



access:health

Access Health Lifestyle Questionnaire

How would you currently rate your health on a scale of 1-10, with 1 representing poorest health, and 10 representing optimal health (check box to the left of your answer)?

1 2 3 4 5 6 7 8 9 10
poorest health optimal health

How many times do you eat out in an average one-week period, including fast food?_____

For the following, write your answer in the blank to the left of each question:

_____ It is important to watch what I eat and try to improve my nutrition.
1 = strongly agree, 2 = somewhat agree, 3 = not sure, 4 = somewhat disagree, 5 = strongly disagree

_____ It is important to maintain a healthy weight.
1 = strongly agree, 2 = somewhat agree, 3 = not sure, 4 = somewhat disagree, 5 = strongly disagree

_____ People should try to be healthy, but it is not realistic for me.
1 = strongly agree, 2 = somewhat agree, 3 = not sure, 4 = somewhat disagree, 5 = strongly disagree

_____ Learning to manage stress is important to your health.
1 = strongly agree, 2 = somewhat agree, 3 = not sure, 4 = somewhat disagree, 5 = strongly disagree

_____ It is up to me to actively try to improve my health on a daily basis.
1 = strongly agree, 2 = somewhat agree, 3 = not sure, 4 = somewhat disagree, 5 = strongly disagree

***For the following, indicate the frequency with which you engage in each behavior by checking the box to the left of your answer:**

Exercise for 20 or more minutes at least three times a week (such as brisk walking, bicycling, aerobic dancing, using a stair climber).

Never Sometimes Often Routinely

Take some time for myself each day.

Never Sometimes Often Routinely

Take part in leisure-time (recreational) physical activities such as swimming, dancing, bicycling.

Never Sometimes Often Routinely

Use specific methods to control my stress.

Never Sometimes Often Routinely

Take part in leisure-time activities (watching t.v., playing video games, working/playing on the computer)

Never Sometimes Often Routinely

Get exercise during usual daily activities (such as walking during lunch, using stairs instead of elevators, parking car away from destination and walking).

Never Sometimes Often Routinely

Balance time between work, family, and time for myself.

Never Sometimes Often Routinely

Ask for information from health professionals about how to take good care of myself.

Never Sometimes Often Routinely

Drink 48-64 ounces of water each day.

Never Sometimes Often Routinely

*Questions in the above section were obtained from the HPLP-II (Health Promoting Lifestyle Profile II) by permission.

Member Name: _____ Date: _____
DOB: _____ Participation Year: _____