



Social cooking project 2011-2013
Appendix 2

SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE 1&2)

**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk

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England and Wales (225971) and in Scotland (SC039426)

SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE 1 & 2)

Target number of questionnaires completed in each PoW: 100

Greenford

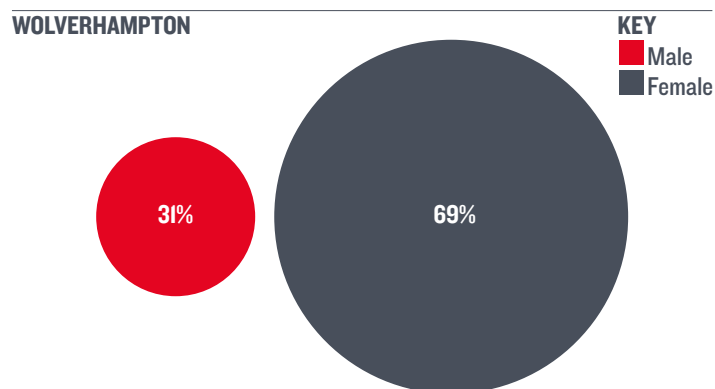
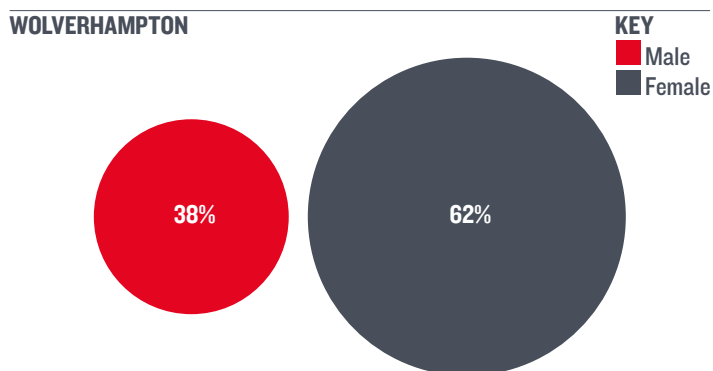
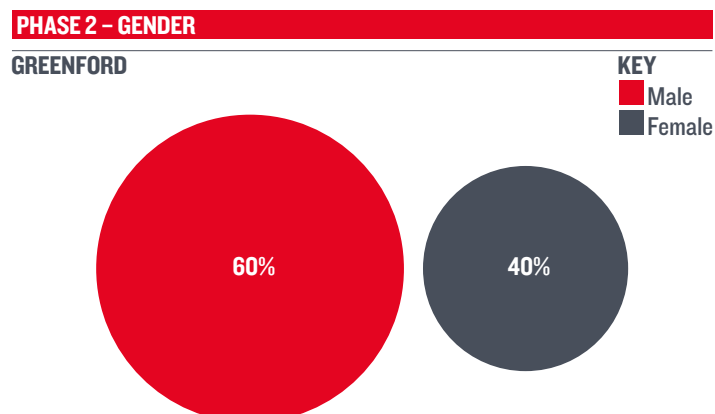
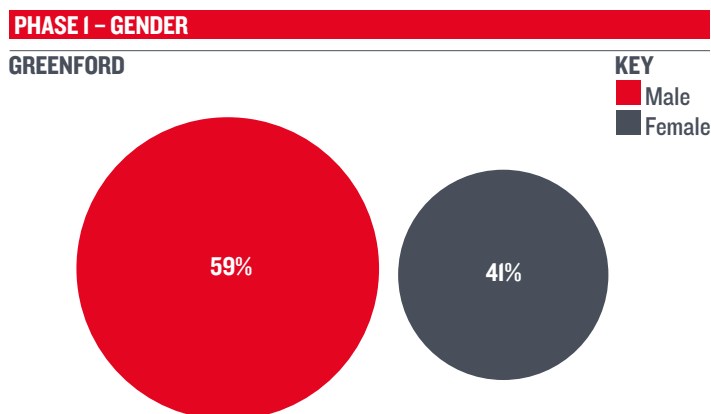
- Phase 1 – 102 questionnaires completed.
- Phase 2 – 50 questionnaires completed.

Wolverhampton

- Phase 1 – 69 questionnaires completed.
- Phase 2 – 58 questionnaires completed.

Phase 1 questions

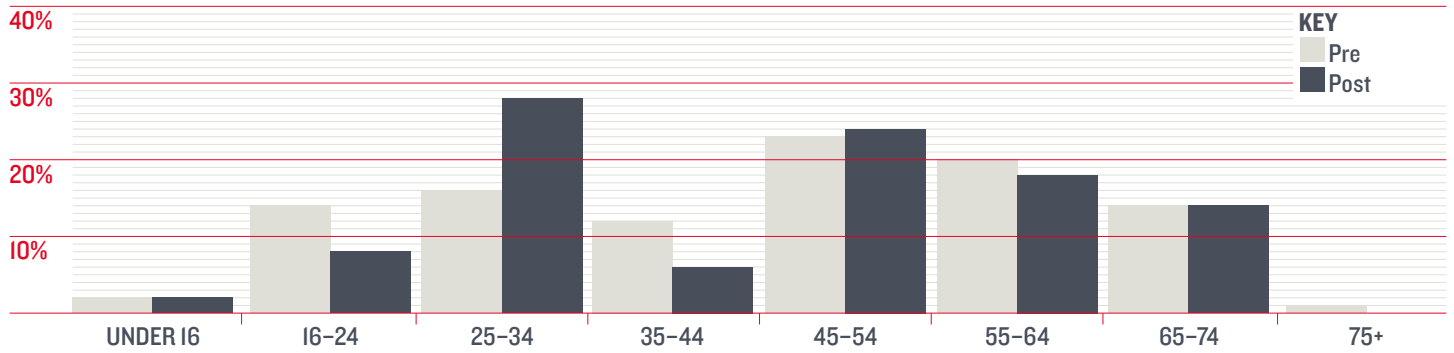
1. Which gender are you?



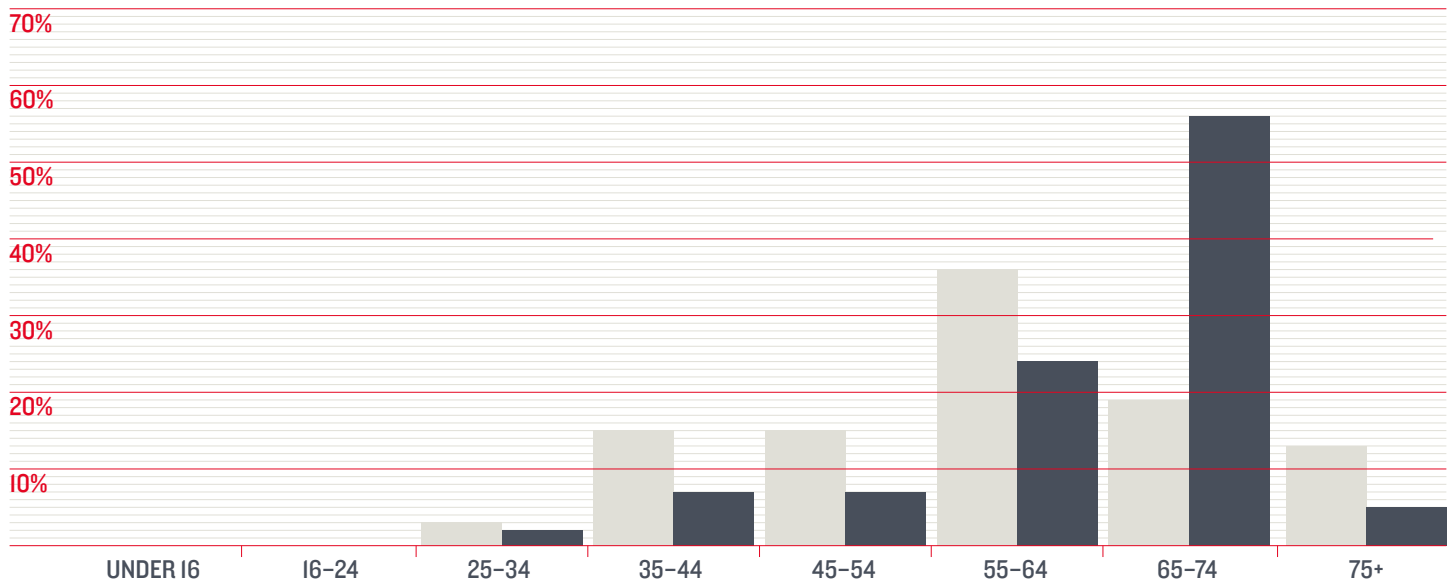
SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

2. Which age bracket are you in?

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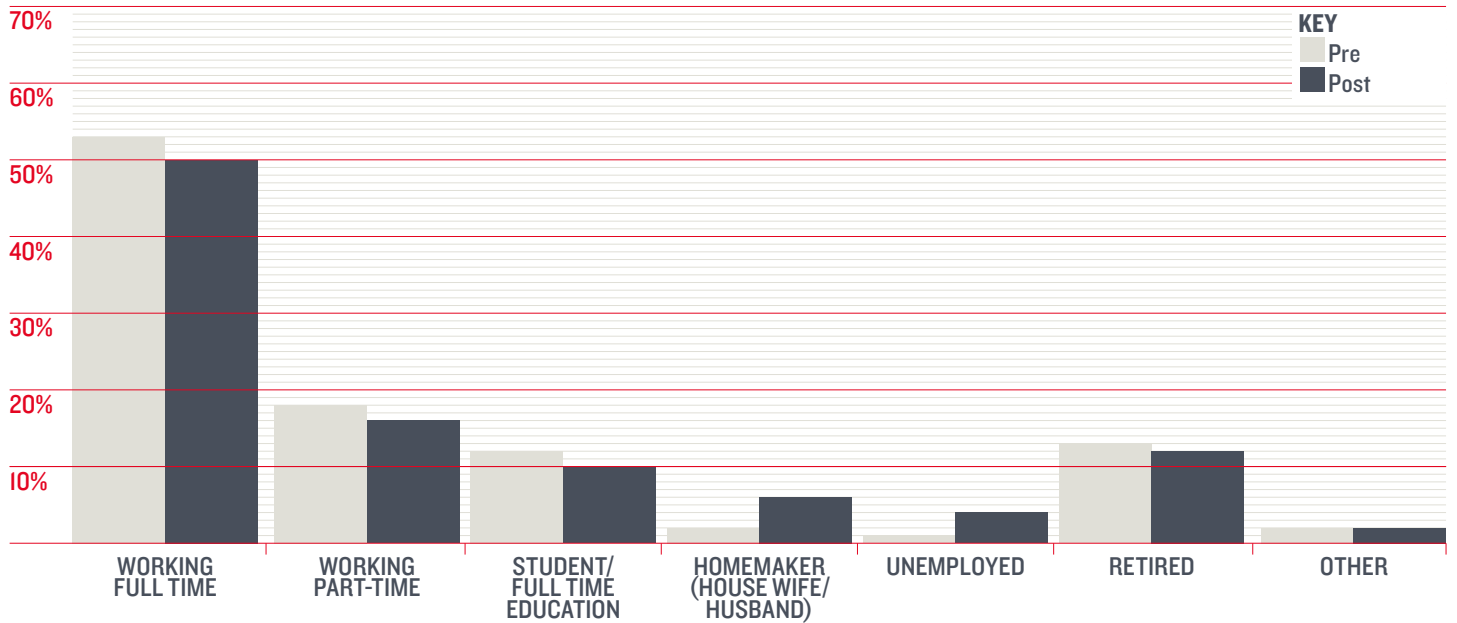
WOLVERHAMPTON



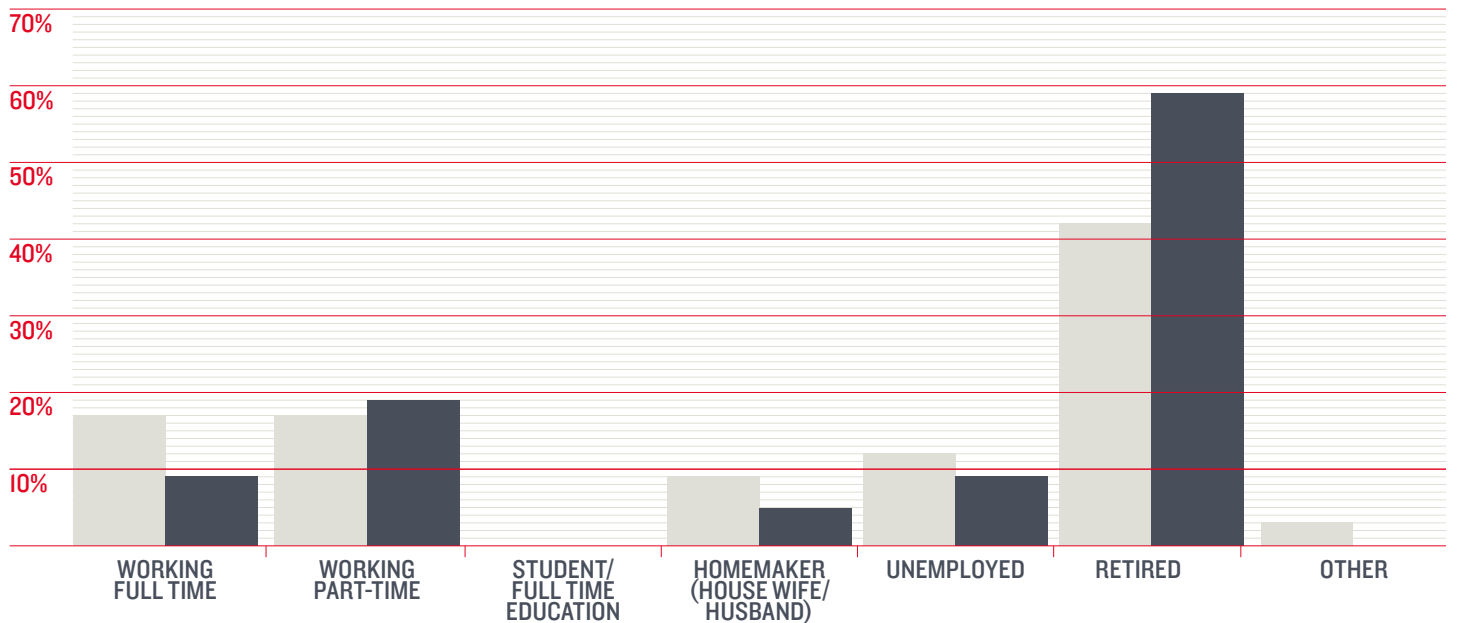
SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

3. What is your occupational status?

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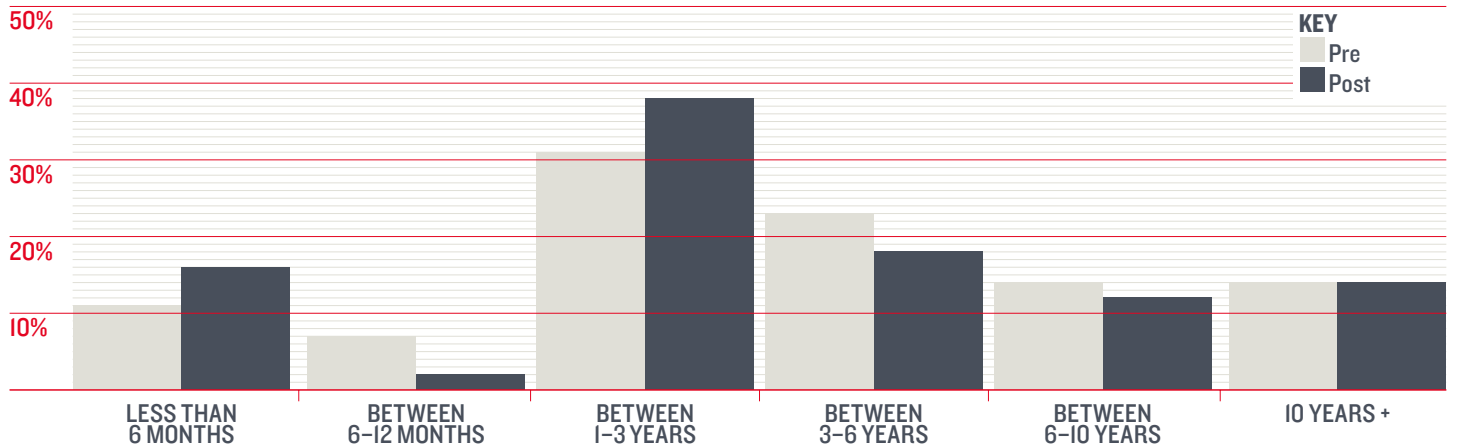
WOLVERHAMPTON



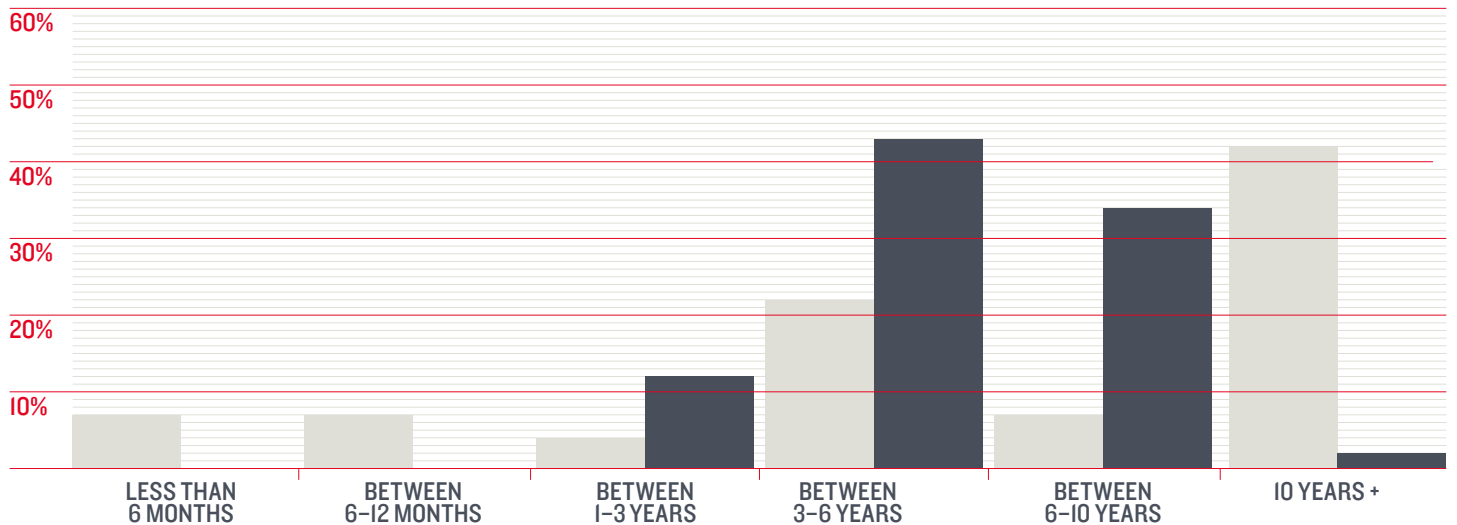
SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

4. How long have you been attending the mandir/gurdwara?

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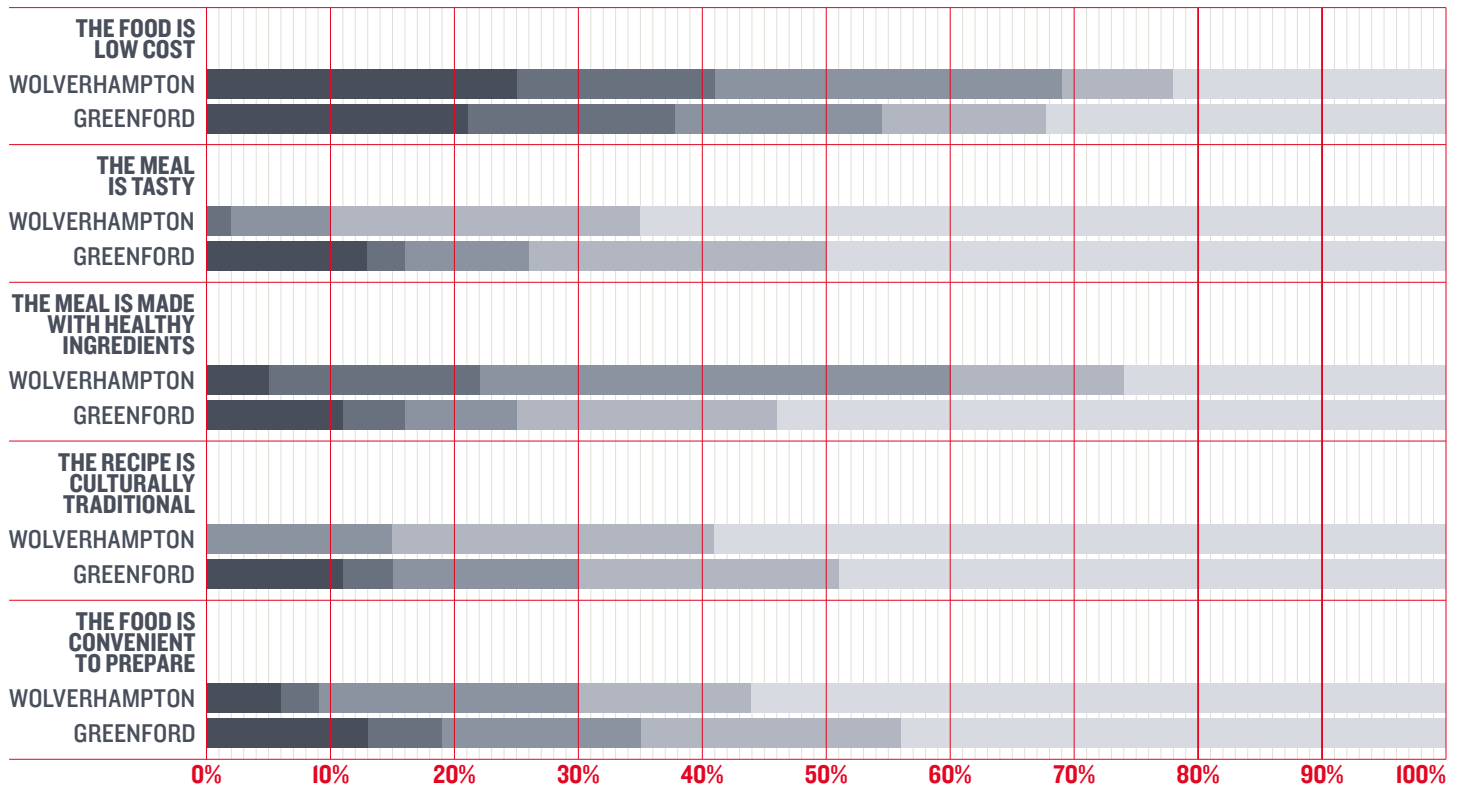


SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

5. How long have you been attending the mandir/gurdwara?

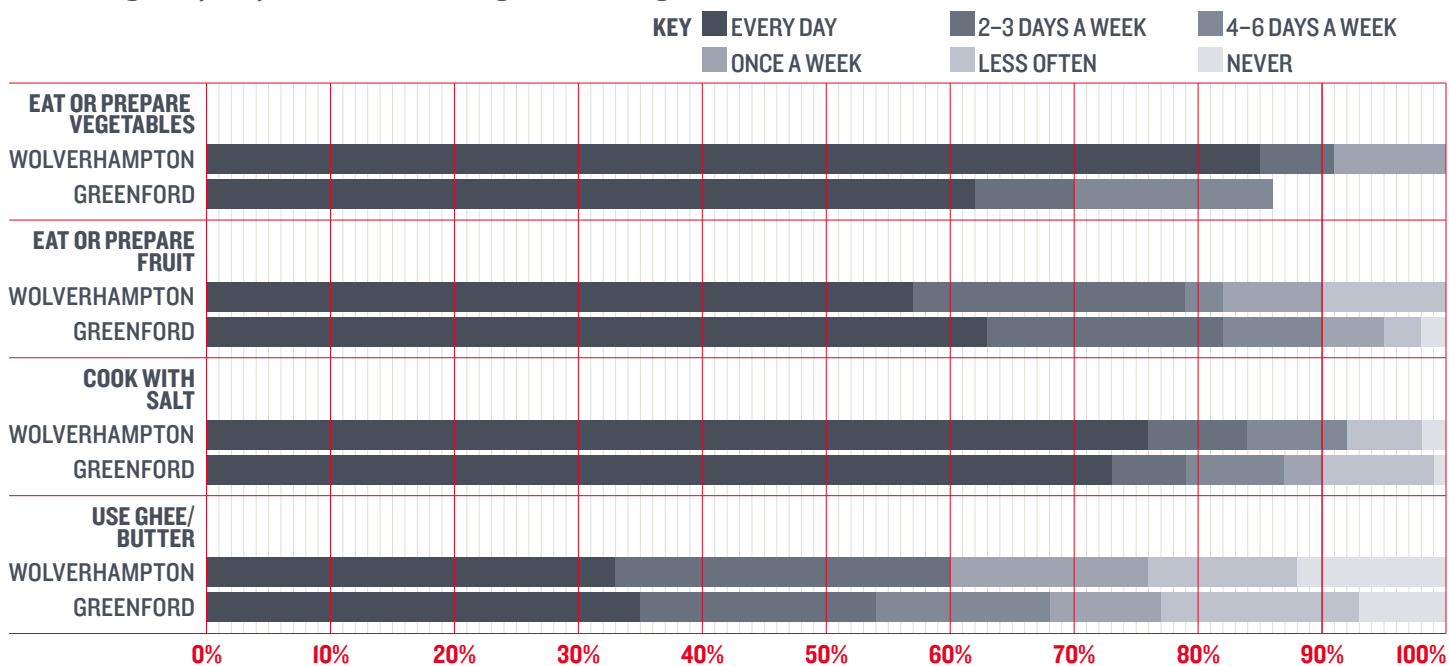
(Where is not important and 5 is very important)

KEY 1 2 3 4 5



SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

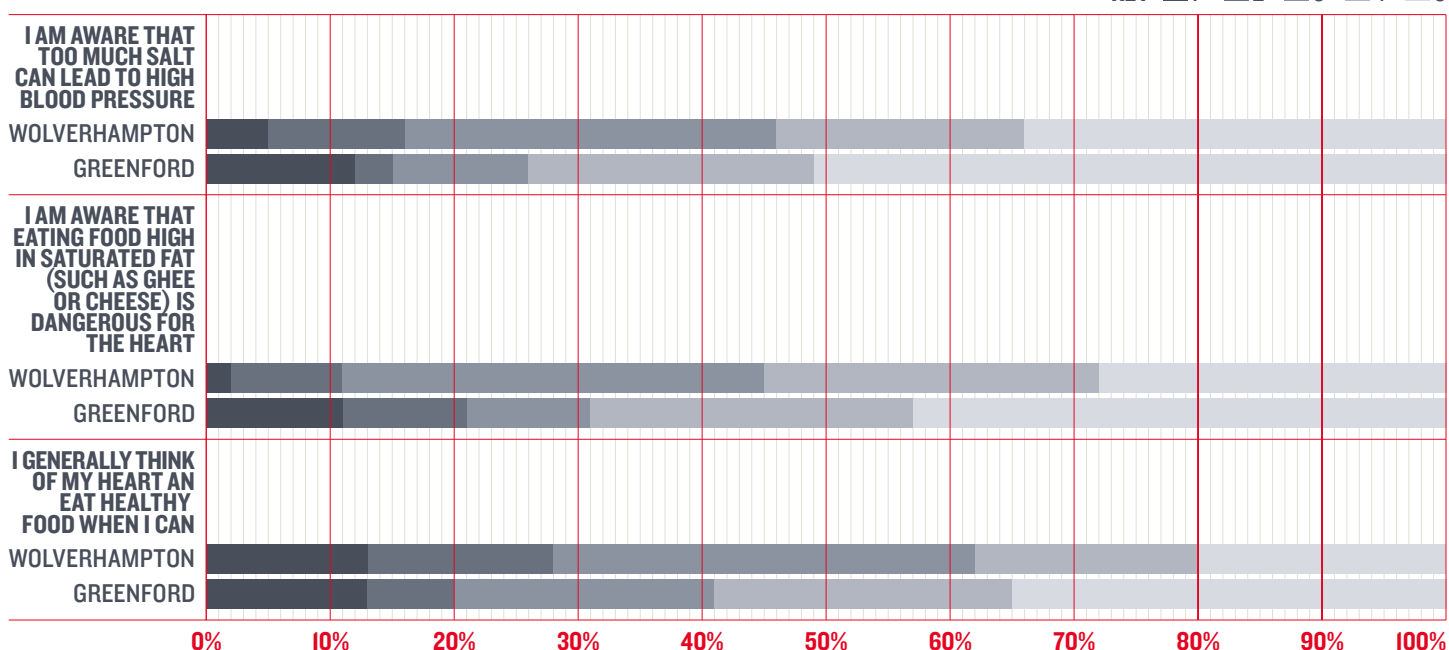
6. How regularly do you do the following when eating at home?



7. To what extent do you agree with the following statements about you?

(Where 1 is strongly disagree and 5 is strongly agree.)

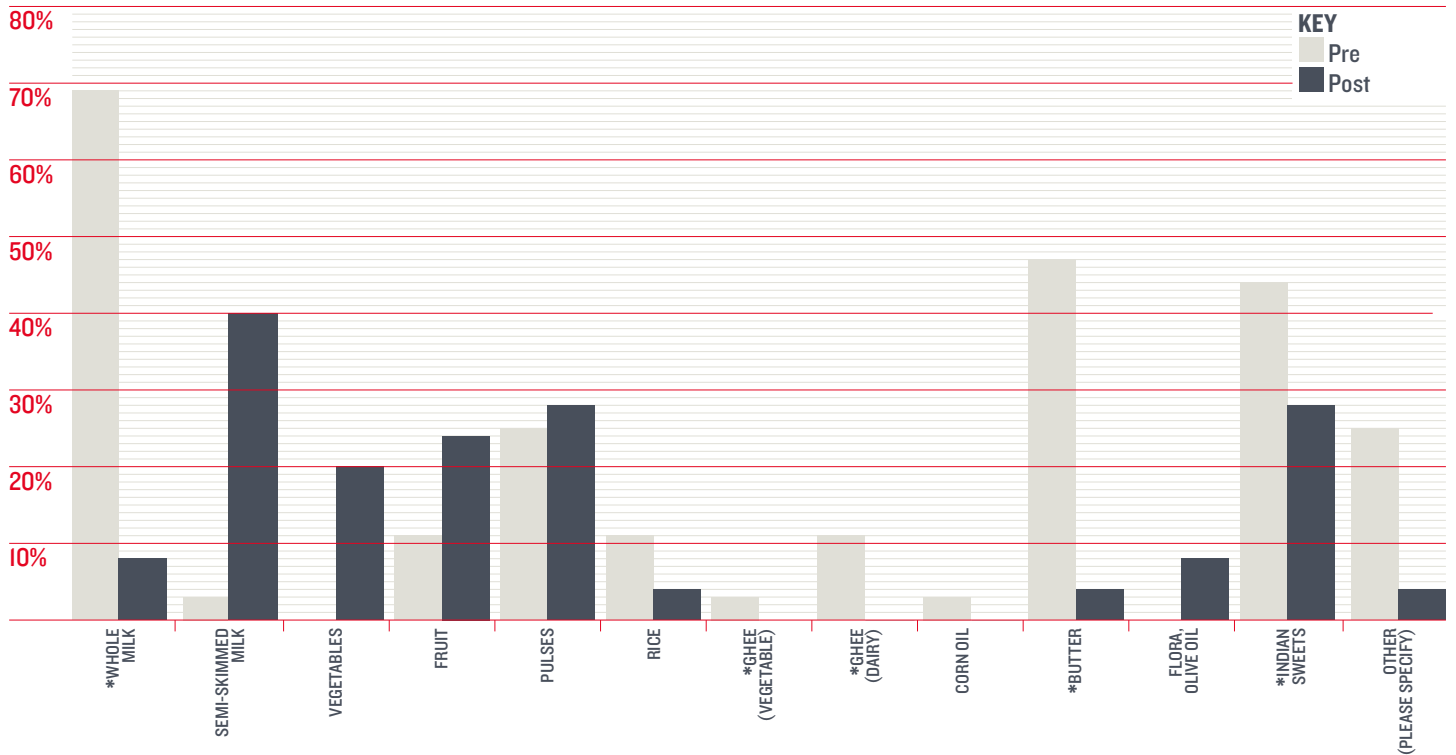
KEY 1 2 3 4 5



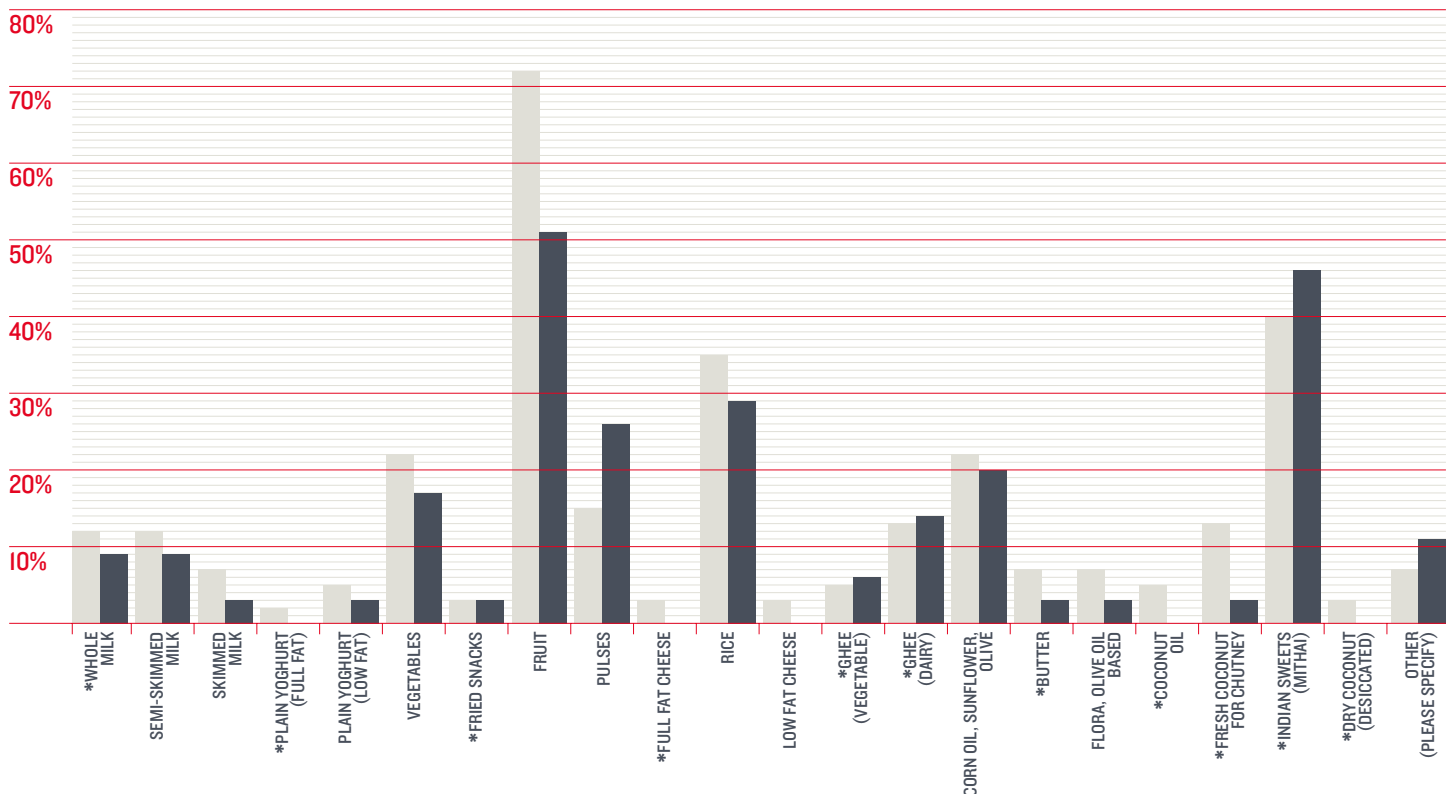
SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

8. What are your donation practices?

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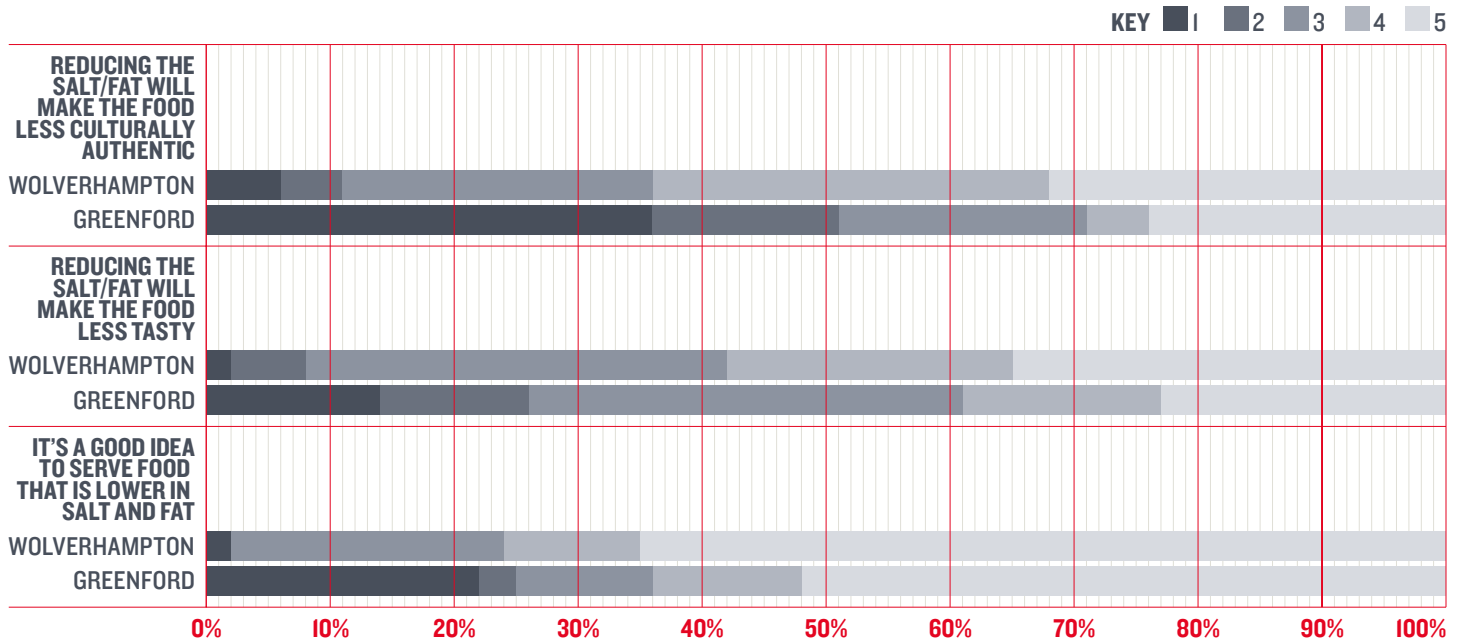
GREENFORD



SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

9. The BHF is looking to work with your mandir to help reduce the salt and saturated fat in congregation food. To what extent do you agree with the following statements?

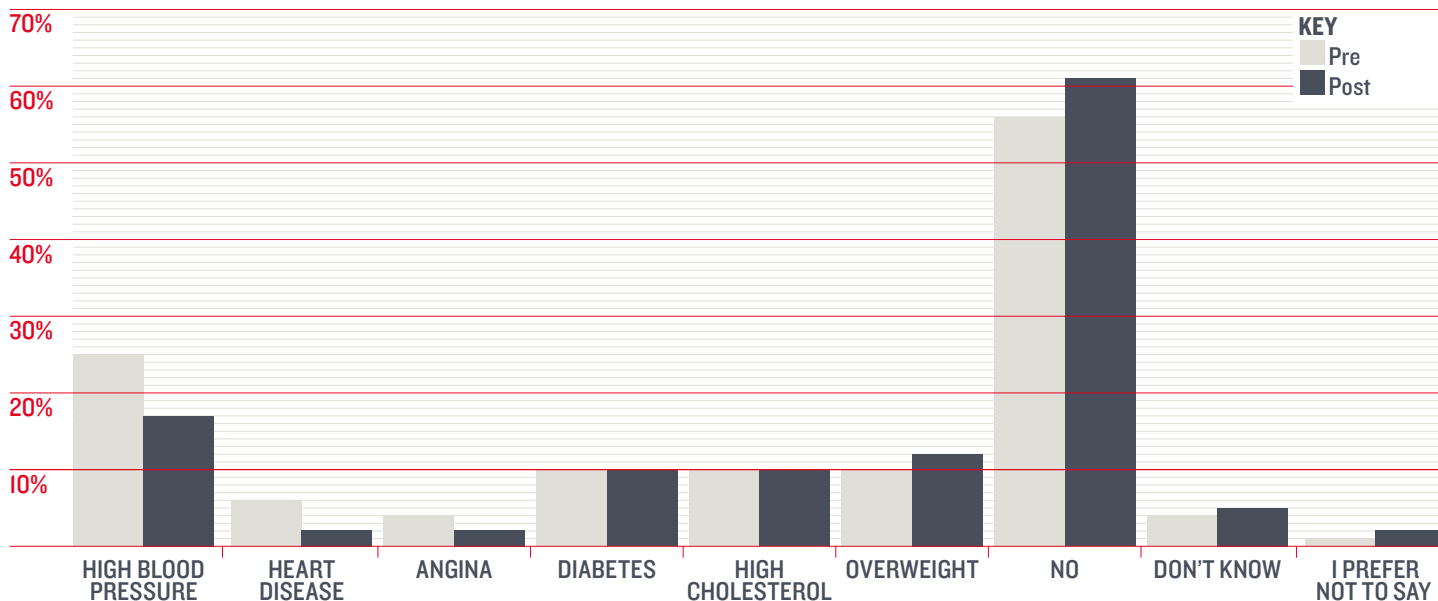
(Where 1 is strongly disagree and 5 is strongly agree.)



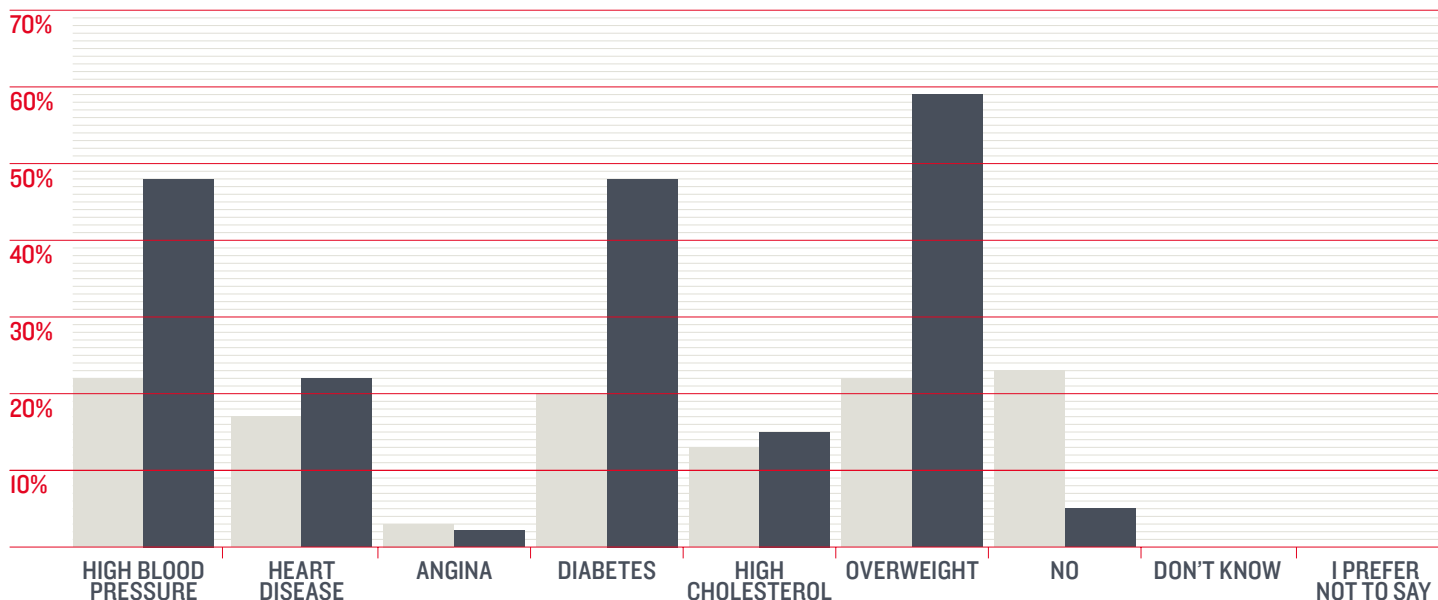
SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

10. Do you have any of the following conditions?

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SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

11. Do you have any comments or views on the BHF's initiative?

COMMENTS/VIEWS ON THE BHF'S INITIATIVE

KEY
■ Greenford
■ Wolverhampton

"Great – keep it up and help others to change"

"I think this is a very good initiative which can lead to healthier food served in the mandir and raise awareness for it"

"Good idea. My sugar level is better. Listened to diet talk"

"Good to inform people in their own language about their own food"

"Any changes have to happen at source"

"All depends on the knowledge of the individual thank you for taking my view. Good luck with the survery"

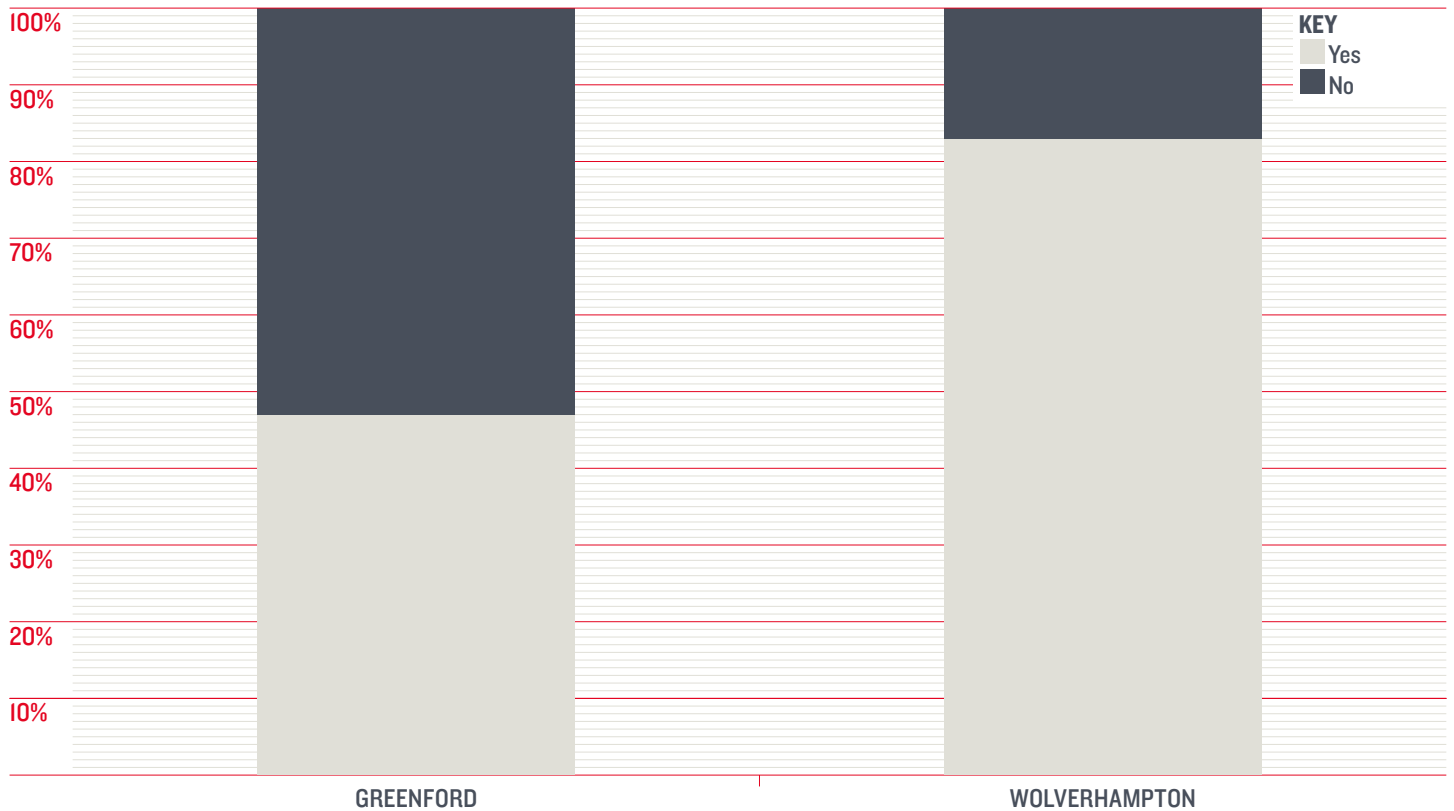
"Good for our health. I have lost 2kg"

"Great idea. Other gurdwaras should do similar projects"

SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE 1 & 2)

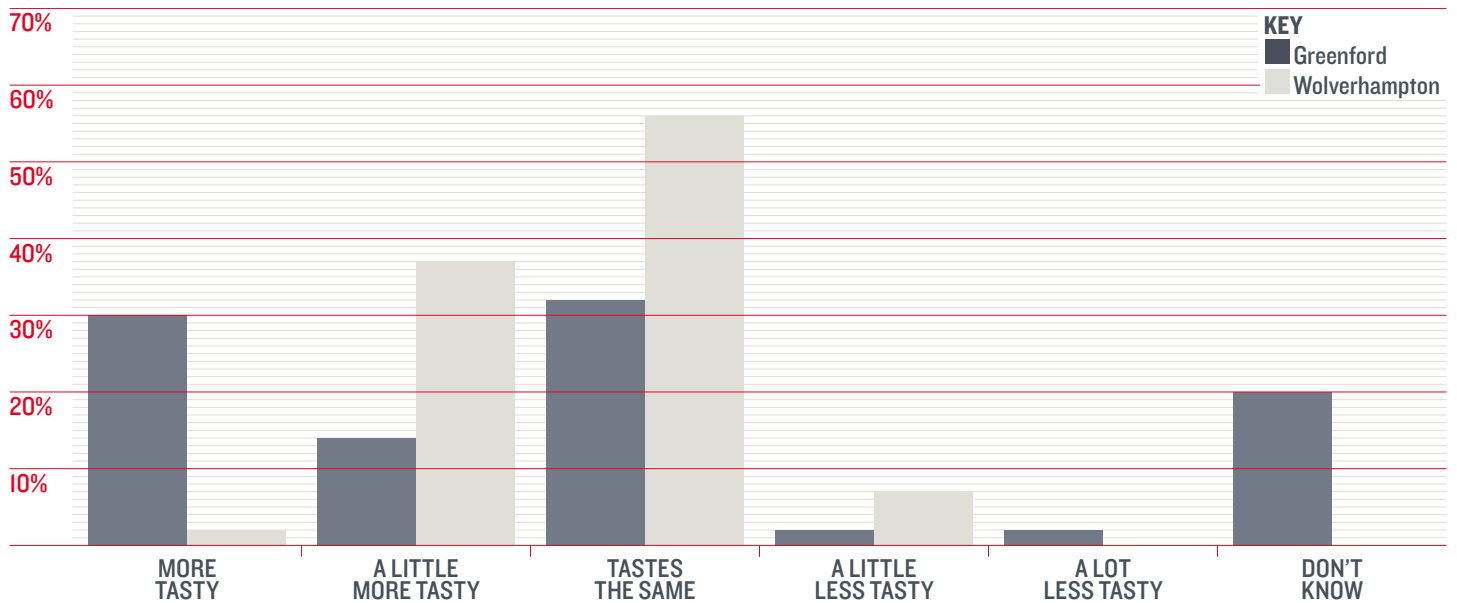
Phase 2 questions

1. The British Heart Foundation (BHF) has been working with the cooks at this PoW to create healthier food for those attending. Are you aware of the BHF initiative?



SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

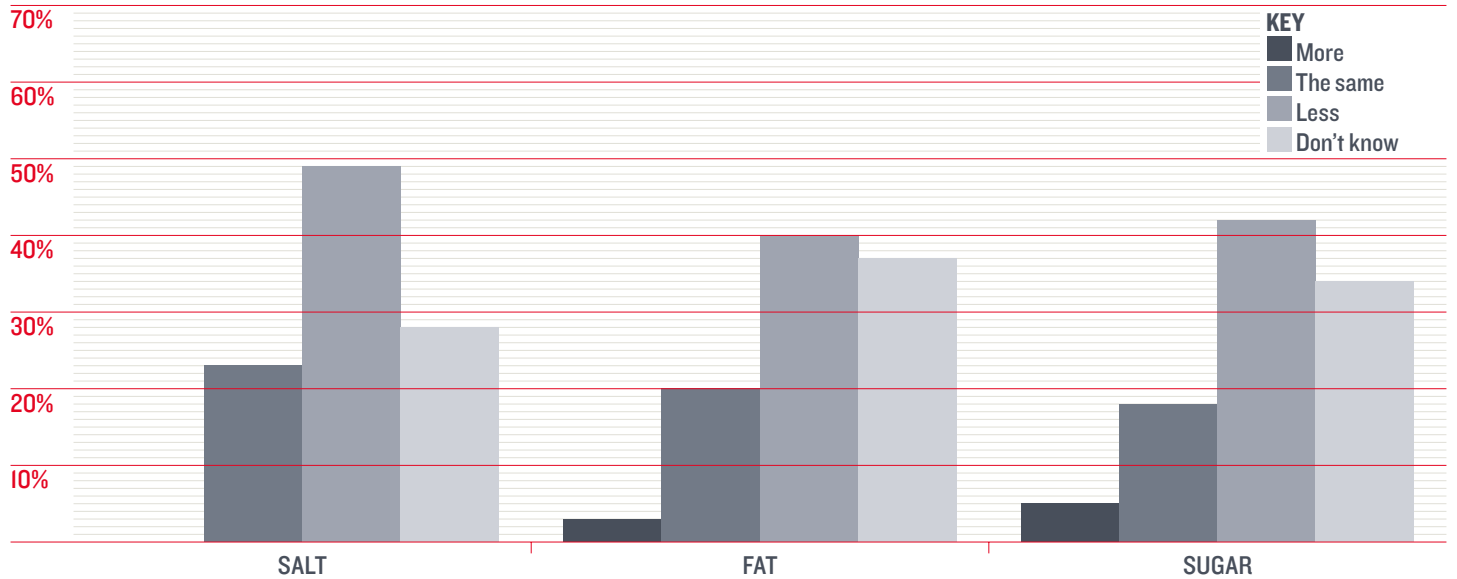
2. What changes if any have you noticed in the overall taste of the food since the BHF started its initiative?



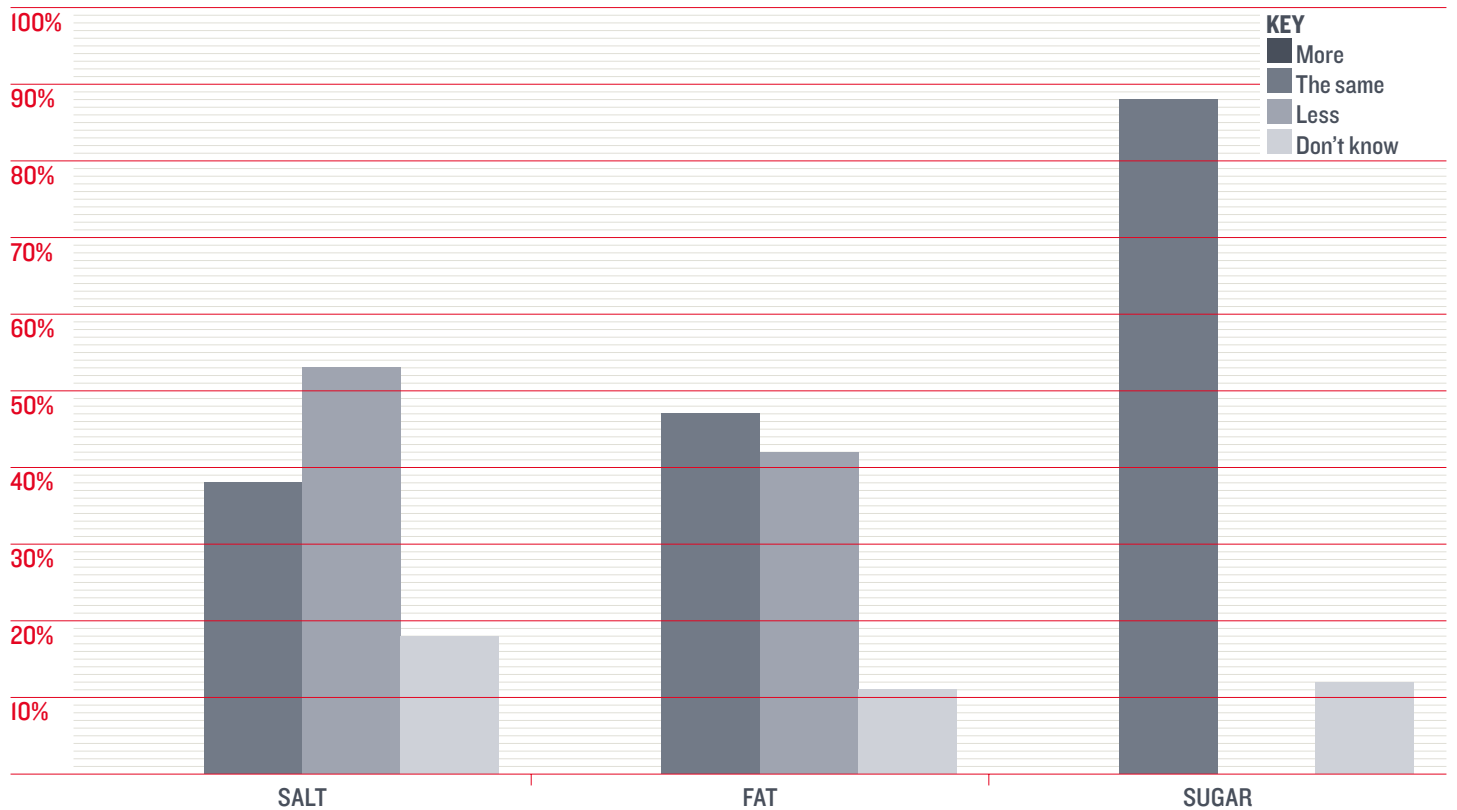
SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

3. Have you noticed any changes in the level of salt, fat and sugar in the food provided here at the mandir/gurdwara since the BHF started its initiative?

GREENFORD

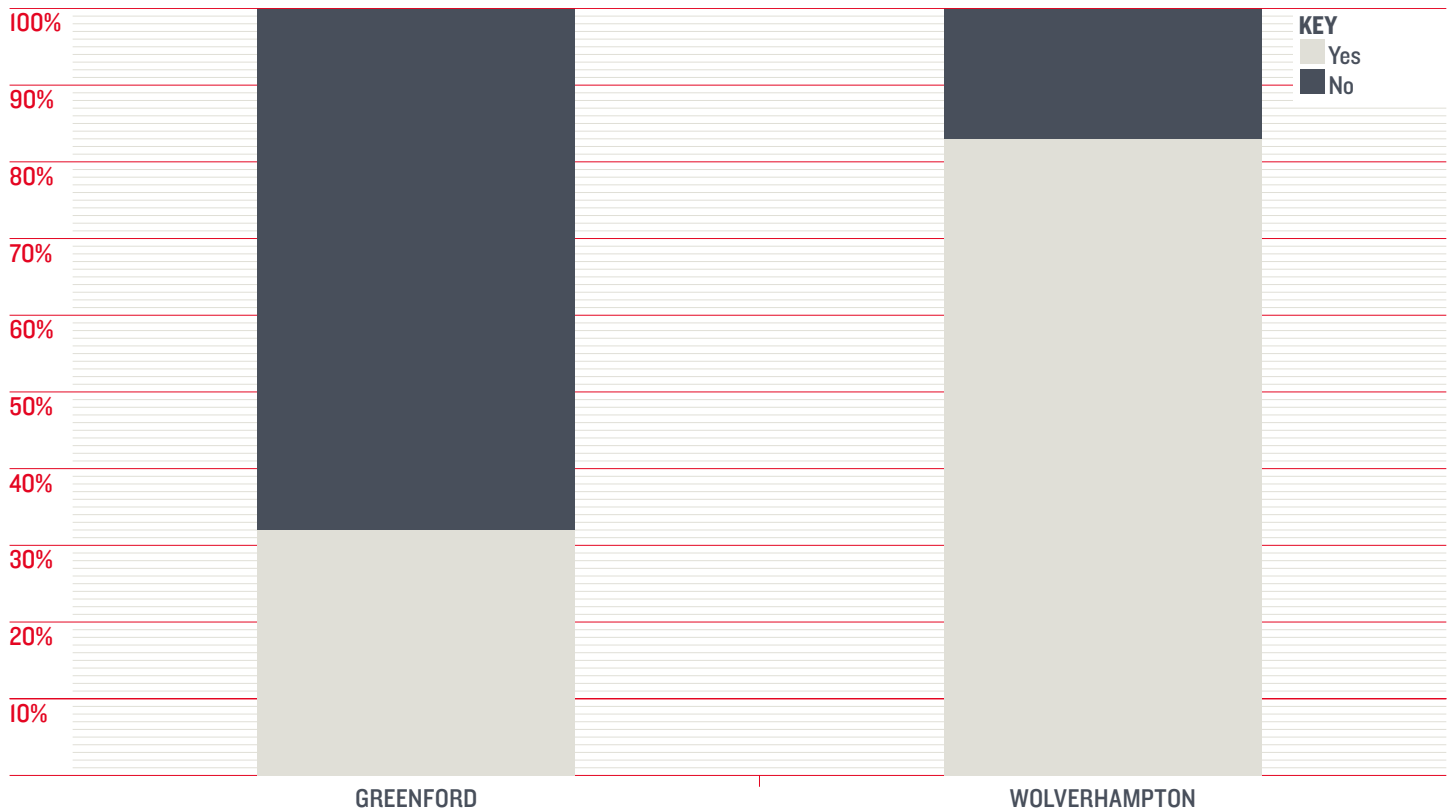


WOLVERHAMPTON



SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE I & 2)

4. If you've noticed a change in the meals served at the PoW recently, has this prompted you to change the way you eat at home?



SURVEY MONKEY QUESTIONNAIRE RESULTS (PHASE 1 & 2)

5. If you have noticed a change in the meals served at the PoW recently, has this prompted you to change the way you eat at home?

COMMENTS/VIEWS ON EATING AT HOME

KEY

■ Greenford

■ Wolverhampton

"Using less salt and full fats"

"Better at home"

"My wife using less oil and ghee"

"Now only bring green top milk and fruit to temple"

"I always eat healthy food, but my wife does not"

"Salad, curry with less salt"

"Always try to eat healthily, but now even my husband eating less biscuits and chevra"

"My mum is one of the cooks here. She has changed – now less oil in our curries and less salt"

"Eat better food. Buy less crisps and cake for children"

"Have lost 3kg since making healthy changes after attending talk by dietican"