

PREPARING A HEALTHY LIFESTYLE KNOWLEDGE QUESTIONNAIRE CONSIDERING THE NEEDS OF LITHUANIAN PUBLIC HEALTH BUREAUS

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Project execution period: 2017–2018

Tasks:

1. To determine what particular kind of healthy lifestyle knowledge questionnaire would be most useful for Lithuanian public health bureaus professionals in their work of promoting occupational health in Lithuanian enterprises.
2. To prepare such kind of healthy lifestyle knowledge questionnaire adapting it for use in Lithuania.

Methodology. A survey of all public health bureaus operating in Lithuania (n = 46) was conducted using a short questionnaire prepared by the researchers. The purpose of the survey was to find out what particular kind of lifestyle knowledge questionnaire would be most useful for Lithuanian public health bureaus professionals. A search of this kind of questionnaire developed by foreign authors, translation into Lithuanian, and adaptation for use in Lithuania by ensuring content and face validity were conducted.. The study population in order to ensure content validity were experts in particular healthy lifestyle fields (n = 14). The research population in order to ensure face validity were Lithuanian adult workers except for workers in public health and analogical fields (n = 52).

Results. As a result of this study, nutrition (20 items) and physical activity (8 items) knowledge questionnaire was prepared. It will be made available for free use by Lithuanian public health bureaus professionals in their work of promoting occupational health. The questionnaire will be presented at various training sessions and conferences.

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