

**End Of Year Report 12<sup>th</sup> December 2007**

**Evaluation of Shake A Leg Health Promotion  
Program in schools**

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This report includes the evaluation of the Shake A Leg Health Promotion programs offered to students in primary and secondary schools.

Primary students received general health education programs over a one term period.

Secondary students were given special topic presentations in a workshop format.

This evaluation covers;

The pre Shake A Leg infants' questionnaire indicating baseline knowledge of personal hygiene, exercise and healthy eating habits.

The Students Satisfaction Survey indicates secondary student perceptions after completing the workshops. Topics were geared towards high school students in relation to human relationships, nutrition and exercise, drugs and alcohol.

The Teachers Evaluation Survey covers the teachers' opinions of the success of the programs.

The Parents Evaluation Survey indicates parental knowledge of and/or opinions of the program as well as any noticeable changes in the behaviour of their children due to the health program.

## 1. Infants Pre/Post Survey

170 students from 4 schools completed the infants survey prior to presentation of the Shake A Leg program.

Q1. What year?	
Fennell Bay Year 2	45
Karuah Year 2	27
Karuah Year 3	13
St Ignatius Year 1	21
St Ignatius Year 2	33
Tanilba Bay Kindergarten	8
Tanilba Bay Year 1	13
Tanilba Bay Year 2	9
<b>TOTAL</b>	<b>169</b>

Frequency Missing = 1

Q2. Do you drink water through the day?				
	Fennell Bay	Karuah	St Ignatius	Tanilba Bay
Yes	37	37	45	21
No	3	4	6	7
Total	40	41	51	28

Frequency Missing = 10

<b>Q3. Do you drink soft drink/cordial/fruit juice for:-</b>				
	<b>Fennell Bay</b>	<b>Karuah</b>	<b>St Ignatius</b>	<b>Tanilba Bay</b>
Breakfast	22	26	28	19
Lunch	21	22	33	12
Recess	19	25	33	8
Dinner	23	21	31	12
In between Meals	21	19	27	13
<b>Total</b>	<b>106</b>	<b>113</b>	<b>152</b>	<b>64</b>

<b>Q4. Do you rinse your mouth with water?</b>				
	<b>Fennell Bay</b>	<b>Karuah</b>	<b>St Ignatius</b>	<b>Tanilba Bay</b>
After you eat	31	29	36	23
After you drink a sweet drink	22	22	39	13
After any other drink – such as milk	22	18	16	10
<b>Total</b>	<b>75</b>	<b>69</b>	<b>91</b>	<b>46</b>

<b>Q5. Do you blow your nose everyday?</b>				
	<b>Fennell Bay</b>	<b>Karuah</b>	<b>St Ignatius</b>	<b>Tanilba Bay</b>
Yes	18	23	44	21
No	21	18	7	7
<b>Total</b>	<b>39</b>	<b>41</b>	<b>51</b>	<b>28</b>

**Frequency Missing = 11**

**Q6. Do you wash your hands with soap:-**

	<b>Fennell Bay</b>	<b>Karuah</b>	<b>St Ignatius</b>	<b>Tanilba Bay</b>
After you play with animals	38	39	46	29
After you go to the toilet	35	40	54	28
Before eating	36	37	44	26
After blowing your nose	32	29	49	15
<b>Total</b>	<b>141</b>	<b>145</b>	<b>193</b>	<b>98</b>

**Q7. What exercises do you do during the day?**

	<b>Fennell Bay</b>	<b>Karuah</b>	<b>St Ignatius</b>	<b>Tanilba Bay</b>
Go for walk	22	14	36	7
Ride bike	18	18	38	9
Play sports	19	19	32	7
Swimming	0	8	18	7
Other *	12	23	17	15
No don't exercise	1	1	3	0
<b>Total</b>	<b>72</b>	<b>83</b>	<b>144</b>	<b>45</b>

\* Others involve running, push ups/sit ups skipping and stretching

**Q8. How many minutes a day do you exercise?**

	<b>Fennell Bay</b>	<b>Karuah</b>	<b>St Ignatius</b>	<b>Tanilba Bay</b>
Less than 30 min	12	16	3	10
30 minutes	4	12	24	13
More than 30 min	6	13	9	6
<b>Total</b>	<b>22</b>	<b>41</b>	<b>36</b>	<b>29</b>

**Q9. How many days of the week do you exercise more than 30 mins?**

	<b>Fennell Bay</b>	<b>Karuah</b>	<b>St Ignatius</b>	<b>Tanilba Bay</b>
none	0	9	2	0
1 day	2	1	10	5
2 days	2	6	4	5
3 days	5	4	4	5
4 days	1	4	3	1
5 days	3	6	8	7
6 days	1	7	0	3
7 days	8	4	4	3
Total	22	41	35	29

**Q10. Tick the foods that you can eat as part of a healthy diet:-**

	<b>Fennell Bay</b>	<b>Karuah</b>	<b>St Ignatius</b>	<b>Tanilba Bay</b>
Rice	32	36	38	25
Toast	33	30	34	23
Cake	12	4	14	13
Bananas	36	40	51	28
Hot Chips	13	1	12	8
Apples	39	40	51	28
Red Meat	27	28	37	26
Potatoes	32	37	50	28
Pizza	15	7	17	11
Peas	33	39	47	29
Milk	33	36	48	27
Corn	34	37	47	29
Carrots	34	40	51	29
Lollies	9	2	8	4
Watermelon	38	37	47	27
Tinned Fish	27	30	23	23
Total	447	444	575	358

## **2. Parents Evaluation Survey**

**73 parents completed this survey after the Shake A leg program was presented to their children.**

<b>Q1. Year your child is in?</b>	
<b>Fennell Bay Didn't Answer</b>	1
<b>Fennell Bay Kindergarten</b>	7
<b>Fennell Bay Year 2</b>	24
<b>Fennell Bay Year 3</b>	2
<b>Fennell Bay Year 4</b>	1
<b>Karuah Didn't Answer</b>	4
<b>Karuah Kindergarten</b>	6
<b>Karuah Year 1</b>	5
<b>Karuah Year 2</b>	7
<b>St Ignatius Year 1</b>	11
<b>Tanilba Bay Year 1</b>	1
<b>Windale Year 5</b>	2
<b>Windale Year 6</b>	2
<b>TOTAL</b>	<b>73</b>

<b>Q2. Parent evaluation who answered 'yes'.</b>					
	<b>Fennell Bay</b>	<b>Karuah</b>	<b>St Ignatius</b>	<b>Tanilba Bay</b>	<b>Windale</b>
Have you heard of the 'Shake A Leg' program?	<b>26</b>	<b>14</b>	<b>5</b>	<b>1</b>	<b>3</b>
Do you know what the 'Shake A Leg' program is?	<b>21</b>	<b>11</b>	<b>1</b>	<b>1</b>	<b>2</b>
Has your child mentioned the 'Shake A Leg' program?	<b>28</b>	<b>16</b>	<b>9</b>	<b>1</b>	<b>3</b>
Has your child showed any family members what they have learnt from the 'Shake A Leg' program?	<b>26</b>	<b>15</b>	<b>5</b>	<b>1</b>	<b>1</b>
Have you noticed any changes in your child's health habits due to the 'Shake A Leg' program? Eg washing hands regularly, rinsing mouth with water after eating	<b>28</b>	<b>18</b>	<b>7</b>	<b>1</b>	<b>1</b>
Do you think the 'Shake A Leg' program is a good program for kids?	<b>13</b>	<b>20</b>	<b>0</b>	<b>1</b>	<b>4</b>
<b>Totals</b>	<b>142</b>	<b>94</b>	<b>27</b>	<b>6</b>	<b>14</b>

**Note: Several items in Q3 below are not relevant for infant students**

<b>Q3. Health changes child has made due to Shake A Leg program</b>					
	<b>Fennell Bay</b>	<b>Karuah</b>	<b>St Ignatius</b>	<b>Tanilba Bay</b>	<b>Windale</b>
Shows correct way to wash hands	13	19	0	1	3
Washes hands regularly	17	19	2	1	3
Child is aware of how easy germs spread	11	16	0	0	3
Correct way to brush teeth	21	17	2	1	3
Importance of blowing your nose	12	12	0	0	3
Understanding the difference between healthy & bad foods	15	15	1	0	3
Know how to pack a healthy lunch	10	12	1	0	3
Loves to play sports	12	17	1	0	3
Importance of physical activity	12	16	1	0	3
Blows nose daily	9	6	0	0	2
Not to drink	8	13	0	0	3
Not to do drugs	8	14	0	0	3
Learning about others	5	12	0	0	3
Self expression/identity	5	11	0	0	2
Nothing	2	1	1	0	0
Drink more water	10	15	1	1	3
Child enjoyed the program	11	19	1	1	3
Learnt about the ear	7	15	1	0	2
Other	2	2	0	0	0
<b>Totals</b>	<b>190</b>	<b>251</b>	<b>12</b>	<b>5</b>	<b>48</b>

### 3. Teachers Evaluation Survey

145 teachers completed the teacher evaluation survey.

Q1. What year?									
	Toronto High	Fennell Bay	Karuah Public	St Ignatius	Foster Public	Tanilba Bay	Windale	Matraverse Soldiers Settlement	TOTAL
<b>Kinder</b>	0	6	7	0	0	0	0	0	13
<b>Year 1</b>	0	0	5	25	0	4	0	0	34
<b>Year 2</b>	0	23	2	0	0	1	0	0	26
<b>Year 3</b>	0	3	2	0	0	0	0	4	9
<b>Year 4</b>	0	9	0	0	0	0	0	0	9
<b>Year 5</b>	0	0	6	0	0	0	20	0	26
<b>Year 6</b>	0	0	0	0	0	0	3	0	3
<b>Year 7</b>	0	0	0	0	0	0	0	0	0
<b>Year 8</b>	1	0	0	0	0	0	0	0	1
<b>TOTAL</b>	1	41	22	25	0	5	23	4	121

Frequency missing = 17

Q2. Are you?									
	Toronto High	Fennell Bay	Karuah Public	St Ignatius	Foster Public	Tanilba Bay	Windale	Matraverse Soldiers Settlement	TOTAL
<b>Aboriginal</b>	3	14	6	12	0	5	9	2	51
<b>Torres Strait Islander</b>	0	1	0	0	0	0	0	0	1
<b>Both</b>	0	1	0	2	0	0	0	0	3
<b>Neither</b>	4	25	16	18	0	5	17	2	87
<b>TOTAL</b>	7	41	22	32	0	10	26	4	142

Frequency missing = 3

<b>Q3. Are you a?</b>									
	Toronto High	Fennell Bay	Karuah Public	St Ignatius	Foster Public	Tanilba Bay	Windale	Matraverse Soldiers Settlement	TOTAL
Community member (parent, elder etc)	0	2	2	1	0	5	12	0	22
Health Worker /Service Provider	6	10	2	16	0	0	4	2	40
Teacher, AEA	1	31	18	15	0	4	10	2	81
<b>TOTAL</b>	7	43	22	32	0	9	26	4	143

**Frequency missing = 2**

<b>Q4 Number of times health topic in lesson</b>	
Nutrition	22
Oral Health	35
Otitis Media (BBC)	21
Physical Activity	14
Hygiene	29
Drugs & Alcohol	15
STI's	2
Spirituality	3
Identity	24
Bullying	18
Healthy Relationships	10
Young Pregnancy	1
Smoking	3
Respect	13
Substance Abuse	2
Conception	1
Safe Sex	1
Diabetes	1
Protective behaviour	3
Aboriginal Culture	1
General Health	5
Domestic Violence	4
Home Safety	3
<b>Totals</b>	<b>231</b>

<b>Q5. Rate aspects of the lesson:</b>			
	<b>Excellent n (%)</b>	<b>Good n (%)</b>	<b>Poor n (%)</b>
Ability to hold the children's attention	<b>65 (45.45)</b>	<b>78 (54.55)</b>	
Success in presenting core message	<b>88 (61.54)</b>	<b>54 (37.76)</b>	<b>1 (0.70)</b>
Ability to inspire behaviour change	<b>61 (43.26)</b>	<b>79 (56.03)</b>	<b>1 (0.71)</b>
Lesson – plan ease of use	<b>80 (57.14)</b>	<b>60 (42.86)</b>	
Success of activities	<b>88 (63.31)</b>	<b>51 (36.69)</b>	

#### 4. Students Satisfaction Survey

Eighty eight students completed the student satisfaction survey.

<b>Q1. Are you?</b>									
	Toronto High	Fennell Bay	Karuah Public	St Ignatius	Foster Public	Tanilba Bay	Windale	Matrville Soldiers Settlement	TOTAL
Aboriginal	6	6	0	0	6	0	9	0	27
Torres Strait Islander	0	0	0	0	0	0	0	0	0
Both	0	0	0	0	0	0	0	0	0
Neither	28	16	0	0	0	0	14	0	58
<b>TOTAL</b>	34	22	0	0	6	0	23	0	85

Frequency missing = 3

<b>Q2. Are you a?</b>									
	Toronto High	Fennell Bay	Karuah Public	St Ignatius	Foster Public	Tanilba Bay	Windale	Matrville Soldiers Settlement	TOTAL
Boy	25	10	0	0	0	0	12	0	47
Girl	11	13	0	0	6	0	10	0	40
<b>TOTAL</b>	36	23	0	0	6	0	22	0	87

Frequency missing = 1

<b>Q3. What year?</b>									
	Toronto High	Fennell Bay	Karuah Public	St Ignatius	Foster Public	Tanilba Bay	Windale	Matraverse Soldiers Settlement	TOTAL
<b>Year 3</b>	0	9	0	0	0	0	0	0	9
<b>Year 4</b>	0	13	0	0	0	0	0	0	13
<b>Year 5</b>	0	0	0	0	1	0	7	0	8
<b>Year 6</b>	0	0	0	0	5	0	16	0	21
<b>Year 7</b>	22	0	0	0	0	0	0	0	22
<b>Year 8</b>	13	0	0	0	0	0	0	0	13
<b>TOTAL</b>	35	22	0	0	6	0	23	0	86

**Frequency missing = 2**

<b>Q4. Overall the workshop was?</b>									
	Toronto High	Fennell Bay	Karuah Public	St Ignatius	Foster Public	Tanilba Bay	Windale	Matraverse Soldiers Settlement	TOTAL
<b>Very Good</b>	13	20	0	0	6	0	17	0	56
<b>Good</b>	20	2	0	0	0	0	6	0	28
<b>Poor</b>	2	0	0	0	0	0	0	0	2
<b>TOTAL</b>	35	22	0	0	6	0	23	0	86

**Frequency missing = 2**

<b>Q5. What were the best things about the workshop?</b>				
	<b>Toronto High</b>	<b>Fennell Bay Public</b>	<b>Foster Public</b>	<b>Windale</b>
Learning about yourself	<b>1</b>	<b>23</b>	<b>5</b>	<b>16</b>
Learning about Aboriginal & Torres Strait Islanders	<b>0</b>	<b>20</b>	<b>3</b>	<b>9</b>
Traditional games	<b>11</b>	<b>22</b>	<b>2</b>	<b>9</b>
Expressing feeling	<b>3</b>	<b>20</b>	<b>6</b>	<b>14</b>
Doing cool stuff	<b>1</b>	<b>18</b>	<b>5</b>	<b>12</b>
Fun things	<b>2</b>	<b>22</b>	<b>4</b>	<b>18</b>
Learning about drinking too much alcohol	<b>1</b>	<b>19</b>	<b>2</b>	<b>5</b>
Practical stuff	<b>4</b>	<b>21</b>	<b>3</b>	<b>11</b>
Learning about lots of things	<b>3</b>	<b>23</b>	<b>4</b>	<b>16</b>
Shouldn't take drugs	<b>2</b>	<b>19</b>	<b>6</b>	<b>7</b>
Shouldn't drink alcohol	<b>2</b>	<b>18</b>	<b>5</b>	<b>8</b>
Picking cards	<b>1</b>	<b>23</b>	<b>5</b>	<b>18</b>
Getting to know people	<b>2</b>	<b>23</b>	<b>5</b>	<b>11</b>
Playing games	<b>3</b>	<b>23</b>	<b>5</b>	<b>12</b>
Learning about nutrition	<b>0</b>	<b>1</b>	<b>0</b>	<b>12</b>
Bring the class together	<b>1</b>	<b>22</b>	<b>3</b>	<b>12</b>
Everything	<b>3</b>	<b>21</b>	<b>3</b>	<b>9</b>
Don't know	<b>2</b>	<b>2</b>	<b>1</b>	<b>3</b>
Other	<b>0</b>	<b>0</b>	<b>1</b>	<b>6</b>
<b>Totals</b>	<b>42</b>	<b>340</b>	<b>68</b>	<b>208</b>

<b>Q6. What have you gained or learned most about?</b>				
	<b>Toronto High</b>	<b>Fennell Bay Public</b>	<b>Foster Public</b>	<b>Windale</b>
Traditional games	2	22	1	9
Drugs	6	19	6	4
Alcohol	5	19	6	2
Identity	1	22	4	17
Respecting others	6	22	3	15
Expressing feelings	1	20	5	16
STI's	0	2	0	1
HIV	0	1	2	2
Domestic Violence	0	1	5	2
Healthy relationships	4	1	5	8
Aboriginal health issues	0	1	5	7
Young Pregnancy	0	1	4	2
Smoking	0	18	6	8
Diabetes	0	2	0	5
Nutrition	0	1	1	7
Gaining confidence	1	21	0	10
Language	0	6	0	6
Co-operation	1	22	3	9
Importance of Friends	4	21	5	15
Hygiene	0	2	2	10
Breathing Blowing, Coughing-BBC program	0	2	0	2
Protecting ourselves (Body Safe)	0	2	2	6
Oral health – looking after your teeth	0	2	2	16
Aboriginal Communities	0	2	2	4
Aboriginal & Torres Strait Islander People	0	17	3	5
Mental Health	0	5	4	17
Difference between Aboriginal communities	0	0	0	2
Racism	0	0	1	2

Careers	0	0	4	2
Other	0	0	1	1
Drink driving	0	0	0	2
Don't know	1	0	0	0

<b>Q7. Were you comfortable participating in this program?</b>									
	Toronto High	Fennell Bay	Karuah Public	St Ignatius	Foster Public	Tanilba Bay	Windale	Matraverse Soldiers Settlement	TOTAL
Yes	32	22	0	0	6	0	20	0	80
No	1	0	0	0	0	0	0	0	1
<b>TOTAL</b>	33	22	0	0	6	0	20	0	81

Frequency missing = 7