

Physical Activity Core Questions

What are these?

These questions are based on the monitoring questions being used by the Wellbeing Portfolio, Living Well West Midlands, produced by GHK Consulting Ltd. The questions are adapted from the Outdoor Health Questionnaire used by Natural England and approved by NICE.

There are two questions – one is for adults (18+) and the other is for children and young people aged 11-18.

NB. This is not suitable for use with children under secondary school age (i.e. under 11 years old). [Jo Belcher](#) will be contacting your project with advice soon if you are working with children under the age of 11.

How do I use it?

Follow the advice in your **Good Gardening Evaluation guide(s)** for 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 how many 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?

Simply record the number circled.

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.
 - i. 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 have increased their days per week of physical activity at all

- ✓ E.g. even if someone's score at the beginning is 0 and they go up to 1 by the end of the activity.
- ✓ Don't include people who stay at the same level or exercise less.
- ✓ E.g., if 50 people exercise more at the end, 10 stay the same and 40 exercise less, report 50.

3. Number of adults (18+) who have gone from less than five to more than five days of exercise per week.

4. Numbers of children and young people who have gone from less than seven to seven days of exercise per week.

5. Follow-up scores with a sample of 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 who have attended the activities in your project. 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 physical activity core question (for people aged 18 and over):

“In the past week, on how many days have you been physically active to a moderate intensity for a total of at least 30 minutes?”

Activities include things such as: brisk walking, cycling, sport, table tennis, golf, social dancing and exercises, heavy DIY activities (e.g. mixing cement), heavy gardening (e.g. digging) or heavy housework (e.g. spring cleaning). Please do not include physical activity that may be part of your job.

‘Moderate intensity’ means that it was enough to cause you to breathe more deeply, but not to make you out of breath or sweat.

0 days

1 day

2 days

3 days

4 days

5 days

6 days

7 days

Secondary school-age children core question:

In the last 7 days, on how many days have you spent at least 60 minutes doing sports or other active things?

Please include things like riding a bike, football, skateboarding, dancing and swimming, both in and outside of school, college or work. Also count running about and walking quickly.

PLEASE TICK **ONE** BOX ONLY

- None
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days