

Code	Category	Description
1	Behavior Change Goals	Changes that participant made for her/his family because of COACH
1.1	Physical activity	Increased physical activity, going outside, playing with others
1.1.1	Non-exercise activities	Good non-exercise/active leisure activities they are doing as a result of COACH
1.2	Nutrition	Changes in food choices and eating behaviors, including beverages
1.2.1	Incorporate/increase	Positive changes that make the diet healthier
1.2.1.1	Food preparation modification	Learning new preparation techniques, using healthy recipes, adapting recipes to cultural preferences or childrens' preferences
1.2.1.2	Increase fruits and vegetables	Strategies to eat more fruit and eat more vegetables
1.2.1.3	Increase water	Drinking more water at meals or between meals.
1.2.1.4	Model healthy behavior	Parents model (or explicitly teach) others (children, friends, etc) how to be healthier
1.2.1.5	Children leading	Children are models/motivators for parents to maintain healthy behavior, or at least can maintain healthy behavior on their own
1.2.1.6	Nutrition and health knowledge	More knowledgeable about food contents, ingredients, health, and healthy eating
1.2.1.7	Healthy snacking	Comments about eating healthier snacks
1.2.1.8	Shopping strategies	Strategies used when shopping to eat healthier
1.2.1.9	Other specified increases	Other eating behaviors that should be increased
1.2.2	Eliminate/decrease	Eating behaviors that should be eliminated or reduced in frequency.
1.2.2.1	Reduce sugar intake	Includes desserts and sugary drinks (juices, sodas, etc)
1.2.2.2	Moderation	Consuming unhealthy foods/drinks only in moderation
1.2.2.3	Other specified reductions	Other behaviors or eating habits that should be decreased in frequency
1.3	Family interactions	General changes in family interaction, family function, family routines, and family support
1.3.1	Behaviors to increase	Things that went well and/or they want to do more often with family
1.3.2	Behaviors to decrease	Things that were challenges and/or they want to do less often with family
1.4	Parenting	Changing specific interactions with children in order to improve quality of parenting
1.4.1	Rules	Placing limits on things, tying things that the kids want to whether they eat healthy/do what the parents want
1.4.2	Other behaviors to increase	Other beneficial outcomes related to parenting
1.4.3	Challenges	Challenges/things they want to do less regarding parenting
1.5	Media use/technology	
1.5.1	Behaviors to increase	Things that went well and/or they want to do more often with as part of media and technology use
1.5.2	Behaviors to decrease	Things that were challenges and/or they want to do less often with as part of media and technology use
1.6	Sleep	Changes in sleep hygiene
1.7	Health goals	Discussion of overall health outcomes that are part of the family's goals, such as weight loss or improving general wellbeing.
1.7.1	Obesity/weight	Specific mention of weight loss or preventing weight gain
1.7.2	Mental health quality of life	Discusses psychological or emotional wellbeing.
1.7.3	Self-efficacy	Improved self-efficacy/confidence/motivation/etc
1.7.4	Health over time	Discusses effect of actions now on health later
1.7.5	Doctor	Listening to/trusting their doctor
1.7.6	Other specified health	Discusses awareness, concerns, or COACH's impact on other specific health issues or general well-being
1.8	Community impact	Discusses impact of COACH beyond the immediate family, especially in their community/neighborhood
1.9	Literacy and school readiness	Changes related to reading and school readiness
1.9.1	Reading strategies	Parents' strategies for helping child with reading or being excited about reading
1.9.2	Excited about reading	Likes to read more/more excited about reading
1.9.3	School engagement	Child is more engaged with/doing better at school
1.9.4	Library	More use of school/local library or other sources of books
1.10	Religion	Discussed relevance of religion to good COACH outcomes
2	Barriers	Barriers to behavior change
2.1	General barriers	Any general, non-specific barriers discussed
2.2	Child behavior/misbehavior	The way the child responds to behavior change efforts makes it difficult for changes to occur e.g., child has temper tantrum. Child's preferences or desires are opposed to making behavior change.
2.3	Family support	Actions or lack of action from spouse and/or extended family create difficulties for making or maintaining behaviors changes.
2.4	Physical or built environment	Access to or quality of resources in the environment create problems for behavior change.
2.5	Competing priorities	Family or family members have two or more goals or interests that compete for their time, attention, effort, money, and make it more difficult to change behavior or maintain behavior change.
2.6	Financial	Not having enough money or resources, or healthy alternatives being too expensive.
2.7	Emotional or psychological barriers	Use this when explanations of difficulty refer to emotional states (e.g., stress) or are attributed to personal traits or characteristics or motivations (e.g., not motivated, lazy)
2.8	Culture	Barriers related to cultural practices or background
2.9	Personal preference/ability	Barrier was related to the participant just not liking or being physically able to do something
2.10	Other specific barriers	Other barriers to behavior change that cannot be categorized above.
3	Programmatic elements	Discussion of specific aspects of the COACH intervention
3.1	General comments	Any general comment about the COACH intervention
3.1.1	General positive comments	Any general positive comment about the COACH intervention
3.1.2	General negative comments	Any general negative about the COACH intervention
3.2	Social/cultural element	Discussion of the group process, interaction with other participants, and COACH's culture-specific impact
3.3	Learning topics	Discussion of the specific topics that were addressed by the program. The focus is on the process of learning or the <i>content of the curriculum</i> .
3.3.1	Healthy diet	Discussion of the topic or process of learning about healthy diet as part of the COACH program
3.3.2	Physical activity	Discussion of the topic or process of learning about physical activity as part of the COACH program
3.3.3	Sleep	Discussion of the topic or process of learning about sleep as part of the COACH program
3.3.4	Engaged parenting	Discussion of the topic or process of learning about engaged parenting as part of the COACH program
3.3.5	Media use	Discussion of the topic or process of learning about changing media use as part of the COACH program
3.3.6	Literacy and school readiness	Discussion of the topic or process of learning about literacy as part of the COACH program
3.4	Staff	Discussion about the kind and/or quality of interaction with program staff
3.5	Goal setting	Discussion of the process for setting goals for behavior change and being accountable to them
3.6	Coaching calls	Discussion of the post-intervention coaching calls
3.7	Gift Cards	Discussed the financial incentives and compensation aspect of the program
3.8	What is missing	Discusses what they need or what is missing that would help them change/maintain behavior change. Also included suggestions about adding to or improving the content of the COACH program.
3.8.1	Wants it to continue	Expressed interest in COACH continuing, doing COACH again, or having their friends do it
3.9	Other	Other specific comments about the COACH intervention
4	Outcomes	Overall discussion of the results or impact of the COACH program.
4.1	Positive outcomes	Discusses changes or outcomes that are considered good or desirable.
4.2	Negative outcomes	Discusses changes or outcomes that are considered poor or undesirable.
5	Strategies	Strategy to overcome barrier
5.1	Strategy to overcome a barrier	Discusses a strategy they used to overcome a barrier
9	Group	
9.1	Intervention	Response came from an intervention focus group
9.2	Control	Response came from a control focus group