

# Survey Results – Winter 2017 Session

## 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 8.61 ( $\pm 1.52$ )

## Pre-Post Surveys

- Significant changes were seen in pre-post scores for the health, self-esteem, energy level of the participant on the day of the survey, and 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
<b>Health today</b>	6.40	7.86	1.46	<0.001*
<b>Self-esteem today</b>	6.76	8.08	1.32	<0.001*
<b>Energy level today</b>	6.01	7.90	1.89	<0.001*
<b>Relationships at the YMCA</b>	6.71	8.69	1.98	<0.001*

Note: \*significant difference

	Pre Mean	Post Mean	Mean Difference	Significance
<b>How important do you feel being active is to your overall health (1=not important; 4=very important)</b>	3.82	3.90	0.08	0.159
<b>In the past week, how many days did you do activity for 30 minutes where you were slightly out of breath?</b>	3.44	3.96	0.52	0.050
<b>I am aware of the benefit of physical activity (1=yes; 0=no)</b>	1.00	1.00	-	-
<b>I am aware of the risks of being inactive or sedentary (1=yes; 0=no)</b>	1.00	1.00	-	-
<b>I am confident that I can be active safely (1=yes; 0=no)</b>	0.96	0.98	0.02	0.322

## Post Surveys

- 94% of participants were able to be active at least one other day each week during the 12-week program
- 98% of participants said the program provided them with tools and strategies that will help them work on their physical activity goals in the future
- 72% of participants thought the length of the session was “just right”, while 6% thought they were too short
- 82% of participants agreed or strongly agreed they enjoyed the program, and they were satisfied with the program’s overall experience

- 82% of participants would recommend the program to family or friends

	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly agree</b>
<b>I felt that this program helped improve my overall health</b>	2.0	-	45.1	52.9
<b>Helped improve my self-esteem</b>	2.0	3.9	51.0	43.1
<b>Helped improve my energy level</b>	2.0	-	51.0	45.1
<b>Helped me feel more connected at the YMCA</b>	2.0	-	41.2	54.9
<b>The program facilitator delivered the material clearly</b>	-	-	17.6	62.7
<b>Encouraged participation</b>	-	-	13.7	68.6
<b>I felt comfortable being part of the sessions</b>	-	2.0	21.6	58.8
<b>I felt that the support provided by the program facilitator helped me stick to my goals</b>	-	-	23.5	58.8
<b>I felt that the support provided by the other participants helped me stick to my goals</b>	-	2.0	31.4	47.1
<b>The program was engaging and fun</b>	-	-	29.4	52.9
<b>The program offered variety</b>	-	-	23.5	58.8
<b>I enjoyed participating in the program</b>	-	-	19.6	62.7
<b>I am satisfied with the program's overall experience</b>	-	-	23.5	58.8

Note: Responses may not add up to 100%, as some data was missing