



# COMMUNITY MEASURES: YOUTH ACTIVITY PROFILE

Questionnaires are one of the most common and cost-effective ways to estimate physical activity and sedentary behavior. They are easy to administer, especially on a large scale. Unlike physical activity devices (e.g., Fitbits, pedometers, accelerometers, etc.), questionnaires are able to provide important information about the types of physical activity and sedentary behaviors and the context in which they occur (e.g., physical education, after-school programs, youth sports practice, etc.). We will use the Youth Activity Profile to explore the types and contexts of youth physical activity and sedentary behaviors during school and out-of-school times. This data will be linked to other data collected as part of WellsCAPES and will be added to the Community Data System (CDS). The following gives more information about the Youth Activity Profile and the process used to collect this data.

## WHAT IS THE YOUTH ACTIVITY PROFILE?

The physical activity and sedentary behavior questionnaire that we use is called the Youth Activity Profile (YAP). The 15-item questionnaire is administered online and can be completed in approximately 15 minutes. Youth are provided with an individualized physical activity and sedentary behavior summary report and are encouraged to share the report with their parents. Communities are also provided with a report summarizing physical activity and sedentary behavior data. This questionnaire helps schools and communities understand where youth are more or less active, and highlights areas to expand physical activity opportunities to impact youth health and wellness.

## WHAT HAPPENS DURING DATA COLLECTION?

Representatives from each school will be trained to administer the YAP. School teachers will select a time during which the YAP is administered online to students. Students will enter their gender, school level, and a student identification number and then proceed to complete the YAP. Upon completion, students can generate a printable report summarizing their physical activity and sedentary behaviors.





# COMMUNITY MEASURES: STAKEHOLDER SURVEY

The WellsCAPES Stakeholder Survey is a 15-20 minute online survey administered during the Fall and Spring semesters. This survey will allow community members to gain a better understanding of their community and youth physical activity opportunities available. Community members will also learn more about leaders of group opportunities for youth and the community hub committee established in the community.

Stakeholders may include organization or program administrators and leaders of group opportunities. Examples are school principals, parks and recreation administrators, after school program leaders, teachers, youth sport coaches, youth club group leaders, parent volunteers, etc.

## WHAT IS THE COMMUNITY STAKEHOLDER SURVEY?

The Community Stakeholder Survey gathers information about physical activity opportunities for youth and the WellsCAPES Initiative in the community. The questionnaire is administered online using a secure platform and can be completed in approximately 15-20 minutes. Communities are provided with a report summarizing the data focused around youth physical activity opportunities in the community as well as their group leaders and the community hub committee. This survey helps communities understand physical activity opportunities for youth.

## WHAT HAPPENS DURING & AFTER DATA COLLECTION?

Stakeholders will receive the survey via email from the WellsCAPES Administrator. Respondents will click a link within the email that will take them to a secure online platform. From there, they will answer the questions presented. Once the WellsCAPES Administrator closes the survey, they will analyze the data and provide a data summary page of the results to the community hub committee.





# COMMUNITY MEASURES: LEADER ROUTINE SURVEY

The Leader Routine Survey is an online survey given to group leaders such as teachers, coaches, youth club leaders, and after school program leaders. Leaders with group opportunities offered year-round will complete this survey 3-times per year. Those leaders who are seasonal (e.g., coaches) will complete it at the beginning and end of their group opportunity season. This survey will allow community members to gain a better understanding of what is happening in youth physical activity opportunities offered in their community.

## WHAT IS THE LEADER ROUTINE SURVEY?

The Leader Routine Survey gathers information about a leader's routine in a typical meeting, class, sport practice, or other setting where youth attend. A summary report is generated and provided back to the community to help community members understand physical activity opportunities for youth that are lead and/or supervised.

## WHAT HAPPENS DURING & AFTER DATA COLLECTION?

Group leaders will receive the survey via email from the WellsCAPes Administrator. Respondents will click a link within the email that will take them to a secure online platform. From there, they will answer the questions presented. Once the WellsCAPes Administrator closes the survey, they will analyze the data and provide a data summary page of the results to the community hub committee.

