

Work Style and Health

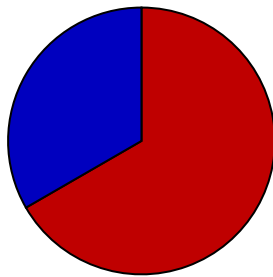
Relationship between work and health

Overview

From **22/10/2007** to **09/11/2007**, London Borough of Hammersmith & Fulham ran a consultation entitled '*Work Style and Health*'. This report covers the online element of the consultation process, which was run from <http://www.citizenspace.com/local/lbhf/HandS>

Topic 1: Life outside work

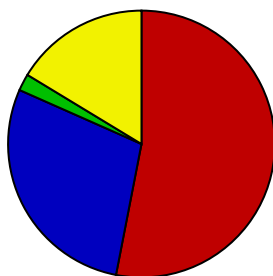
Q1: Do you take part in any activities outside work?



■ **Yes: 66%**
■ **No: 33%**

Option	Value	Percentage
Yes	130	66%
No	65	33%
Total	195	

Q2: If yes, how often?

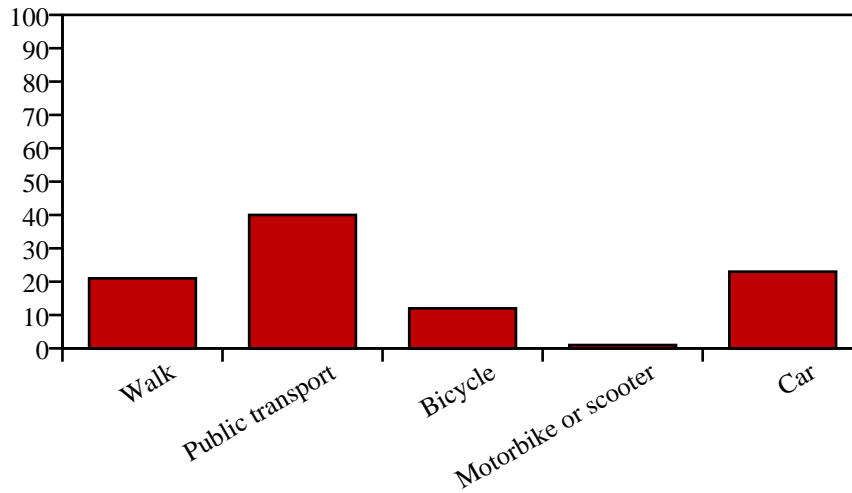


■ **More than once a week: 52%**
■ **Weekly: 28%**
■ **Monthly: 2%**
■ **Infrequently: 16%**

Option	Value	Percentage
More than once a week	71	52%
Weekly	38	28%
Monthly	4	2%

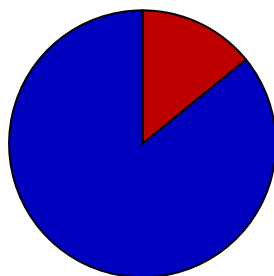
Infrequently	22	16%
Total	135	

Q3: How do you get to work?



Option	Value	Percentage
Walk	52	21%
Public transport	101	40%
Bicycle	32	12%
Motorbike or scooter	4	1%
Car	58	23%
Total	247	

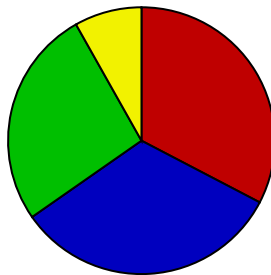
Q4: Are you currently a regular smoker?



■ **Yes: 14%**
■ **No: 85%**

Option	Value	Percentage
Yes	28	14%
No	167	85%
Total	195	

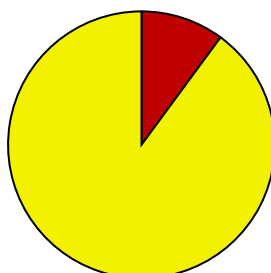
Q5: If yes how many cigarettes you smoke each day?



- **Less than 5: 32%**
- **6-10: 32%**
- **11-20: 26%**
- **More than 20: 8%**

Option	Value	Percentage
Less than 5	11	32%
6-10	11	32%
11-20	9	26%
More than 20	3	8%
Total	34	

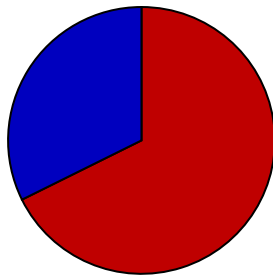
Q6: Have you stopped in the...?



- **Last month: 10%**
- **Last three months: 0%**
- **Last six months: 0%**
- **More than six months ago: 89%**

Option	Value	Percentage
Last month	4	10%
Last three months	0	0%
Last six months	0	0%
More than six months ago	34	89%
Total	38	

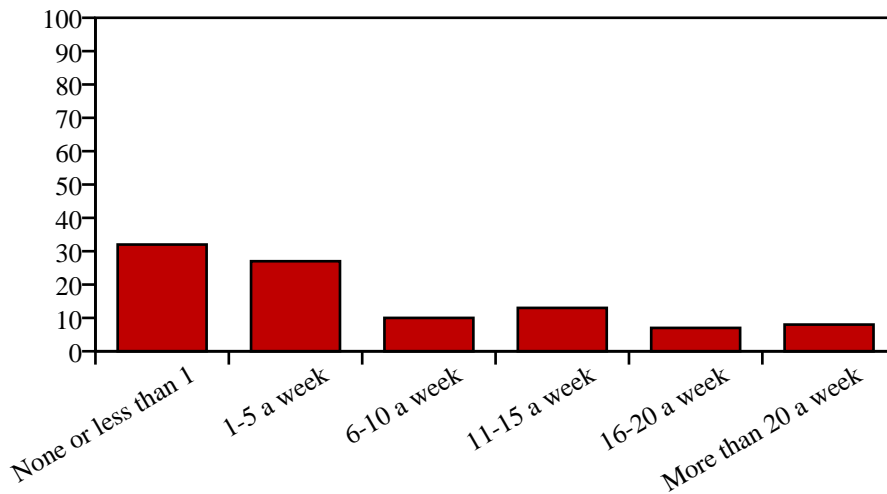
Q7: Have you regularly had alcoholic drinks in the last six months? (Wines, spirits, beers, alcopops etc).



■ **Yes: 67%**
■ **No: 32%**

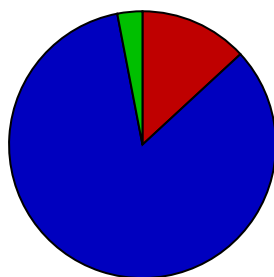
Option	Value	Percentage
Yes	131	67%
No	64	32%
Total	195	

Q8: On average, how many units do you drink each week?



Option	Value	Percentage
None or less than 1	62	32%
1-5 a week	52	27%
6-10 a week	19	10%
11-15 a week	25	13%
16-20 a week	15	7%
More than 20 a week	17	8%
Total	190	

Q9: How does this compare to the previous six months?



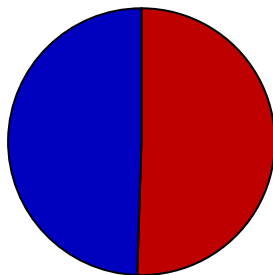
- **Less: 13%**
- **About the same: 83%**
- **More: 3%**

Option	Value	Percentage
Less	26	13%
About the same	160	83%
More	6	3%

Total	192	
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Topic 2: General Health

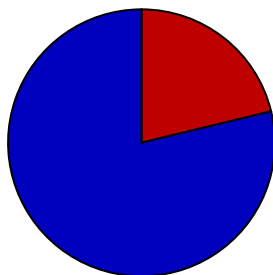
Q1: Have you experienced in the last six months soreness or stiffness of the neck or shoulders?



■ **Yes: 50%**
■ **No: 49%**

Option	Value	Percentage
Yes	91	50%
No	90	49%
Total	181	

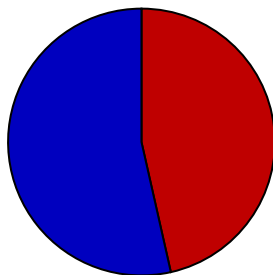
Q2: If yes, did you seek medical assistance?



■ **Yes: 21%**
■ **No: 78%**

Option	Value	Percentage
Yes	24	21%
No	90	78%
Total	114	

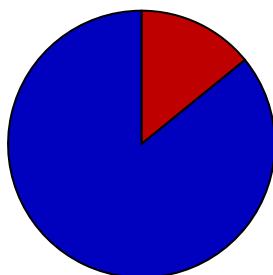
Q3: Have you experienced in the last six months pain or discomfort in the lower back?



■ **Yes: 46%**
■ **No: 53%**

Option	Value	Percentage
Yes	85	46%
No	96	53%
Total	181	

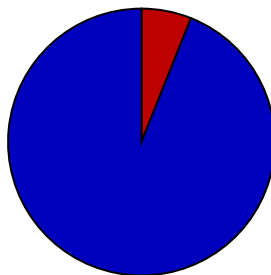
Q4: If yes, did you seek medical assistance?



■ **Yes: 14%**
■ **No: 85%**

Option	Value	Percentage
Yes	16	14%
No	92	85%
Total	108	

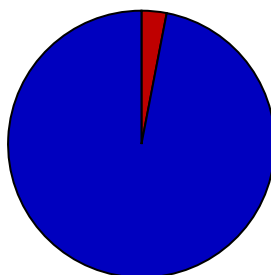
Q5: Have you experienced in the last six months swelling or discomfort in the elbows?



■ **Yes: 6%**
■ **No: 93%**

Option	Value	Percentage
Yes	12	6%
No	169	93%
Total	181	

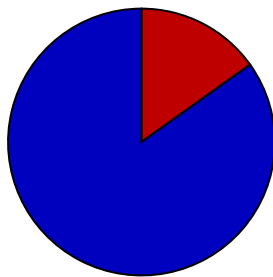
Q6: If yes, did you seek medical assistance?



■ **Yes: 3%**
■ **No: 96%**

Option	Value	Percentage
Yes	2	3%
No	51	96%
Total	53	

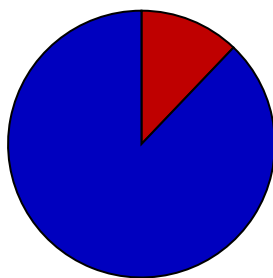
Q7: Have you experienced in the last six months swelling or discomfort in the wrists?



■ **Yes: 15%**
■ **No: 84%**

Option	Value	Percentage
Yes	28	15%
No	152	84%
Total	180	

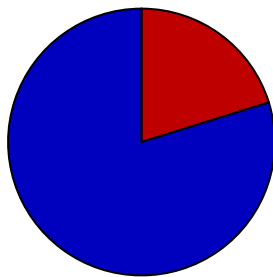
Q8: If yes, did you seek medical assistance?



■ **Yes: 12%**
■ **No: 87%**

Option	Value	Percentage
Yes	7	12%
No	51	87%
Total	58	

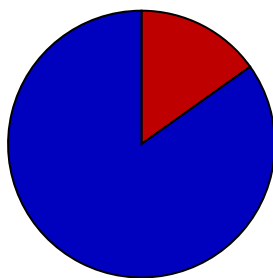
Q9: Have you experienced in the last six months swelling or discomfort in the fingers?



■ **Yes: 20%**
■ **No: 79%**

Option	Value	Percentage
Yes	36	20%
No	143	79%
Total	179	

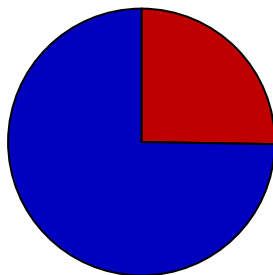
Q10: If yes, did you seek medical assistance?



■ **Yes: 15%**
■ **No: 84%**

Option	Value	Percentage
Yes	10	15%
No	54	84%
Total	64	

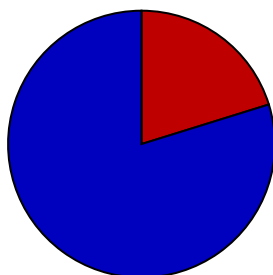
Q11: Have you experienced in the last six months swelling or discomfort in the knees?



■ **Yes: 25%**
■ **No: 74%**

Option	Value	Percentage
Yes	47	25%
No	134	74%
Total	181	

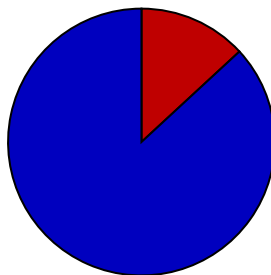
Q12: If yes, did you seek medical assistance?



■ **Yes: 20%**
■ **No: 79%**

Option	Value	Percentage
Yes	15	20%
No	57	79%
Total	72	

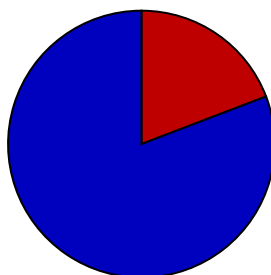
Q13: Have you experienced in the last six months swelling or discomfort in the ankles?



■ **Yes: 13%**
■ **No: 86%**

Option	Value	Percentage
Yes	25	13%
No	156	86%
Total	181	

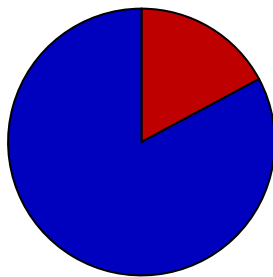
Q14: If yes, did you seek medical assistance?



■ **Yes: 19%**
■ **No: 80%**

Option	Value	Percentage
Yes	12	19%
No	49	80%
Total	61	

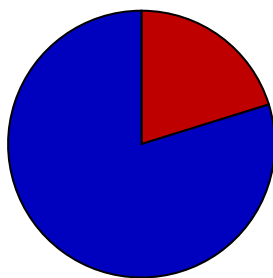
Q15: Have you experienced in the last six months swelling or discomfort in the legs?



■ **Yes: 17%**
■ **No: 82%**

Option	Value	Percentage
Yes	31	17%
No	147	82%
Total	178	

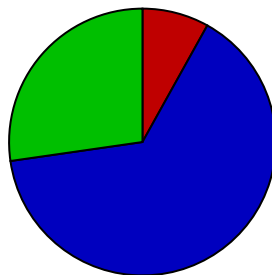
Q16: If yes, did you seek medical assistance?



■ **Yes: 20%**
■ **No: 79%**

Option	Value	Percentage
Yes	12	20%
No	47	79%
Total	59	

Q17: If you answered “Yes” to any of the above, how does this compare to the previous six months?



- **Less: 8%**
- **About the same: 64%**
- **More: 27%**

Option	Value	Percentage
Less	11	8%
About the same	82	64%
More	35	27%
Total	128	

Q18: What is your weight in stones & pounds?

There are 0 responses to this question. Please see Appendix A for the text of these responses.

Q19: What is your weight in kilos?

There are 0 responses to this question. Please see Appendix A for the text of these responses.

Q20: Your height in feet & inches?

There are 0 responses to this question. Please see Appendix A for the text of these responses.

Q21: Your height in metres?

There are 0 responses to this question. Please see Appendix A for the text of these responses.

Appendix A

What is your weight in stones & pounds?

What is your weight in kilos?

Your height in feet & inches?

Your height in metres?