

Fall 2016 Kick Start Pilot (NW, NF, Walker) Survey Results

Pre Surveys

- When participants were asked how ready they are to change their physical activity (with 1 being definitely not ready to change and 10 being definitely ready to change), the average score was 8.10 (± 1.61)

Pre-Post Surveys

- A significant change was seen in pre-post scores for the energy level of the participant on the day of the survey (6.76 out of 10 on the pre survey; 7.76 out of 10 on the post survey)
- A significant change was seen in pre-post scores for the relationship with the YMCA
- No other significant differences were seen through the pre-post survey

On a scale of 1 to 10 (with 1 being very poor and 10 being excellent), how would you rate your...?

	Pre Mean	Post Mean	Mean Difference	Significance
Health today	7.29	7.90	0.619	0.120
Self-esteem today	7.67	8.43	0.762	0.050
Energy level today	6.76	7.76	1.00	0.041*
Relationships at the YMCA	7.65	8.60	0.95	0.046*

Note: *significant difference

	Pre Mean	Post Mean	Mean Difference	Significance
How important do you feel being active is to your overall health (1=not important; 4=very important)	3.90	3.86	-0.05	0.666
In the past week, how many days did you do activity for 30 minutes where you were slightly out of breath?	3.86	4.48	0.619	0.447
I am aware of the benefit of physical activity (1=yes; 0=no)	0.95	0.95	0	1.00
I am aware of the risks of being inactive or sedentary (1=yes; 0=no)	1.00	0.95	-0.05	0.329
I am confident that I can be active safely (1=yes; 0=no)	1.00	1.00	0.00	-

Post Surveys

- 95% of participants were able to be active at least one other day each week during the 12-week program
- 100% of participants said the program provided them with tools and strategies that will help them work on their physical activity goals in the future

- 76% of participants thought the length of the session was “just right”, while 19% thought they were too short
- 100% of participants agreed or strongly agreed they enjoyed the program, and they were satisfied with the program’s overall experience
- 91% of participants would recommend the program to family or friends

	Strongly disagree	Disagree	Agree	Strongly agree
I felt that this program helped improve my overall health	4.8%	4.8%	52.4%	38.1%
Helped improve my self-esteem	4.8%	-	61.9%	33.3%
Helped improve my energy level	4.8%	14.3%	47.6%	33.3%
Helped me feel more connected at the YMCA	-	4.8%	42.9%	52.4%
The program facilitator delivered the material clearly	-	4.8%	19.0%	76.2%
Encouraged participation	-	-	9.5%	85.7%
I felt comfortable being part of the sessions	-	4.8%	14.3%	81.0%
I felt that the support provided by the program facilitator helped me stick to my goals	-	4.8%	38.1%	57.1%
I felt that the support provided by the other participants helped me stick to my goals	-	9.5%	33.3%	57.1%
The program was engaging and fun	-	-	38.1%	61.9%
The program offered variety	-	4.8%	19.0%	76.2%
I enjoyed participating in the program	-	-	33.3%	66.7%
I am satisfied with the program’s overall experience	-	-	47.6%	52.4%