# Appendix A – Survey Questions

Thank you for taking part in this survey. This is part of the Healthy Architecture research project by the University of Bath. We are seeking to understand how workplace design influences the movement and health of building users. In particular, we are trying to establish a new method for assessing the exercise benefit of buildings.

As part of the research we require data on a baseline of pre-existing buildings. This survey is aimed at providing this background data. For completing this survey, please pick a building you know reasonably well and answer all questions with respect to that one building.

*Before you start, please read the following:*

* + This is a very simple survey that is quick to complete, so approximate answers (or best guesses) are acceptable if you don't have better data to hand.
  + You are completing this survey for the whole building, even if your organisation only occupies part of the building.
  + If there are other organisations in the building, assume everyone in the building follows the same policies as your organisation and has similar staff doing similar activities.
  + Please do not compete this survey if your building is mainly used for retail activities (if retail is only a small part of the total floor area this is fine.
  + For campus-like situations where there are many buildings on site, please complete for one of the main buildings.
  + If you have any questions about this survey or the Healthy Architecture project, please contact [d.a.coley@bath.ac.uk](mailto:d.a.coley@bath.ac.uk)
* ***Required***

### SECTION ONE: DETAILS OF REPORTER AND BUILDING

*Basic questions about you and your building.*

1. Your Name:
2. E-mail address:
3. Your building name:
4. What is your role within the building? \*
   * Building manager
   * Employee
   * Regular visitor
   * You helped design it
   * The organisation you work for helped design or finance it or was the client
   * Other:
5. What is your occupation? Please choose the answer that best describes your role. \*
   * Architecture
   * Building engineering
   * Facilities management
   * Planning / regulation
   * Other:
6. In which country is the building located? \*
7. In which city is the building located? \*
8. How many floors does the building have? \*
   * 1
   * 2
   * 3
   * 4
   * 5-11 (multi-storey)
   * 12-39 (tall building)
   * 40+ (skyscraper)
9. What is the approximate total floor area of the building? If you don't know this, and don't have access to the plans, please view your building from Google Maps, and use the scale on the bottom right of the page (see example in picture below) to measure the total floor area: length x width x number of floors. If you know the answer in square feet, just divide by ten to get square meters. \*

o <500 m2

o 500 - 1000 m2

o 1000 - 5000 m2

o 5000 - 10,000 m2

o 10,000 - 50,000 m2

o 50,000 - 100,000 m2

o >100,000 m2

1. What is the approximate typical number of occupants in the building? You might only know this for the part of the building your organisation occupies, so please multiply up to obtain a rough figure for the whole building. \*

### SECTION TWO: BUILDING USE AND USERS

*Questions about how the building is used and the people using it.*

1. What proportion of users are engaged in sedentary activities with little exercise whilst they are in the building? Pick the closest answer. \*
   * <25% - most people are reasonably active

o 25% - 50%

o 50% - 75%

* + >75% - most people are sedentary

1. What is the age range of the majority (>50%) of building users? \*

o 0 – 18

o 19 – 29

o 30 – 65

o > 65

1. What is the primary use of the building? \*
   * Residential - e.g. halls, flats, hostel (but NOT care homes and nursing homes)
   * Social Care - e.g. care homes, nursing homes, sheltered accommodation
   * Educational - e.g. school, university teaching building
   * Physical Recreation - e.g. sports centre, dance studios, drama workshops
   * Medical - e.g. hospitals, medical centres
   * Physical Commercial - e.g. manufacturing or warehousing that involve physical activity
   * Sedentary Commercial - e.g. offices, sedentary manufacturing
   * Other:

### SECTION THREE: LOCAL ENVIRONMENT

*Questions about travel to the building and local amenities. These options relate to specific guidance so please only select "YES" if the criteria are met completely.*

1. How far (in metres) is the nearest public transport stop from the main entrance of the building? (One metre is about 3 feet.) \*
   * < 400 metres (quarter of a mile)
   * 400 - 800 metres (quarter to half a mile)
   * 800 metres (half a mile), or non-existent
2. If there is a public transport stop within 800m (half a mile), is the pedestrian route from there to the building safe, direct, easy to follow and well lit? If there is no stop within 800m, please select "not applicable" \*
   * Yes
   * Not to this standard
   * No
   * Not applicable
3. Is the building locating such that daily errands, for example shopping at lunchtime, can be accomplished on foot? \*
   * Yes
   * Not to this standard
   * No
4. Is there a safe, high quality walking route for exercise or relaxing of at least 800m (half a mile) starting within 100m (300 feet) of the building? \*
   * Yes
   * Not to this standard
   * No

### SECTION FOUR: BUILDING DESIGN AND FACILITIES

*Questions about amenities provided by the building. These options relate to specific guidance so please only select "YES" if the criteria are met completely.*

1. Is there covered and secure bicycle parking provided within 50m of the main entrance? \*
   * Yes
   * Not to this standard
   * No
2. Are showers and lockers available at no charge? \*
   * Yes
   * Not to this standard
   * No
3. Is there an exercise or fitness room within the building? If the building you are reporting on is a sports centre, school or other building where a gym is provided as part of the core purpose, please select "not applicable". \*
   * Yes
   * Not to this standard
   * No
   * Not applicable
4. Access - please select all that apply \*
   * The main entrance is orientated towards pedestrian traffic
   * The stairwell takes visual prominence over the lift on the entrance floor
   * The stairwell takes visual prominence over the lift on at least 50% of floors
   * From the main entrance the stairwell must be passed to reach the lift
   * None of the above
5. Which of these other features does the building have? Please select all that apply. \*
   * Spaces such as balconies and roof terraces.
   * Social points (e.g. cafeterias, social/break rooms) are of high quality.
   * Hallways and corridors are connected with exterior green areas.
   * Access to external space that is not weather dependent (e.g. covered and shaded outdoor shelters)
   * High quality outdoor amenity space for lunch etc. within building or within 50m of a main entrance.
   * None of the above

### SECTION FIVE: MANAGEMENT

*Questions about which operation measures are in place to encourage movement.*

1. Which of the following strategies are in use? Please select all that apply. \*
   * Lifts do not stop on every floor for non-disabled users (buildings over 5 storeys ONLY)
   * A commuting survey is completed bi-annually (every two years) AND results are announced to staff.
   * Car parking, if provided, is restricted by charges and/or permits.
   * Permanent adverts are well displayed within the building for amenity spaces, walking routes and transit access
   * Permanent adverts are well displayed within the building for points of interest within 2km of walking.
   * Stairwells are attractive (e.g. contains art or uses high quality materials and finishes).
   * Lift lobby areas have permanent signs promoting staircase use
   * None of the above

Many thanks for completing the survey. Is there anything else you would like to tell us about the building?