

Stay On Your Feet® Computer Assisted Telephone Interview (CATI) post-survey

This survey is based on the 2006 CATI post-survey undertaken as part of the Stay on Your Feet Wide Bay/Burnett trial project. The survey was developed by Queensland Health in partnership with Injury Prevention and Control (Australia) Ltd, North Coast Area Health Service and Queensland University of Technology.

CALL INTRO

Hello. My name is [*interviewer's name*]. I'm calling from [*organisation name*]. [*Organisation name*] is currently conducting interviews with people aged 60 years and over about falls and preventing falls.

A Can I check whether I have called [read out telephone number]? Thank you.

[INTERVIEWER: *If necessary, explain their telephone number was selected at random by a computer and that participation is voluntary and confidential.*]

B I would like to speak to a man/woman living in the household who is aged 60 years or more. Does anyone in your household fit this description?

- Yes › go to C
- No › thank respondent and end call

[INTERVIEWER: *If respondent queries why you need to speak to a particular gender, explain that a certain number of men and women need to be interviewed to obtain a balanced response.*]

C How many people aged 60 years or more live in your household?

- One › skip to E
- More than one › go to D
- Refused to answer › thank respondent and log refusal

D Since there is more than one person who meets our criteria, I'd like to speak to the person aged 60 years or more who most recently had their birthday. Are you that person?

- Yes › go to E
- No › ask to speak to eligible person

[INTERVIEWER: If respondent is a new person, repeat CALL INTRO only then skip to E.]

E Could you spare a little time to answer some questions for me about falls and preventing falls?

- Agreed to interview › go to F
- Agreed to interview but suggested a call back › make appointment to call back
- No › thank respondent and log refusal

INTERVIEW INTRO

F Before we begin, I should stress the importance of answering questions as accurately as possible. Feel free to take as much time as you need before you respond. If there are any questions you would rather not answer, just say so. So you are aware, my supervisor monitors some calls for training and quality purposes.

Q1 Firstly, I'd like to ask you some general questions about older people falling over. By a fall, I mean where people accidentally lose their balance, trip or slip and find themselves on the floor or ground. I am going to say a sentence and ask you if you agree or disagree.

“Older people fall and there is nothing that can be done about it.”

Do you agree or disagree?

- 1 Strongly agree
- 2 Agree
- 3 Disagree
- 4 Strongly disagree
- 5 Neither agree nor disagree
- 6 Don't know
- 7 Refused to answer

Q2 This question is about your chance of falling. Do you think your chance of falling is low, medium or high?

- 1 Low
- 2 Medium
- 3 High
- 4 Don't know
- 5 Refused to answer

Q3 The next few questions are about injuries related to falls. By a fall, I mean where you accidentally lost your balance, tripped or slipped and found yourself on the floor or ground.

Have you suffered a fall in the last 12 months?

- 1 Yes › go to Q5
- 2 No › skip to Q10a
- 3 Don't know › skip to Q10a
- 4 Refused to answer › skip to Q10a

Q4 How many times have you fallen in the last 12 months?

- 1 Once
- 2 Twice
- 3 Three times or more
- 4 Don't know
- 5 Refused to answer

Q5 Have you suffered any injuries as a result of any fall in the last 12 months? By injuries, I mean anything from bruises or cuts to broken bones or concussion.

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

Q6 Did you go to a hospital as a result of any fall in the last 12 months?

- 1 Yes › go to Q7
- 2 No › skip to Q8
- 3 Don't know › skip to Q8
- 4 Refused to answer › skip to Q8

Q7 Were you admitted to the hospital as a result of any fall in the last 12 months?

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

Q8 Did you need to get medical treatment from a health professional like a doctor, nurse, ambulance, chiropractor, physiotherapist or pharmacist for any falls in the past 12 months?

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

If respondent has had one fall in last 12 months › skip to 10a

If respondent has had more than one fall in last 12 months › go to Q9

Q9 The next question asks you about your most recent fall.
Did you go to a hospital as a result of your most recent fall?

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

Q10a I am now going to ask some questions about whether you have talked about various health issues with a health professional such as a doctor, nurse, pharmacist, physiotherapist or chiropractor.

Have you ever discussed ways of preventing or reducing falls with a health professional?

- 1 Yes › go to Q10b
- 2 No › skip to Q11a
- 3 Don't know › skip to Q11a
- 4 Refused to answer › skip to Q11a

Q10b Who did you talk to about this?

(INTERVIEWER: Multiple responses allowed, prompt with “is there anyone else?”)

- 1 Doctor
- 2 Pharmacist
- 3 Nurse
- 4 Physiotherapist
- 5 Podiatrist
- 6 Chiropractor
- 7 Stay on Your Feet Ambassador
- 8 Other (specify) _____
- 9 Don't know
- 10 Refused to answer

Q11a Have you ever discussed exercise or physical activities you might do with a health professional such as a doctor, nurse, pharmacist, physiotherapist or chiropractor?

- 1 Yes > go to Q11b
- 2 No > skip to Q12
- 3 Don't know > skip to Q12
- 4 Refused to answer > skip to Q12

Q11b Who did you talk to about this?

(**INTERVIEWER:** Multiple responses allowed, prompt with “is there anyone else?”)

- 1 Doctor
- 2 Pharmacist
- 3 Nurse
- 4 Physiotherapist
- 5 Podiatrist
- 6 Chiropractor
- 7 Stay on Your Feet Ambassador
- 8 Other (specify) _____
- 9 Don't know
- 10 Refused to answer

Q12 How many prescription medications do you currently take?

- 1 One
- 2 Two
- 3 Three
- 4 Four or more
- 5 None › skip to Q14
- 6 Don't know › skip to Q14
- 7 Refused to answer › skip to Q14

Q13a If you currently take prescription medications, have you talked to a health professional about any possible side-effects from these?

(INTERVIEWER: Medications = prescribed only)

- 1 Yes
- 2 No › skip to Q14
- 3 Don't take medications › skip to Q14
- 4 Don't know › skip to Q14
- 5 Refused to answer › skip to Q14

Q13b Who did you talk to about this?

(INTERVIEWER: Multiple responses allowed, prompt with “is there anyone else?”)

- 1 Doctor
- 2 Pharmacist
- 3 Nurse
- 4 Physiotherapist
- 5 Podiatrist
- 6 Chiropractor
- 7 Stay on Your Feet Ambassador
- 8 Other (specify) _____
- 9 Don't know
- 10 Refused to answer

Q14 This question is about shoes. How often do you wear low-heeled shoes with a non-slip sole? Would you say:

(INTERVIEWER: Read out options 1-4)

- 1 Daily or almost daily (six to seven days per week)
- 2 Several days per week (three to five days per week)
- 3 One to two days per week
- 4 Less than once a week
- 5 Don't know
- 6 Refused to answer

Q15 This question is about making changes to your home to prevent you from falling. Have you, or someone else, made changes to your home to prevent falls?

- 1 Yes
- 2 Relocated to a safer home (do not prompt this response)
- 3 No
- 4 Don't know
- 5 Refused to answer

Q16 How many times a day would you have a serve of high-calcium food (eg. dairy products, soy products, or canned fish with bones)?

(INTERVIEWER: If asked what “a serve” is, say: “Examples of one serve are a cup of milk, a small tub of yogurt, a cup of custard, or 40 grams/two slices of cheese”. If participant says “it varies”, ask how many serves on a normal/typical day. Do not include calcium supplements in the response.)

- 1 Three or more times
- 2 One to two times
- 3 Never/rarely
- 4 Don't know
- 5 Refused to answer

Q17 Do you use a wheelchair to get around?

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

Q18 Do you use a walking aid?

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

Q19a Next I have some questions about your physical activities in a usual week. Firstly, I am going to ask you about moderate physical activities and then I am going to ask you about vigorous physical activities.

This question is about moderate activities which cause some increase in breathing or heart rate. They may include things like brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate.

The question is: in a usual week, do you do moderate activities for at least 10 minutes at a time?

- 1 Yes
- 2 No › skip to Q20a
- 3 Don't know › skip to Q20a
- 4 Refused to answer › skip to Q20a

Q19b And on how many days do you do moderate activities for at least 10 minutes at a time?

INTERVIEWER: Number of whole DAYS _____

Q19c On days when you do moderate activities for at least 10 minutes at a time, how much total time in the day do you spend doing these activities?

- 1 Specified time in HOURS and MINUTES per day

INTERVIEWER: Number of whole HOURS (exact or approximate)

_____ HOURS per day

Number of MINUTES (half an hour = 30 minutes)

_____ MINUTES per day

- 2 Don't know
- 3 Refused to answer

Q20a This question is about vigorous activities which cause large increases in breathing or heart rate. They may include things like running, aerobics or heavy yard work.

The question is: in a usual week, do you do vigorous activities for at least 10 minutes at a time?

- 1 Yes
- 2 No › skip to Q21a
- 3 Don't know › skip to Q21a
- 4 Refused to answer › skip to Q21a

Q20b And on how many days do you do vigorous activities for at least 10 minutes at a time?

INTERVIEWER: Number of whole DAYS _____

Q20c On days when you do vigorous activities for at least 10 minutes at a time, how much total time in the day do you spend doing these activities?

- 1 Specified time in HOURS and MINUTES per day

INTERVIEWER: Number of whole HOURS (exact or approximate)

_____ HOURS per day

Number of MINUTES (half an hour = 30 minutes)

_____ MINUTES per day

- 2 Don't know
- 3 Refused to answer

Q21a Now I am going to ask you about specific activities. You might have already told me about these, but I need you to tell me again.

In a usual week, do you walk at least 10 minutes at a time for recreation, exercise, while at work, to get to and from places, or for any other reason?

(INTERVIEWER: This includes any intensity of walking, not just ‘brisk’ walking.)

- 1 Yes
- 2 No › skip to Q22a
- 3 Don’t know › skip to Q22a
- 4 Refused to answer › skip to Q22a

Q21b And on how many days do you walk at least 10 minutes at a time?

INTERVIEWER: Number of whole DAYS _____

Q21c On days when you walk for at least 10 minutes at a time, how much total time in the day do you spend walking?

- 1 Specified time in HOURS and MINUTES per day

INTERVIEWER: Number of whole HOURS (exact or approximate)

_____ HOURS per day

Number of MINUTES (half an hour = 30 minutes)

_____ MINUTES per day

- 2 Don’t know
- 3 Refused to answer

Q22a In a usual week, do you do any activities to increase your muscle strength or your muscle tone? This might include lifting weights, pull-ups, push-ups, or sit-ups.

- 1 Yes
- 2 No › skip to Q23a
- 3 Don't know › skip to Q23a
- 4 Refused to answer › skip to Q23a

Q22b And on how many days do you do these activities?

INTERVIEWER: Number of whole DAYS _____

Q23a The next question asks about your participation in organised physical activity. By an organised physical activity, I mean exercise conducted in a class, group, team or club. This could include gentle exercise groups, classes at fitness centres, walking groups, aqua aerobics classes, team sports, Tai Chi classes, working with a personal trainer or any other organised exercise.

Have you participated in any organised physical activity in the last month?

- 1 Yes › go to Q23b
- 2 No › skip to Q23e
- 3 Don't know › skip to Q24
- 4 Refused to answer › skip to Q24

Q23b I'm going to read out a list of activities. Can you tell me which ones you participated in during the last month?

(INTERVIEWER: Read options 1 – 11, multiple responses allowed)

- 1 Aqua aerobics
- 2 Dancing groups
- 3 Swimming groups
- 4 Walking groups
- 5 Golf
- 6 Tai Chi groups
- 7 Exercising at a gym
- 8 Gentle exercise classes
- 9 Exercise classes eg. yoga
- 10 Team or group sports eg. bowls, tennis
- 11 Other (specify)
- 12 Don't know
- 13 Refused to answer

Q23c Now I am going to read out a list of program names. Can you tell me if you have participated in any of the following physical activity programs in the last month?

(INTERVIEWER: Read options 1 – 8, multiple responses allowed)

- 1 Community Health Education Groups (CHEGS)
- 2 CHEGS Tai Chi
- 3 Heart Moves
- 4 Active Over 50's
- 5 Steady Steps
- 6 Just Walk It
- 7 Lifeball
- 8 Other (specify)
- 9 Don't know
- 10 Refused to answer

Q23d I would also like to know about physical activities that you have participated in independently, as opposed to organised activities. These might be activities you do alone or with friends or relatives, but not as part of a class, group, team or club. Can you tell me if you have participated in any of the following physical activities in the last month?

(INTERVIEWER: Read options 1 – 10, multiple responses allowed)

- 1 Walking › skip to Q24
- 2 Cycling › skip to Q24
- 3 Jogging › skip to Q24
- 4 Using hand weights › skip to Q24
- 5 Swimming laps › skip to Q24
- 6 Tai Chi › skip to Q24
- 7 Completing an exercise video or other exercises at home › skip to Q24
- 8 Gardening › skip to Q24
- 9 Household chores or home duties › skip to Q24
- 10 Other (specify) › skip to Q24
- 11 Don't know › skip to Q24
- 12 Refused to answer › skip to Q24

Q23e What is the reason you didn't participate in any physical activity in the last month?

(INTERVIEWER: Do not read options, multiple responses allowed)

- 1 Ill health
- 2 Not interested
- 3 No appropriate activities in my area
- 4 Activities in my area are too expensive
- 5 No transport to reach activities
- 6 Too old
- 7 Too busy
- 8 Other (please specify)
- 9 Don't know
- 10 Refused to answer

Q24 The next questions are about your health now and your current daily activities. In general, would you say your health is:

(INTERVIEWER: Read out options 1-5)

- 1 Excellent
- 2 Very good
- 3 Good
- 4 Fair
- 5 Poor
- 6 Don't know
- 7 Refused to answer

Q25 In general, does your physical health limit the kind of work or other regular daily activities you do? Would you say:

(INTERVIEWER: Read out options 1-5)

- 1 Not at all
- 2 A little bit
- 3 Moderately
- 4 Quite a bit
- 5 Extremely
- 6 Don't know
- 7 Refused to answer

Q26 In the past 12 months, have you experienced any problems with balance?

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

Q27a I am going to read out some statements about physical activity and health.
Please tell me if you agree or disagree with the following.

**Taking the stairs or generally being more active for at least
30 minutes each day is enough to improve your health.
Would you say you agree or disagree?**

[INTERVIEWER: Probe for STRONGLY, or just DISAGREE/AGREE]

- 1 Strongly agree
- 2 Agree
- 3 Neither
- 4 Disagree
- 5 Strongly disagree
- 8 Don't know
- 9 Refused to answer

Q27b Half an hour of brisk walking on most days is enough to improve your
health. Would you say you agree or disagree?

[INTERVIEWER: Probe for STRONGLY, or just DISAGREE/AGREE]

- 1 Strongly agree
- 2 Agree
- 3 Neither
- 4 Disagree
- 5 Strongly disagree
- 8 Don't know
- 9 Refused

Q27c To improve your health it is essential for you to do vigorous exercise for at least 20 minutes each time, three times a week. Would you say you agree or disagree?

[INTERVIEWER: Probe for STRONGLY, or just DISAGREE/AGREE]

- 1 Strongly agree
- 2 Agree
- 3 Neither
- 4 Disagree
- 5 Strongly disagree
- 8 Don't know
- 9 Refused to answer

Q27d Exercise doesn't have to be done all at one time. Blocks of 10 minutes are OK. Would you say you agree or disagree?

[INTERVIEWER: Probe for STRONGLY, or just DISAGREE/AGREE]

- 1 Strongly agree
- 2 Agree
- 3 Neither
- 4 Disagree
- 5 Strongly disagree
- 8 Don't know
- 9 Refused to answer

Q27e Moderate exercise that increases your heart rate slightly can improve your health. Would you say you agree or disagree?

[INTERVIEWER: Probe for STRONGLY, or just DISAGREE/AGREE]

- 1 Strongly agree
- 2 Agree
- 3 Neither
- 4 Disagree
- 5 Strongly disagree
- 8 Don't know
- 9 Refused to answer

Q28 We would now like to ask whether you have heard or seen certain information in the last 12 months.

In the last 12 months, do you recall hearing or seeing anything about preventing falls in older people?

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

Q29 Where do you recall hearing or seeing any information about preventing falls in older people? [DO NOT READ OPTIONS]

[INTERVIEWER: Do not read options, multiple responses allowed]

- 1 Newspaper
- 2 Poster
- 3 Bus advertisement
- 4 Television
- 5 Radio
- 6 Booklet/pamphlet
- 7 Flyer
- 8 Talk
- 9 Local newsletter
- 10 Internet
- 11 Magazine
- 12 Word of mouth (ie. from friends or family members)
- 13 Don't know
- 14 Refused to answer

Q30 In the last 12 months, do you recall hearing or seeing anything about physical activity or exercising for older people?

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

Q31 Where do you recall hearing or seeing anything about physical activity or exercising for older people?

[INTERVIEWER: Do not read options, multiple responses allowed]

- 1 Newspaper
- 2 Poster
- 3 Bus advertisement
- 4 Television
- 5 Radio
- 6 Booklet/pamphlet
- 7 Flyer
- 8 Talk
- 9 Local newsletter
- 10 Internet
- 11 Magazine
- 12 Word of mouth (ie. from friends or family members)
- 8 Other (specify) _____
- 14 Don't Know
- 15 Refused to answer

Q32 I am going to read out some names of physical activity programs that you may have heard of or seen in the last 12 months. Can you tell me if you recognise any of the following program names?

[INTERVIEWER: Read options 1-8, multiple responses allowed]

- 1 Healthy Lifestyle for Seniors
- 2 Stay Active Stay Independent
- 3 Make a Move
- 4 SASI
- 5 Stay on Your Feet
- 6 Get on Track
- 7 10,000 Steps
- 8 Other (specify) _____
- 9 Don't know
- 10 Refused to answer

Q33 As far as you know, does your local council do anything to reduce falls among older people?

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

Demographic questions

D1 Finally, I would like to ask you some background questions about yourself.
Can I ask whether you live in a town or city or in the country?

- 1 Town or city
- 2 In the country
- 3 No response

D2 What is your postcode?

(INTERVIEWER: Code 0000 if postcode is not known)

Postcode _____

D3 Would you mind telling me your date of birth or age?

(INTERVIEWER: If respondent is hesitant about answering this sort of question, say: “Date of birth is asked as most people find it easier to remember their date of birth than their age.”).

- 1 Gave date of birth › go to D4
(INTERVIEWER: Enter respondent’s date of birth in dd-mm-yyyy format __ / __ / ____)
- 2 Gave exact age _____ years › go to D4
- 3 Refused to answer › go to D3a

D3a Would you be willing to say which of the following categories your age is in?

(INTERVIEWER: Read out categories 1–6)

- 1 60-64 years
- 2 65-69 years
- 3 70-74 years
- 4 75-79 years
- 5 80-84 years
- 6 85-89 years
- 7 90 years or more
- 8 Refused to answer

D4 What country were you born in?

- 1 Australia
- 2 New Zealand
- 3 Other (specify) _____
- 4 Refused to answer

D5 Which of the following best describes your current employment status?

(INTERVIEWER: Read out options 1-8)

- 1 Retired
- 2 Employed full-time › skip to D6
- 3 Employed part-time or casual
- 4 Home duties
- 5 Unemployed
- 6 Full-time student
- 7 Part-time student
- 8 Permanently ill/unable to work
- 9 Other (specify) _____
- 10 Refused to answer › skip to D6

D5a Do you receive a pension?

(INTERVIEWER: Don't include superannuation payments)

- 1 Yes
- 2 No › skip to D6
- 3 Don't know › skip to D6
- 4 Refused to answer › skip to D6

D5b Is this a part pension or a full pension?

- 1 Part pension
- 2 Full pension
- 3 Other (please specify) _____
- 4 Don't know
- 5 Refused to answer

D6 Are you currently covered by private health insurance?

(INTERVIEWER: This doesn't include Medicare.)

- 1 Yes
- 2 No
- 3 Don't know
- 4 Refused to answer

D7 What is your current marital status?

(INTERVIEWER: Read out options 1-6)

- 1 Married
- 2 De facto
- 3 Separated
- 4 Divorced
- 5 Widowed
- 6 Single/never married
- 7 Refused to answer

D8a Now, I'd like to ask about the highest level of education you have completed. Have you completed a university or college degree?

(INTERVIEWER: This includes registered nurses not enrolled.)

- 1 University or college degree
- 2 Trade or technical certificate / diploma
- 3 Senior high school (Grade 12)
- 4 Junior high school (Grade 10)
- 5 Primary school (Grade 7)
- 6 Refused

D9 In total, how many males/females (same sex as respondent) aged 60 or more, including yourself, live in your household?

INTERVIEWER: Number of people _____

- 1 Male
- 2 Female
- 3 Refused

D10 INTERVIEWER TO COMPLETE: What is the sex of the respondent?
(Do not ask this question out loud)

Conclusion

Well that's the end of the questionnaire.

This research has been approved by a university ethics committee. If you have any concerns about this research or about the survey being bona-fide I can give you a telephone number. Would you like these numbers?

- 1 Yes
- 2 No

Thanks

Thank you for helping us today. The information you have provided is completely confidential and we have no record of your surname or address. Your answers, will help [organisation name] to better plan services for those over 60 in your area.