

For group leaders to complete:

Active Belfast funded Programme name:

Unique ID:

Number of sessions in programme:

Number of sessions participant completed:

Active Belfast End of Programme Survey

We hope you take some time to complete this questionnaire.

We will use the information you provide to help us find out what is working well in the programme and what can be made better. This will help to improve Active Belfast programmes in the future for others.

All of your responses are treated confidentially.

First, tell us a bit about you...

1. Please tell us if you are:

Boy

Girl

2. How old are you? _____

3. What is your home postcode? _____

Healthy eating

4. How would you describe your current eating habits?

Very healthy

Quite healthy

Neither healthy nor unhealthy

Quite unhealthy

Very unhealthy

Don't know

5. How many portions of fruit and vegetables should we eat every day?












Per day

Don't know

6. The following statements are about healthy eating. Please tell us how much you agree with each of these statements (please tick one response per row)

	Strongly agree	Agree	No strong opinion	Disagree	Strongly disagree
Eating a healthy diet can help prevent some illnesses and can help us keep healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a variety of fruit and vegetables every day is an important part of healthy eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important to keep hydrated and drink 6-8 glasses of fluid per day (e.g. water or lower fat milk milk)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. In a normal week, how often do you eat or drink the following (please tick one response for each row)?

	Every day	Most days	2 or 3 times a week	Once a week	Less often/ never
Eat breakfast 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat regular meals 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat crisps, savoury snacks (e.g. tortilla chips) 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat sweets or chocolate 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat biscuits, buns, cakes, pastries 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat fast food/ carry out meals 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat chips, roast potatoes, waffles, wedges 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat fried foods, e.g. battered fish, eggs, sausages 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink fizzy drinks, e.g. Coke, Fanta, Lucozade 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat processed meat or chicken products, e.g. meat pies, sausage rolls, sausages, chicken nuggets 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat wholemeal or wheaten bread 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Eat cereals such as Weetabix,
porridge, Shredded wheat



Eat fish (not battered or breaded)



Eat fruit, including fresh, frozen,
fruit tinned in natural juice, and
pure fruit juice.



Eat salad or vegetables,
including fresh, frozen, dried and
tinned vegetables but excluding
potatoes



Health and Wellbeing

8. Thinking about the last week.....

	Not at all	Slightly	Moderately	Very	Extremely
Have you felt fit and well?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you felt full of energy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you felt sad?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you felt lonely?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you had enough time for yourself?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you been able to do the things that you want to do in your free time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have your parent(s) treated you fairly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you had fun with your friends?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you got on well at school?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you been able to pay attention?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Taking part in sport/physical activity and Active Belfast

9. Do you like to play sport or do physical activity?

Yes

No

10. How often do you normally play sport or do physical activity?

Never

Once a week

Twice a
week

Three
times a
week

Four times
a week

Five or more
times a week

11. How many minutes of physical activity should we do?

per day

OR

per week

Don't know

12. Are you a member of a sports club or team at school?

Yes

No

13. Are you a member of a sports club or team outside of school?































Yes

No

14. What are the main things that prevent you from playing more sport and/or doing more physical activity? (please tick all that apply)

- Not having enough time
- Homework
- Having to help at home
- No facilities near to where I live
- I would rather watch TV, play computer games, use social media etc
- Other Please state: _____
- It costs too much
- I don't feel fit enough
- I don't know what is available
- I am not interested in sport and physical activity
- Nothing prevents me

15. Which sports or physical activities did you take part in as part of Active Belfast?

- | | | | | | | | | |
|------------|---|-----------------------|-----------------|---|-----------------------|------------------|---|-----------------------|
| Archery |  | <input type="radio"/> | Fitness class |  | <input type="radio"/> | Playground games |  | <input type="radio"/> |
| Athletics |  | <input type="radio"/> | Football |  | <input type="radio"/> | Playing outdoors |  | <input type="radio"/> |
| Badminton |  | <input type="radio"/> | Futsal |  | <input type="radio"/> | Rugby |  | <input type="radio"/> |
| Basketball |  | <input type="radio"/> | Gaelic football |  | <input type="radio"/> | Running/jogging |  | <input type="radio"/> |
| Boccia |  | <input type="radio"/> | Golf |  | <input type="radio"/> | Squash |  | <input type="radio"/> |
| Boxing |  | <input type="radio"/> | Gym session |  | <input type="radio"/> | Swimming |  | <input type="radio"/> |
| Camogie |  | <input type="radio"/> | Gymnastics |  | <input type="radio"/> | Table tennis |  | <input type="radio"/> |
| Circuits |  | <input type="radio"/> | Hockey |  | <input type="radio"/> | Tennis |  | <input type="radio"/> |
| Cricket |  | <input type="radio"/> | Hurling |  | <input type="radio"/> | Trampolining |  | <input type="radio"/> |
| Cycling |  | <input type="radio"/> | Martial arts |  | <input type="radio"/> | Volleyball |  | <input type="radio"/> |

Dance



Netball



Walking



Dodgeball



New age
kurling



Wheelchair
basketball



Fishing



Olympic
handball



Yoga/pilates



Other

Outdoor
bowls



If other please state:

16. Where did you take part in your activity/sport?

At school during lessons

At school after lessons

At a community setting

At a council facility

At a club

Other

If other please specify:

17. Since taking part in the Active Belfast programme, has the amount of time you spend doing sport or physical activity changed?

Do more often

Stayed the same

Do less often

18. Did you enjoy taking part in the Active Belfast programme?

Yes

No

19. Do you want to continue playing sport or physical activity (after the Active Belfast programme)?

Yes

No

20. What did you like most about the Active Belfast funded programme?

21. What did you like least about the Active Belfast funded programme?

22. Overall, how do you rate the Active Belfast programme?



Thank you for taking the time to complete this questionnaire.

Please return to the group leader.

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