



Up and Running Guelph

PROGRAM EVALUATION SURVEY

**WINTER 2021, SPRING 2022 AND
SUMMER 2022 COHORTS**



BACKGROUND

- **Up and Running Guelph** engaged Collective Results in December of 2020 to assist with evaluating its walking and running programs, starting in the Fall of 2021
 - Collective Results worked with Up and Running's Executive Director and evaluation committee to design a pre and post survey for distribution to **Up and Running Guelph** clients



EVALUATION PURPOSE

1. Understand the functioning of the walking and running programs to determine whether they have been implemented as intended and whether any changes are needed to improve participant experience and outcomes **(process evaluation)**
2. Determine the short-term impacts of the walking and running programs on participants' wellbeing **(outcome evaluation)**



EVALUATION QUESTIONS



**How much did we do?
How well did we do it?**

- Who is Up and Running Guelph reaching?
- How did participants experience the program?
- What can Up and Running Guelph do to improve the participant experience?



Is anyone better off?

- Have participants' physical and mental health improved since attending Up and Running Guelph?
- Are participants leaving Up and Running Guelph with a sense of confidence?
- Has participants' connection to nature improved?
- Are participants less lonely after attending Up and Running Guelph and has their sense of belonging improved?
- Did participants experience any other unintended impacts?



COLLECTIVERESULTS

RESPONSE RATES

Pre surveys

- Winter = 17 participants (60%)
- Spring = 15 participants (29%)
- Summer = 22 participants (61%)
- Total = 54 participants

Post surveys

- Winter = 9 respondents (32%)
- Spring = 9 respondents (18%)
- Summer = 7 respondents (19%)
- Total = 25 respondents

Due to small numbers, survey results must be interpreted with caution.



FINDINGS:

HOW MUCH DID WE DO?

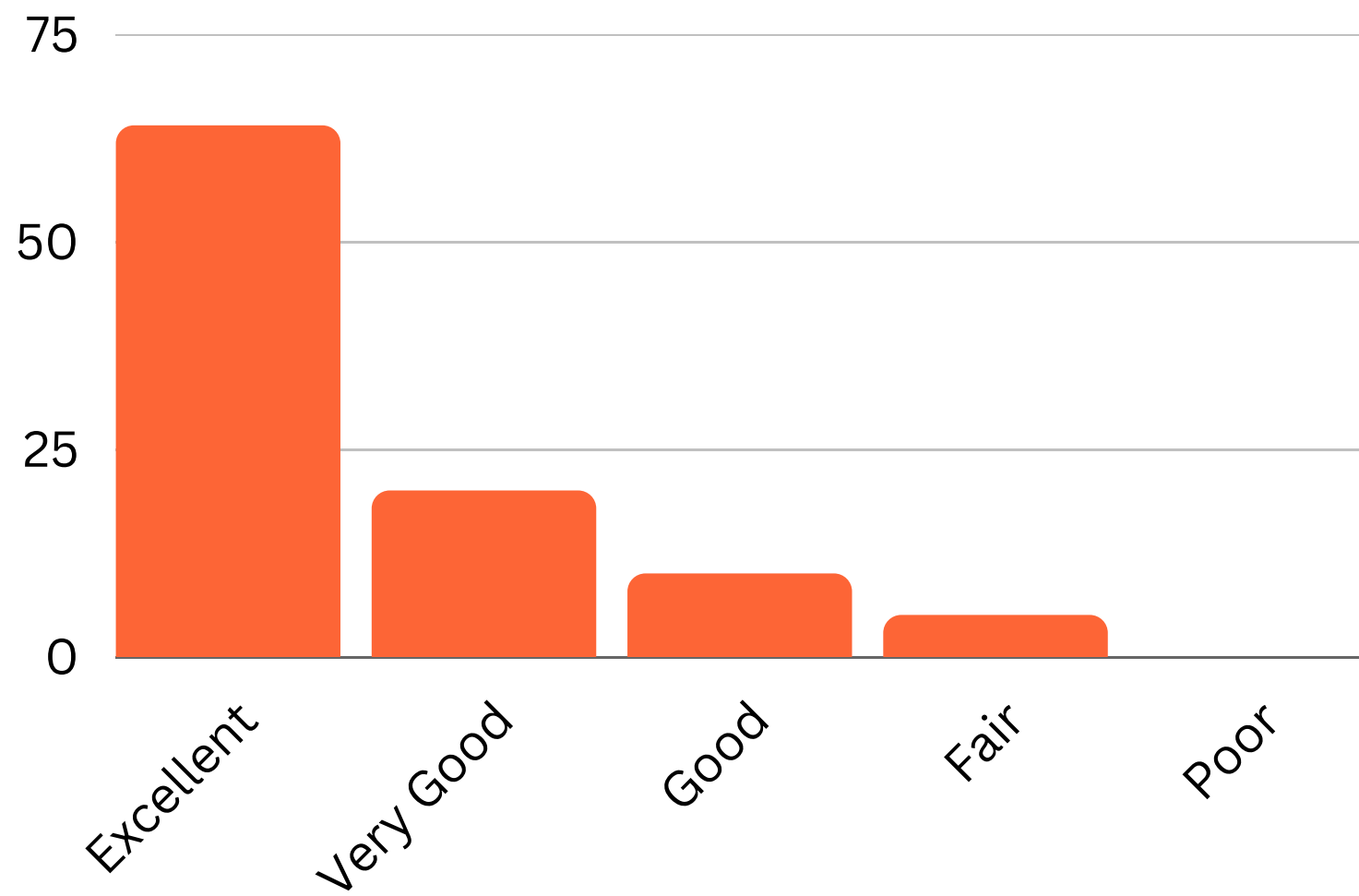
HOW WELL DID WE DO IT?

Up and Running Guelph survey participants are mostly:

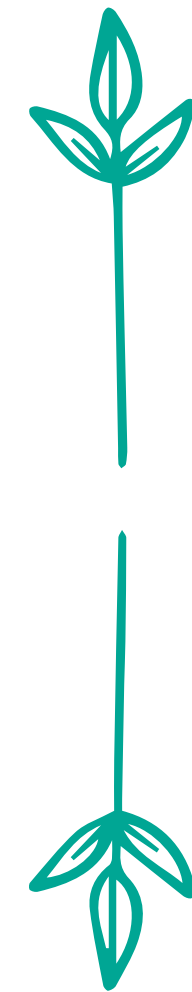
- > Female (98%)
- > Guelph residents (96%)
- > Born in Canada (74%)
- > English-speaking (100%)
- > Not identifying as BIPOC (91%)
- > Educated at a post-secondary institution (85%)
- > Financially secure (65%)



Most participants **rated their overall experience** with Up and Running Guelph **positively**



Participants' **favourite parts** of Up and Running Guelph (top 5)



Social connection (17)



Consistency/accountability (4)



Nature (4)



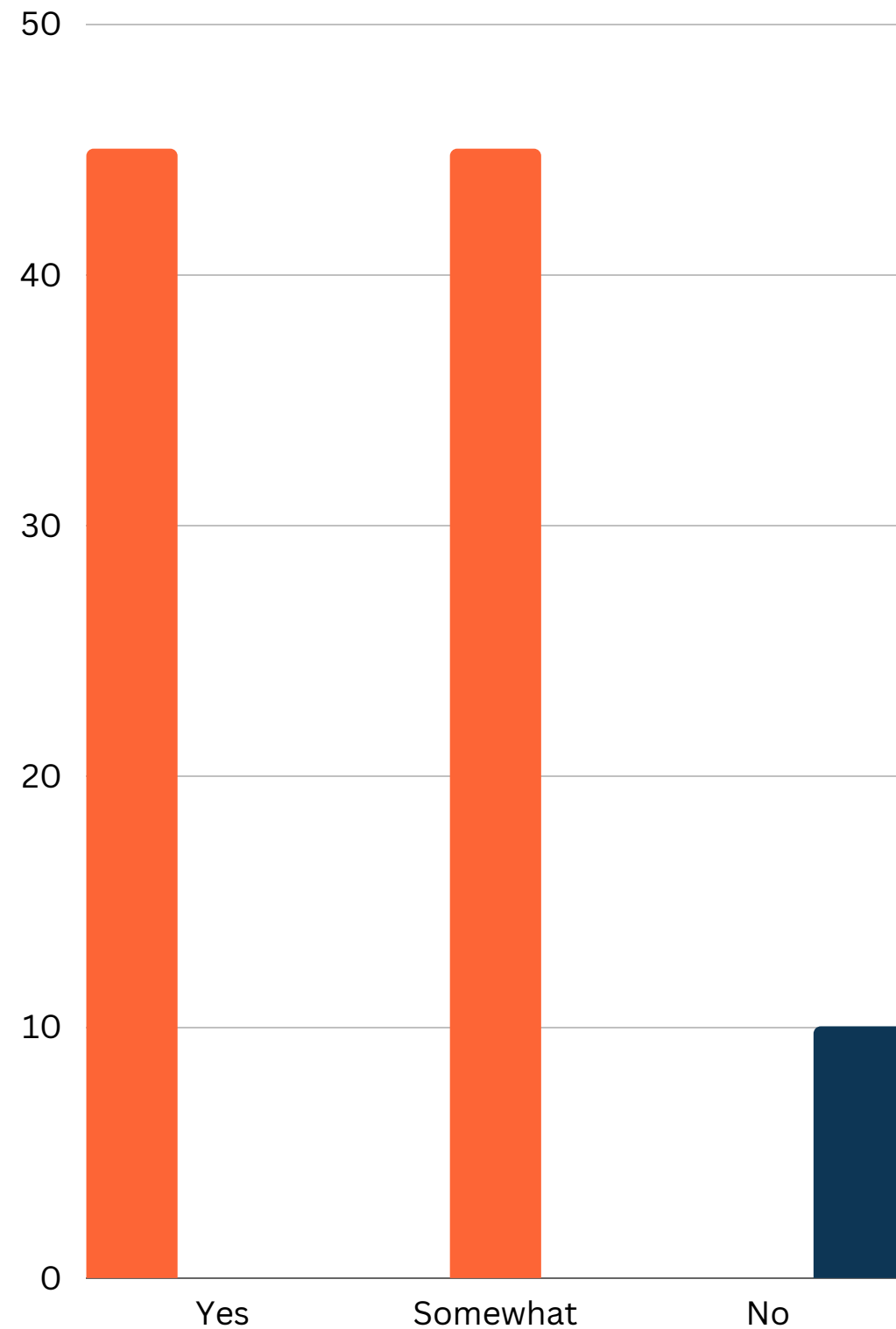
Acceptance/inclusivity (3)



Leaders/Volunteers (3)



Participants felt Up and Running Guelph **addressed many obstacles**



Obstacles Addressed:

- > Lack of motivation (6)
- > Concerns about safety(4)
- > Difficulty meeting people (3)
- > Concerns about pace and/or pain (4)
- > Lack of routine (1)
- > Uncertainty about where to go and how long to go for (1)
- > Financial assistance (1)
- > Worries about feeling welcome (1)

Obstacles still faced:

- > Social anxiety/confidence to join group activities (3)
- > Timing (2)
- > Weather (2)
- > Acceptance of personal limitations (1)
- > Negative self-talk (1)
- > Lack of motivation (1)
- > Lack of social contact outside U&R (1)

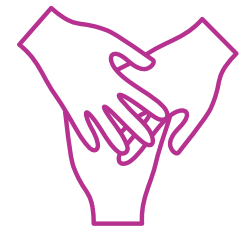
What are your **least favorite** parts of Up and Running Guelph programs?



Weather (4)



Location (4)



Volunteer not respecting participant wishes (3)



Walking time too short (2)



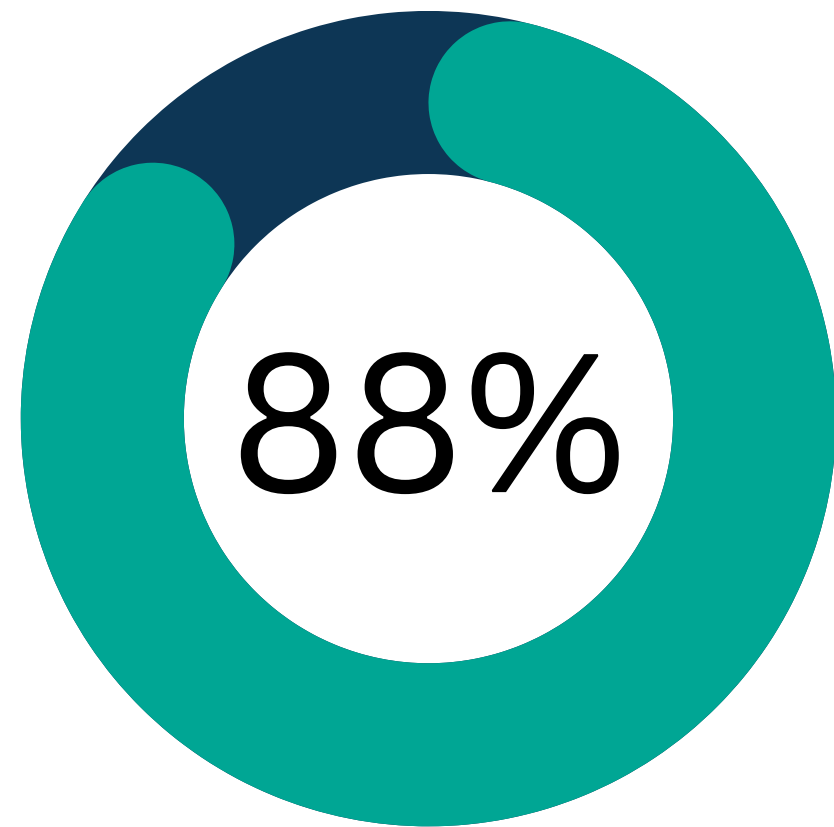
Dwindling number of participants (2)

Suggested areas of **improvement**

1. Volunteer Training (3)
2. Organized Social Events (2)

FINDINGS: IS ANYONE BETTER OFF?

Did Up and Running Guelph
make a difference in your life?



88% - Yes
12% - Unsure

Description of physical or
mental health impacts (top 6)

1. Social connection/
interaction (11)
2. Improved mental health or
mood (6)
3. Time to be in and/or
appreciate nature (4)
4. Getting out of the house (4)
5. Felt better (4)
6. Exercise/physical activity (4)

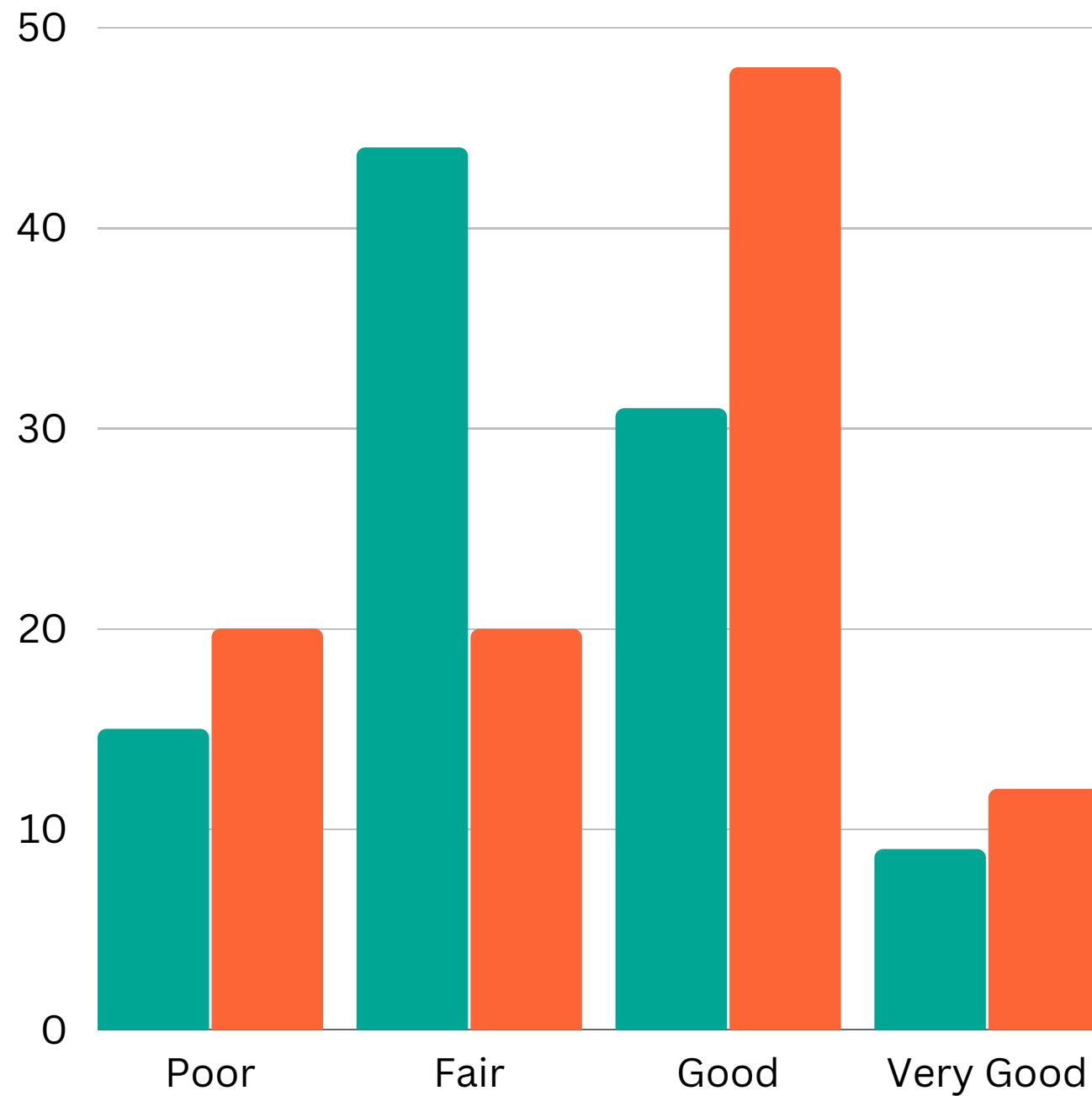


COLLECTIVERESULTS



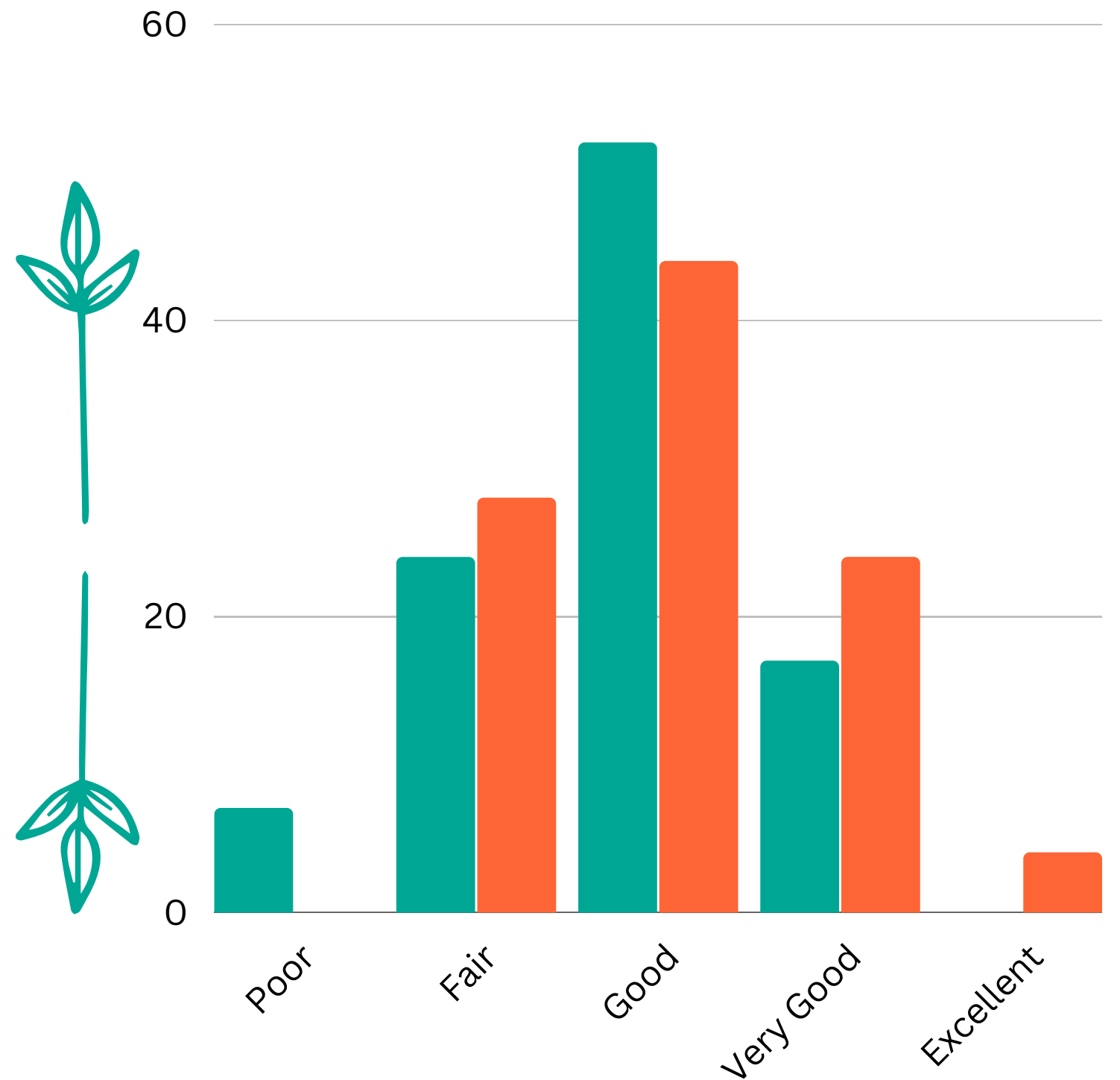


Self-rated mental health



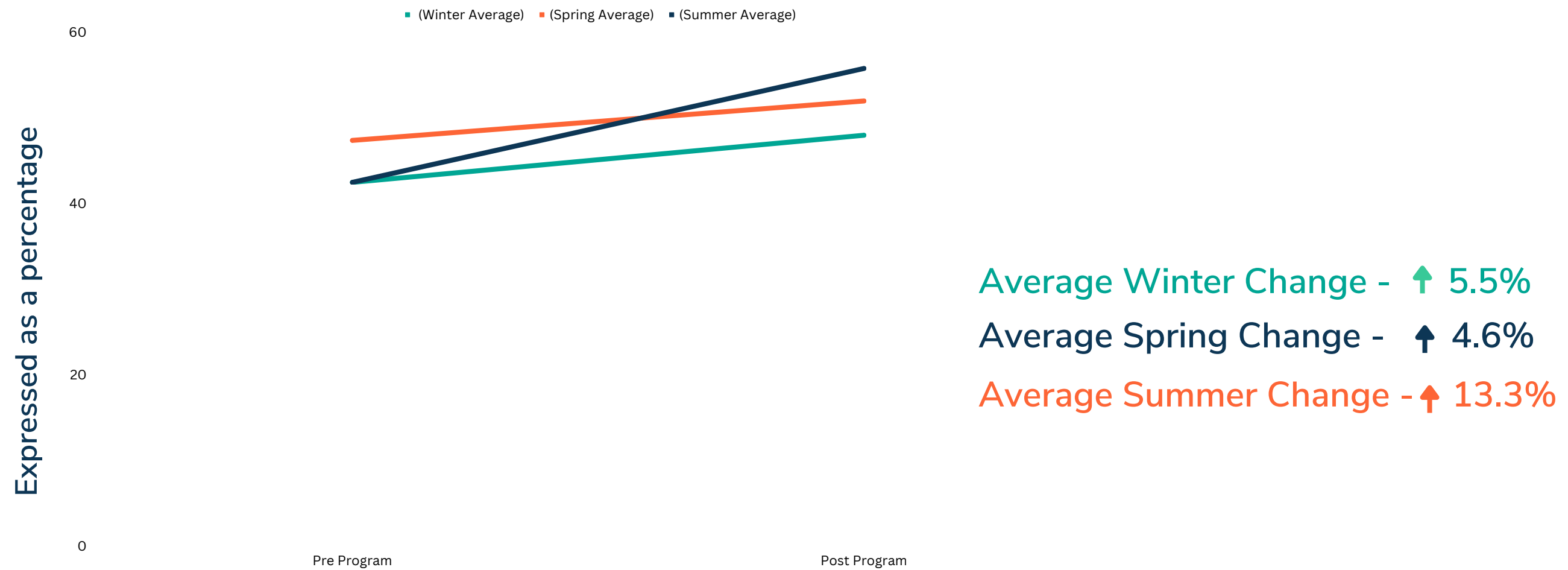
Self-rated mental health seems to be **improved after** the program compared to **before**.

Self-rated physical health



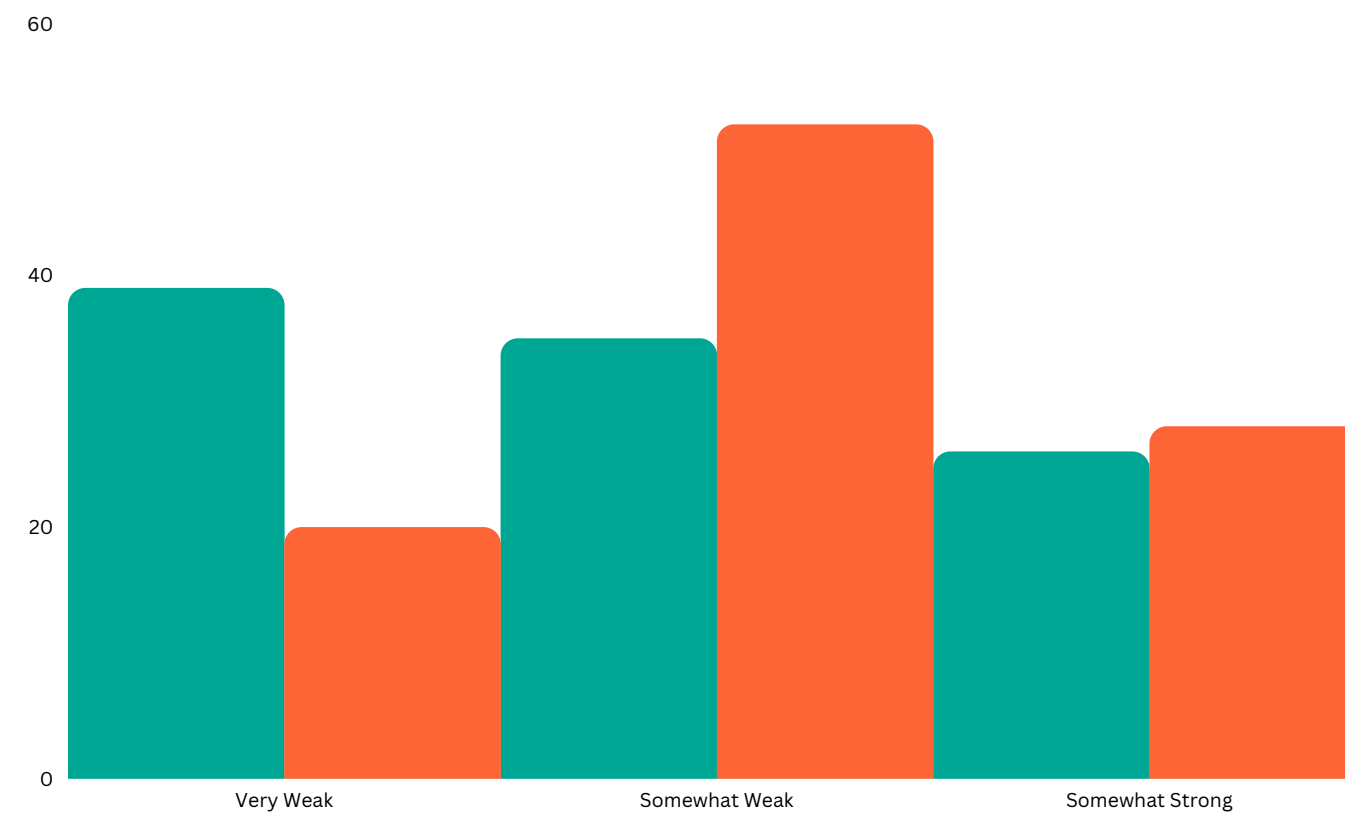
Self-rated physical health seems to be **improved slightly after** the program compared to **before**.

Psychological Well-Being



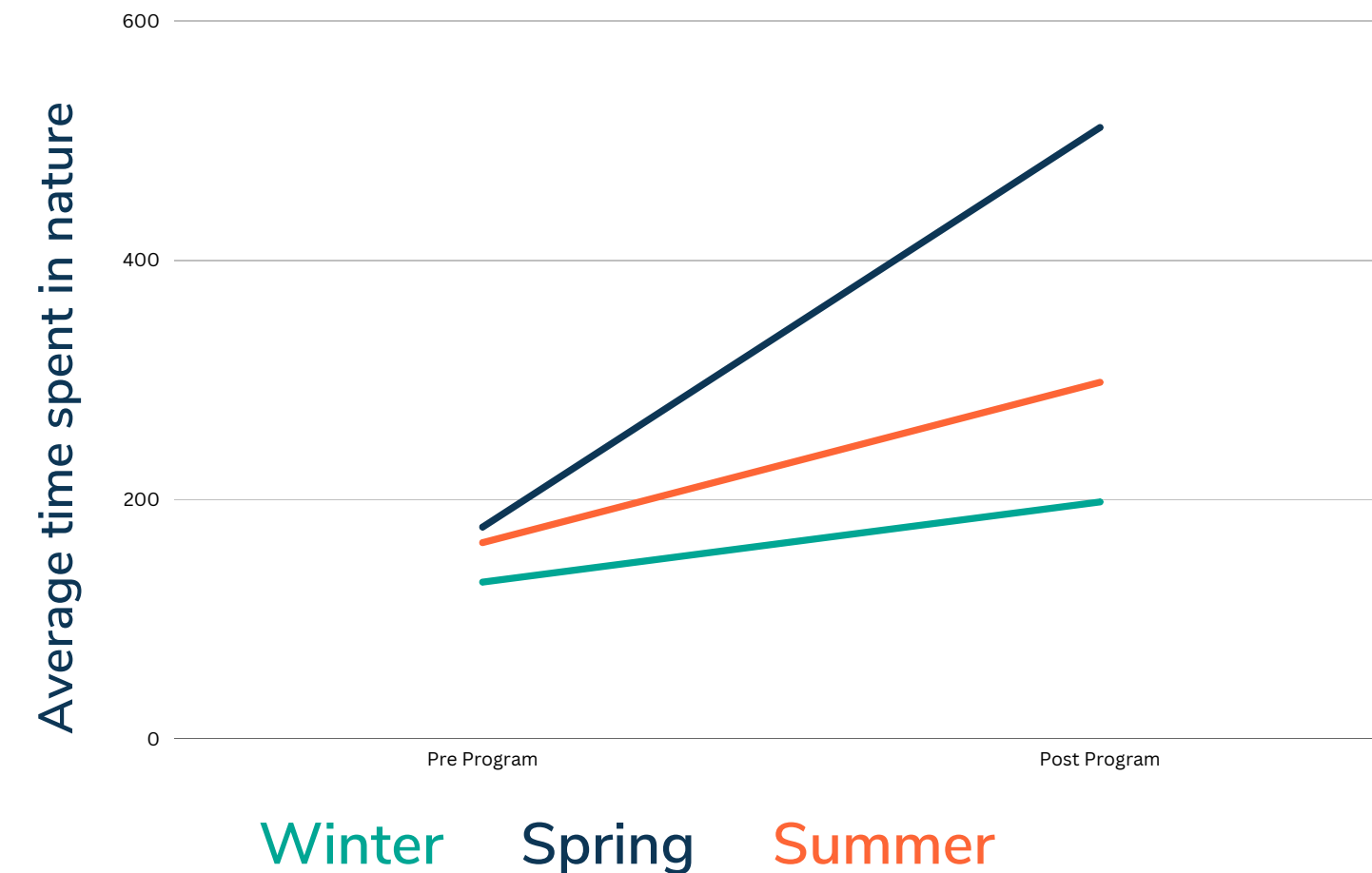
Warwick Edinburgh Scale scores **increased from before** the program to after the program for all cohorts. **Higher scores** translate to **better psychological wellbeing**.

Are participants **less lonely** after attending Up and Running Guelph and has their **sense of belonging improved**?



There is a **slight increase** in sense of belonging **after** the program compared to **before** the program. There was also no observable change in the 3-item loneliness scale between the pre and post measures.

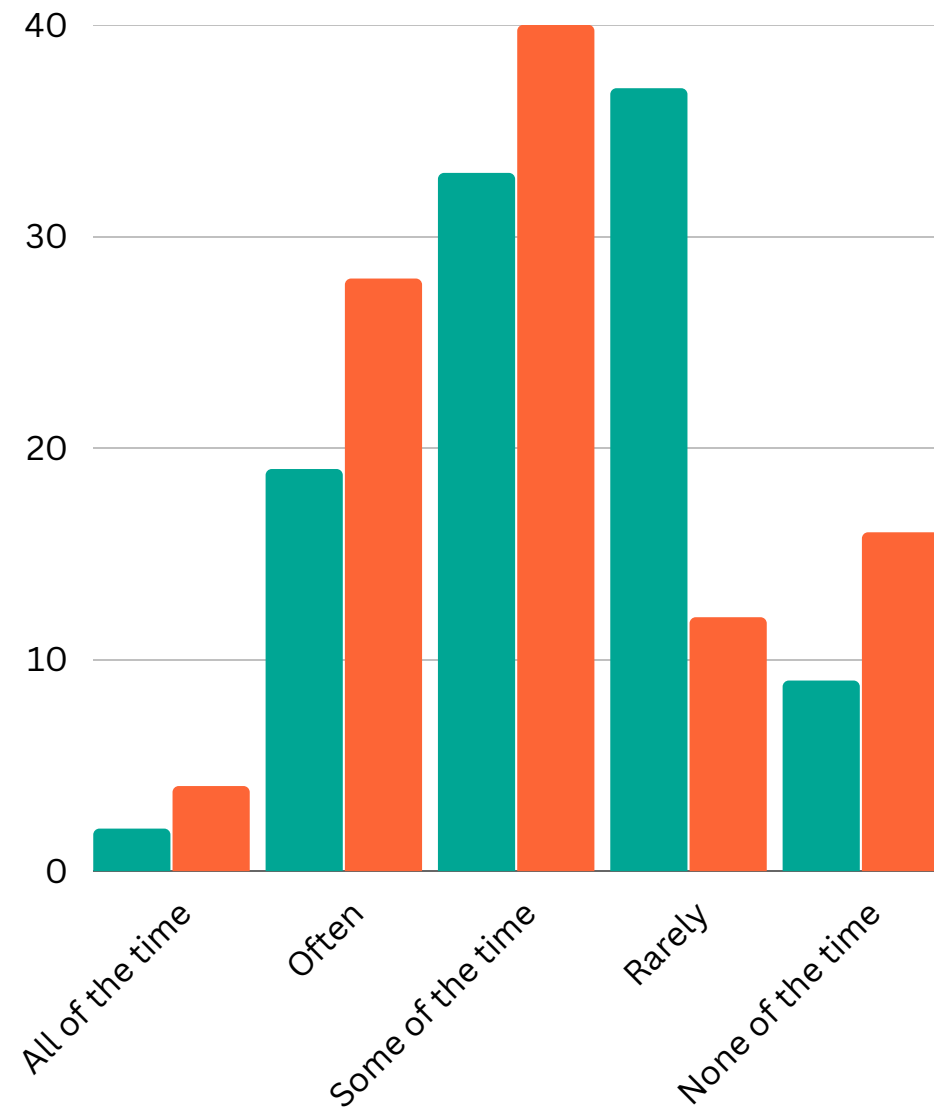
Has participants' **connection to nature improved**?



No change in average nature relatedness scores, however, participants were more likely to spend more time in nature after the program.



Are participants leaving Up and Running Guelph with a **sense of confidence**?



There is an increase in feelings of confidence from **before** the program to **after** the program.

Self-efficacy related to **walking** and **running** outdoors.



ITEM	PRE / POST CHANGE
I am comfortable visiting a local park for a walk or run.	↑
I am confident that I can go for a walk or run in nature safely.	↓
I know where local walking and hiking trails are.	↑



SUMMARY

How much did we do? How well did we do it?

- Who is Up and Running Guelph reaching?
 - Mostly white, educated, individuals who identify as female, aged 19-77, living in Guelph, who are English speaking and were born in Canada.
- How did participants experience the program?
 - Participants had largely positive experiences.
- What can Up and Running Guelph do to improve the participant experience?
 - Top 2 suggestions were organized social events and more volunteer training.



SUMMARY

Is anyone better off?

- Has participants' physical and mental health improved?
 - Survey shows improvements in self-rated mental and psychological well-being. Slight improvements in self-rated physical health.
- Has participants' connection to nature improved?
 - No changes to average nature-relatedness scale scores but participants did report spending more time in nature after the program.
- Are participants leaving Up and Running Guelph with a sense of confidence?
 - Increases in self-confidence, comfort visiting a local park for a walk or a run, and knowledge of local trails. Decrease in confidence to walk or run in nature safely.
- Are participants less lonely and has their sense of belonging improved?
 - No change to 3-item loneliness scale. Slight improvements to sense of belonging.
- Did participants experience any other unintended impacts?
 - Top 4 other impacts include: Social connection/ interaction, improved mental health or mood, time to be in and/or appreciate nature, getting out of the house.

