

Singapore Polytechnic

Qualitative Study on the Lifestyle of Working Adults



Specialist Diploma in Nutrition and Health Promotion

**Qualitative Study on the Lifestyle of Working Adults
(CP0619)**

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Introduction

According to the latest National Health Survey 2010, 1 in 10 Singaporeans or 10.8% of the population is obese. [1] The Health Promotion Board has pointed out that the main causes of obesity are that more Singaporeans are leading sedentary lifestyles and adopting unhealthy diets. Apart from this, statistics provided by the Ministry of Health indicates that Ischaemic Heart disease is the second killer in Singapore, accounting to 19.2% of the total death rate in 2009.[2] The National Health Survey last done in year 2004 showed that stress, hypertension, high blood cholesterol are the major causes of coronary heart diseases.

Singapore is a developed country with majority of its working population being professionals or executive workers. The Ministry of Manpower (MOM) statistics show a 10% rise in the number of professionals, managers and executives between 1999 and 2009. The Global Wages Report by the International Labour Organisation (ILO) states that Singapore workers clocked up to more than 40 hours of work per week as compared to workers in other 12 countries.[3]

With the globalization of Singapore, the heavy workloads and the high demand efficiency of workers increases the stress level of the working adults. Therefore, it is important that these individuals learn to manage stress. According to the Institute of Mental Health Singapore, work-related issues, relationships, health conditions and financial matters are some of the common causes of stress.[4] Stress management is crucial in order for one to lead a well balanced life and to maintain both physical and mental well-being.

Economic growth and modern urban living comes with a price because more and more people are suffering from chronic diseases such as cardiovascular disease, diabetes, high blood pressure and high cholesterol. The World Health Organization (WHO) reported that in year 2005, 35 million deaths worldwide are caused by chronic diseases such as high blood pressure, high blood cholesterol and diabetes and more death will be associated with it.[6] It is therefore important to conduct a lifestyle survey of working adults to gather feedback and information. With the data, we can then review and plan programs to promote a healthier lifestyle for our working adults.

1. Aims and Overview

In recent years, more and more emphasis is given on the health status of Singaporeans. Both the Singapore Government and the Health Promotion Board have express concern over the recent data from the National Health Survey 2010 that 1 in every 10 Singaporean is obese.^[1]

This study aims to assess the lifestyle of our working adults. A questionnaire was conducted on areas such as work satisfaction, stress level and stress management, diet, exercise and general health. Data collected were then use to determine the relationships between these areas.

Below are some of the areas that were covered in this report:

- Who are more stress
- Number of sleeping hours and stress levels
- Perception of health status in relation to food consumption
- Inadequate intake of water and fibre
- Low calcium intake of working adults
- Long standing illnesses and health screening
- Perception of one's health versus their real course of action

Due to limited resources, only 100 respondents were selected to complete the survey.

Although the sample size may not be significant enough to reflect the entire population but it can give us an outlook on the relationships between the dietary habits, exercise patterns, general health and causes of stress for these individuals.

2. Demography

In our survey, 100 respondents were selected to complete the questionnaire. Data on age, gender, ethnic group, marital status and professions of these respondents were collected.

This study is focused on 4 areas – work or job satisfaction, stress level and management, diet, general health and exercise.

Fig 2.1.1 and 2.1.2 shows the age distribution and marital status of our Respondents, most of our data analysis will be focus on the respondents' age and marital status.

Fig 2.1.1: Age Distribution of Respondents

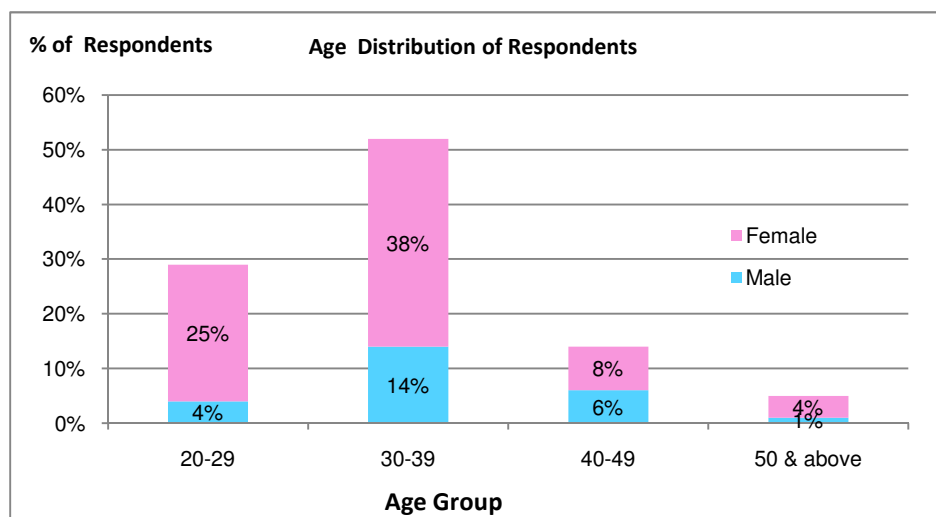
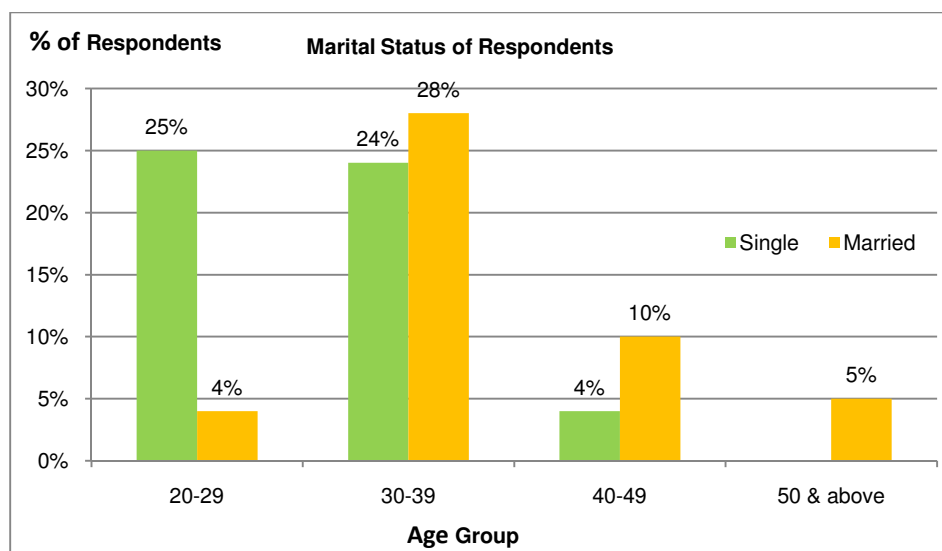


Fig 2.1.2: Marital Status of Respondents

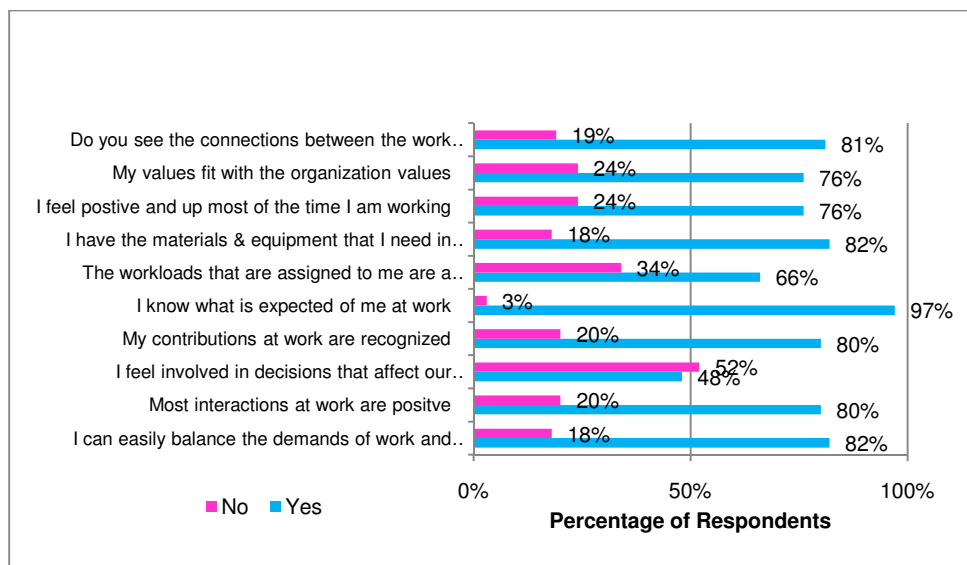


3. Work or Job Satisfaction / Stress Level and Management

3.1 Work or Job Satisfaction

This chapter reports on the work or job satisfaction of working adults. Job satisfaction describes how contented an individual is with their job. In our survey, a total of ten questions are focused on work or job satisfaction.

Fig 3.1.1: Work or Job Satisfaction of Working Adults



81% of the respondents see the connection between the work they do and the organization overall strategic objectives, while 76% felt that their values fit those of their work organization. 76% of the respondents feel up and positive most of the time at work and 80% of them experience positive interactions at work.

As high as 97% of the respondents are clear of what are expected from them at work while 82% also indicated that they have the resources to do their work right. By knowing what is expected from oneself is important, this allow the respondents to complete their work more efficiently.

Respondents were also asked if they feel involved in decisions that affect their organizational community and only 48% of them felt involved. This may be due to two factors; firstly, most

of the respondents are not within their organization management team hence they are not able to make any significant impact on their organizational decisions. Secondly, most of the management team tends to make implementations without getting feedbacks from the employees. This deters the employees from having a sense of belonging to the organizations that they are in.

Fig 3.1.2: Distribution of Respondents on Work and Home Life Balance

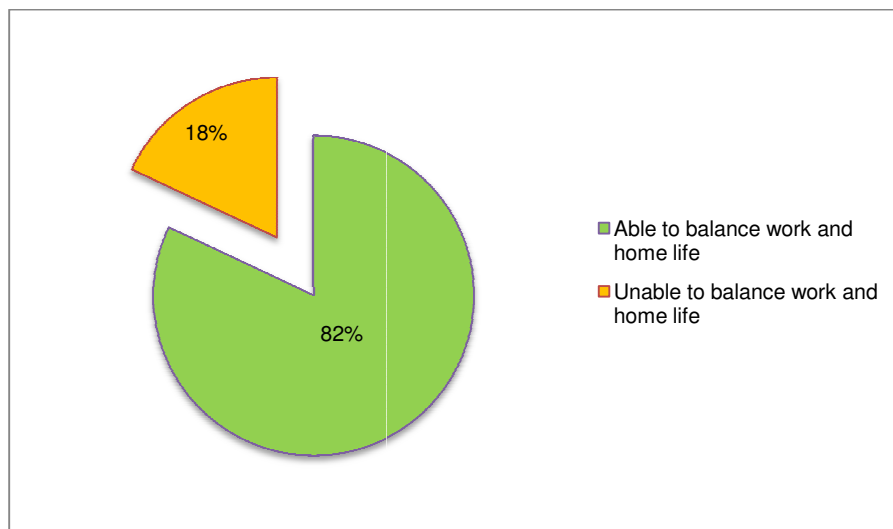
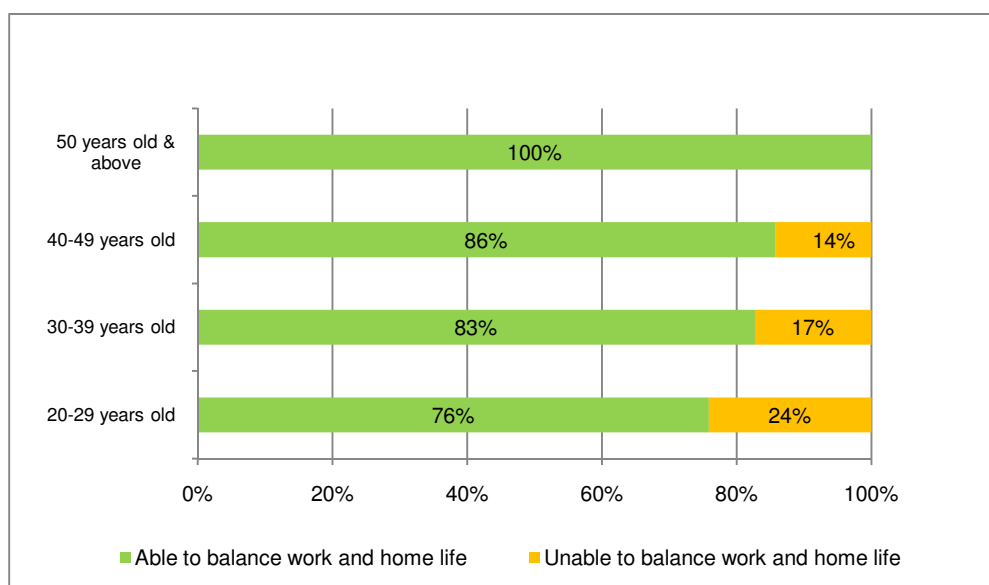


Fig 3.1.2: 82% of the respondents can strike a balance between work & home life, while 18% of them have difficulties adjusting to strike a balance.

Fig 3.1.3: Work and Home Life Balance Across Different Age Group



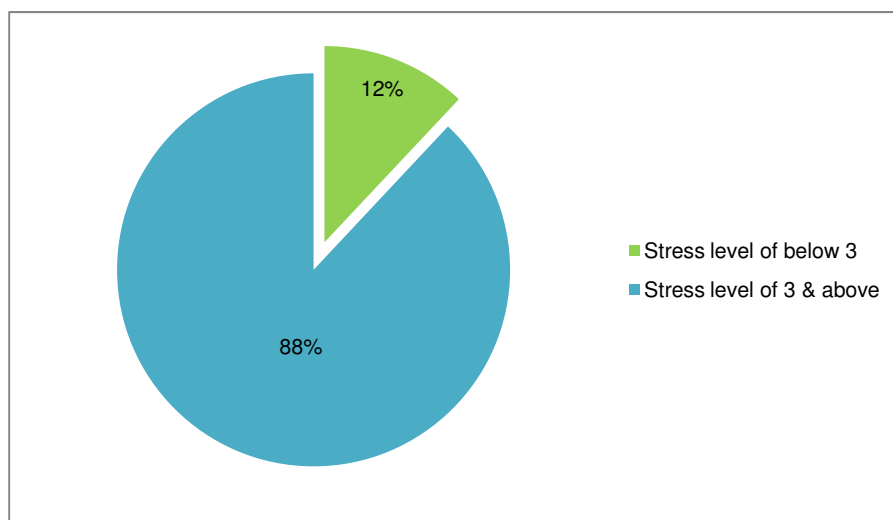
From Fig 3.1.3, 76% of respondents who are between the age group of 20 to 29 years old are able to balance work and home life. For those who are between 30 to 39 years old, 83% are able to balance work and home life, whereas 86% of the respondents who are between 40 to 49 years old are able to balance work and home life.

For those who are 50 years and above, all the respondents are able to balance work and home life. These statistics show that the percentage of respondents who are able to balance work and home life increases with their age.

3.2 Stress Level and Management

There are many stressors in lives thus it is important for us to understand how these stress factors affect our physical and mental well being. [5] Most importantly, we need to learn to cope with the stresses in life.[9]

*Fig 3.2.1: **Respondents and their Stress Level***



Respondents were asked to rank their stress level from a scale of 1 to 5 (whereby 1 is the least stressed and 5 being extremely stressed). From Fig 3.2.1, 88% have a stress level of 3 or more and on the contrary only 12% have a stress level of below 3.

The result indicates that many working adults in Singapore are having a relatively stressful lifestyle. Reasons such as relationship, health condition, financial matters or work stress are some of the major causes which we will explore in the later section.

Fig 3.2.2: Stress Level Across Different Age Group

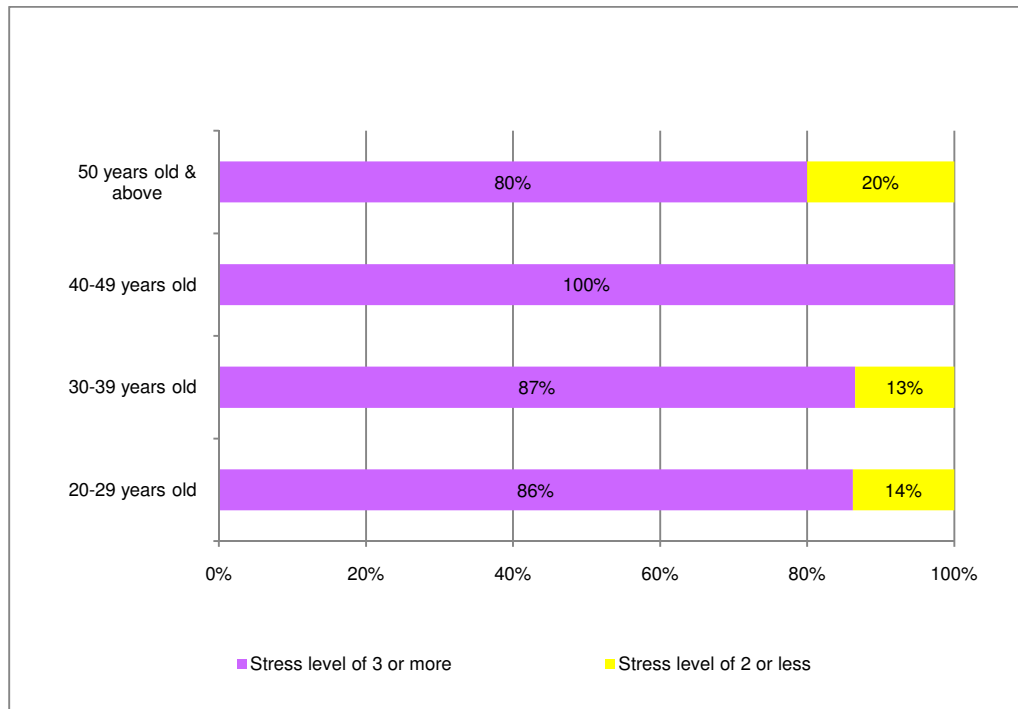
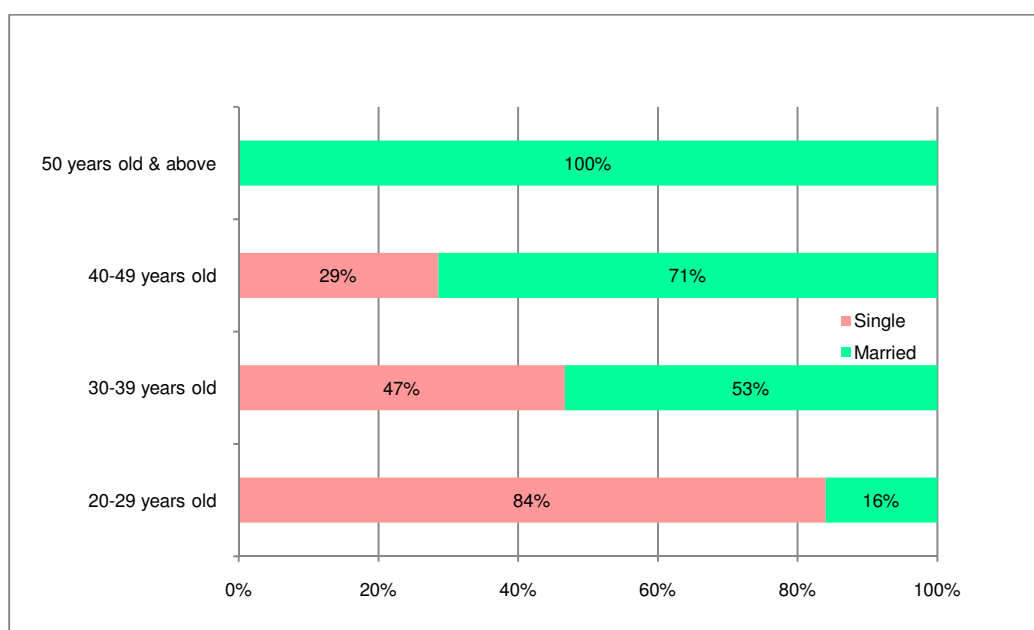


Fig 3.2.3: Age Group and Marital Status of Respondents with Stress Level of 3 or More



In Fig 3.2.2, 88% of the respondents who had a stress level of 3 or more are further classified into different age groups. For the age group between 30 to 39 years old, 87% of its respondents belonging to this age group have a stress level of 3 or more. For the age group between 40 to 49 years old, 100% of its respondents belonging to this age group have a stress level of 3 or more. This shows that the respondents between the age groups between 30 to 39 years old and 40 to 49 years old are the most stressed.

What are the factors that make the working adults in these 2 age groups the most stressful? Two possible factors can be due to family and financial commitments. From Fig 3.2.3, 53% and 71% of the respondents in the age groups between 30 to 39 years old and 40 to 49 years old are married respectively. Therefore most of them are committed to housing or car loans or even both. These loans usually put much pressure on them as they have to make sure they earn enough to repay these loans. Secondly, for those who are married with children, more stress will be felt as they need to put in more time, effort and money to take care of their children.

As for those who are single, their stress may come mainly from work related issues when they are striving to move up the corporate ladder.

3.3 Top causes of stress for working adults

Fig 3.3.1: Ranking of Stress Factors of Working Adults

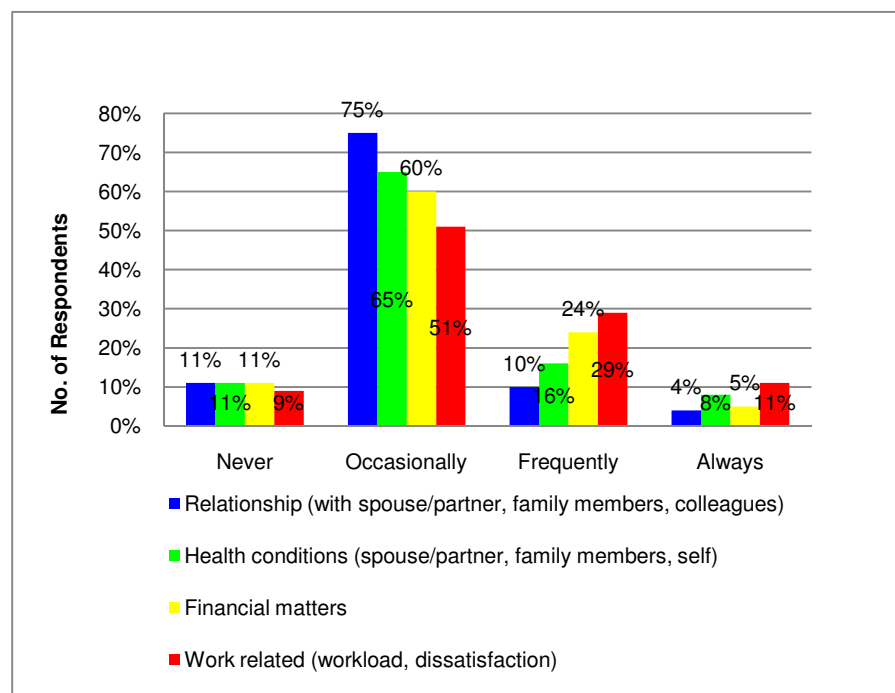


Fig 3.3.1 reflects the top causes of stress. Factors such as relationship, health conditions, financial matters and work related issues are the major cause of stress for working adults.

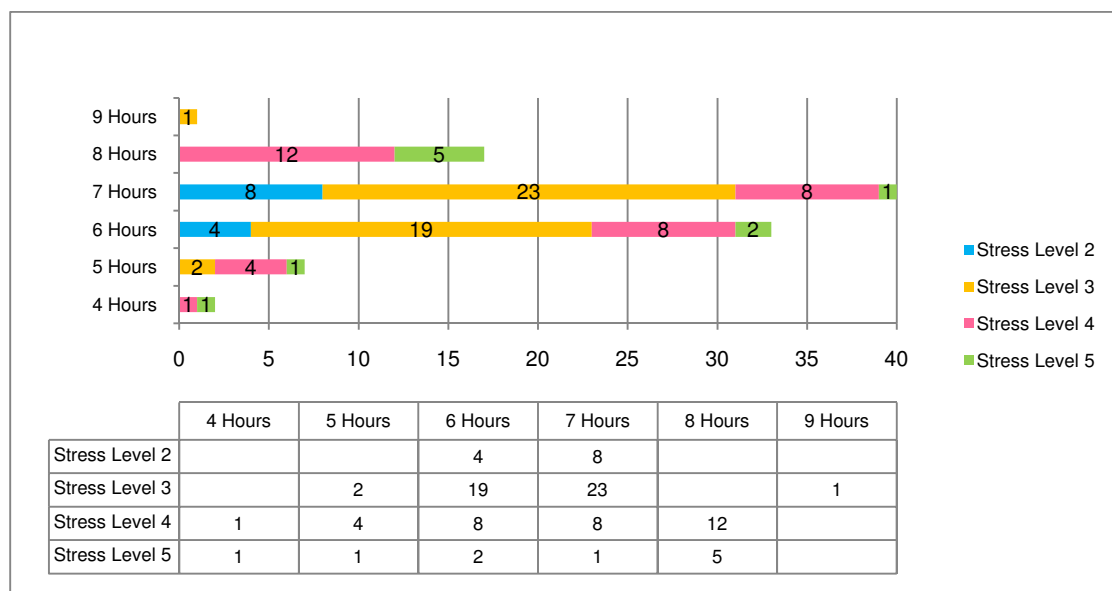
Among these factors, work related issues ranks as the top with 29% of the respondents being frequently stressed and 11% being always stressed by work related problems. Financial matters rank as the second with 24% of the respondents being frequently stressed and 24% being always stressed by financial related issues.

3.4 Relationship of Number of Sleeping Hours and Stress Level

A quality sleep and good rest keeps us healthy and mentally sharp. A good night sleep enables us to cope with stress more effectively. Unfortunately, stressed and busy working adults tend to get less sleep than they need.

In this chapter, we will take a look if an individual stress level is affected by the number of hours of sleep he has.

Fig 3.4.1: Number of Sleeping Hours of Respondents in Relation to their Stress Level



In Fig 3.4.1, 33 respondents have at least 6 hours of sleep and 40 of them have at least 7 hours of sleep.

For those who have at least 6 hours of sleep a day, 19 has a stress level of 3, whereas 23 respondents who had at least 7 hours of sleep has a stress level of 3.

There is also an interesting finding whereby 12 respondents who had 8 hours of sleep also have a stress level of 4 whereas 5 respondents who had 8 hours of sleep had a stress level of 5 (extremely stressed). Although these respondents may have at least 8 hours of sleep, their stress level was still high and vice versa. This may be explained by not having a quality sleep, as they may suffer from sleep apnea or their sleep may be disrupted from having dreams. Due to the lack of quality sleep, they may feel tired during the day which in turn affects their job performance hence increasing their level of stress.

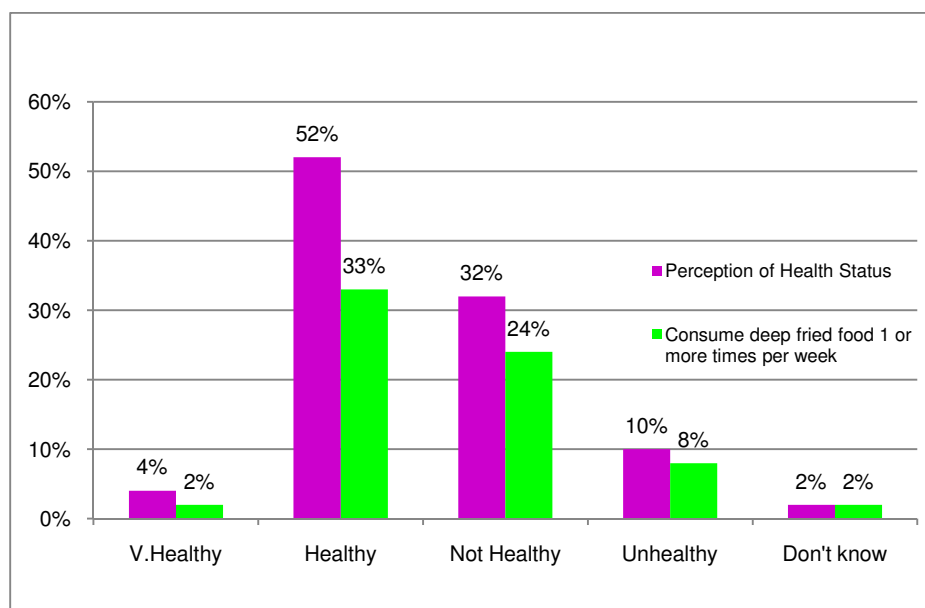
We knew that the recommended hours of sleep one should have is at least 8 hours. Although a total of 73 respondents have between 6 to 7 hours of sleep per day, their level of stress is not as high as compared to those who had 8 hours of sleep. However by having enough sleep of at least 6 hours or above reduces the level of stress significantly as compared to those who sleeps 5 hours or less.

4. Diet

This chapter reports the dietary habit of our working adults. Questions on food, water, fibre intake as well as snacking habits were asked to gather information about the diet of the respondents.

4.1 Perception of Health Status in Relation to Food Consumption

Fig 4.1.1: Respondents Perception of their Health Status and Deep Fried Food Consumption



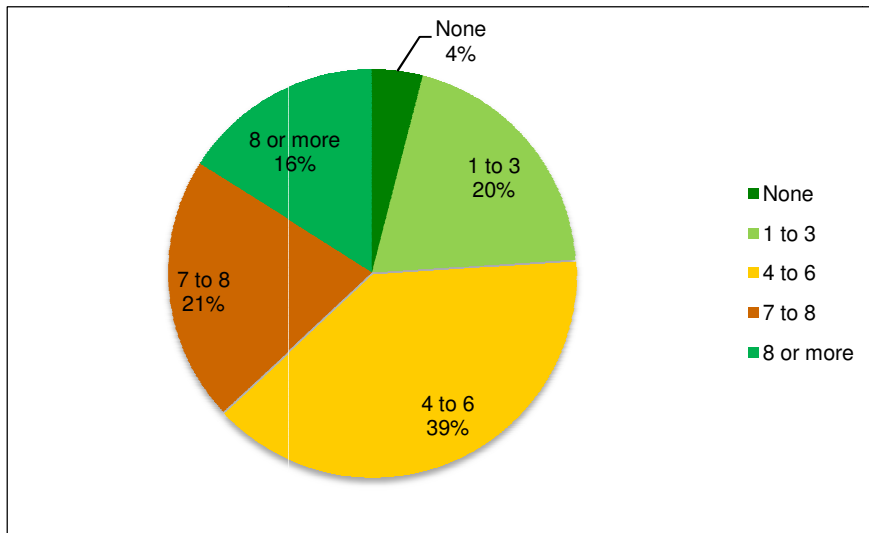
From *Fig 4.1.1*, 52% of the respondents think that they are healthy but 33% of them consumed deep fried food at least once or more in a week.

Many working adults may see themselves as healthy, but in actual fact their dietary habits are not as healthy as what they think. Food that are deep fried are high in Trans fat hence consumption of this type of food should be totally avoided.

4.2 Inadequate Intake of Water and Fibre

Water

Fig 4.2.1: Water Intake of Respondents



With reference to the results as shown in *Fig 4.2.1*, 63% of the respondents did not consumed the daily recommended amount of 8 glasses of water. 20% of them consumed only 1 to 3 glasses, 39% consumed 4 to 6 glasses and 4% of the respondents do not consume water at all.

Water is very important for our body, when not enough water is consumed, dehydration will occur. The body temperature will increase and toxins or waste products are unable to be removed through urination.

Fiber

Fig 4.2.2: Respondents Daily Consumption of Fruits on an Average Day

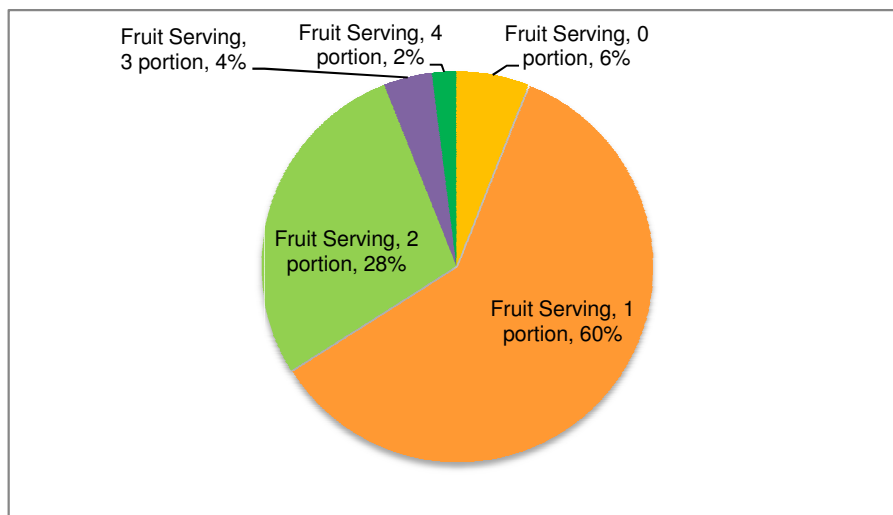
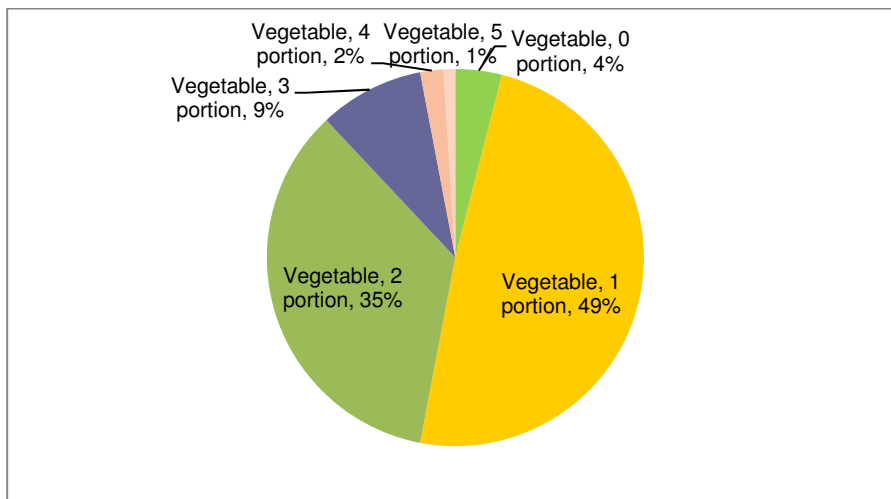


Fig 4.2.3: Respondents Daily Consumption of Vegetables on an Average Day

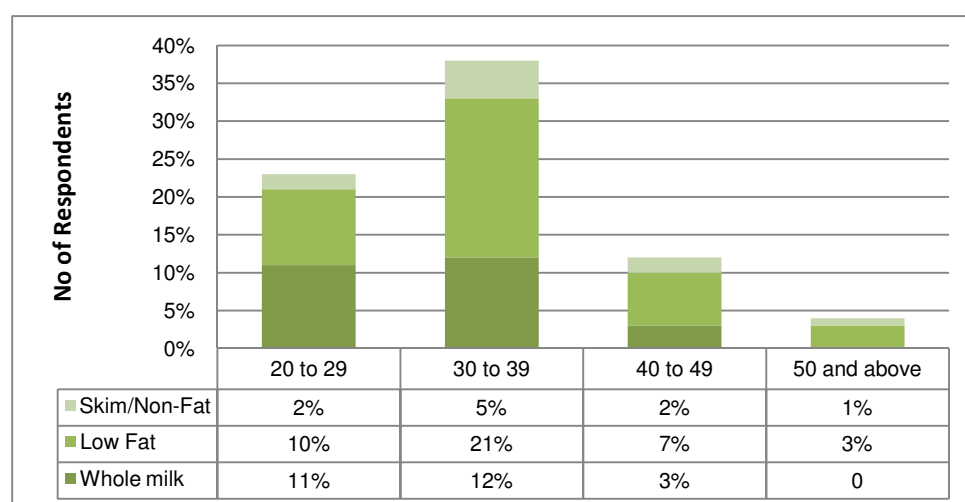


From the results shown in *Fig 4.2.2* and *Fig 4.2.3*, majority of the respondents do not consume the recommended servings of both fruits and vegetables. 49% of the respondents consumed only 1 portion of vegetables per day and 4% do not consume any vegetable at all. Only 35% of the respondents consumed the daily recommended portion.

Fruits and vegetables are packed with vitamins, minerals and most importantly the fiber that are required by our body. By increasing the intake of fruits and vegetables as part of a healthy balanced diet, one can benefit from the nutrients and minerals these foods contain. In addition, HPB recommends more intake of fruits and vegetables as inadequate intake of fruits and vegetables increases the risk of contracting colon cancer.[7]

4.3 Low calcium intake for working adults

Fig 4.3.1: Calcium Intake of Respondents by Age



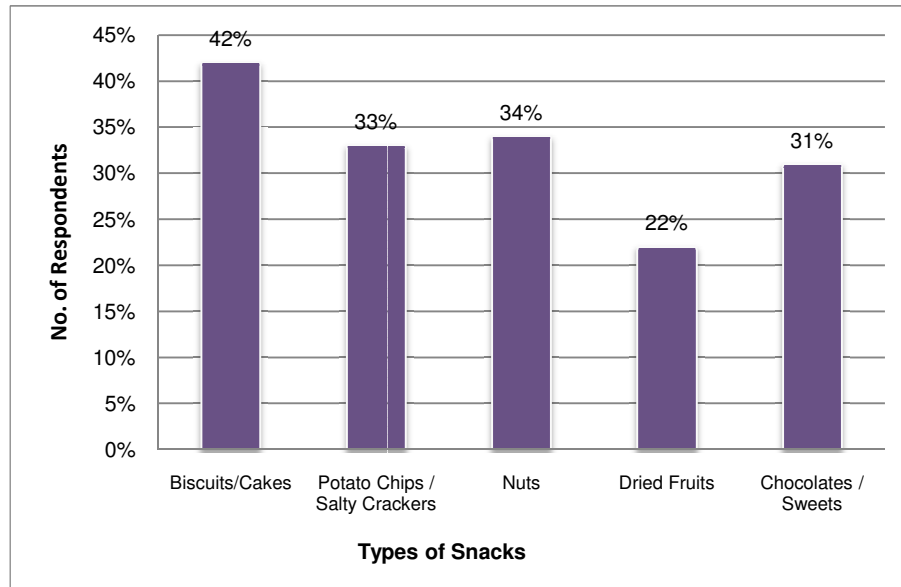
In Fig 4.3.1, 77% of the respondents drink some form of milk products, out of which 23% are aged between 20 to 29 years old, 38% are between 30 to 39 years old, 12% are between 40 to 49 years old and 4% are 50 years old and above.

Under the age group of 30 to 39 years old, only 38% out of 52% drink some form of milk product. HPB recommends adults age above 30 to consume sufficient calcium as peak bone mass is achieved by about age 30, after which there will be a gradual loss of bone mass.[8] Hence, it is very important to accumulate as much bone mass as possible when young and take enough calcium thereafter to slow down the loss of bone mass. Lastly, deficiency of calcium will results in osteoporosis as one gets older.[8]

From the results, we can conclude that working adults are not drinking enough milk. One of the reasons may be because some people are lactose intolerant and hence they are unable to take dairy products. Although these adults may not be drinking enough milk, we are not sure if they are taking calcium tablets as supplements.

4.4 We love to snack!

Fig 4.4.1: Respondents Snacking Habits



Snacking seems to be a favourite activity among Singaporeans. Our survey indicates that as many as 75% of the respondents snack. One of the biggest myths about snacking is that it is an unhealthy habit, but the truth is that it is not snacking that is bad, but rather the type of food and quantity that people choose to eat from.

Fig 4.4.1 shows 42% of the respondents snacked on biscuits and or cakes which are high in calories, sugar and fats whereas 33% of them snacked on potato chips or salty crackers which are high in sodium content and 31% snacked on chocolates and sweets.

Nuts and dried fruits are also a favourite among respondents that 34% of them snacked on nuts and 22% snacked on dried fruits. Both items are healthier choices that one should consider when they are thinking of snacking. However, when consuming either nuts or dried fruits, care must be taken to ensure that they are not high in sugar or sodium.

Healthy snacking can boost energy levels while providing the proper nutrients and also satisfying hunger. Working adults need not avoid snacks altogether. Instead, they should choose healthy snacks and consume in moderation and variety in mind.

5. General Health and Exercise

This chapter reports on working adults general health and their exercising patterns. General health focuses on how respondents feel about their health status. Questions asked include if they are suffering from any long standing illness and the frequency of their health screening. For the section on exercise, respondents were asked about the frequency and intensity of their exercise regime.

Respondents were also asked if they made any significant changes to their lifestyle in terms of diet or exercise and the different ways for relieving stress and anxiety.

5.1 Long standing Illness and health screening

Fig 5.1.1: **Distribution of Respondents with Long Standing Illness, Disability and Infirmary**

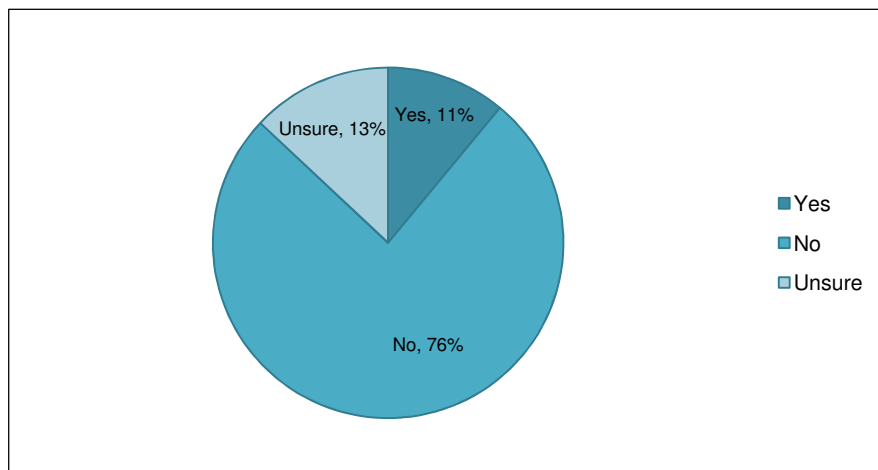
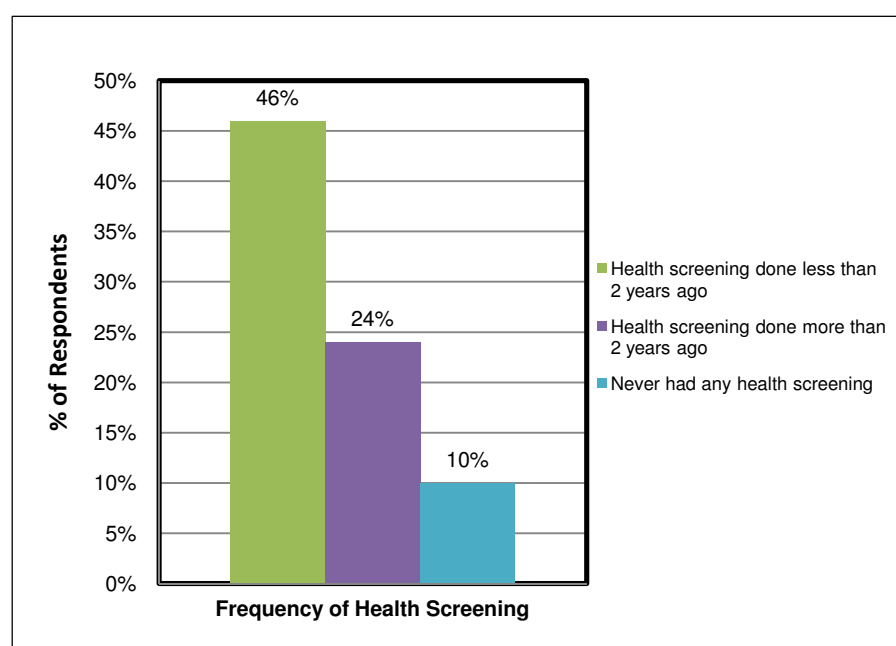


Fig 5.1.2: Frequency of Basic Health Screening



Under the general health section, respondents were asked if they are suffering from any long standing illness, disability or infirmity.

By long standing, we mean anything that has troubled them over a period of time or is likely to affect them over a period of time. High blood cholesterol, high blood pressure, diabetes or kidney diseases are some examples of long standing illness. 11% of respondents indicated they are suffering from either one of the above stated. 76% does not suffer from any and 11% are unsure if they are suffering from any long standing illness (*Fig5.1.1*).

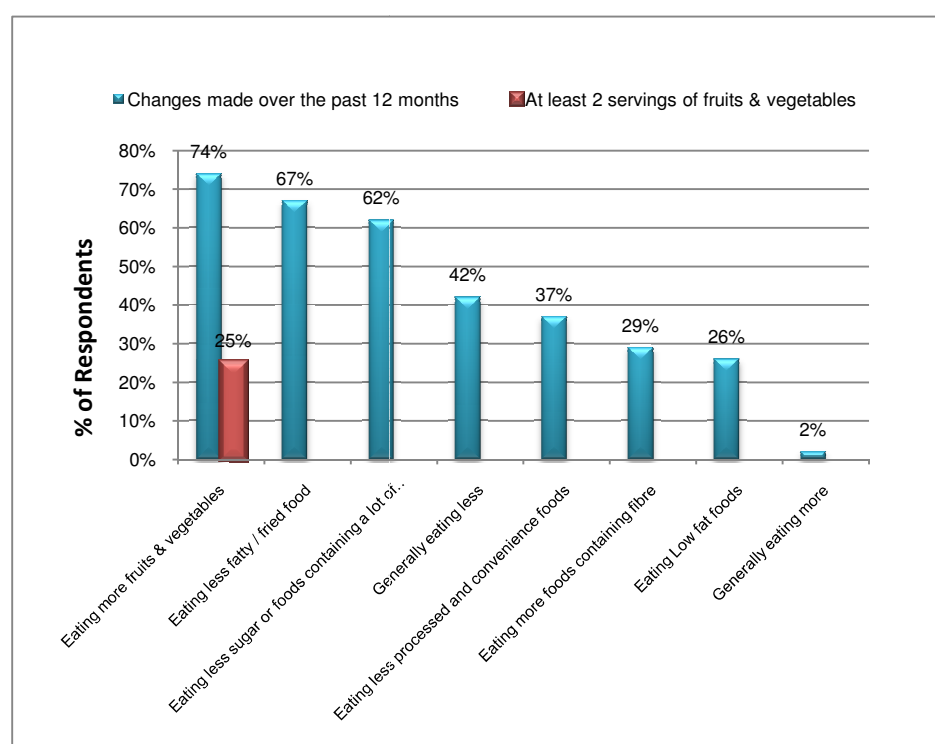
Respondents were asked to state when did they last did their last basic health screening. A basic health screening includes test for high blood pressure, high blood cholesterol & blood sugar level as well as kidney function test. It is heartening to know that 46% of the respondents had a basic health screening done less than 2 years ago, whereas 24% had it done more than 2 years ago and 10% never had a health screening.

According to HPB, 1 in 4 Singaporeans has 1 or more chronic diseases such as high blood pressure and high blood cholesterol. [10] These diseases can lead to serious complications like heart problem, stroke and kidney failure. Health screening is therefore very important that should be done on an annual basis.

Having a health screening every year is necessary as it is useful in detecting medical conditions early. Regular health screening can help detect ‘silent’ diseases that may not show any signs or symptoms in the early stages. Awareness programs on annual health screening should be done to encourage working adults to go for a health screening so that medical conditions can be detected early.

5.2 Perception of individual health versus their real course of action

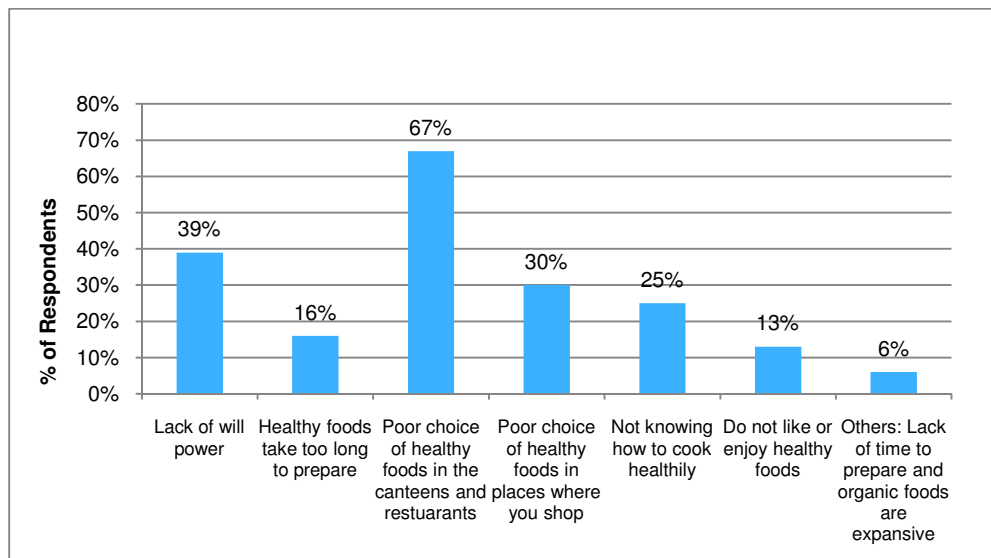
Fig 5.2.1: List of Changes Made Over the Past 12 Months



In the section under diet, respondents were asked if they made any changes over the past 12 months, even if it is only for a short period with regards to their dietary habits. As high as 74% of the respondents indicated that they are eating more fruits and vegetables (*Fig 5.2.1*).

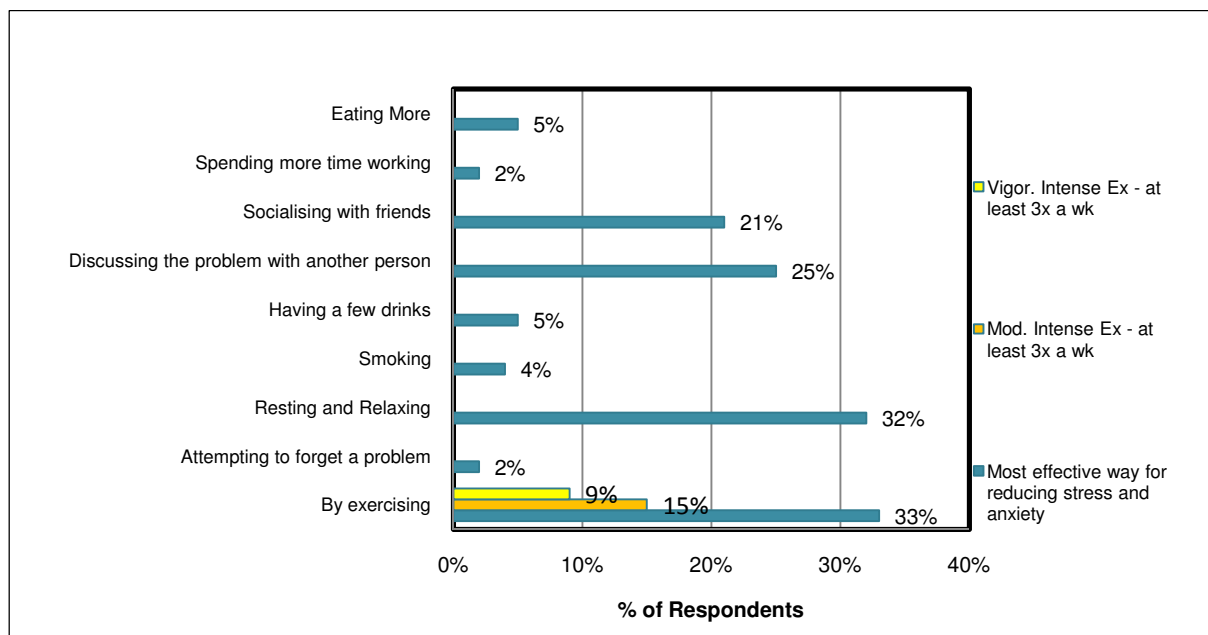
In another separate question, respondents were then asked to indicate the servings of fruits and vegetables they consume on average per day. We are surprised to know that only 25% out of these 74% respondents had at least 2 servings each of fruits and vegetables (***HPB daily recommendations***) on an average per day.

Fig 5.2.2: Reasons Why Working Adults Are Not Able to Eat More Healthily



To further understand what is preventing them from eating more healthily, respondents are asked to choose the reasons that prevent them from doing so. 67% indicates that they have poor choice of healthy foods available in canteens and restaurants they visited, followed by 39% who indicated that they lack the will power to eat more healthily (Fig 5.2.2).

Fig 5.2.3: List of Effective Ways in Reducing Stress and Anxiety



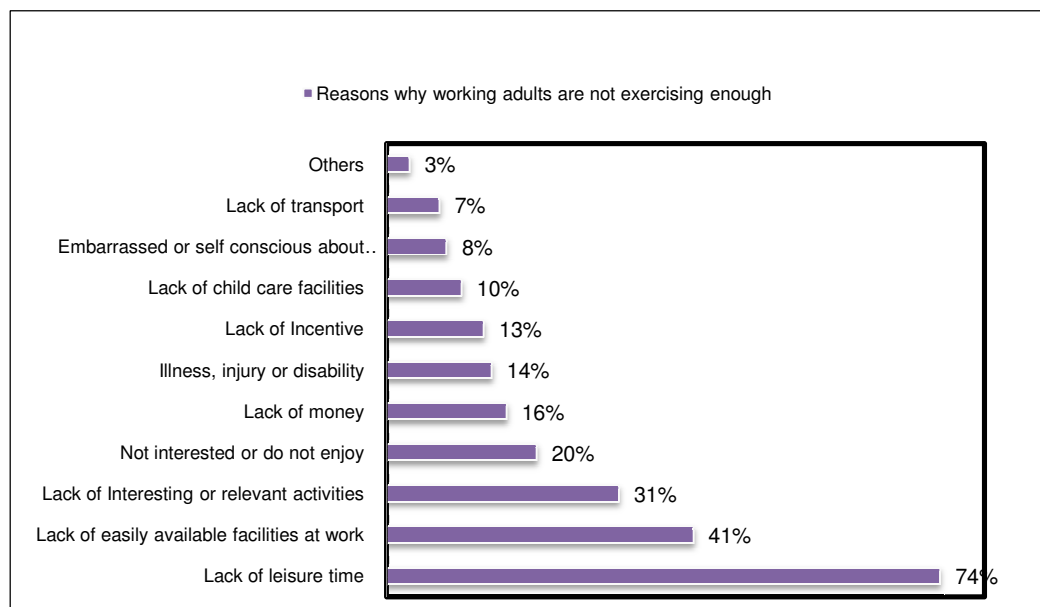
In the stress-management section, respondents were asked to rate the effectiveness on the ways for reducing stress and anxiety.

33% rated exercising as the most effective way of reducing stress and anxiety, however only 15% did moderate intensity exercise of at least 3 times per week, 30 minutes per section. Only 9% of them did vigorous intensity exercise of at least 3 times per week, 20 minutes per section.

The above findings reflect the perception of one health versus their real course of action. Respondents know the importance of consuming more fruits and vegetables and the benefits of exercising. However, these healthy eating habits are usually not practiced. Therefore more awareness programs should be created to remind these working adults to practice healthy living and dietary habits.

5.3 Working Adults Are Not Exercising Enough

Fig 5.3.1: Reasons Why Working Adults Are Not Exercising Enough



With reference to the previous finding, we know that working adults are not exercising enough.

Respondents were asked to choose from a list of reasons on why they are unable to exercise more. Top four reasons are as follows; lack of leisure time (74%), lack of easily available

facilities at work (41%), lack of interesting or relevant activities (31%) and lastly being not interested or they do not enjoy exercising (20%). (*Fig 5.3.1*)

Many working adults spent nearly half of their day at work; hence it is not surprising to learn that they are unable to allocate time to exercise. Secondly, the lacking of exercise facilities at work make them feel too exhausted to travel to gymnasiums for their workouts.

Thirdly, lack of interesting or relevant activities may deter them from exercising more. They may not be interested in the usual exercise such as jogging or playing racquet games. Lastly, 20% of the respondents do not exercise at all because they are either not interested or do not enjoy doing exercises.

Hence more emphasis should be done to promote working adults to exercise more. A healthy lifestyle involves not only a healthy diet but also an adequate amount of exercise.

6. Conclusion and Recommendations

Work or Job Satisfaction

Working adults in Singapore are generally satisfied with their work or job. They are able to fit their personal values with their organisational values. As much as 80% of them feel that their contributions at work are recognized, with most of them having positive work interaction and their working environments are mostly conducive.

However only 48% of the respondents feel involved in decisions making which affect their organization. This can due to the fact that many of them are not at the organizational management level and hence are unable to affect any decision making. Recommendation to make the respondents feel more involved in their organisation includes setting up a workers committee. The objective of this committee is to gather feedbacks and nominate a representative to voice out the workers' point of view to the management level.

Stress Level and Management

Majority of the respondents (88%) have a stress level of 3 or more. Our finding shows that 100% of the respondents who fall in the age group of between 40 to 49 years old are have a stress level of 3 or more. This concludes that respondents between 40 to 49 years old are the most stressed. However, as high as 86% of the respondents who are between 40 to 49 years old also indicated that they are able to have a balanced work and home life.

Work related issue is rank as the top stress factor, followed by financial issues, relationship and lastly health condition.

There are many healthy ways to manage and cope with stress, but they all require change. Stressful situations can be changed by avoiding or altering the stressor while a change of reaction to the stressful situation includes adapting or accepting the stressor.

Recommendations to avoid stress include learning to take control of the situation and to know one own limits. Learn to refuse added responsibilities in personal and professional life that triggers unnecessary stress. Recommendations to alter the situation includes expressing ones feeling instead of bottling up, exchanging ideas so that a compromise can be reached and lastly improved on time management. Adapt and accept the stressor includes reframing the

problem and focusing on the positive side. Changing and readjusting ones expectation is also crucial as many factors in life are uncontrollable.[11]

Diet

The dietary habits of working adults are explored and findings reflect that most people are not eating healthily. Their perception of their health status did not match with their dietary habits, 52% of the respondents perceive that their diet are healthy, however 33% of them consumed deep fried food more than once every week.

Most of the working adults are also not drinking enough water and not consuming enough fibre. Only 16% of the respondents drink 8 or more glasses of water per day and it is also surprising that 4% did not drink any water at all. Our findings shows that only 34% of the respondents have 2 servings or more of fruits per day and 47% have 2 servings or more of vegetables per day. This indicated that working adults in Singapore are not conscientious of what they are eating, these mindsets have to be changed and awareness of healthy diet needs to be raised. Fruits and vegetables are not only a good source of fibre; they are also packed with vitamins and minerals.

Calcium intake is also lacking for working adults with only 38% of the respondents (out of 52%) aged between 30 to 39 years consuming some form of milk products. Therefore working adults need to incorporate more dairy products or even supplements to make up for the insufficient calcium intake.

Snacking is a favourite pastime for working adults, as high as 75% of the respondents snacked. Most of them snacked on biscuits or cakes, followed by nuts, potato chips or salty crackers. Both biscuits and cakes are foods which are high in fats and calories, whereby potato chips or salty crackers are high in sodium. Frequent consumption of foods that are high in fat increase one risk of becoming obese and increase in salt intake increases one risk of high blood pressure.

Dietary habits play an important part on an individual health. Based on the above findings, many of our respondents daily intakes of fruits and vegetables are way below the HPB daily recommendations.

In order to promote healthy eating for working adults, awareness can be created by organising more road shows to make them more conscientious of the type of food they eat.

Recognition in terms of award can be given to those food centres or eatery establishments that encourage their customer to include more fruits and vegetables, request for less oil, sauces or gravies when ordering their food. Incentives such as rebate vouchers can also be given to diners who include more fruits and vegetables in their meals.

General Health and Exercise

46% of the respondents have undergone health screening less than 2 years ago. This indicates that working adults in Singapore are not concern or have neglected their own health conditions. It is recommended for an individual to have an annual health screening for early detection of chronic diseases such as cardiovascular diseases, diabetes, high blood pressure and high cholesterols. This is because some 'silent' diseases may not show any signs or symptoms in the early stages. Early detection of these chronic disease can be effectively controlled by medication and by appropriate amount of exercise.[10]

As high as 33% of the respondents indicated that exercise is an effective way of reducing stress, however only 24% of the respondents did moderate and vigorous exercise per week. The main reason why working adults are not exercising enough is due to the lack of leisure time, followed by the lack availability of gymnasium facilities at work.

In order to encourage workers to exercise regularly, it is recommended that companies can provide subsidies for employees who signed up for gymnasium memberships. Secondly, companies can also organize inter-department sporting events or even setting up gymnasiums at their workplace to further encourage employees to exercise during their lunch break or after work.

Reference :

1. <http://www.todayonline.com/Singapore/EDC101108-0000070/1-in-10-Singaporeans-is-obese>
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Qualitative Study on the Lifestyle of Working Adults

Dear participants

We are a group of Singapore Polytechnic students who are currently conducting a study on the lifestyle of working adults. Our area of study includes – Work /Job Satisfaction, Stress Level & Management, Diet, Exercise and General Health.

This questionnaire consists of 4 sections. Participants are encouraged to select the answer that would most represent their thoughts and feelings. It would take about approximately 15 minutes to complete the whole questionnaire.

Your assistance in helping us to gather the information would be greatly appreciated.

Section A : Work / Job Satisfaction, Stress Level & Management

Work / Job Satisfaction

1. Do you see the connections between the work you do and the organisation's overall strategic objective?
a. Yes ☐
b. No ☐
2. My values fit with the organizational values.
a. Yes ☐
b. No ☐
3. I feel positive and up most of the time I am working.
a. Yes ☐
b. No ☐
4. I have the materials and equipment that I need in order to do my work right.
a. Yes ☐
b. No ☐
5. The workloads that are assigned to me are a cause of concern to me.
a. Yes ☐
b. No ☐
6. I know what is expected of me at work.
a. Yes ☐
b. No ☐
7. My contributions at work are recognized.
a. Yes ☐
b. No ☐

8. I feel involved in decisions that affect our organizational community.
- a. Yes ☐
- b. No ☐
9. Most interactions at work are positive.
- a. Yes ☐
- b. No ☐
10. I can easily balance the demands of work and home life.
- a. Yes ☐
- b. No ☐

Stress Level & Management

11. How would you rate your current level of stress?
- (On a scale of 1 to 5, where **1 means not stressed at all** and **5 means extremely stressed**, please **circle** the number that best describes your current level of stress).*

Not stressed at all

Extremely stressed

1

2

3

4

5

12. Does any of the following cause you anxiety or stress?

	Never	Occasionally	Frequently	Always
a. Relationship (with spouse/partner, family members, colleagues)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Health condition (spouse/partner, family members, self)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Financial matters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Work related (workload, dissatisfaction)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Others (Please specify) _____				

13. How effective do you think each of the following items is for reducing stress and anxiety?

	Very Effective	Fairly Effective	Neutral	Not Effective
a. Attempting to forget a problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Resting and relaxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Having a few drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Discussing the problem with another person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Socialising with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. By exercising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Spending more time working	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Eating more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Others (Please specify) _____				

14. What are your usual sleeping hours?

_____ hours

15. How often do you have trouble sleeping?

- | | |
|-------------------------|--------------------------|
| a. Daily | <input type="checkbox"/> |
| b. Once a week or less | <input type="checkbox"/> |
| c. Once or twice a week | <input type="checkbox"/> |
| d. Never | <input type="checkbox"/> |

Section B. : Diet

16. How would you best describe your present diet?

- | | |
|---------------------|--------------------------|
| a. Very healthy | <input type="checkbox"/> |
| b. Healthy | <input type="checkbox"/> |
| c. Not sure | <input type="checkbox"/> |
| d. Not very healthy | <input type="checkbox"/> |

17. Over the past 12 months, have you tried to make any of the changes listed – even if only for a short time?

	Yes	No
a. Eating more fruits and vegetables	<input type="checkbox"/>	<input type="checkbox"/>
b. Eating less fatty/fried foods	<input type="checkbox"/>	<input type="checkbox"/>
c. Eating less sugar or foods containing a lot of sugar	<input type="checkbox"/>	<input type="checkbox"/>
d. Generally eating less	<input type="checkbox"/>	<input type="checkbox"/>
e. Eating less processed and convenience foods	<input type="checkbox"/>	<input type="checkbox"/>
f. Eating more foods containing fibre	<input type="checkbox"/>	<input type="checkbox"/>
g. Eating low fat foods	<input type="checkbox"/>	<input type="checkbox"/>
h. Generally eating more	<input type="checkbox"/>	<input type="checkbox"/>
Others: _____		

18. How many servings of fruits do you consume on an average day?

(Please note that 1 serving is equivalent to :

- 1 medium apple, pear, orange, mango or banana
- 1 wedge of pineapple, papaya, watermelon or honeydew
- 6 rambutans, dukus, lychees
- 10 grapes or logans
- 2 small seed of durian or jackfruit)

19. How many servings of vegetables do you consume on an average day?

(Please note that 1 serving = $\frac{3}{4}$ of a cup of cooked vegetables)

20. How often do you eat deep fried food?
- a. Daily ☐
 - b. 1 to 3 times a week ☐
 - c. 4 to 6 times a week ☐
 - d. Less than once a week ☐
- Others: _____
21. What type of milk or milk based drinks do you usually drink?
(Please tick all that apply)
- a. Whole milk / full fat ☐
 - b. Low fat ☐
 - c. Skimmed / non-fat ☐
 - d. Soy milk ☐
 - e. I do not drink milk or milk based drinks ☐
22. If given a choice, would like to eat more healthily?
- a. Yes ☐ (Please proceed to Q23)
 - b. No, Why _____ ☐ (Please skip Q23)
23. Which of the following prevent you from eating more healthy foods?
(Please tick all that apply)
- a. Lack of will power ☐
 - b. Healthy foods take too long to prepare ☐
 - c. Poor choice of healthy foods in canteens and restaurants ☐
 - d. Poor choice of healthy foods in places where you shop ☐
 - e. Not knowing how to cook healthily ☐
 - f. Do not like or enjoy healthy foods ☐
- Others : _____
24. Do you snack between meals?
- a. Yes ☐ (Please proceed to Q25)
 - b. No ☐ (Please skip Q25)
25. Which of the following do you snack usually?
(Please tick all that apply)
- a. Biscuits / Cakes ☐
 - b. Potato chips / salty crackers ☐
 - c. Fruits ☐
 - d. All types of nut ☐
 - e. Dried fruits ☐
 - f. Chocolates & sweets ☐
- Others : _____

26. How many glasses of water do you drink per day?
- a. None
 - b. 1 – 3 ☐
 - c. 4 - 6 ☐
 - d. 7 – 8 ☐
 - e. 8 or more ☐
27. How often do you skip your meals?
- a. Regularly ☐
 - b. Occasionally ☐
 - c. Sometimes ☐
 - d. Rarely ☐
 - e. None ☐

Section C : Exercise

28. Which of the following best describes your daily work or other daytime activity which you usually do?
(Please select 1 answer only)

Activities

- a. I am usually sitting down during the day and do not walk about ☐
 - b. I am usually sitting down during the day, but I do some walking around ☐
(e.g. walking to train stations, going out for lunch or walking home from train stations)
 - c. I seldom sit down during the day. I do a lot walking in my course of work ☐
29. In order to maintain good health, it is recommended that you exercise at least 30 minutes, 5 times a week. The exercise must make you slightly breathless and warm but still able to carry on a conversation. On this basis, would you describe your present **WORK** and **RECREATIONAL** exercise levels as :
- Not enough ☐ Adequate ☐ More than enough ☐
30. In the last 7 days, on how many days have you engaged in **moderate intensity activity**, such as brisk walking or tai chi, for a total of 30 minutes or more?
- _____
31. In the last 7 days, how many times have you engaged in **vigorous intensity activity** such as jogging, lane swimming or playing soccer for 20 minutes or more?
- _____
32. Which physical activity do you most frequently participate in?
- _____

33. Is there any physical activity that you would be particularly interested in taking up?
 a. Yes ☐ (What activity _____)
 b. No ☐
34. When was the last time that you exercise?

35. If you feel that your present work and recreational exercise are not enough to help keep healthy, which of the following prevent you from taking more exercise.
(Please tick all that apply)
- a. Lack of leisure time ☐
 - b. Lack of money ☐
 - c. Lack of child care facilities ☐
 - d. Lack of transport ☐
 - e. Lack of easily available facilities at work ☐
 - f. Lack of interesting or relevant activities ☐
 - g. Illness, injury or disability ☐
 - h. Lack of incentive ☐
 - i. Not interested or do not enjoy ☐
 - j. Embarrassed or self conscious about body shape ☐
- Others : _____

Section D : General Health

36. How healthy a lifestyle would you say you lead, on the whole?
- a. Very healthy ☐
 - b. Fairly healthy ☐
 - c. Not very healthy ☐
 - d. Unhealthy ☐
 - e. Do not know ☐
37. Do you have any long standing illness, disability or infirmity?
(By long standing, we mean anything that has troubled you over a period of time or is likely to affect you over a period of time)
- a. Yes ☐
 - b. No ☐
 - c. Not sure ☐
38. Compared with 3 years ago, is your body weight _____
- a. More ☐
 - b. The same ☐
 - c. Less ☐
 - d. Not sure ☐

39. Which of the following best describe you?
- a. Underweight ☐
 - b. About the right weight ☐
 - c. Overweight ☐
 - d. Very overweight ☐
 - e. Not sure about my weight ☐
40. Do you know your BMI (Body Mass Index)?
- a. Yes ☐
 - b. No ☐
41. When was the last time you had a basic health screening?
(eg. Including tests for high blood pressure, diabetes or high blood cholesterol)
- a. Less than 2 years ago ☐
 - b. More than 2 years ago ☐
 - c. Never had any health screening ☐
42. Do you smoke?
- a. Daily ☐ (Please go to Q43)
 - b. Occasionally ☐ (Please go to Q43)
 - c. No ☐ (Please skip Q43)
43. Do you intent to quit smoking?
- a. Yes ☐
 - b. No ☐
44. Do you consume alcohol?
- a. Yes ☐ (Please go to Q45)
 - b. No ☐ (Please skip Q45)
45. During the past month, have you consumed more than **5 drinks** in any one drinking session?
- a. Yes ☐
 - b. No ☐

Lastly, a few questions about yourself

46. Are you aged between
- a. 20 to 29 years old ☐
 - b. 30 to 39 years old ☐
 - c. 40 to 49 years old ☐
 - d. 50 years old and above ☐
47. Are you
- a. Male ☐
 - b. Female ☐

48. Ethnic Group
- a. Chinese ☐
 - b. Malay ☐
 - c. Indian ☐
 - d. Others, please specify: _____ ☐
49. What is your marital status?
- a. Single ☐
 - b. Married with children ☐
 - c. Married with no children ☐
 - d. Others, please specify : _____ ☐
50. What is your profession?
- a. Managerial ☐
 - b. Administration / Clerical ☐
 - c. Sales & Marketing ☐
 - d. Others, please specify: _____ ☐

End of questionnaire. Thank you for your participation and time!