



Women's Health Survey

Did you know that only **1 in 3 women** feel comfortable talking about health issues in their workplace?



Our survey template will help you find out what your people want and need in terms of women's health support.

We've put together a short questionnaire for you to send all colleagues who self-identify as female. The survey should take less than five minutes for them to fill out.

1 What is your age?

- 18-24
- 25-34
- 35-44
- 45-50
- 51-60
- 60+

2 Have you ever been concerned about an aspect of your physical and/or mental health?

- Yes
- No
- Not sure

3 Where do you currently get most of your health information?

- Friends and family
- My GP
- NHS Website
- Health resource or app provided by my employer
- Health resource or app not provided by my employer
- Health websites
- Newspapers (online/print)
- Magazines (online/print)
- Google
- Other

4 In the past year, have you Googled a health-related question?

Yes

No

5 How many of the following have you experienced/ been diagnosed with? Tick all that apply

Period pain

PMS

UTIs (inc. cystitis)

Skin problems (inc. hormonal acne)

Endometriosis

Polycystic Ovary Syndrome (PCOS)

Unsure about contraception options

Needing emergency contraception

Body image

Struggling with nutritional guidance

General mental health (inc. depression and anxiety)

Struggling with relationships

Weight management

Struggling with exercise motivation

Cervical health

STIs

Sexual function issues (e.g painful sex)

Confidence/pleasure during sex

Miscarriage

Bladder issues (inc. incontinence)

Abortion

Eating disorder

Fibroids

Gynaecological cancer

Breast care issues

6 In the past year, have you taken time off for only of the above issues?

None

1-5 days

6-12 days

12 or more days

7 **Physically, how are you feeling?**

Scale of 1-10

8 **Mentally, how are you feeling?**

Scale of 1-10

9 **How confident do you feel discussing your health with your line manager?**

Scale of 1-10

10 **In the past year, have you taken time off for only of the above issues?**

None

1-5 days

6-12 days

12 or more days

11 **Do you feel you have enough support from work for your health?**

Yes

No

Not needed

12 **If you are a manager, have you been offered specific training or education on supporting female colleagues with their health?**

Yes

No

Not sure

I'm not a manager

13 **How easy is it for you to visit the GP?**

Scale 1-10

14 **How would you like to receive support and information about women's health? (tick all that apply)**

Intranet resources

Leaflets and posters

Information sessions

Videos

Audios

Articles

Speak to an expert over chat 1-to-1

Speak to an expert over video call 1-to-1



Find out how personalised women's health support could benefit your people and your business

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