

OUTCOME REPORT

For activity attendance between 01-Apr-2014 and 31-Mar-2015



KNOWLE WEST
HEALTH PARK

ACTIVITY QUESTIONNAIRE STATISTICS

If you had a specific goal you wanted to achieve, have you achieved it ?

Food and Drink

Client forms	Yes	Partly	No	No Goal Set	Not Known
73	29%	30%	4%	8%	29%

Mental Health and Wellbeing

Client forms	Yes	Partly	No	No Goal Set	Not Known
257	35%	23%	5%	9%	27%

Physical Activity

Client forms	Yes	Partly	No	No Goal Set	Not Known
202	38%	35%	7%	10%	10%

Smoking

Client forms	Yes	Partly	No	No Goal Set	Not Known
2	100%				0%

TOTAL number of client forms	534	TOTAL number of clients	323
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Improvement scores for general health questionnaires

General Health

Question	Significant Change	Some Change	Little Change	No Change
I have visited my GP less often	67%	13%	3%	16%
I feel healthier	87%	9%	2%	3%
I am better at looking after my health	87%	8%	3%	2%

Improvement scores for themed questionnaires

Food and Drink

Question	Significant Change	Some Change	Little Change	No Change
Eating more fruit & veg	82%	11%	4%	3%
Knowledge of and skills to grow basic vegetables	92%	8%		

Knowledge of link between food production and consumption	100%			
Reduced amount of fizzy drinks/caffeine	71%	17%	4%	8%
Reduced number of takeaways or fast food	71%	9%	6%	15%
Reduced portion sizes	83%	12%	5%	
Confidence to grow produce	92%	8%		

Mental Health and Wellbeing

Question	Significant Change	Some Change	Little Change	No Change
I feel more supported by friends and family	79%	11%	7%	3%
I feel i am coping with my children better	83%	12%	1%	3%
I feel more positive about myself	86%	9%	3%	2%
I manage my day to day life better (e.g. Home, work, school)	83%	10%	4%	3%
I've been feeling more cheerful	84%	12%	2%	2%
I've felt able to deal with problems better	82%	13%	3%	1%
I feel less stressed	85%	9%	4%	2%

Physical Activity

Question	Significant Change	Some Change	Little Change	No Change
Feel Healthier & fitter	89%	10%	1%	1%
I enjoyed myself & enjoyed the activity	94%	4%	1%	2%
Increased level of physical activity	90%	8%	1%	1%
Lost weight	64%	14%	7%	16%

Smoking

Question	Significant Change	Some Change	Little Change	No Change
As a result of quitting or reducing my health has improved by	100%			

Total Number of Attendees: **2816**

Total Number of Clients: **1551**