

Gut Health Quiz

Name: _____ Date of birth: _____
Gender: _____ Date of assessment: _____

Disclaimer: This Gut Health Quiz is based on the Digestive Health Questionnaire provided by the World Gastroenterology Organization (WGO). This version is adapted for informational and educational purposes only. It does NOT replace professional medical advice, diagnosis, or treatment.

Instructions: Select all of the options that apply to you.

1. Do you experience digestive discomfort, such as your tummy feels heavy after eating (bloating), stomach ache, indigestion, flatulence, diarrhea, constipation, or other abdominal discomfort?

Never Now and then (occasionally) - not every week At least once a week Every day

2. How do these symptoms affect you?

They interfere with my daily life, work and the way I normally function Sometimes, they worry me or make me moody They affect me sometimes but I can manage them They don't affect me at all

3. How often do you eat the recommended servings of vegetables and fruit?

Less than once a week Once weekly Every 3-4 days Every 1-2 days Daily

4. How much liquid (water, juices, tea or other non alcoholic beverages) per day? Do you drink...

Men

More than 3 litres (approx. 13 cups)
Between 1 and 3 litres (approx. 5 to 12 cups)
Less than 1 litre (approx. less than 4 cups)

Women

2 litres (approx. 9 cups)
Between 0.5 and 2 litres (approx. 3 to 8 cups)
Less than 0.5 litre (approx. less than 2 cups)

5. How often do you exercise (e.g. jogging, cycling, a long walk, swimming, etc.)?

Less than once a week Once weekly Every 3-4 days Every 1-2 days Daily

6. Are you overweight?

No, I am at or near my desired weight or below Once weeYes, I am 6-15 kg above my desired weightkly Yes, I am 15-30 kg above my desired weight Yes, I am more than 30 kg above my desired weight

7. How often do you take any measures (e.g. special food / medications) to improve your digestive comfort?

Daily Every 1-2 days Every 3-4 days Once weekly Rarely/never

Total score _____

Scoring and interpretation

- The questionnaire consists of 8 Likert-type questions about digestive health habits.
- The total score is calculated by summing the responses.
- A score greater than 15 indicates Good Digestive Health.
- A score between 5 and 15 suggests a High Risk of digestive health issues.
- A score below 5 is interpreted as Poor Digestive Health, indicating the need for prompt medical attention.

Additional notes

Healthcare professional information

Name: _____ License ID: _____
Signature: _____ Date of assessment: _____

References

Sámano, R., Esparza-Juárez, F., Chico-Barba, G., González-Medina, E., Sánchez-Jiménez, B., & Hernández-Trejo, M. (2022). Association of diet, body mass index, and lifestyle on the gastrointestinal health risk in a sample of adults. *International Journal of Environmental Research and Public Health*, 19(17), 10569. <https://doi.org/10.3390/ijerph191710569>

World Gastroenterology Organisation. (2025). *Health test*. <https://www.worldgastroenterology.org/forms/health-test.php>