



Buckinghamshire measurement, evaluation framework and question bank For ages 16 years old +

Guidance and tools to support partners to answer
'How do you know what difference your project is making'?

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Buckinghamshire evaluation framework

Guidance and tools to answer support partners to answer the 'how do you know what difference your project is making'? question.

This light touch evaluation framework is intended to fill the gap for the physical activity and sport sector across Buckinghamshire. It is intended to provide guidance to support strategic and delivery partners to measure the outcomes for physical activity and sport projects against local and national outcomes.

To support our local measurement of the impact physical activity and sport has made, there are a range of validated tools available. A validated tool means that a set of questions have been tested in a research setting to make sure they provide an accurate way of measuring the specified outcome. It is extremely important that validated questions are not changed, doing so invalidates them.

The framework is light touch, practical to implement, with the key focus on a series of questions that can be built into projects at the start and follow up to demonstrate impact against a variety of outcomes. The rest of this document provides a series of questions to be built into commissioning and project design.

The following questions are intended to be included on session registration forms. You will find category, question text, question answer options or format, the reason for asking the question and the question source for inclusion. As our primary purpose is to decrease the number of inactive people in county, it is essential that the relevant physical activity question (see section 2) is used.

Sections 3 to 5 measure outcomes that physical activity can contribute to, for example mental wellbeing (section 3). Including these questions in your commission or project will enable you to demonstrate your project impact against wider Sport England/government outcomes, compared to national trends and to hopefully support the case for investment.

Buckinghamshire Evaluation Framework
Question bank: 16+

1. Demographic questions

Category	Question	Answers	Outcomes	Reason	Source
Name / ID number	Please state your full name:	Name	n/a	Used for tracking respondents from pre to post	Leap
Date of birth / age range	What is your age/date of birth	DD/MM/YYYY 16-25	n/a	Demographic information to identify trends between ages, ensure interventions are reaching the correct target audience etc.	Active Lives
Gender	What is your gender?	Male Female Trans Other Prefer not to say	n/a	Demographic information to identify trends between genders, ensure interventions are reaching the correct target audience etc.	Leap
Email	Please provide your personal email address:	xxxxxx@xxxxxxx.com	n/a	Tracking respondent from pre to post, marketing/CRM opportunities	Leap
Post Code	Please provide your full / the first part of your postcode:	LXX 3HT or LXX	n/a	Demographic information to identify trends between areas, ensure interventions are reaching the correct target audience etc. Also acts as a proxy indicator for deprivation	Leap
Disability	Do you consider yourself to have a disability?	Yes No Prefer Not To Say	n/a	Demographic information to identify trends between people with limiting disabilities and those without, ensure interventions are reaching the correct target audience etc.	Leap
Disability	1. Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more? 2. Do these physical or mental health conditions or illnesses have a substantial effect on your ability to do normal daily	Yes No Prefer not to say Yes No Prefer not to say	n/a	If you would like to capture more information about disabilities	Active Lives question (can choose 1, 2 or all 3)

	<p>activities?</p> <p>3. Does this disability or illness affect you in any of the following areas?</p> <p>Long term pain Chronic health conditions Mobility Dexterity Mental health Visual Breathing Memory Hearing Learning Speech Behavioural Other None of these Prefer not to say</p>	<p>One of the following boxes ticked</p>			
Medical conditions	<p>Do you have any medical conditions</p>	<p>If yes, please give details below</p>		<p>Awareness of medical conditions that participant has in case of emergency</p>	<p>Leap</p>
Ethnicity	<p>What is your ethnic group? Please choose one that best describes your ethnic group or background</p> <p>Which one of the following best describes your ethnic group or background?</p>	<p>White - British, Irish, Any other White background Mixed/Multiple - White and Black Caribbean, White and Black African, White and Asian, Any other Mixed / Multiple ethnic background Asian/Asian British - Indian, Pakistani, Bangladeshi, Chinese, Any other Asian background Black/African/Caribbean/Black British - African, Caribbean, Any other Black/African/Caribbean background Other ethnic group - Arab, Any other ethnic group</p>	<p>n/a</p>	<p>Demographic information to identify trends between different ethnicities, ensure interventions are reaching the correct target audience etc.</p>	<p>Shortened version of question taken from Active Lives</p>

2. Physical Activity/Physical Inactivity

Category	Question	Answers	Outcomes	Reason	Source
Physical Activity (Adults 16+)	Click below for: Short Active Lives Survey (paper based) Short Active Lives Survey (web based)		Inactivity	Measure activity levels at start and follow up	Sport England Short Active Lives Questionnaire

3. Mental wellbeing

Category	Question	Answers	Outcomes	Reason	Source
Life satisfaction	On a scale of 1-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?	0= not at all satisfied 1, 2, 3, 4, 5, 6, 7, 8, 9 10 = completely satisfied Don't know Prefer not to say	Subjective wellbeing	Happiness index Subjective measure Measure real change by capturing peoples' experiences Measure at start and follow up to determine change during intervention - Help evaluate the impact of your project or service on people's lives	Integrated Household Survey (first included April 2011) Used in Active Lives
Happiness	On a scale of 1-10, where 0 is not at all satisfied and 10 is completely happy, overall, how happy did you feel yesterday?	0= not at all happy 1, 2, 3, 4, 5, 6, 7, 8, 9 10 = completely happy Don't know Prefer not to say	Subjective wellbeing	Happiness index Subjective measure Measure real change by capturing peoples' experiences Measure at start and follow up to determine change during intervention- Help evaluate the impact of your project or service on people's lives	Integrated Household Survey (first included April 2011) Used in Active Lives
Anxious	On a scale of 1-10, where 10 is completely anxious, overall, how anxious did you feel yesterday?	0= not at all anxious 1, 2, 3, 4, 5, 6, 7, 8, 9 10 = completely anxious Don't know Prefer not to say	Subjective wellbeing	Happiness index Subjective measure Measure real change by capturing peoples' experiences Measure at start and follow up to determine change during intervention- Help evaluate the impact of your project or service on people's lives	Integrated Household Survey (first included April 2011) Used in Active Lives
Worthwhile	On a scale of 0-10, where 0 is not at all worthwhile, overall, to what extent do you feel the things you do in your life are worthwhile?	0= not at all worthwhile 1, 2, 3, 4, 5, 6, 7, 8, 9 10 = completely worthwhile Don't know Prefer not to say	Subjective wellbeing	Happiness index Subjective measure Measure real change by capturing peoples' experiences Measure at start and follow up to determine change during intervention- Help evaluate the impact of your project or service on people's lives	Integrated Household Survey (first included April 2011) Used in Active Lives

4. Individual development

Category	Question	Answers	Outcomes	Reason	Source
Self efficacy	To what extent do you agree with the statement 'I can achieve most of the goals I set myself'?	Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Prefer not to say	Self-efficacy	Determines whether individuals can achieve goals in their environment. To be asked pre/post intervention and follow up	Taken from Active Lives

5. Social and community development

Category	Question	Answers	Outcomes	Reason	Source
Social trust	To what extent do you agree or disagree that most people in your local area can be trusted?	Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Prefer not to say	Social trust	The single survey question which measures social trust is very widely used, will allow comparisons to other data sets. To be asked pre and post/follow up to assess change during intervention	Taken from Active Lives

*if you would like to explore other measures, for example loneliness, additional questions will be required.

* For more in-depth measure use the [Short Warwick Edinburgh Mental Wellbeing Scale \(SWEMWBS\)](#)

(The answers to the 7 questions result in an overall score (low score = low levels of wellbeing, high score =high levels of wellbeing)

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