



Health Walk registration form

Name of walk: _____

A Participant details

Title: _____ Full name: _____

Address: _____

City/County: _____ Postcode: _____

Tel no: _____ e-mail: _____

Please provide the name and telephone number of someone who can be contacted in an emergency:

Name _____ Tel.no: _____

B Health screening

For most people, physical activity does not pose a hazard. The questions below have been designed to identify the small number of people for whom it would be wise to have medical advice before starting:

1. Has your doctor ever said you have a heart condition? Yes No
2. Do you feel pain in your chest when you do physical activity? Yes No
3. Do you ever lose balance because of dizziness or ever lose consciousness? Yes No
4. In the past month, have you had pain in your chest when you were **NOT** doing physical activity? Yes No
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? Yes No

Declaration

I understand that if I have answered 'Yes' to one or more of the above questions, I should seek medical advice before attending a walking programme. I agree to tell the walk leaders if there is a change in my medical condition. I understand that this information will be shared with other walk leaders and that I walk at my own risk.

Signed: **Date:**

To make the case for funding for your walking schemes, please help us by answering the following questions:

6. Have you been diagnosed by your doctor or health professional with any of the following medical conditions?

- a) Heart disease
b) High blood pressure
c) COPD (Emphysema and Chronic bronchitis)
- d) Asthma
e) Diabetes
f) Stroke/TIA

Please advise the walk leader if you have any other conditions you feel they might need to know of.

7. Do you have a long-standing (ie: for more than 12 months and likely to continue) illness or **disability** which affects (or limits) your day to day activities?

- Yes If Yes, please give brief details:
 No
 Prefer not to say

C About you

1. New Walker? Existing walker?
2. Are you a trained **volunteer** walk leader? Yes No
3. Have you been recommended by your doctor or health professional to come on this scheme?
 Yes No
4. In the **past week**, on how many days have you done a total of **30 minutes or more** of physical activity, which was enough to raise your breathing rate?
This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job.
- 0 1 2 3 4 5 6 7

Because Walking for Health (WfH) is a public service, we have to report on the following information. Please help us!

5. Age: 16-24 25-34 35-44 45-54 55-64 65-74 75-84 85+

6. Gender: Male Female

7. Ethnicity:

- White/British
 White/Irish
 White/Other
 Mixed/White & Black African
 Mixed/White & Asian
 Mixed/Other mixed
 Chinese
 Chinese or other ethnic group/Other
- Asian or Asian British/Indian
 Asian or Asian British/Pakistani
 Asian or Asian British/Bangladeshi
 Asian or Asian British/Other Asian
 Black or Black British Caribbean
 Black or Black British/African
 Black or Black British/Other Black
 Other (please specify)

8. Please tell us how you found out about and joined this scheme

- GP/health professional referral Library Word of mouth
 Age Concern Poster/advertisement Leisure Centre
 Newspaper Health trainer referral Other (please state which)

9. Are you happy to be contacted to help us evaluate health walks? Yes No

Thank you for completing this questionnaire.



Using and sharing your information

Your information will be held by LB Hounslow and Natural England, in accordance with the Data Protection Act 1998. It will be used by each local scheme to evaluate their health walks and show funders that they offer value for money. Summary information will also be used by Natural England to further its work on safeguarding and promoting the use of the natural environment to improve the health of the population. The information will be collected by walk leaders and passed on to walk coordinators for inputting into a central database. This will be used to draw anonymous reports for both the local scheme and the national programme. The results of any analysis will be used to influence and support further funding bids for the local and national schemes and help define the health value of the natural environment.

I have read and understood the above statement.

Signed: **Date:**

