

Healthy Eating Core Questions

What are these?

These are adapted from the Core Tool developed by New Economics Foundation (nef) for the national evaluation of the Wellbeing programme. nef drew upon Department of Health guidelines and the North West Public Health Observatory Lifestyle Survey. Having discussed these tools with some of the projects I have added a '0' category to the children's version.

How do I use it?

Follow the advice in your **Good Gardening Evaluation guide(s)** about when to ask people to fill this out. In general this will be:

- At first contact (e.g. incorporated into any monitoring forms you are using, before any activities are undertaken). This may also be at a first session of an activity (before the activity happens).
- At last contact (e.g. incorporated into an evaluation questionnaire at the end)
- Perhaps at follow up (see your **Good Gardening Evaluation guide** for details). Jo will be in contact to give advice about numbers of people to follow up with.

More information about keeping records, monitoring and evaluation is in your **Good Gardening Evaluation guide(s)** and in the document, '**Having a Healthy Evaluation**'.

How do I score it?

To score, please add the totals from both questions together.

chances4change will ask you to feedback:

1. The average scores for all beneficiaries at the beginning and at the end of all activities/support:

- ✓ Calculate this by adding together all the scores you have for beneficiaries' questionnaires on entry to your project. Divide by the number of beneficiary scores.
 - E.g. 100 people complete this question. When you added their scores together for when they began the programme, it comes to 200. You divide this by the total number of people ($200/100=2$). 2 is the number you report as the average at entry into the activity.
- ✓ Then do the same for the scores of those leaving the programme. E.g. the total score comes out at 400 ($400/100=4$). 4 is the number you report as the average on completing the activity.
- ✓ You may wish to keep these records for each activity within your project so you can monitor which activities are most successful.

2. Number of people who eat more portions of fruit and veg

- ✓ E.g. even if someone ate no portions of fruit and veg at the beginning of the activity and went up to one at the end, you would count this person.
- ✓ Don't count people who stay at the same level or eat fewer portions
- ✓ E.g., if 85 people eat more portions of fruit and veg at the end, 10 stay the same and 5 eat fewer portions, 85 is the number you give us for beneficiaries who ate more portions of fruit and veg after completing the activity.

3. Number of people who have gone from less than five to more than five portions.

4. Follow-up scores with people who have left the programme.

You will use the same methods as in 1 to 3 above. This will be from following up a sample of people using your programme. Further advice is in your **Good Gardening Guide** and Jo will be contacting you as your project progresses to help you to set this up.

Important points:

- ✓ **Please inform us how many people in total you have used this measure with.**
- ✓ Please make sure you **keep all information about each beneficiary together** – e.g. basic monitoring information, sessions attended, other support accessed as well as scores on core questions and any other measures.
- ✓ **[Jo Belcher](#) is developing an Excel spreadsheet that will work most of this out for you. Please contact her if you wish to have a copy. You will still need to put the scores in from your beneficiaries.**
- ✓ **NB.** It would be useful to have more information on the results of this tool. **Please be prepared to share your original data (spreadsheets) with Jo Belcher** so that she can perform statistical analyses on it if required.

Adult and secondary school-age healthy eating core question

1) On average how many portions of FRUIT do you eat a day?

(examples include a handful of grapes, an orange, apple or banana, a glass of fruit juice, or a handful of dried fruits)

_____ per day on average

2) And how many portions of VEGETABLES do you eat a day?

(one portion is a side salad, or 3 heaped tablespoons of vegetables, beans or pulses either raw, cooked, frozen or tinned)

_____ per day on average

Primary-school age children's healthy eating core question:

How many helpings of FRUIT do you eat a day?

0 1 2 3 4 5

One helping of fruit could be:

A handful of
grapes



A glass of
fruit juice



An apple



An orange



A banana



How many helpings of VEGETABLES do you eat a day?

0 1 2 3 4 5

One helping of vegetables could be:

A side salad



Some carrots



3 heaped tablespoons of peas or beans

