



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

CHSS

University of Kent

Centre for Health Services Studies

## A Questionnaire for Parents or Carers of Primary School Children in Golborne / W10

### Section 1 – About where you live

1. How healthy do you think the Golborne/W10 area is for children to grow up in?

- Very unhealthy
- Fairly unhealthy
- Neither healthy nor unhealthy
- Fairly healthy
- Very healthy

2. Please tell us if you agree or disagree with the following statements:

	Strongly <u>disagree</u>	<u>Disagree</u>	Not sure	Agree	Strongly agree
My child's school actively supports children to eat healthily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My child's school actively supports children to move more	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is easy for my children to eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


	Strongly <u>disagree</u>	<u>Disagree</u>	Not sure	Agree	Strongly agree
healthily in this neighbourhood					
It is easy for my children to be physically active in this neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Section 2 – About Go Golborne

3. The Go Golborne project has been running since 2015. Please tell us what you think about it below:

	Strongly <u>disagree</u>	<u>Disagree</u>	Not sure	Agree	Strongly agree
My family has got some good ideas about healthy eating and moving more from Go Golborne	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I <u>don't</u> like Go Golborne telling me what to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It was easy to make some of the changes that Go Golborne suggests	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've noticed positive changes in my child's school to help children to be healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've noticed positive changes locally that help children to be healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3a. Is there anything else you'd like to tell us about the Go Golborne project?



### Section 3a – About eating and drinking

Please answer the next questions thinking about your youngest primary school child.

4. How often does your child eat the following for breakfast?

	Never	Less than once a week	1 or 2 days a week	3 or 4 days a week	5 or more days a week
Sugar coated cereals e.g. Frosties, SugarPuffs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hi-fibre cereals e.g. Branflakes, Weetabix, Shreddies, Muesli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Porridge, Ready Brek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other cereals e.g. Cornflakes, Rice Krispies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. Does your child add sugar to their breakfast?

- Yes, always
- Yes, most days
- Sometimes
- Seldom/Not often
- Never



	Never	Less than once a week	1 or 2 times a week	3 or 4 times a week	5 or 6 times a week	Once per day	2 or more times a day
Eat potato crisps or similar snack							

8. How many portions of fruit and vegetables do you think your child eats each day?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7 or more
- I don't know

9. Since Go Golborne started in 2015, has your family made any changes to what your child eats/drinks?

	Yes	No
<b>Any changes to reduce sugar?</b>	<input type="radio"/>	<input type="radio"/>
<i>For example:</i>		
Swapped to low/no sugar alternatives?	<input type="radio"/>	<input type="radio"/>
Cut down on sweets and/or sugary snacks?	<input type="radio"/>	<input type="radio"/>
Have smaller portions of sugary foods/drinks?	<input type="radio"/>	<input type="radio"/>

	Yes	No
<b>Any changes to reduce salty/fatty snacks?</b>	<input type="radio"/>	<input type="radio"/>
<i>For example:</i>		
Swapped salty/fatty snacks for healthier alternatives?	<input type="radio"/>	<input type="radio"/>
Smaller portions of salty/fatty snacks?	<input type="radio"/>	<input type="radio"/>
Started to check the 'Red/Amber/Green' label on snack packets?	<input type="radio"/>	<input type="radio"/>
<b>Any changes to increase fruit and vegetables?</b>	<input type="radio"/>	<input type="radio"/>
<i>For example:</i>		
Have more fruit/veg as snacks?	<input type="radio"/>	<input type="radio"/>
Add more fruit/veg to our meals?	<input type="radio"/>	<input type="radio"/>

10. On most days, how does your child get to and from school?

We are interested in the main transport used, eg: 3 minute walk and 10 minutes by bus = 'public transport'

- Family vehicle
- Walk
- Public transport (bus, train, etc)
- Bike or scoot
- Car share
- Other

11. How far do you live from your child's school?

- Less than 1 mile
- 1-2 miles
- 2-3 miles
- 3-4 miles
- More than 4 miles
- Not sure

12. In a typical week (Monday to Sunday), outside school hours, how often does your child usually exercise or take part in sports activities that makes him or her breathe hard or sweat for at least 20 minutes?

*For example: running, skating, swimming laps, tennis, fast cycling, aerobics.*

- Never
- 1 or 2 days a week
- 3 or 4 days a week
- 5 or 6 days a week
- Every day

13. Do you know how much physical activity experts recommend for children?

*Please indicate below for how often and for how long experts recommend children should do moderate to vigorous physical activity:*

How often?

- At least 2 days a week
- At least 4 days a week
- Every day
- I don't know

For how long?

- At least 15 mins

- At least 30 mins
- At least 1 hour
- I don't know

14. On a typical school day (Monday to Friday), outside school hours, for how long does your child usually do the following?

	Never	Less than 1 hour a day	1 to 2 hours a day	2 to 3 hours a day	3 to 4 hours a day	4 to 5 hours a day	5 or more hours a day
Watch TV, videos or DVDs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Play on computer, games console, tablet or smart phone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. On a typical weekend day (Saturday and Sunday), for how long does your child usually do the following?

	Never	Less than 1 hour a day	1 to 2 hours a day	2 to 3 hours a day	3 to 4 hours a day	4 to 5 hours a day	5 or more hours a day
Watch TV, videos or DVDs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Play on computer, games console, tablet or smart phone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. Do you know the maximum amount of screen time experts recommend for children?

*Screen time includes watching television, playing video games or playing on the computer or on a smart phone.*

Half an hour a day   1 hour a day   2 hours a day   4 hours a day   I don't know





17. Since Go Golborne started in 2015, has your family made any changes to increase your child's physical activity?

	Yes	No
<b>Any changes to be more active in travel to/from school?</b>	<input type="radio"/>	<input type="radio"/>
<i>For example:</i> Walk or scoot to/from school more?	<input type="radio"/>	<input type="radio"/>
Used more public transport?	<input type="radio"/>	<input type="radio"/>
Used the RBKC Walking map?	<input type="radio"/>	<input type="radio"/>
<b>Any changes to increase the amount of active play?</b>	<input type="radio"/>	<input type="radio"/>
<i>For example:</i> Use local parks and adventure playgrounds more often?	<input type="radio"/>	<input type="radio"/>
Started going to a new club or sport activity?	<input type="radio"/>	<input type="radio"/>
<b>Any changes to reduce screen time?</b>	<input type="radio"/>	<input type="radio"/>

	Yes	No
<i>For example:</i> Started a time limit for screen use?	<input type="radio"/>	<input type="radio"/>
Reduced screen use at meals?	<input type="radio"/>	<input type="radio"/>
Tried out some new screen-free Unplug and Play activities?	<input type="radio"/>	<input type="radio"/>
Reduced screen use in bedrooms/at bedtimes?	<input type="radio"/>	<input type="radio"/>

Q17a. Is there anything else you'd like to say about food, drink or physical activity?

***Nearly there! You are moving to the last short section.***

## **Section 4 – information about your youngest child in primary school**

**Thinking only about your youngest child in primary school:**

18. Which primary school does that child go to?

- Ark Brunel
- Barlby
- Bevington
- St Charles
- St Mary's
- St Thomas

19. Which school year is that child in?

- Reception
- Year 1
- Year 2
- Year 3
- Year 4
- Year 5
- Year 6

20. Does your child identify as:

a girl

a boy

Prefer not to say

21. Is your child eligible for benefit-based free school meals?

Yes

No

Don't know

Prefer not to say

22. What is your child's ethnic group?

*Please choose one option that best describes your youngest primary school child's ethnic group or background.*

**White**

- English/Welsh/Scottish/Northern Irish/British
- Irish
- Gypsy or Irish Traveller
- Any other White background, please describe:

**Mixed/Multiple ethnic groups**

- White and Black Caribbean
- White and Black African

- White and Asian
- Any other Mixed/Multiple ethnic background, please describe:

**Asian/Asian British**

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background, please describe:

**Black/ African/Caribbean/Black British**

- African
- Caribbean
- Any other Black/African/Caribbean background, please describe:

**Other ethnic group**

- Arab
- Any other ethnic group, please describe

**The end! Thank you very much for your time and answers.**