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# One Planet Living<sup>®</sup> for new communities

Guidance on household surveys

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# UNIVERSITY OF WESTMINSTER

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## Introduction

Bioregional has written a set of [Goals and Guidance](#) documents for all projects wishing to use the One Planet Living® framework, including one for new communities. Those documents form the basis of One Planet Living, laying out what a new community should aim for to be truly sustainable and the high-level actions and strategies that can be used to achieve this vision.

There are further documents available for new communities, which can be used to support the high-level Goals and Guidance. This document provides guidance on household surveys, which can be used in conjunction with the guidance on outcomes and indicators for new communities.

## Survey guidance

Household surveys can be a useful tool in measuring the sustainability performance of a new build community. This section provides guidance on how to undertake an effective survey.

### Suggestions for conducting surveys

- Use **digital surveys** and avoid using paper surveys if possible. Digital surveys can be designed in a much more flexible and engaging way with online software, and as the number of survey responses grows, digital surveys will reduce the burden of data entry.
- Consider using the [Typeform platform](#), which prioritises attractive design and good user experience.
- Combine a **household survey** with one for **individual adults**. This means that (a) if one person takes the survey they can answer household-level questions without duplicating them for all individuals within a household; (b) all adults within the household have a chance to answer questions, e.g. on satisfaction and lifestyle; and (c) one adult can encourage others to complete the survey.
- Consider using **images** to make the survey more engaging.
- Consider using **benchmarking** based on pre-existing government statistics to make the survey more engaging for respondents and help gauge and evaluate overall performance – for example, national data on average levels of well-being. This information can be presented after questions have been answered.
- Aim to foster **learning** about healthy behaviour (active lifestyles) and environmental behaviours and impacts (such as sustainable and ethical food purchasing).
- The survey questions also include some **open-ended response questions** to provide an opportunity for feedback and help with transport planning and general post-occupancy evaluation.

## Household survey (one per household)

Number of bedrooms in home	<p>SURVEY QUESTION</p> <p>How many bedrooms do you have in your home?</p> <p>NOTES</p> <p>This question can be used to obtain average occupancy levels. If enough survey data is available then home occupancy levels can be matched to the number of bedrooms, allowing the average occupancy levels of different sized dwelling units to be estimated.</p>
Indicator: % of homes composting organic waste	<p>SURVEY QUESTION</p> <p>Do people in your household generally compost food waste - either at home or sent away in green waste bins?</p> <ul style="list-style-type: none"> <li>• Garden compost bins</li> <li>• Communal compost bins</li> <li>• Green waste collection</li> <li>• We do not compost organic waste</li> </ul>
Number of adults living in home	<p>SURVEY QUESTION</p> <p>How many adults (16 and over) live in your home?</p>
Number of children living in home	<p>SURVEY QUESTION</p> <p>How many children (under 16) live in your home?</p>
Indicator: % of children going to school by public or active transport	<p>SURVEY QUESTION</p> <p>Then (using skip logic): how does the first / second / third / fourth (etc.) child travel to school?</p> <ul style="list-style-type: none"> <li>• Walk</li> <li>• Bicycle</li> <li>• Bus</li> <li>• Train (or tram / light rail / underground rail)</li> <li>• Petrol or diesel car / van / motorbike</li> <li>• Hybrid car / van / motorbike</li> <li>• Biofuel car / van / motorbike</li> <li>• Electric car / van / motorbike</li> <li>• E-bike</li> </ul>

	<ul style="list-style-type: none"> <li>• E-scooter (standing)</li> <li>• Non-motorised scooter</li> <li>• Not applicable</li> </ul> <p>(Include LPG with petrol and diesel if necessary)</p>
<p>Feedback on transport measures 1</p> <p>Indicator: % of households making use of transport options (e.g. ride sharing, car club, bike rental)</p>	<p>SURVEY QUESTION</p> <p>What transport options have people in your household made use of, and found useful? (Edit fields to reflect development)</p> <ul style="list-style-type: none"> <li>• E.g. bike paths, bus services, ride sharing, electric car club, car rental, bike rental, electric charging points, etc.</li> </ul>
<p>Feedback on transport measures 2</p>	<p>SURVEY QUESTION</p> <p>What additional transport measures would help reduce your household's usage of personal vehicles, if any?</p> <ul style="list-style-type: none"> <li>• Open-ended response box</li> </ul>
<p>Feedback on local amenities 1</p>	<p>SURVEY QUESTION</p> <p>Which of the following public spaces and amenities does someone in your household generally make use of at least once per week, if any? (Edit fields to reflect development)</p> <ul style="list-style-type: none"> <li>• E.g. child play areas, gym, sports equipment, public spaces, allotment, growing space, sports areas, open countryside, etc.</li> </ul>
<p>Feedback on local amenities 2</p> <p>Indicator: % of households making use of growing spaces or allotments at least once per month</p>	<p>SURVEY QUESTION</p> <p>Which of the following public spaces and amenities does someone in your household generally make use of at least once per month, if any? (Edit fields to reflect development)</p> <ul style="list-style-type: none"> <li>• E.g. child play areas, gym, sports equipment, public spaces, allotment, growing space, sports areas, open countryside, etc.</li> </ul>

## Individual adult survey

<p>Indicator: % of people satisfied with aspects of home, by aspect</p>	<p><b>SURVEY QUESTION</b></p> <p>Are you satisfied with the following aspects of your home? Do not select if you are dissatisfied, or neither satisfied nor dissatisfied.</p> <ul style="list-style-type: none"> <li>• Summer indoor air temperature</li> <li>• Winter indoor air temperature</li> <li>• Natural daylight</li> <li>• Noise levels</li> <li>• Ventilation and air quality</li> <li>• Layout</li> <li>• Overall quality</li> </ul>
<p>Indicator: average life satisfaction</p>	<p><b>SURVEY QUESTION</b></p> <p>Overall, how satisfied are you with your life nowadays? Where 0 is "not at all satisfied" and 10 is "completely satisfied".</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p><b>BENCHMARKS</b></p> <ul style="list-style-type: none"> <li>• OECD national averages available <a href="#">here</a></li> <li>• In the UK, Local Authority level benchmarks are available <a href="#">here</a></li> </ul>
<p>Indicator: % of residents which are physically active</p>	<p><b>SURVEY QUESTION</b></p> <p>On an average week, do you meet the recommended amount of physical exercise? This can be any amount equivalent to 1hr and 15 mins of vigorous activity (such as running) or 2 hrs and 30 mins of moderate intensity activity (such as brisk walking) per week.</p> <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> </ul> <p><b>NOTES</b></p> <p>Based on UK Chief Medical Officer guidelines.</p>
<p>Indicator: % of people satisfied with aspects of</p>	<p><b>SURVEY QUESTION</b></p> <p>Are you satisfied with the following aspects of your local area? Do not select if you are dissatisfied, or neither satisfied nor dissatisfied.</p>

community, by type	<ul style="list-style-type: none"> <li>• Transport links</li> <li>• Local shops</li> <li>• Medical services</li> <li>• Safety and security</li> <li>• Exercise and sports facilities</li> <li>• Leisure facilities</li> <li>• Public spaces</li> <li>• Green spaces</li> </ul>
Indicator: know your neighbour rate	<p><b>SURVEY QUESTION</b></p> <p>How many neighbours in the local area can you name? Local area defined as whichever bigger: "the new development", or "the street you live in and the streets nearby" (edit info as applicable).</p> <ul style="list-style-type: none"> <li>• Open-ended response box</li> </ul>
Indicator: % of people who borrow things and exchange favours with their neighbours	<p><b>SURVEY QUESTION</b></p> <p>To what extent do you agree or disagree with the following statement? I borrow things and exchange favours with my neighbours.</p> <ul style="list-style-type: none"> <li>• Strongly agree</li> <li>• Agree</li> <li>• Neither agree nor disagree</li> <li>• Disagree</li> <li>• Strongly disagree</li> </ul> <p><b>NOTES</b></p> <ul style="list-style-type: none"> <li>• "Agreeing" = definitely agree / tend to agree.</li> <li>• In the UK, Local Authority level data may be available.</li> <li>• Taken from the UK Understanding Society Survey, wave 3 questionnaire.</li> </ul>
Indicator: % of inhabitants agreeing that people from different backgrounds get on well in local area	<p><b>SURVEY QUESTION</b></p> <p>Possible survey question: To what extent do you agree or disagree that this local area is a place where people from different backgrounds get on well together? Local area defined as "the street you live in and the streets nearby".</p> <ul style="list-style-type: none"> <li>• Definitely agree</li> <li>• Tend to agree</li> <li>• Neither agree nor disagree</li> <li>• Tend to disagree</li> </ul>



	<ul style="list-style-type: none"> <li>Definitely disagree</li> </ul> <p>NOTES</p> <ul style="list-style-type: none"> <li>“Agreeing” = definitely agree / tend to agree.</li> <li>In the UK, Local Authority level data is available from the Community Life Survey.</li> <li>This indicator looks at bridging social capital between social groups.</li> </ul>
<p>Indicator: % of people checking packaging for sustainable or ethical food, by type</p>	<p>SURVEY QUESTION</p> <p>Which of the following do you check packaging for, or take into consideration, when buying food?</p> <ul style="list-style-type: none"> <li>Local or seasonal fruit and vegetables</li> <li>Organic food</li> <li>Free-range eggs</li> <li>Outdoor-reared meat or dairy (such as certified to certain organic or welfare standards)</li> <li>Sustainable seafood (e.g. MSC certified or not on Greenpeace lists)</li> <li>Fairtrade products, such as chocolate, tea, coffee or bananas</li> </ul> <p>INFORMATION AFTER QUESTION (adapt to context)</p> <ul style="list-style-type: none"> <li>Local, seasonal or organic vegetables may have a lower environmental impact. There are also other sustainable systems, such as the <a href="#">LEAF</a> mark in the UK.</li> <li>Many organic systems have higher welfare standards than non-organic approaches, for example requiring animals to have access to pasture.</li> <li>MSC certification provides some assurance about sustainable seafood. Greenpeace also publish a more rigorous <a href="#">red list of fish to be avoided</a>.</li> </ul>
<p>Indicator: % of adult residents with (a) low-meat or fish-only diets, (b) vegetarian diets and (c) vegan diets</p>	<p>SURVEY QUESTION</p> <p>What type of diet do you typically follow?</p> <ul style="list-style-type: none"> <li>High meat eater (e.g. two chicken drumsticks or sausages per day, or a steak every two days)</li> <li>Medium meat eater (e.g. a burger, chicken drumstick or sausage per day)</li> <li>Low meat eater (e.g. a ham or tuna sandwich every few days)</li> </ul>

	<ul style="list-style-type: none"> <li>• Fish eater</li> <li>• Vegetarian</li> <li>• Vegan</li> </ul> <p>INFORMATION AFTER QUESTION</p> <p>The carbon footprint of a high meat diet can be over twice as high as that of a vegan diet, according to a study on diets in the UK (Scarborough et al., 2014).</p>
<p>Indicator: % of residents using a personal petrol, diesel or hybrid vehicle more than two days per week</p> <p>Indicator: % of residents using active transport more than two days per week</p>	<p>SURVEY QUESTION</p> <p>Which of the following modes of transport do you use more than two days per week?</p> <ul style="list-style-type: none"> <li>• Walk</li> <li>• Bicycle</li> <li>• Bus</li> <li>• Train (or tram / light rail / underground rail)</li> <li>• Petrol or diesel car / van / motorbike</li> <li>• Hybrid car / van / motorbike</li> <li>• Biofuel car / van / motorbike</li> <li>• Electric car / van / motorbike</li> <li>• E-bike</li> <li>• E-scooter (standing)</li> <li>• Non-motorised scooter</li> </ul> <p>(Include LPG with petrol and diesel if necessary)</p>
<p>Indicator: % of residents using a personal petrol, diesel or hybrid vehicle sometimes, but less than two days per week</p> <p>Indicator: % of residents using active transport sometimes, but less than two days per week</p>	<p>SURVEY QUESTION</p> <p>Which of the following modes of transport do you use sometimes, but less than two days per week?</p> <ul style="list-style-type: none"> <li>• Walk</li> <li>• Bicycle</li> <li>• Bus</li> <li>• Train (or tram / light rail / underground rail)</li> <li>• Petrol or diesel car / van / motorbike</li> <li>• Hybrid car / van / motorbike</li> <li>• Biofuel car / van / motorbike</li> <li>• Electric car / van / motorbike</li> <li>• E-bike</li> <li>• E-scooter (standing)</li> <li>• Non-motorised scooter</li> </ul> <p>(Include LPG with petrol and diesel if necessary)</p>

<p>Indicator: % of residents commuting by alternative to personal petrol, diesel or hybrid vehicles</p>	<p><b>SURVEY QUESTION</b></p> <p>What is usually your main mode of travel to work (if any)? If you use more than one of the below options indicate which mode you travel the furthest with.</p> <ul style="list-style-type: none"> <li>• Walk</li> <li>• Bicycle</li> <li>• Bus</li> <li>• Train (or tram / light rail / underground rail)</li> <li>• Petrol or diesel car / van / motorbike</li> <li>• Hybrid car / van / motorbike</li> <li>• Biofuel car / van / motorbike</li> <li>• Electric car / van / motorbike</li> <li>• E-bike</li> <li>• E-scooter (standing)</li> <li>• Non-motorised scooter</li> </ul> <p>(Include LPG with petrol and diesel if necessary)</p>
<p>Indicator: % of residents taking a long-haul flight per year</p>	<p><b>SURVEY QUESTION</b></p> <p>Please indicate the number of the following single flights that you have taken this year. For a round-trip, enter two flights.</p> <ul style="list-style-type: none"> <li>• Up to or including 4 hours</li> <li>• Over 4 hours</li> </ul>