

<b>For group leaders to complete</b>	
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 evaluate this programme. This will help to improve Active Belfast 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:

Male

Female

2. What was your age on your last birthday: \_\_\_\_\_

3. What is your home postcode? \_\_\_\_\_

**Your opinions on healthy lifestyles**

4. What behaviours do you think promote a healthy lifestyle?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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

Moderate activity: \_\_\_\_\_ Minutes per week

Or

Vigorous activity: \_\_\_\_\_ Minutes per week

Don't know

**6. The following statements are about physical activity and 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
Taking regular physical activity can improve your health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reducing time sitting/ being inactive is important for health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adults and older people should aim to do 75 minutes of vigorous activity or 150 minutes of moderate activity per week.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a healthy diet can help prevent some illnesses and can help us keep a healthy weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a variety of at least 5 portions of fruit and vegetables each day is an important element of healthy eating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Your physical activity levels

**7. Do you meet the following weekly guidelines for physical activity?**

Time	Intensity	Activity type	Yes	No
<b>75mins (weekly)</b>	Vigorous intensity (breathing fast, difficulty talking)	<i>Run, Sport, Stairs...</i>	<input type="radio"/>	<input type="radio"/>
	2 days per week <i>Build strength &amp; Balance</i>	<i>Gym, Yoga, Carrying bags, Dance, Tai Chi, Bowls</i>	<input type="radio"/>	<input type="radio"/>
<b>OR</b>				
<b>150mins (weekly)</b>	Moderate intensity (increased breathing, able to talk)	<i>Walk, Cycle, Swim</i>	<input type="radio"/>	<input type="radio"/>
	2 days per week <i>Build strength &amp; Balance</i>	<i>Gym, Yoga, Carrying bags, Dance, Tai Chi, Bowls</i>	<input type="radio"/>	<input type="radio"/>
<b>OR</b>				
<b>OR a combination of both</b>			<input type="radio"/>	<input type="radio"/>

**8. During the last 7 days, how much time (in hours and minutes) did you usually spend sitting on an average week day and on an average weekend day?**

Weekday: \_\_\_\_\_ hours \_\_\_\_\_ minutes

Weekend day: \_\_\_\_\_ hours \_\_\_\_\_ minutes

## Healthy eating

**9. How would you describe your current eating habits?**

Very healthy       Quite healthy       Neither healthy nor unhealthy       Quite unhealthy       Very unhealthy       Don't know

**10. In a normal week how often do you do 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"/>
Cook convenience foods, e.g. pizza, sausage rolls, pies or ready meals	<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"/>
Base your meals on high fibre starch foods e.g. wholemeal or wheaten bread, porridge, wholegrain pasta or rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 6-8 cups of fluid (this includes tea, coffee, water, fruit juice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**11. In a normal week, how often would you eat 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
Crisps, savoury snacks (e.g. tortilla chips)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweets or chocolate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Biscuits, buns, cakes, pastries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chips, roast potatoes, waffles, wedges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried foods, e.g. battered fish, eggs, sausages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fizzy drinks, e.g. Coke, Fanta, Lucozade	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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"/>
Wholemeal or wheaten bread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cereals such as Weetabix, porridge, Shredded wheat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish (not battered or breaded)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit, including fresh, frozen, fruit tinned in natural juice, and pure fruit juice.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad or vegetables, including fresh, frozen, dried and tinned vegetables but excluding potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Use this guide to help you answer the next question:**

1 portion of fruit and vegetables is equal to the following:

- ✓ 1 slice of large fruit, e.g. melon or pineapple
- ✓ 1 medium sized fruit, e.g. pear or a banana
- ✓ 2 small fruits, e.g. kiwis, mandarins or plums
- ✓ 1 cup of very small fruit, e.g. grapes or strawberries
- ✓ 1 glass of pure fruit juice (pure fruit juice can only be counted as 1 portion each day)
- ✓ 3 heaped tablespoons of vegetables
- ✓ 1 dessert bowl of salad

**12. Based on the information in the box above, how many portions of fruit and vegetables would you eat on a normal day?**

\_\_\_\_\_ portions                      Don't know

**13. Has your knowledge of healthy eating improved as a result of information you received from Active Belfast funded programme?**

- Yes (go to Q14)   
  No (go to Q15)   
  Don't know (go to Q15)

**14. Please tell us how your knowledge of healthy eating has improved?**

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## Health and Wellbeing

**15. In general, how would you say your health is?**

- Excellent      Very good      Good      Fair      Poor
- 

**16. Over the last 2 weeks...**

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling useful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been dealing with problems well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been thinking clearly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling close to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been able to make up my own mind about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Your experiences of Active Belfast

17. How many physical activity sessions did you attend? \_\_\_\_\_

18. How many healthy eating sessions did you attend? \_\_\_\_\_

19. Did you complete the **full** Active Belfast programme?

Yes (please go to Q21)

No (please go to Q20)

20. If you did not complete the programme, could you tell us your reasons why? *(Please tick all that apply)*

- |                           |                       |                         |                       |
|---------------------------|-----------------------|-------------------------|-----------------------|
| Lack of time              | <input type="radio"/> | Unable to get childcare | <input type="radio"/> |
| Due to bad weather        | <input type="radio"/> | Due to injury/illness   | <input type="radio"/> |
| Couldn't be bothered      | <input type="radio"/> | No energy               | <input type="radio"/> |
| Not interested            | <input type="radio"/> | Work commitments        | <input type="radio"/> |
| Didn't like the programme | <input type="radio"/> | Other                   | <input type="radio"/> |

*If other please tell us what:*

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21. As part of the Active Belfast programme what activities have you tried? *(Please tick all that apply)*

- |                      |                       |                                      |                       |
|----------------------|-----------------------|--------------------------------------|-----------------------|
| Swimming             | <input type="radio"/> | Walking                              | <input type="radio"/> |
| Yoga                 | <input type="radio"/> | Walking Football/ walking rugby etc. | <input type="radio"/> |
| Aqua fit             | <input type="radio"/> | Circuit training                     | <input type="radio"/> |
| Gym                  | <input type="radio"/> | Bowls                                | <input type="radio"/> |
| Strength and balance | <input type="radio"/> | Cycling                              | <input type="radio"/> |
| Jogging/ couch to 5K | <input type="radio"/> | Chair aerobics                       | <input type="radio"/> |
| Pilates              | <input type="radio"/> | Rugby skills                         | <input type="radio"/> |
| Tai Chi              | <input type="radio"/> | Aerobics                             | <input type="radio"/> |
| Dance/ Zumba         | <input type="radio"/> | Boxing                               | <input type="radio"/> |
| Football             | <input type="radio"/> | Fishing                              | <input type="radio"/> |
| Canoeing             | <input type="radio"/> | Bouldering                           | <input type="radio"/> |
| Fitness classes      | <input type="radio"/> | Gardening                            | <input type="radio"/> |
| Green Gym            | <input type="radio"/> | Other                                | <input type="radio"/> |

*If other please tell us what:*

**22. What benefits did you get from attending the Active Belfast Programme? (Please tick all that apply)**

- |                                     |                       |                               |                       |
|-------------------------------------|-----------------------|-------------------------------|-----------------------|
| Better overall health               | <input type="radio"/> | Reduced the risk of falling   | <input type="radio"/> |
| Improved fitness                    | <input type="radio"/> | Stronger muscles and bones    | <input type="radio"/> |
| Better posture and balance          | <input type="radio"/> | Continued independent living  | <input type="radio"/> |
| Positive self-esteem                | <input type="radio"/> | Increased energy              | <input type="radio"/> |
| Healthy weight and weight control   | <input type="radio"/> | Relaxation and reduced stress | <input type="radio"/> |
| Improved your mood                  | <input type="radio"/> | Helped you to sleep better    | <input type="radio"/> |
| Eating more healthily               | <input type="radio"/> | Plan meals                    | <input type="radio"/> |
| Shopping and cooking more healthily | <input type="radio"/> | Other                         | <input type="radio"/> |
- If other please tell us what:*

**23. Please indicate how good you consider the sessions/ activity which you attended. Please tick your answer below**

	Very Poor	Poor	Satisfactory	Good	Very Good
Coach/ group leader – friendly, clear instruction, patient...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Facilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enjoyment Level	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timing of class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Easy to access	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Variety of classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**24. Has participating in the Active Belfast Programme helped improve your health and wellbeing?**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strongly Disagree     | Disagree              | Neither               | Agree                 | Strongly Agree        |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**25. Do you intend to keep active now the programme is over?**

- |                       |                        |                       |                       |
|-----------------------|------------------------|-----------------------|-----------------------|
| <input type="radio"/> | Yes (please go to Q26) | <input type="radio"/> | No (please go to Q27) |
|-----------------------|------------------------|-----------------------|-----------------------|

**26. If yes, please tell us how?**

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**27. If no, please tell us why?**

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**28. Would you recommend the programme to a friend?**

Yes

No

Don't know

**29. Overall how do you rate the Active Belfast funded Programme?**

Very Poor

Poor

Satisfactory

Good

Very Good

**30. Have you any other comments about the Active Belfast funded activities/programme?**

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**Thank you for taking the time to complete this questionnaire.**

**Please return to the group leader.**