



Evaluation of Walking group participants 2006

By Jessica Bailey, Health Promotion Student, ACU



City of
DAREBIN

 VicHealth

HEALTH THROUGH PARTICIPATION

Background

The Walking Darebin Project is funded over two years, until June 2007 by VicHealth as a Metro Active Demonstration Project. A Coordinator has been appointed to work with a Project Management Committee and Community Reference group to promote walking to the community, particularly to people who have limited opportunities to be involved in regular physical activity and to improve integrated planning between Council departments

The Objectives of the Walking Darebin Project are:

1. To improve the planning and implementation of integrated walking initiatives within the City of Darebin Council Services.
2. To increase community awareness on a range of local walking groups, routes and events within Darebin
3. To increase opportunities for those who have least access to participate in physical activity.
4. To strengthen relationships between Council services, other service providers and community groups through joint planning of walking initiatives identified in the walking project.
5. To work with organisations and community groups to plan, promote and implement a safe walking and education program for leaders.
6. To promote the benefits of walking as a healthy, social, physical activity.
7. To involve the community in the planning of walking specific events, leading to an increase in interest and participation in physical activity.

Activities of the project include

- An audit of walking trails
- Developing a logo and branding for the project and developing promotional materials
- Recruiting and training volunteer walking group leaders
- Developing new walking groups
- Working with local community groups to promote walking.
- Map development
- Walking events
- Developing a referral service between Council departments and community leisure and health organisations.

Aim of this Evaluation

This report contains the results of a survey conducted to evaluate 14 walking groups operating in the City of Darebin. It does not include the pram-walker groups or the groups run by the Preston Neighbourhood House.

Method

During the month of October 2006 a survey (Appendix 1) and census count (Appendix 2) were conducted for 14 walking groups. During the first two weeks of October the researcher contacted each group leader and organised a time to conduct the survey. Walkers were asked to complete the survey after their walk or were given a reply paid envelope in which to return the

survey. People responding to the survey were offered the chance to enter a draw with a chance to win a Yamax pedometer. Where participants were unable to read the survey due to illiteracy or vision impairment the multilingual walking group leader, translator or researcher read the questions to the walker and assisted them to complete the survey. The researcher visited 6 groups, walking Darebin project staff visited 2 groups, walking group leaders on the community reference group completed the survey for 4 groups and the remaining 2 groups received their surveys by mail. For non-English speaking groups the surveys were translated into Greek, Macedonian, Somalian and Italian.

Twelve (12) out of 14 groups completed the survey. The Somali women's walking group were unable to complete the survey or census due to Ramadan and the Toolangi group which includes people with an intellectual disability did not complete the survey due to their group leader going on leave. There was an 80% response rate as we received 132 surveys out of a possible 165 people who were included in the census count.

Results & discussion

Census:

Table 1: Census count for walking groups

Group	Oct 2nd-6th
Bundoora	4
Darebin Walking Grp.	12
DISC	20
Greek Women	10
Italian Community Grp.	6
Keon Park Greek Citz	17
Life Activities	17
Merri walking Grp.	20
Merrilands	19
Northland Shopping	10
Preston walking group	17
Toolangi	6
Vardar	17
TOTAL	175

The census count held in October 2006 indicated that 175 people were taking part in 13 of the walking groups. The Somali women were unable to be part of the census count due to Ramadan, however it is estimated that they have up to 10 women walking in the group.

Survey:

The following section summarises the results of each question of the survey and includes a discussion of the results and recommendations.

Q1: How did you find out about your current walking group?

Table 2: How walkers received information about groups

Q1	%
Friend	46.8
Darebin City Council	23.0
Other	23.0
Newspaper	5.8
Internet	0.7
Health Professional	0.7
Total	100

The majority of walkers found out about the walking groups via friends. Almost one quarter of walkers found out about the walking group from the Darebin City Council.

To address the low referral rate from Health Professionals a breakfast was held to inform GP's, community nurses, allied health and staff from mental health and disability sectors about the Walking Darebin Project. Seventeen (17) people attended from a broad spectrum of backgrounds and evaluation of the session indicated that 100% would feel confident about referring a patient to the walking groups after learning about the program.

Thirty (30) walking kits containing information about walking groups, maps, and *older and active* directories were provided to General Practitioners and Practice Nurses as part of a continuing education session through the North Central Metro Division of General Practice.

Information about the walking groups is currently being linked to the North Central Division of GP website to link in with the *Lifescrpts'* program.

Q2. How did you get to your walking group today?

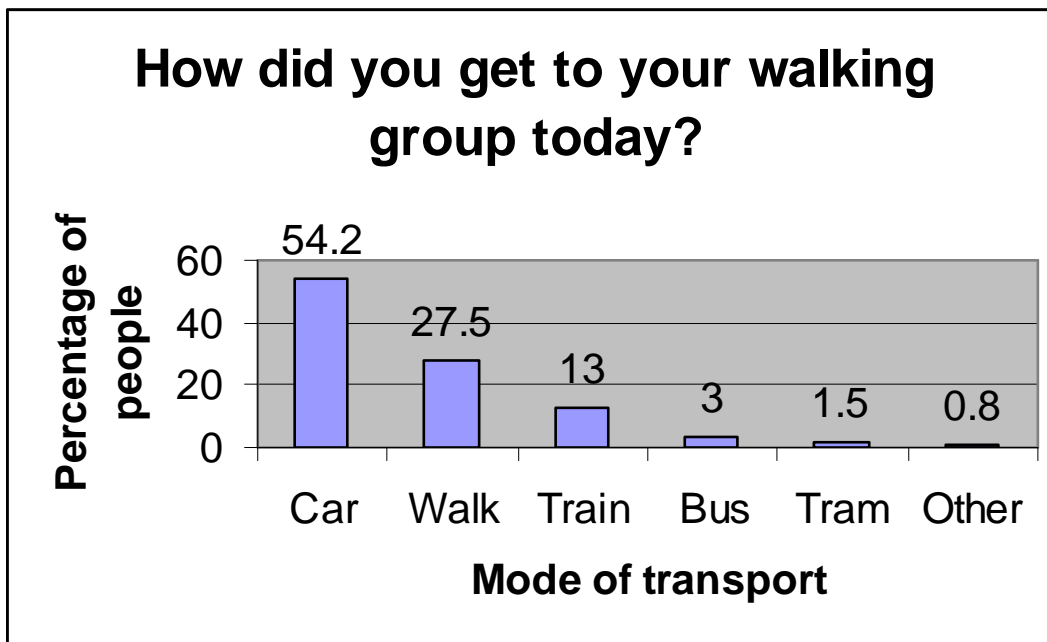


Figure 1: Mode of transport for walkers attending walking groups

Walkers predominately drive to their walking groups. Just over one quarter (27.5%) of people walk to the starting point of their walking group. Very few walkers use public transport to get to their walking group starting point. Some of the walking group meeting places are not well served by public transport.

- Recommendations:**
- Discussion with sustainable transport unit to develop ways to encourage walkers to use public transport.
 - Encourage walkers to use starting points that are close to public transport.

Q3. Why did you join your current walking group?

Table 3: Reasons behind walkers joining groups

Q3	%
Exercise/get fit	37.0
Improve Health	23.5
Socialise/ make friends	15.1
Relaxation	10.4
Fresh Air	8.0
See more of Darebin	5.6
Other	0.4
Total	63

Most walkers joined the walking groups to get fit and exercise more. Improving health and socialising were also key motivators.

Recommendations:

- The Walking Darebin promotional materials need to reflect three key messages: getting fit, improving health and socialising.

Q4. How long have you been walking with your current walking group?

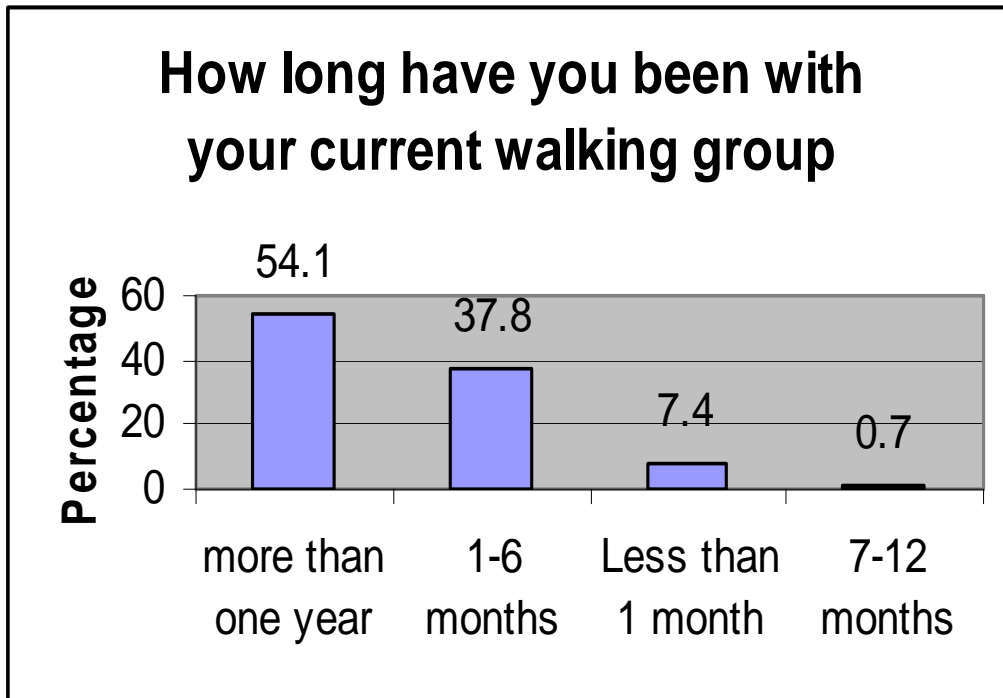


Figure 2: Length of time walkers have been with their current walking group

Prior to the Walking Darebin project which has been running for 18 months there were 7 walking groups in Darebin. This has now increased to 15. The majority of walkers have been walking with their group for more than one year. The 7 original walking groups have loyal membership and the new walking groups developed under the Walking Darebin banner are attracting regular walkers. Also 7.4% of walkers have been with the walking group less than one month which indicates that the groups are attracting new members.

Q5. How often do you walk with your current walking group?

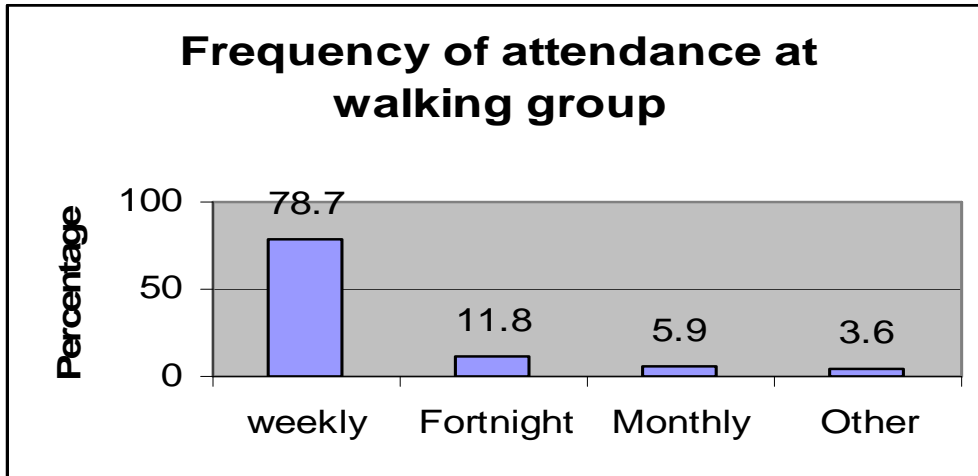


Figure 3: Frequency of attendance at walking group

Most walking groups hold a walking session weekly with most walkers attending every week.

Q6. On average, how many times each week do you walk for at least 30 minutes, in addition to your walking group?

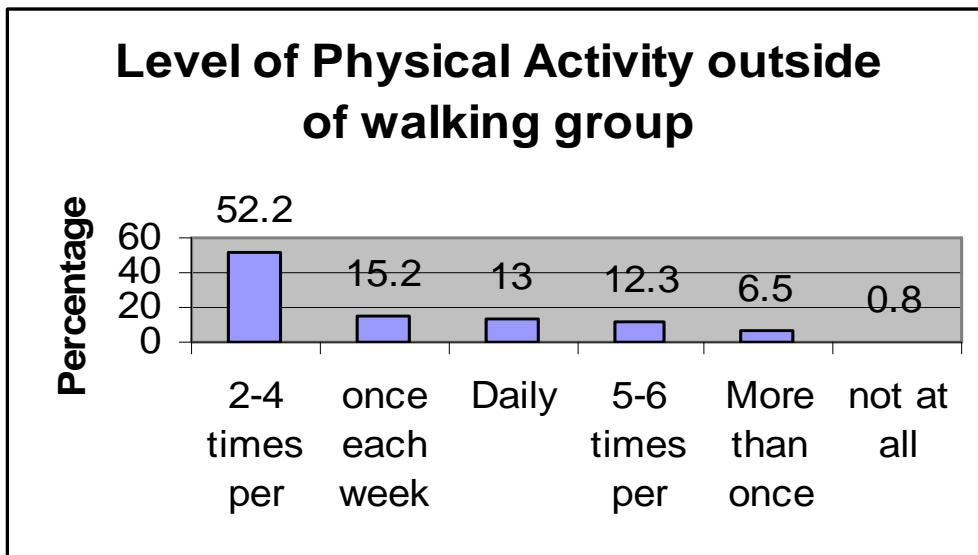


Figure 4: Physical Activity level of walkers

All but one person walks in addition to their weekly walk with their group. The majority of people walk 2-4 times per week.

The recommended level of physical activity is for people to walk for at least 30 minutes at a moderately vigorous level most days of the week. One third of the walkers are reaching this goal (31.8%). Some of the people walking 2-4 times each week may be achieving this goal also.

Approximately 1/6 of people in the walking groups (15.8 %) are not achieving sufficient level of activity through walking which is low if compared to the Victorian Population Health Survey which showed that over 25% of people were categorised as having insufficient physical activity levels.

The Victorian Population Health Survey indicates that being born overseas and not being in the labour force are barriers to physical activity. Participants in the walking groups were frequently retired and born overseas so the walking groups appear to be meeting the needs of people with traditional barriers to participation which was one of the objectives of the project.

Q7. What do you like most about being part of the walking group?

Table 4: What walkers like about walking groups

Q7	%
Health benefits	21.6
Social aspects	21.4
Fitness benefits	18.4
Spending time outdoors	15.0
Relaxing	12.5
Exploring Darebin	10.7
Other	0.4
Total	100

Walkers were allowed to give more than one answer to this question. The majority of walkers ticked all the boxes indicating that the walking groups provided them with the health and fitness benefits they desired and also gave them an opportunity to socialise, relax and spend time outdoors whilst exploring Darebin. Once again Health, social aspects and fitness were key motivators for people to be part of walking groups.

Q8. What do you like least about being part of the walking groups?

Table 5: What walkers dislike about walking groups

Q8	%
Walking in bad/cold weather	61.9
Getting up early	11.9
walks too infrequent	7.6
Routes no interesting/diverse enough	5.9
Long walk strenuous	5.0
Other	4.2
don't get along with walking members	1.7
Don't like organisation/structure of group	0.9
walks too frequent	0.9
Total	100

The results from the survey show that the majority of walkers do not like walking in cold or bad weather or getting up early. The groups select their own times to walk and some walking group leaders alter the times of walks according to the season.

To address the issue of inclement weather the Walking Darebin Project has two indoor walking groups at Northland Shopping Centre and Darebin International Sports Centre. The groups choose their own time to walk and most people prefer to walk in the mornings. In the winter some groups walk one hour later than the summer starting time.

Recommendation:

- Encourage the walking group leaders to vary starting times according to the season.

Q9. What would you like to see happen to improve the experience of walkers in Darebin.

Responses to this question are listed below in order of frequency.

1. No dogs at the park

The issue of sharing open space between dog-walkers and non-dog walkers is an ongoing issue. The Walking Darebin project participated in a dog's breakfast held at All Nations Park by the community Safety Unit. Our key message was to encourage dog owners to clean up after their dogs. We provided free 'bags on board' which are containers that can be attached to a dog's leash that contain 50 plastic bags for cleaning up dog poo. Ninety dogs attended the breakfast with their owners and it was a good forum for getting our message across. The animal management unit are delineating dog on-lead and off-lead areas in the parks and communicating messages about responsible dog ownership. Fencing of dog off leash areas is being proposed. Dogs are a great motivator for walking, provide companionship and facilitate social interaction so we need to balance the needs of dog owners with the needs of other walkers.

2. Coffee

Walkers at DISC would like coffee to be provided after their walk. An access key to the club rooms at DISC has been provided to the walking group leader. Walkers donate a gold coin to the Darebin Bowls Club who provide the tea and coffee.

3. Bus trips

Walkers would like bus trips to vary the walking destinations to beyond Darebin. The Walking Darebin project has deliberately not funded bus trips. The project encourages people to discover Darebin on foot, by bike and by public transport. One group were provided with \$100 of met tickets. The Walking Group run by the Preston Neighbourhood House provides a bus but consequently the cost to join the group is between \$35 - \$55 depending per term. There are 4 terms per year so the annual cost of participation in these groups can be \$220 in contrast to the Walking Darebin groups which are free. Other reasons for not encouraging bus trips is that the number of people attending bus trips is limited by the number of the seats on the bus and we wanted to promote walking in the City of Darebin rather than other areas.

4. **Facilities for walkers**

People asked for better maintained pathways, footpaths, toilets, drink taps and shelters. People noted that some footpaths are uneven and may cause someone to trip. The City of Darebin has a footpath strategy which means that footpaths are repaired on a regular basis. A new tender for toilets has been put out with 4 more toilets to be opened as a result of feedback from the walking groups. Two new maps have shelters marked on them. Walkers are encouraged to take their own water bottles and each member of the Darebin walking groups has been provided with a walking Darebin water bottle.

5. **New walkers and more groups**

We are promoting the existing walking groups and would like to increase the number of participants of these groups rather than starting more groups.

6. **Provide rain coats**

Rain coats were provided to the walking group leaders in acknowledgment of their voluntary leadership. The raincoats cost \$26 each so even if the participants paid half it would cost ~\$2600 which is outside of our budget allocation.

7. **Leaflets produced to show walks of various lengths within Darebin**

The walking Darebin Project has updated the Discover Darebin Map and developed 2 new maps: Merri Creek Trail Shared Pathway and the Darebin Parklands Map.

Recommendation:

- add recommended short walks to the website and look into developing a hard copy of this.

8. **Evening walking to promote more families and younger people to join walking groups**

There was an evening walking group for families started in November 2005 which came out of the Safe Stroll in 2005. It initially attracted 6 families but petered out after a couple of months. The DISC walking group appears to be attracting families so we are promoting this group for families.

9. **Longer walks**

Recommendation:

- to link walkers in to the Federation of Victorian Walking Clubs (VicWalk) by sending our brochures to the walking groups so that those people wanting to do more challenging walks have an opportunity to do this.

10. More publicity

Recommendations: Consider radio and cinema advertising to supplement current promotions.

11. Council to donate free tatts tickets to all walkers for Christmas break

Council does not want to promote gambling but perhaps we need to look at offering free public transport tickets as a reward and a means of encouraging people to use public transport.

Q10. Do you have any other comments or suggestions about your walking group?

The majority of responses to this question were full of praise and congratulations to the Walking Darebin team on providing the community with these walking groups and giving the walkers a chance to be active in a safe and friendly environment. Other issues were raised in the question 9 responses.

Q13. What are the main languages spoken at home?

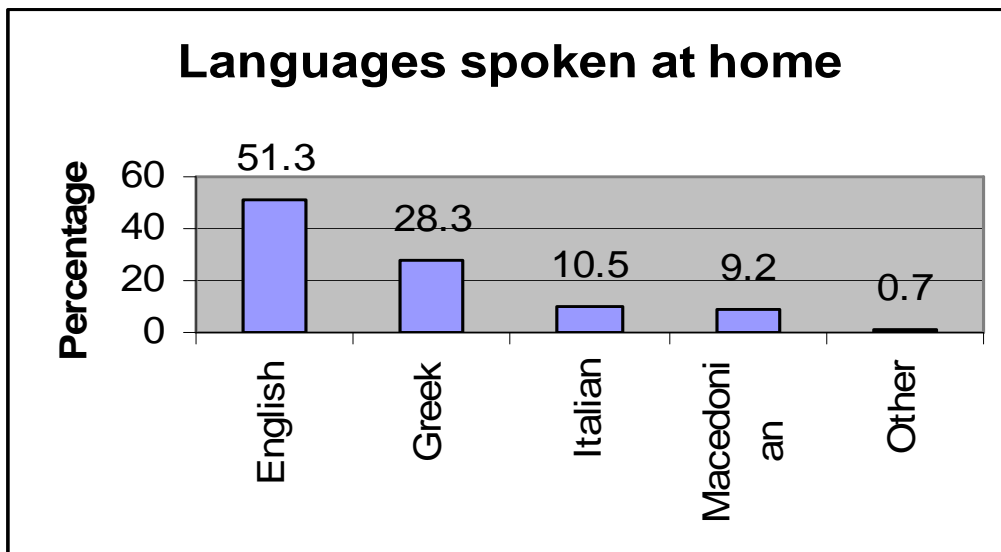


Figure 5: Language spoken at home by walkers

Q14. What is your country of birth?

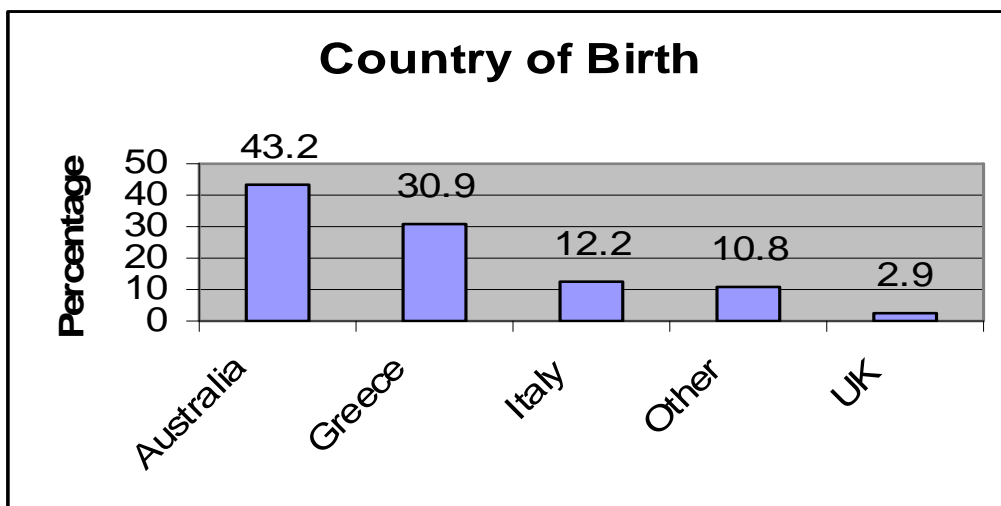


Figure 6: Country of birth of walkers

Over 35% of Darebin's residents were born in countries other than Australia, a figure which is higher now than at any other time in the city's history. The major contributing countries are Italy, Greece, the United Kingdom, China and Vietnam, but significant growth is being experienced in the community of people born in Sri Lanka, India, Egypt, the Philippines and countries from across the Middle East. One in three Darebin residents was born in a non-English speaking country and that almost 50% (48.9) speak a language other than English at home, with the proportion of the residents speaking Italian, Greek, Arabic, Vietnamese and Chinese being roughly three times the size of the respective rates across Melbourne. As previously mentioned The Victorian Population Health survey indicated that being born overseas is a contributing barrier to physical activity levels. One of Walking Darebin's objectives was to help reduce this barrier by forming 5 non-English speaking walking groups (2 Greek speaking, 1 Italian speaking, 1 Somali speaking and 1 Macedonian speaking) and judging from the results of the survey has been successful in the reduction of this barrier.

Q15. Are you of Indigenous or Torres Strait Islander Background?

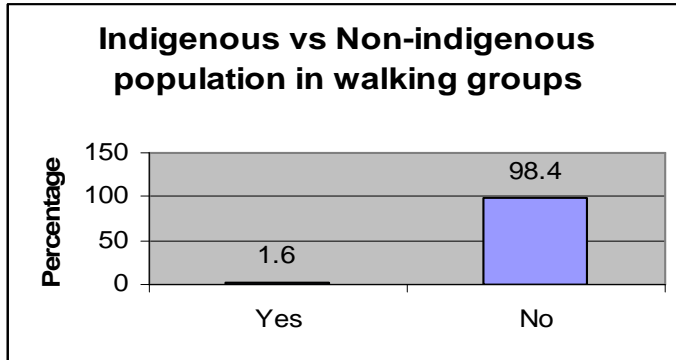


Figure 7: Indigenous and Non- Indigenous percentage of walkers

Darebin's indigenous population has declined slightly in recent years, largely due to increasing property values throughout the municipality, but the over 1,000 Aboriginal and Torres Strait Islanders still make up one of the largest indigenous communities anywhere in metropolitan Victoria. One in 25 Aboriginal and Torres Strait Islander Victorians lives in Darebin. We have not succeeded in attracting people from ATSI communities to the walking groups. A project called *Movin' Around* has been working with the ATSI community to encourage walking and the Walking Darebin Project has worked in conjunction with this project to promote existing walking groups to the ATSI community. This occurred late October just after the survey and census so we hope that there will be an increase in participation as a result of this work.

Q16. Are you Male or Female?

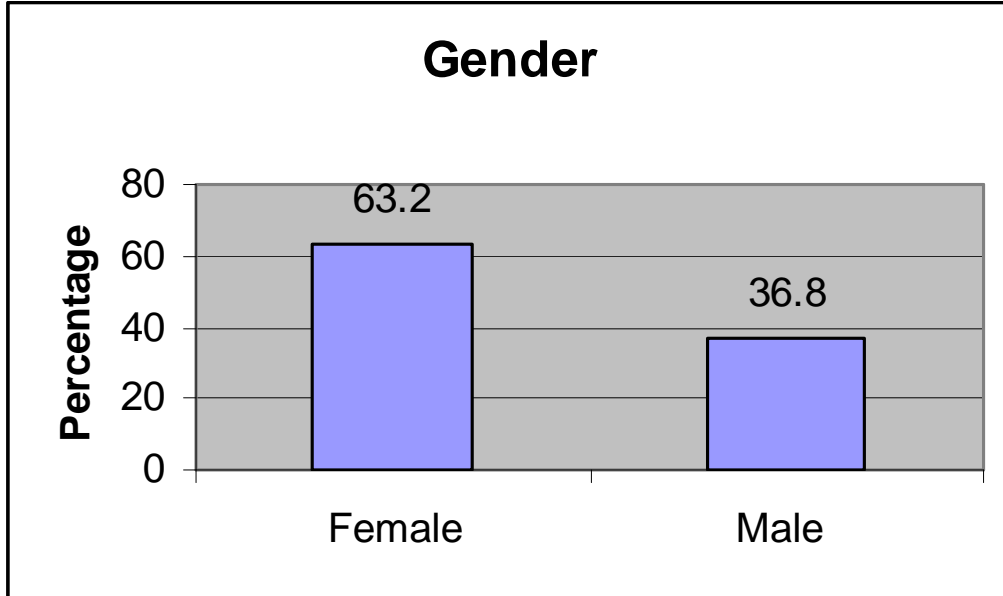


Figure 8: Male and female percentage of walkers

Females outnumbered males in the walking groups which is part of a national trend. According to the Australian Bureau of Statistics Sport and Recreation: a statistical overview (2006 Edition 2), the most popular physical recreation activity for both males and females was walking for exercise and the participation rate is much higher for females (32.9%) compared to males (17.5%). There were no gender differences between responses to questions on the survey.

Q17. What is your age?

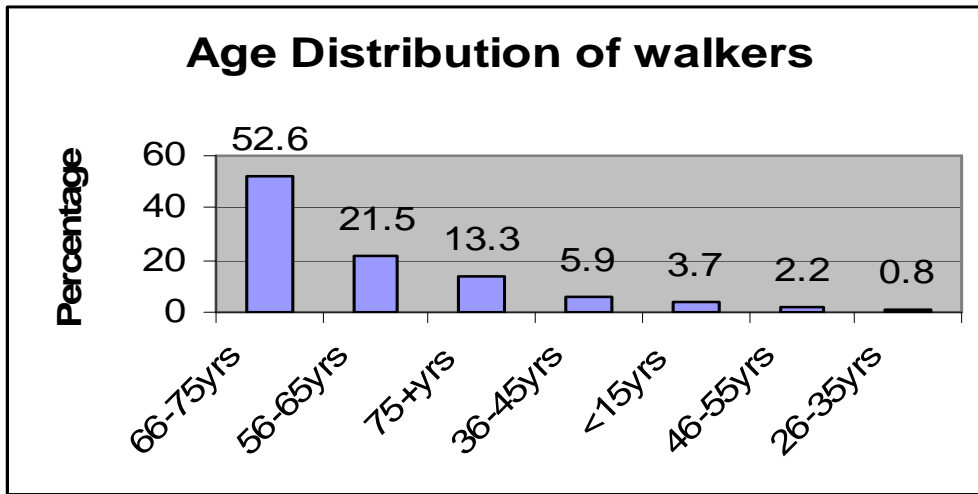


Figure 9: Age distribution of walkers

The results show that just over half (52.6%) of walkers are aged between 66-75 years of age. The large majority (87.4%) of walkers are over the age of 56 years. The 26-35 year age group has the lowest amount of walkers with only 0.8% of the total population of walkers belonging to that specific age group. Darebin has one of the largest populations of older persons in the state. One in five Darebin residents is aged over 60. There were no age related differences to responses to questions on the survey.

Q18. Walkers were asked to tick boxes corresponding to certain disabilities or impairments they may have. These impairments included vision, hearing, psychological, brain injuries and intellectual disabilities.

The results concluded that:

- 6.8% had vision impairment
- 3.9% had a hearing impairment
- 1% had an acquired brain injury.

Over 25,000 Darebin residents are affected by a disability of some kind, including physical, intellectual, psychiatric and sensory disabilities or an acquired brain injury. These people span the entire range of demographics, and include children, adolescents and adults. Over half the people with disabilities are aged over 60 years. In addition, there are a further 4,000 Darebin residents who are the principal carer of a person with a disability. One in five Darebin residents has a disability. Walking Darebin has one walking group for people with an intellectual disability however there are only 4 group members currently attending this group. Walking Darebin needs to attract more people with a disability to the walking groups.

Recommendation:

- Working with Metro Access and Access for All Abilities Co-ordinators to address the needs of people with a disability to increase participation.

Conclusion

The Darebin Household survey 2005 showed that Walking was the most popular leisure time activity with 57.3% of households reporting that they take part in walking as a leisure time activity. This had increased dramatically from 2003 when 22.9% of households indicated that they walked for leisure. The next survey will take place in 2007 and it will be interesting to see if the popularity of walking continues to increase.

Objective 3 of the Walking Darebin Project was 'to increase opportunities for those who have least access to participate in physical activity.'

This evaluation indicates that older adults, particularly women and people from CALD backgrounds have been able to increase their physical activity through the project. There is more work to be done to engage people with a disability and people from the ATSI Community in the project.

The number of walking groups has increased from the 7 original groups to 15 current groups with an average of 12 walkers plus one leader in each group and new walkers joining regularly. Promotional activities to recruit walking group leaders and participants has increased the community's knowledge and participation in walking.

Progress towards other objectives of the project will be reported separately.

Recommendations

The evaluation survey has helped to point the way forward for the project over the final 6 months. These recommendations will be actioned by Helen Matters, Walking Darebin Project Coordinator, prior to June 30 2007.

1. Discussion with sustainable transport to develop ways to improve use of public transport by walking groups.
2. Promotional material to reflect key motivators for walkers to join groups.
3. Great short walks to be developed for the website and possibly in a hard copy format.
4. Work with Metro Access and Access for All Abilities Coordinators to address increasing the involvement of people with a disability.
5. Continue to support the Movin' Around Project to encourage participation of people from the ATSI Community.

Acknowledgments

Many thanks to our wonderful Volunteer Walking Group Leaders

- Ruza Blazevska
- Lorraine Digby
- Helen Dobbyn
- Ivy Ford
- Shukri Geedi
- Penny Hatzimanolakis
- Rosa Ioculano
- Keith James
- Dimitra Liapis
- Peter Lim
- John Nicolaou
- Antonis Polykarpou
- Mary Sammut
- Trajce Sandev
- Ken Shacklock
- Johanne Singleton
- Rita Tessari
- Penny Zacharias

Participants of the Walking Darebin Groups

- Darebin International Sports Centre Walking Group
- Darebin Walking Group
- Greek Women's Elderly and Friendly Club Walking Group
- Italian Community Walking Group
- Keon Park Greek Senior Citizens Walking Group
- Life Activities Club Walking Group
- Merri Walking Group
- Merrilands Walking group
- Northland Shopping Centre Walking Group
- Preston Neighbourhood House Walking Groups
- Preston 'Walking Group
- Somali Women's Walking Group
- Toolangi Walking Group
- Vardar Walking Group

The Bundoora Group ceased after 1 year in November 2006.

Darebin City Council Staff

- Con Constantinou, Leisure Programs Coordinator
- David Diaz, Multicultural department
- Rachel Dean, Business Improvement
- Helen Matters, Walking Project Coordinator
- Robert Young Trainee, Leisure Services

References

- Victorian population health survey
<http://www.health.vic.gov.au/healthstatus/vphs.htm> accessed 4th December 2006.
- Darebin household survey 2005
http://www.cityofdarebin.vic.gov.au/Page/Page.asp?Page_Id=1033&h=0 accessed 4th December 2006.
- Australian Bureau of Statistics
<http://www.abs.gov.au/AUSSTATS/abs@.nsf/mf/4156.0?OpenDocument> accessed 28th November 2006.

Appendix 1: Walking Darebin participant survey

WALKING DAREBIN PARTICIPANT SURVEY

We are surveying walking group participants to evaluate the effectiveness of our current walking groups and to plan for future walking group projects. If you complete the following survey, which should take approximately 5 minutes, you could go into the draw to win a pedometer. Surveys need to be returned by Friday 6th October.

Q1 How did you find out about your current walking group?

Please choose one:

- Internet Darebin City Council Friend Local Newspaper Health Professional Other

Q2 How did you get here today?

Please choose one:

- Car Bus Tram Train On foot Bicycle Other

Q3 Why did you join your current walking group?

Please choose one:

- To improve health To exercise/get fit To socialise/make friends
 Relaxation Fresh air To see more of Darebin
 Other (please specify) _____

Q4 How long have you been walking with your current walking group?

Please choose one:

- Less than 1 month 1-6 months 7-12 months More than one year

Q5 How often do you walk with your current walking group?

Please choose one:

- Weekly Fortnightly Monthly Other (please specify) _____

Q6 On average, how many times each week do you walk for at least 30 minutes, in addition to your walking group?

Please choose one:

- More than once per day Daily 2-4 times each week 5-6 times each week Once each week Not at all
 Other (please specify): _____

Q7 What do you like most about being part of the walking group?

Please choose all that apply:

- Health benefits Social aspects Spending time outdoors Other (please specify) _____
 Fitness benefits Relaxing Exploring Darebin through walking

Q8 What do you like least about being part of a walking groups?

Please choose all that apply:

- | | |
|---|---|
| <input type="checkbox"/> Getting up early | <input type="checkbox"/> Don't like the organisation/structure of the group |
| <input type="checkbox"/> Walking in cold/bad weather | <input type="checkbox"/> Walks too frequent |
| <input type="checkbox"/> Routes not interesting or diverse enough | <input type="checkbox"/> Walks too infrequent |
| <input type="checkbox"/> Don't get along with all walking group members | <input type="checkbox"/> Other (please specify): _____ |
| <input type="checkbox"/> Find long walks strenuous | |

Q9 What would you like to see happen to improve the experience of walkers in Darebin?

Q10 Do you have any other comments or suggestions about your walking group?

Finally to help us understand the information you have provided please fill in the following details:

Q11 What is the name of your walking group?

Please choose one:

- | | |
|---|---|
| <input type="checkbox"/> Bundoora Walking Group | <input type="checkbox"/> Italian Community Walking Group |
| <input type="checkbox"/> Darebin Pram Walkers Groups | <input type="checkbox"/> Darebin International Sports Centre |
| <input type="checkbox"/> Darebin Walking Group | <input type="checkbox"/> Northland Shopping Centre |
| <input type="checkbox"/> Walking Group/Life Activities Club | <input type="checkbox"/> Greek Women's Elderly and Friendly Walking Group |
| <input type="checkbox"/> Merrilands Walking Group | <input type="checkbox"/> Keon Park Greek Senior Citizens Walking Group |
| <input type="checkbox"/> Merri Walking Group | <input type="checkbox"/> Somali Women's Walking Group |
| <input type="checkbox"/> Northcote Community Family Evening Walking Group | <input type="checkbox"/> Vardar Walking Group |
| <input type="checkbox"/> Preston Neighbourhood House | <input type="checkbox"/> East Reservoir Walking Group |
| <input type="checkbox"/> Preston Walking Group | <input type="checkbox"/> Other (Please specify): _____ |
| <input type="checkbox"/> Toolangi Walking Group | |

Q12 What is your postcode? _____

Q13 What are the main languages spoken at home?

Please choose all that apply:

- | | | |
|----------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> English | <input type="checkbox"/> Serbian | <input type="checkbox"/> Polish |
| <input type="checkbox"/> Italian | <input type="checkbox"/> Croatian | <input type="checkbox"/> Portugese |
| <input type="checkbox"/> Greek | <input type="checkbox"/> Vietnamese | <input type="checkbox"/> Spanish |
| <input type="checkbox"/> Arabic | <input type="checkbox"/> Mandarin | <input type="checkbox"/> Turkish |

Macedonian Cantonese Other ... []

Q14 What is your country of birth?

Please choose one:

Australia UK Vietnam
 Italy Macedonia China
 Greece Somalia Other (please specify)
[]

Q15 Are you of Aboriginal or Torres Strait Islander background?

Please choose one:

Yes No Can't Say

Q16 Are you...?

Male Female

Q17 What is your age?

Under 15 years 36-45 years 66-75 years
 16-25 years 46-55 years 75+ years
 26-35 years 56-65 years

Q18 Do you have any of the following?

Please select one answer for each of the following questions:

	Yes	No	Can't Say
A vision impairment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A mobility impairment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A hearing impairment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A psychological impairment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An Acquired Brain Injury?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An intellectual disability?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thank you for completing this survey. Please return this survey by Friday 6th October.

If you would like to go in the draw to win a pedometer, please record your details on the attached form. Your personal information will not be linked to your survey responses.

Privacy Statement

The personal information collected on this survey will only be used by Council for the purpose of reviewing the Walking Darebin project. Council will not disclose this information to any other individual or organisation unless required to by law.

SURVEY COMPETITION FORM

WIN A PEDOMETER

Please complete this form if you would like to go in the draw to win a PEDOMETER

Name: _____

Address: _____

Telephone Number: _____

Privacy Statement

The personal information collected on this survey will only be used by Darebin City Council for the purpose of contacting you about the survey competition or future consultation. Council will not disclose this information to any other individual or organisations unless required to by law.

Appendix 2: Census survey copy in English



Census survey for Walking Groups

Dear Walking Group Leader,

Thank you for taking the time to complete this survey. It is part of our evaluation for Vic Health who fund the Walking Darebin Project.

For the week beginning Monday 2nd October – Friday 6th October please complete the following information...

1. On which day did your group walk?
2. What is the name of your walking group?
3. What is your name?
4. Where did you walk?
5. How many walkers attended?
6. Were there any new walkers this week?

Yours truly

Helen Matters, Walking Project Coordinator
274 Gower Street, Preston Victoria 3072

8470 8305 helen.matters@darebin.vic.gov.au www.darebin.vic.gov.au



 VicHealth

HEALTH THROUGH PARTICIPATION