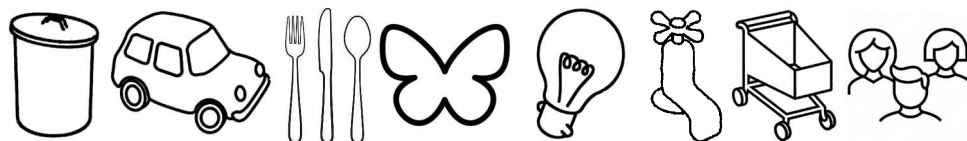


Community Climate Action Programme



CCAP Lifestyle Assessment – type **** on the line for your response

<u>Energy</u>	Pre-CCAP	Response	Post CCAP
I have replaced traditional light bulbs with energy efficient ones.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- None ----- ----- Some ----- ----- Most ----- ----- All -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
When it's cold, instead of turning the heating up I put on more clothing and I use an extra blanket or a hot water bottle in bed.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	---- Hardly ever ---- ---- Sometimes ---- ---- Most times ---- ---- Nearly always ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I have researched and changed energy provider based on renewable energy generation.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- No ----- ---- Researched ---- ----- Changed -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
The loft in my home is insulated with at least 10 inches (250 mm) of good quality insulation.	<input type="checkbox"/> <input type="checkbox"/>	----- No ----- ----- Yes -----	<input type="checkbox"/> <input type="checkbox"/>

<u>Biodiversity</u>	Pre-CCAP	Response	Post CCAP
Do you participate in any local or national organisations working to restore biodiversity?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Never ----- ---- Hardly ever ---- ---- Sometimes ---- ---- Regularly ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Do you maintain your garden with biodiversity in mind?	<input type="checkbox"/> <input type="checkbox"/>	----- No ----- ----- Yes -----	<input type="checkbox"/> <input type="checkbox"/>
Do you consider biodiversity in your buying habits – for example around purchases of food, clothing or household products?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	---- Hardly ever ---- ---- Sometimes ---- ---- Most times ---- ---- Nearly always ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
How many species of Irish birds can you name?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- None ----- ----- Five ----- ----- Fifteen ----- ---- Over twenty ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<u>Travel</u>	Pre-CCAP	Response	Post CCAP
I use public transport.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ---- Nearly always ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
For shorter journeys I cycle or walk.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ---- Nearly always ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I share car journeys with family, friends and neighbours (school runs, going to work, etc).	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ---- Nearly always ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I have researched and considered changing to a vehicle that uses less, or no fossil fuels	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- No ----- ---- Researched ---- ----- Changed -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<u>Water</u>	Pre-CCAP	Response	Post CCAP
I know which foods and other products that I purchase need the most water for their production.	<input type="checkbox"/> <input type="checkbox"/>	----- No ----- ----- Yes -----	<input type="checkbox"/> <input type="checkbox"/>
I am mindful of the water that I use in the home and garden and try to minimise waste.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ---- Nearly always ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I have checked that all the taps and toilets in my home are working properly with no leaks or drips.	<input type="checkbox"/> <input type="checkbox"/>	----- No ----- ----- Yes -----	<input type="checkbox"/> <input type="checkbox"/>
I am careful not to dispose of any medicines or other chemicals (including cleaning chemicals and gardening products) down the toilet, sink or drain.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ---- Nearly always ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<u>Food</u>	Pre-CCAP	Response	Post CCAP
I am careful not to waste any food in the home and after preparing a meal plan for the week I check my fridge and cupboards and then make a shopping list.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ---- Nearly always ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
When I have a choice, I buy local products with the Fairtrade logo and/or organic products.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ---- Nearly always ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
How many servings of fruit and vegetables do you eat per day?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Three ----- ----- Five -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

	<input type="checkbox"/>	----- Over Seven -----	<input type="checkbox"/>
I eat meals that contain no meat or dairy products.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ----- Nearly always -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<u>Waste</u>	Pre-CCAP	Response	Post CCAP
When shopping I am aware of excess packaging and make choices to buy products with less packaging.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ----- Nearly always -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I use cloths and sponges for cleaning rather than wipes or paper roll.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ----- Nearly always -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
At home I have a storage system to make recycling easy and cut down on general rubbish	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- No ----- ----- Somewhat ----- ----- Yes -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I try to repair or have someone else repair clothes, electrical items, and other items.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ----- Nearly always -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<u>Consumption</u>	Pre-CCAP	Response	Post CCAP
Before purchasing new consumer goods, I consider the possibility of buying the item second hand and do so when I can	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ----- Nearly always -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I choose eco-friendly household cleaning materials such as washing powder and washing up liquid	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ----- Nearly always -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
I use rechargeable rather than disposable batteries for domestic appliances and toys, etc.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ----- Nearly always -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
When purchasing consumer goods, I make choices in favour of reusable or good quality items that will last a long time and have the possibility to be repaired.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Hardly ever ----- ----- Sometimes ----- ----- Most times ----- ----- Nearly always -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<u>Community and Wellbeing</u>	Pre-CCAP	Response	Post CCAP
How much time do you spend keeping active each day including exercise, walking at work, household activities and gardening?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- 30 mins ----- -----60 mins ----- ----- 90 mins ----- ----- 120 mins -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Do you volunteer with any organisations in your area working on environmental, social, and/or mental health issues?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- None ----- ----- One to two ----- ----- three to four ----- -- more than 4 --	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
How much time each day do you spend in conversation with family members or members of your community?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- 30 mins -- --- 1 - 2 hours --- --- 2 - 4 hours --- ---- Over 4 hours ----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
How often do you feel stressed in a typical week?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Never ----- ----- Hardly ever ----- ----- Sometimes ----- ----- Regularly -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<u>Attitudes</u>	Second meeting	Response	Last meeting
How much do you know about climate change and biodiversity loss?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	--- Never heard of --- ----- A little ----- -- Medium amount -- ----- A lot -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Are biodiversity loss and climate change caused by human activities?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	--- mostly humans --- - humans & nature - --- mostly nature --- --- not happening --- ---- other causes----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Do you think people are currently being affected by climate change or biodiversity loss?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- No ----- ----- A little ----- -- Medium amount -- ----- A lot -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Do you think you will be directly affected by climate change or biodiversity loss?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- No ----- ----- A little ----- -- Medium amount -- ----- A lot -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Would eating less meat, fish and dairy products be beneficial or detrimental to climate change and biodiversity loss?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	----- Large benefit ----- ---- minor benefit---- ---- no benefit ---- ----- harmful -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Should reversing biodiversity loss be a high priority for the government?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	---- Very high ---- ----- High ----- ---- Medium ---- ----- Low -----	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>