Country Cars is a voluntary social care scheme service which is designed to fill gaps in the rural areas and also caters for people who are physically unable to use public transport in both town and country areas.

Q. 28 Prior to receiving this survey, were you aware of this service?

- Yes
- No

The Concessionary Fares Scheme which exists all over Wales for people aged 60+ offers benefits on bus journeys. There are also discretionary elements within Carmarthenshire that offer benefits on local rail and Country Cars journeys.

Q. 29 Prior to receiving this survey, were you aware of the Concessionary Fares Scheme?

- Yes
- No

Q. 30 Prior to receiving this survey, which of the following services were you aware of?
(please tick all that apply)

- Free bus travel on bus services in Wales
- 'Heart of Wales' train line discounts
- 'West Wales' train line discounts
- Country Cars Scheme

Q. 31 Prior to receiving this survey, which of the following services had you used?
(please tick all that apply)

- Free bus travel on bus services in Wales
- 'Heart of Wales' train line discounts
- 'West Wales' train line discounts
- Country Cars Scheme

Q. 32 How often do you travel by public transport within Carmarthenshire?

- Every day or nearly every day (please go to Q34)
- 2-4 days a week (please go to Q34)
- Once a week (please go to Q34)
- Less often but at least once a month (please go to Q33)
- Less often but at least four times a year (please go to Q33)
- Never (please go to Q33)
- Other (please go to Q33)

Q. 33 What are your reasons for not travelling more frequently? *(please tick all that apply)*

- Service frequency
 - Reliability of travel times
 - Length of journey
 - Availability of services within easy walking distance
 - Interchange between bus/coach/rail
 - Provision of low floor easy access vehicles
 - Costly fares
 - Other (please specify)
-
-

Q. 34 If you use public transport within Carmarthenshire, how useful would you find the following sources of information? *(Please tick one box in each row)*

Please number each option 1-5
(1 = Very Useful and 5 = Least Useful).

	1	2	3	4	5
Timetable information at bus stops	<input type="radio"/>				
Real-time information at bus stops (offering notification of delays)	<input type="radio"/>				
County wide timetable book	<input type="radio"/>				
Regional timetable book	<input type="radio"/>				
Electronic timetables via the website	<input type="radio"/>				
Public transport telephone enquiry service	<input type="radio"/>				

Sswitch-2-Share is a free car-share scheme for South West Wales which links drivers and passengers to share car journeys

Q. 35 Prior to receiving this survey, were you aware of the Sswitch-2-Share Scheme?

- Yes
- No

Q. 36 Would you like to receive further information about any of the following?
(please tick all that apply)

- Concessionary Fares Scheme
- Country Cars Service
- Becoming a Country Cars volunteer
- Sswitch-2-Share

Q. 37 Can you suggest how transport services and associated infrastructure may be improved to make the Carmarthenshire public transport and network more user-friendly, with regards to bus users, car users, rail users or cyclists?
