

1. Where do you work? If you work at multiple site please state your primary site

400
Responses

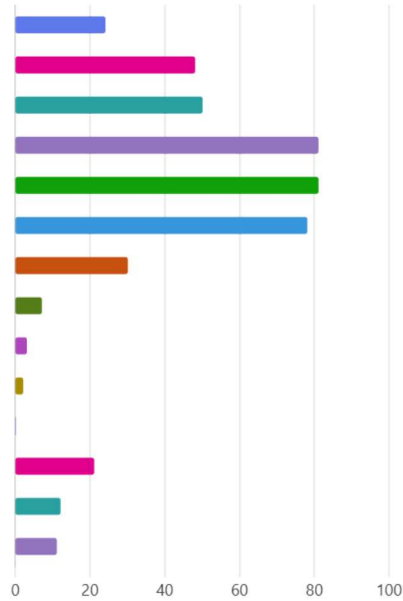
Latest Responses
"ARI"
"ARI"
"Inverurie Health Centre"
...

58 respondents (14%) answered ARI for this question.



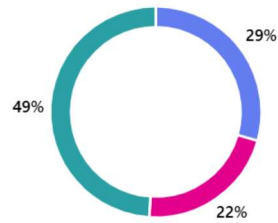
2. What is your current salary band at work?

Band 2	24
Band 3	48
Band 4	50
Band 5	81
Band 6	81
Band 7	78
Band 8a	30
Band 8b	7
Band 8c	3
Band 8d	2
Band 9	0
Medical Grades	21
Non-NHS	12
Other	11



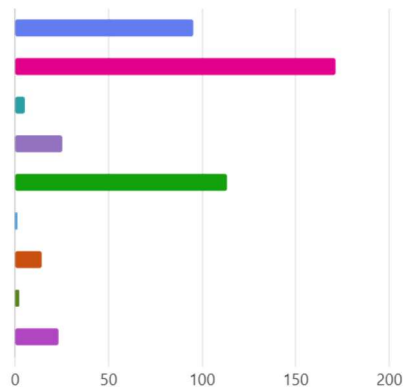
3. This year's challenge was the 6th annual NHS Grampian Staff Step Challenge. Have you taken part in a previous one?

● Yes - and I have taken part in more than one	132
● Yes- I have taken part in one	97
● No - this is the first year I have taken part	220



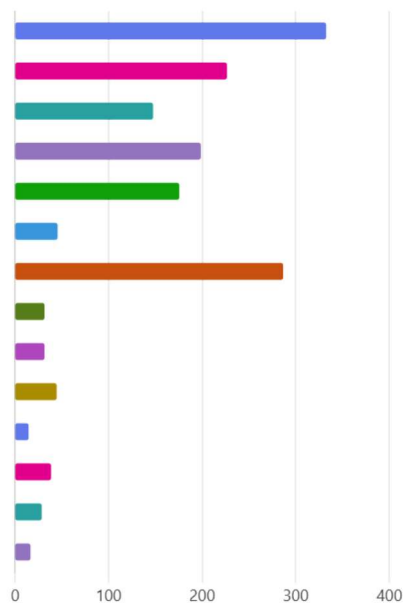
4. How did you find out about the competition

● I was contacted because I took part previously	95
● Word of mouth	171
● My Healthy Workplace website	5
● Staff Intranet	25
● Daily staff brief (Global email)	113
● Social media	1
● Flyer sent to payslip destinations	14
● I can't remember	2
● Other	23



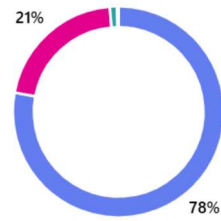
5. What was your motivation for taking part in Step forth for 2024? You can select more than one option

● To be more physically active	332
● To improve my fitness	226
● To lose weight	147
● To improve my mental wellbeing	198
● To spend more time out of doors	175
● To be more sociable	45
● For something fun to do with colleagues	286
● To try something new	31
● To discover new walking routes	31
● To drive less	44
● As a New Year resolution	14
● To get out and about with friends and family	38
● Winning the competition(s)	28
● Other	16



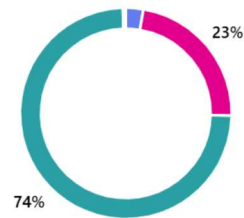
6. Thinking of the motivations you selected in the previous question, do you feel you got what you hoped to out of the challenge?

● Yes	350
● Partially	93
● No	5
● I'm not sure	1



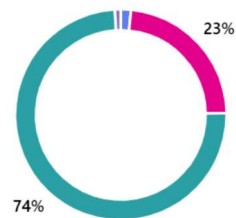
7. How were your physical activity levels during the challenge compared to 'normal'?

● Lower	12
● Approximately the same	102
● Higher	334
● I'm not sure	2



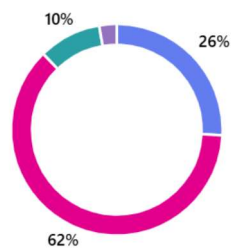
8. How much time did you spend outdoors, compared to 'normal'?

● Lower	7
● Approximately the same	104
● Higher	334
● I'm not sure	4



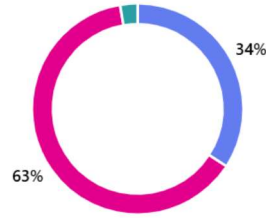
9. Thinking of journeys undertaken by car during the challenge how were these compared to 'normal'?

● Lower	116
● Approximately the same	278
● Higher	43
● I'm not sure	12



10. During the Challenge did you walk or cycle more to work than normal? [compared to driving or taking public transport]

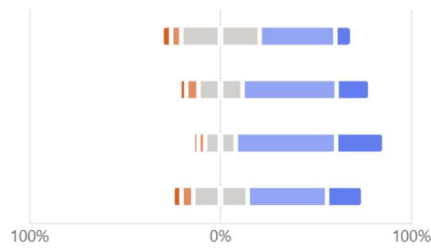
Yes	153
No	283
I'm not sure	12



11. Please indicate your level of agreement with the following statements. As a result of the step count challenge:

Disagree Slightly disagree Not sure Slightly agree Completely agree

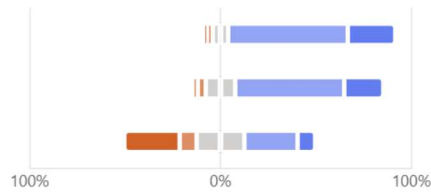
- My ability to focus on work improved
- My stress levels reduced
- My general mood improved
- My quality of sleep improved



12. Please indicate your level of agreement with the following statement. As a result of the step count challenge:

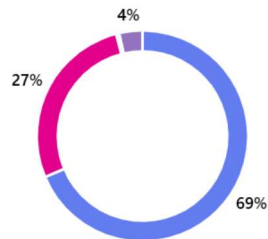
Disagree Slightly disagree Not sure Agree Completely agree

- I am more likely to be active in the future
- I am more likely to walk/cycle short journeys
- I am more likely to walk, cycle, or wheel to work in the near future (commute actively)



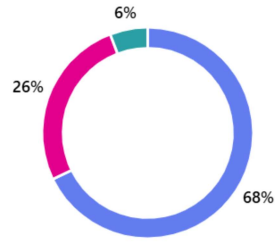
13. Do you think taking part in the competition improved team relationships within your department?

Yes	309
No - they remained the same	123
No - they got worse	2
Unsure	16



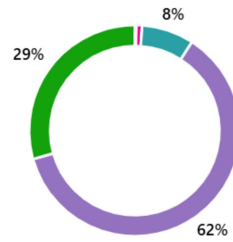
14. Although this was a staff competition, did taking part in the competition mean that you were more active with family and / or friends?

● Yes	305
● No	119
● Unsure	26



15. How enjoyable was this year's step challenge?

● I actively disliked it	1
● I didn't really enjoy it	4
● It was okay	36
● It was enjoyable	277
● It was very enjoyable	132



16. How would you rate this year's challenge in terms of communication?

● Very poor	1
● Poor	5
● Neither poor nor good	40
● Good	249
● Excellent	154

