



BASELINE SURVEY ON HEALTH AND WELL- BEING for RIGA

We would be grateful to you if you could assist us by participating in answering the following questionnaire, "Baseline Survey on Health and Well-being". This questionnaire has been designed to evaluate the impact of the IN-HABIT project on citizens' health and well-being. The results will be analysed by Isimpact and University of Reading for the purposes of assessing the impact of the IN-HABIT project.

IN-HABIT is a research and innovation project coordinated by the University of Cordoba. The objective of the project is to foster Inclusive Health and Wellbeing (IHW) in four small and medium size cities (Cordoba, Lucca, Riga, Nitra) through visionary and integrated solutions, based on the mobilisation of undervalued resources (culture, food, human-animal bonds and environment), with a focus on gender and diversity. The project has received funding from the European Union's Horizon 2020 Programme under Grant Agreement n.869227.

Your participation in this survey is completely voluntary and you may withdraw at any time without having to give a reason. Your data will be kept confidential and securely stored, with only an anonymous participant number identifying it. Your name will only be recorded on the following consent form and the information that links your anonymous participant number to your name will be stored separately from the data that you provide us. Anonymised data collected as part of this project might be made available online in accordance with the Open Data policy. Data will be safely stored in certified repositories for long term preservation and curation. Your consent form will be kept for 5 years.

This application has been reviewed by the University Research Ethics Committee of the University of Reading and has been given a favourable ethical opinion for conduct. Completing the questionnaire takes no more than 20-25 minutes.

Thank you for your help.

* Required

Survey Consent Form

I agree to participate in the survey, "Baseline Survey on Health and Well-being", being conducted by Isimpact and the University of Reading as part of the IN-HABIT project. I have read a copy of the participants' Information Sheet and have been given the opportunity to ask questions about the survey and the IN-HABIT project and these have been answered to my satisfaction.

I understand that all personal information will remain confidential to the Investigators and arrangements for the storage and eventual disposal of any identifiable material have been made clear to me.

I understand that data collected, audio recording, video-shooting and photos may be taken and used for research, dissemination and communication purposes.

I understand that data will be analysed by members of the IN-HABIT project, and in some cases may be analysed by project members other than the interviewer.

I understand that anonymised data might be made available online in accordance with Open Data policy.

I understand that participation in this study is voluntary and that I can withdraw at any time without having to give an explanation.

I understand that I can access personal data at any time without reason.

I am happy to proceed with my participation.

Privacy Notice

We inform the participant that their Personal Data will be processed in compliance with Regulation (EU) no. 2016/679 (GDPR). The participant may exercise at any time the rights provided for by the Regulation by contacting the Data Controller ISIMPACT (ISIM), with registered office in VIA ALESSANDRO MANZONI 58, LATINA 04100, ITALY, VAT number IT03060200593, email info@isimpact.it (<mailto:info@isimpact.it>). The full Privacy notice is available at this link: www.isimpact.org/privacy-policy-english (<http://www.isimpact.org/privacy-policy-english>).

1. I have read the Information sheet and the Privacy notice and hereby *

- ☐ give my consent for personal data processing and for the participation in the research
- ☐ deny my consent for personal data processing and for the participation in the research

2. Full name

3. Date of birth



Formato: M/g/aaa

4. In case you agree with being contacted for future research actions, please leave your e-mail address here:

Part A

5. 1. City of residence *

☐ Riga

☐

Other

6. 2. Neighborhood of residence *

☐ Āgenskalns

☐ Torņkalns

☐

Other

7. 3. Citizenship status *

☐ National citizen

☐ Naturalized citizen

☐ Foreign citizen

☐ Non-citizen

8.3.1. Residency status *

- ☐ Permanent residence
- ☐ Temporary residence
- ☐ Asylum seeker
- ☐ Refugee
- ☐ Person with an alternative status
- ☐ Student or tourist visa
- ☐ Undocumented

9.3.2.A Country of birth *

- ☐ Same country of actual residence
- ☐ Different country from the one I was born in (naturalized citizen)

10.4. In a typical week, how much time do you spend in Āgenskalns neighborhood for work, sport/leisure, transit, study, family matters? *

- ☐ no time at all
- ☐ less than 2 hours
- ☐ between 2 and 4 hours
- ☐ between 4 and 8 hours
- ☐ more than 8 hours

11.5. Are you: *

- ☐ Male
- ☐ Female
- ☐ Nonbinary
- ☐ Other
- ☐ Prefer not to say

12.6. Age *

Please enter a number less than or equal to 99

13.7. Do you belong to any ethnic minority in your city? *

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

14.7.1 Which one? *

- ☐ African descendants / Black
- ☐ Asian
- ☐ Roma/Gipsy/Traveler
- ☐ Russian
- ☐ Middle Eastern

☐

Other

15.8. What is the highest level of education that you have achieved? *

- ☐ No education
- ☐ Primary education
- ☐ Secondary or secondary vocational education
- ☐ Post-secondary non-tertiary education
- ☐ Bachelor's or Undergraduate degree
- ☐ Master's degree
- ☐ Doctoral degree

16.9. Employment status: Are you currently.. *

- ☐ Full-Time Paid Employed
- ☐ Part-Time Paid Employed
- ☐ Self-employed or freelance
- ☐ On temporary layoff
- ☐ Provisionally unable to work (e.g., illness, maternity leave)
- ☐ Not working and currently looking for work
- ☐ Not working but not currently looking for work
- ☐ Unpaid family worker (family firm or farm)
- ☐ Full time responsibility for family and home
- ☐ Part time working
- ☐ An apprentice or trainee
- ☐ In education
- ☐ Retired
- ☐ Unable to work
- ☐
Other

17. 10. Marital status: *

- ☐ Married
- ☐ Common-law couple
- ☐ Divorced
- ☐ Widowed
- ☐ Separated
- ☐ Cohabiting
- ☐ Single

☐

Other

18. 11. What is your current housing situation: *

- ☐ My home is Owner occupied/owned outright
- ☐ My home is Owner occupied with a mortgage
- ☐ My home is Rented from a Public/State Landlord
- ☐ My home is Rented from a Private Landlord
- ☐ Accommodation comes with my job
- ☐ I live in Temporary Accommodation
- ☐ I am currently homeless

☐

Other

19. 12. Does your current accommodation have outdoor space that you can use?
Please select all that apply. *

- ☐ Private garden
- ☐ Shared garden
- ☐ Balcony
- ☐ Rooftop garden or terrace
- ☐ Other outdoor space
- ☐ No

20. 13. Does your household have access to the internet from home? *

- ☐ Yes
- ☐ No

21. 14. Do you live alone? *

- ☐ Yes
- ☐ No

22. 14.a How many people in your household, are children 0-4 years? *

The value must be a number

23. 15.b How many people in your household are children 5 years – 17 years? *

The value must be a number

24. 15.c How many people in your household, including yourself, are adults 18 years – 64 years? *

The value must be a number

25. 15.d How many people in your household, including yourself, are adults over 65 years? *

The value must be a number

26. 16. Are the people that you live with primarily your relatives? *

☐ Yes

☐ No

27. 17. Is there anyone living with you who is sick, disabled or elderly whom you look after or give special help to? *

☐ Yes

☐ No

28. 17.1. How many people living with you do you look after or give special help to? *

The value must be a number

29. 17.2. Who do you give special help to in your household? Please select all that apply.

*

- ☐ Children (under 18)
- ☐ Adult children (over 18)
- ☐ Parents or Grandparents, including in-laws
- ☐ Siblings
- ☐ Spouse or partner
- ☐ Friends
- ☐ Other relatives
- ☐ Someone else

30. 17.3. Do you share these caring responsibilities with another member of the household? *

- ☐ Yes
- ☐ No

31. 19. What is your sexual orientation? *

- ☐ Heterosexual/Straight
- ☐ Bisexual
- ☐ Lesbian/Gay woman
- ☐ Gay man
- ☐ Prefer not to answer

☐

Other

32.20. Is religion important in your life? *

☐ Yes

☐ No

33.21. What is your Religion? *

☐ Agnostic

☐ Buddhism

☐ Christianity (including Catholic, Protestant and all other Christian denominations)

☐ Hinduism

☐ Judaism

☐ Islam

☐ Sikhism

☐ Atheism

☐ I am not religious

☐ Prefer not to answer

☐

Other

34.22. Do you have any form of disability? *

☐ Yes

☐ No

☐ Prefer not to answer

35.22.1 What is the nature of your disability? *

- ☐ Deafness or severe hearing impairment
- ☐ Blindness or severe visual impairment
- ☐ A condition that substantially limits physical activity
- ☐ A learning difficulty
- ☐ A long-standing psychological or mental health condition
- ☐ Other (including long-standing illness)
- ☐ Prefer not to answer

PART B

36.23. The following questions ask about how you have been feeling during the past 2 weeks

(0=at no time; 1 = some of the time, 2 = less than half of the time, 3 = more than half of the time, 4 = most of the time, 5=all the time)

	0	1	2	3	4	5
23. a I have felt cheerful and in good spirit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23.b I have felt calm and relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23.c I have felt active and vigorous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23.d I woke up feeling fresh and rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23.e my daily life has been filled with things that interest me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

37. 24. The following questions ask about how you have been feeling during the past 30 days *

For each question please respond with the number that best describes how often you had this feeling. (0= None of the time; 1= a little of the time, 2 = some of the time, 3 = most of the time, 4= all of the time)

	0	1	2	3	4
24.a about how often did you feel nervous?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.b about how often did you feel hopeless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.c about how often did you feel restless or fidgety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.d about how often did you feel so depressed that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.e about how often did you feel that everything was an effort?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24.f about how often did you feel worthless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

38. 25. Overall, to what extent are you satisfied with your life at the moment? *

- ☐ not at all satisfied
- ☐ partly satisfied
- ☐ satisfied
- ☐ more than satisfied
- ☐ very satisfied

PART C

39.26. How do you judge/evaluate your overall physical health?

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor
- ☐ not good at all

40.27. Over the last two months, how often did you *

	None at all	less than once a week	1 to 2 times a week	more than 2 times a week
27.a participate in some form of physical exercise?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27.b use the public green areas of your neighborhood to do sports?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27.c take part in cultural activities organized in public squares and green areas of your neighborhood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

41.28. Are you the main food preparer in your household? *

- ☐ Yes
- ☐ No

42. 28.1 During a typical day, how much time do you spend preparing your meals at home? *

- ☐ Less than 30 minutes
- ☐ Between 30 minutes and 1 hour
- ☐ Between 1 and 2 hours
- ☐ More than 2 hours

43. 29. During a typical day, how many portions of fruit and vegetables do you eat? *

- ☐ None at all
- ☐ 1 to 2 portions
- ☐ 3 to 4 portions
- ☐ More than 4 portions

44. 30. In a typical week, how easy and simple is it for you and for your household to eat healthy food? *

- ☐ extremely easy
- ☐ quite easy
- ☐ not so easy, because healthy food is too expensive
- ☐ not so easy, because in my neighborhood healthy food is not available
- ☐ not easy, because I have no time for buying and preparing healthy food
- ☐ not easy, because I love eating fast food, ready meals
- ☐Other

45. 31. During a typical working day, how much time do you devote to.. *

	no time at all	less than one hour	1 to 2 hours	2 to 3 hours	more than 3 hours
31.a Attending social and recreational public spaces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31.b Leisure and personal care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31.c Family care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31.d Playing, relaxing or doing sports in public green areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31.e Pets care or playing with pets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

46. 32. To what extent are you satisfied with the way you spend your free time? *

- ☐ not at all satisfied
- ☐ partly satisfied
- ☐ satisfied
- ☐ more than satisfied
- ☐ very satisfied

47. 33. Since Covid-19 restrictions have been in place, has the frequency with which you perform the following activities changed? *

	It has decreased	remained the same	It has increased
33.a Reading a book for pleasure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.b Doing physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.c Caring for family members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.d Engaging in cultural activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.e Cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.f Sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.g Listening to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.h Eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.i Taking care of your body and appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.l Taking care of your home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.m Attending social and recreational public spaces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33.n Playing, relaxing or doing sports in public green areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PART D

48. 35. Do you agree or disagree with this sentence...?

On a scale of 0 to 5, where 0 is strongly disagree and 5 is strongly agree,

	0 - strongly disagree	1	2	3	4	5 - strongly agree
35.a In the neighborhood where I live, no one is left alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35.c The image of the neighborhood where I live has improved in the past two years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

49. 36. Thinking to the public spaces of your city where you spend the majority of your time, how safe do you feel

You have a scale of 0 to 5 scores where 0 = very unsafe, 5 = very safe

	0 - very unsafe	1	2	3	4	5 - very safe
36.a Walking alone after dark	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36.b Walking alone during the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36.c Walking alone in the public green areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36.d Leaving a vehicle (car, bicycle, motorcycle) unattended	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36.e Walking or cycling on the streets without being afraid of being victims of road accidents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

50. 37. Thinking to the public spaces of your city where you spend the majority of your time, how much do you agree with the following statements

You have a scale of 0 to 5 scores where 0 = I strongly disagree, 5 = I fully agree

	0 - I strongly disagree	1	2	3	4	5 - I fully agree
37.a It often happens to me to observe vandalic damages to urban furnishings and private means	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37.b they are very attractive for tourists	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

51. 38. In your neighbourhood/living area, how easy is...

You have a scale of 0 to 5 scores where 0 = not easy at all, 5 = very easy

	0- not easy at all	1	2	3	4	5 - very easy
38.a Finding help from others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38.b Finding safe, accessible and pleasant green areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38.c Participating in cultural events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38.d Finding adequate social and health assistance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38.e Finding a green space to do sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38.f Finding healthy food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38.g Finding children playgrounds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38.h Moving on foot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38.i Moving by bike	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

52. 39. Thinking about the public green areas where you spend the majority of your time, how much do you agree with the following sentences

You have a scale of 0 to 5 scores where 0 = I strongly disagree, 5 = I fully agree

	0 = I strongly disagree	1	2	3	4	5 = I fully agree
39.a They are well maintained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39.b They are a pleasant and beautiful place to spend my free time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39.c They are accessible for persons with disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39.d They are frequented by people of all ages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39.e They are frequented by people of all ethnicities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39.f I do not frequent any public green area	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

53. 40. How important is it to you to feel a sense of community with the other people in your neighborhood?

- ☐ Very Important
- ☐ Important
- ☐ Moderately Important
- ☐ Slightly Important
- ☐ Not Important

54.41. How often do you participate in the following activities?

	Never	less than once a month	once or twice a month	once a week	twice a week or more
41.a informally talk with neighbors about a community problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41.b neighborhood cultural/social /voluntary activities (e.g. neighborhood dinners, festivals, religious etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41.e taking care of public spaces and green areas of your neighbourhoods as a volunteer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41.f getting together with friends or relatives in a public space	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

55.42. Do you have any difficulties in accessing the available cultural and leisure opportunities in your city? *

- ☐ yes, I have some difficulties
- ☐ no
- ☐ I don't know

56.42.1 Which kind of difficulties do you face in accessing the available cultural and leisure opportunities in your city? *

- ☐ 42.1.a I don't have enough money
- ☐ 42.1.b I don't have free time available
- ☐ 42.1.c I live in a neighborhood which does not offer cultural spaces and activities
- ☐ 42.1.d I don't have a vehicle to get to the places of events

57.43. Do you perceive yourself to be a member of a group that is discriminated against ? *

☐ Yes

☐ No

58.43.1 for which of the following characteristics do you feel discriminated against? *
select all that apply

☐ 43.1.a Skin colour

☐ 43.1.b Language and tradition

☐ 43.1.c Nationality

☐ 43.1.d Religion

☐ 43.1.e Age

☐ 43.1.f Gender

☐ 43.1.g Sexual orientation

☐ 43.1.f Disability

☐ I don't know

☐

Other

PART 5

59.45 Do you think that your (or your family's) financial condition is: *

- ☐ not enough for your (your family) basic needs
- ☐ barely sufficient your (your family) basic needs
- ☐ in average with the neighbourhood financial condition
- ☐ above average
- ☐ excellent

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