

Step Forth for 2024 - end of challenge evaluation

216

Responses

08:15

Average time to complete

Active

Status

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

202

Responses

Latest Responses

"home"

"childrens ward "

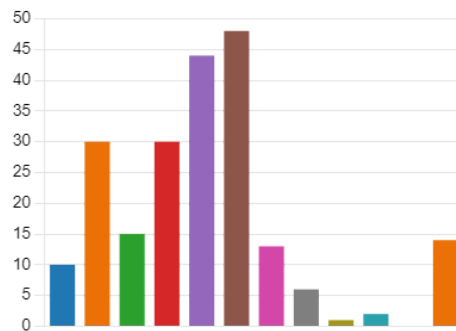
"FORESTERHILL CAMPUS"

38 respondents (19%) answered **Hospital** for this question.



2. What is your current salary band at work?

Band 2	10
Band 3	30
Band 4	15
Band 5	30
Band 6	44
Band 7	48
Band 8a	13
Band 8b	6
Band 8c	1
Band 8d	2
Band 9	0
Other	14



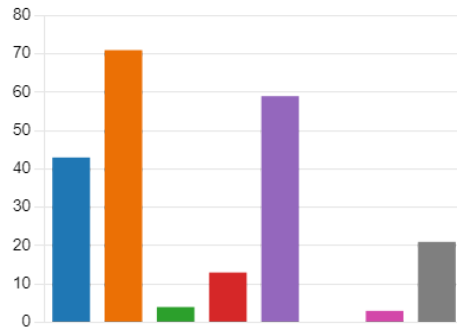
3. This year's challenge was the 5th annual NHS Grampian Staff Step Challenge. Have you taken part in a previous one?

Yes - and I have taken part in m...	61
Yes- I have taken part in one	52
No - this is the first year I have t...	102



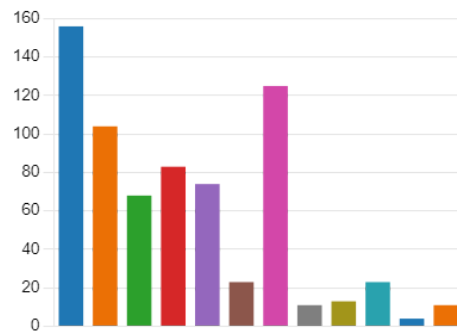
4. How did you find out about 'Step forth for 2024'?

I was contacted because I took ...	43
Word of mouth	71
My Healthy Workplace website	4
Staff Intranet	13
Daily staff brief (Global email)	59
Social media	0
Flyer sent to payslip destinations	3
Other	21



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	156
To improve my fitness	104
To lose weight	68
To improve my mental wellbeing	83
To spend more time out of doors	74
To be more sociable	23
For something fun to do with co...	125
To try something new	11
To discover new walking routes	13
To drive less	23
As a New Year resolution	4
Other	11



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	157
Partially	53
No	3
I'm not sure	1



7. How many hours of physical activity did you do last week? Please include activities such as walking for work, housework, shopping, gardening, etc

200
Responses

Latest Responses
"5"
"15"
"Greater than 30 hours"

33 respondents (17%) answered **hours** for this question.



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

Lower	7
Approximately the same	59
Higher	146
I'm not sure	4



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

Lower	7
Approximately the same	66
Higher	139
I'm not sure	3



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

Lower	73
Approximately the same	124
Higher	13
I'm not sure	4



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

Yes	73
No	137
I'm not sure	5



12. How was your ability to focus on work during the challenge?

Lower than normal	3
Approximately the same as nor...	175
Higher than normal	33
I'm not sure	5



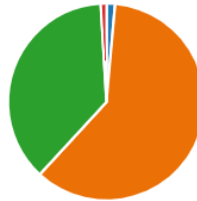
13. How were your stress levels during the challenge?

Lower than normal	47
Approximately the same	155
Higher than normal	6
I'm not sure	6



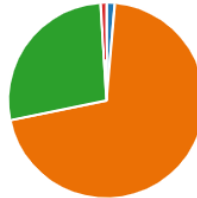
14. How was your general mood during the challenge?

Worse than normal	3
Approximately the same as nor...	130
Better than normal	80
I'm not sure	2



15. How was the quality of your sleep during the challenge?

Worse than normal	3
Approximately the same as nor...	152
Better than normal	59
I'm not sure	2



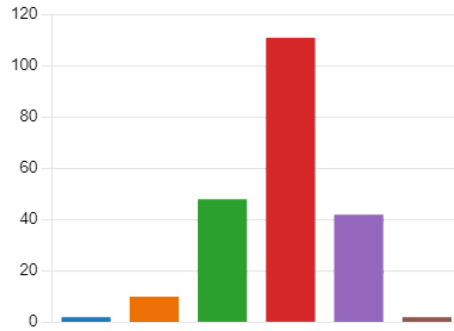
16. How was your overall mental wellbeing during the challenge?

Worse than normal	3
Approximately the same as nor...	131
Better than normal	79
I'm not sure	3



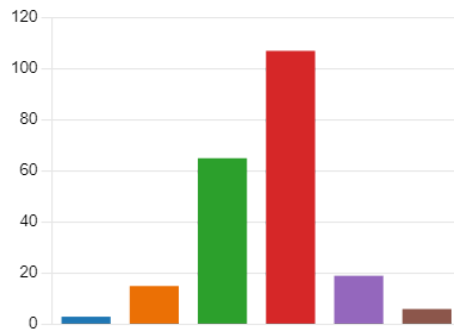
17. Please indicate your level of agreement with the following statement: 'As a result of the the step challenge I am more likely to be active in the future'

● Strongly disagree	2
● Disagree	10
● Neither agree nor disagree	48
● Agree	111
● Strongly agree	42
● Not applicable	2



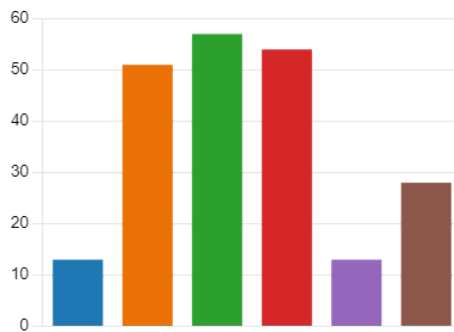
18. Please indicate your level of agreement with the following statement: 'As a result of the the step challenge I am more likely to walk, cycle or wheel for short journeys (less than 5 miles)'

● Strongly disagree	3
● Disagree	15
● Neither agree nor disagree	65
● Agree	107
● Strongly agree	19
● Not applicable	6



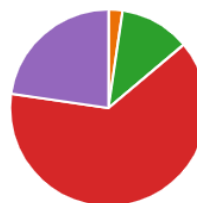
19. Please indicate your level of agreement with the following statement: 'As a result of the the step challenge I am more likely to walk, cycle, or wheel to work in the near future (commute actively)'

● Strongly disagree	13
● Disagree	51
● Neither agree nor disagree	57
● Agree	54
● Strongly agree	13
● Not applicable	28



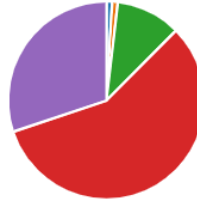
20. How enjoyable was this year's step challenge?

● I actively disliked it	0
● I didn't really enjoy it	5
● It was okay	25
● It was enjoyable	137
● It was very enjoyable	49



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

Very poor	2
Poor	2
Neither poor nor good	23
Good	124
Excellent	65



22. Do you have any further comments, feedback or suggestions regarding the step challenge?

99
Responses

Latest Responses

"It would be better to have a time cut off. WE were 16 for ages and then afte..."

28 respondents (28%) answered **team** for this question.

