

Group Program Family Feedback

Reporting Period: September 2023 - March 31, 2024

Seventy-one individuals provided feedback on Fall 2023/Winter 2024 group programming.

Overall, families provided positive feedback regarding group programming, with an overall response score of 4.4 (SD = 0.7) out of 5 across group-related items.



Fall 2023 and Winter 2024 family feedback (N = 71)

	M (SD)		M (SD)
Enjoyed the 10-week group	4.4 (0.8)	Satisfied with 10-week group	4.4 (0.8)
Enjoyed Family Fun Activity	4.3 (0.9)	Confident about making changes	4.2 (0.6)
Learned new things about healthy living	4.3 (0.8)	Continue making changes post-group	4.4 (0.5)
Opportunity to practice making changes	4.3 (0.6)		

Responses were made on a 5-point Likert Scale, ranging from 1 (Strongly Disagree) to 5 (Strongly Agree).

“ I want to say thank you to each of you that contribute to this program. After being on the waitlist for a bit, it was exciting to look forward to participating in the group program and get support with making healthy living changes. We have set goals with increasing fruits and veggies daily, eating together, meal planning on the weekend, and being more physically active. An hour helping to put up Christmas lights is an hour away from the screen. The leadership of the team has been incredible. The family fun fitness sessions have been fun and engaging. The variety and approach makes them fun and comfortable. Who needs the gym when you can “get away from a bear”, tip like the “80’s drinking bird” or “cat hiss”. :)

I will continue to set goals, not be hard on myself and know that every little thing counts.
I will miss my Monday night calls and sessions with you all.

— Parent

”

Family feedback included the following themes:

Most helpful aspects of group	Nutrition	Mindful eating
		Sugary drinks session
		Learning about nutrition
		Learning how to read label
		Teaching kids how to plan meals using the Canada's food guide plate
		Healthy substitutions, recipes, new ideas
		Hunger and fullness cues
	Physical Activity	Family fun
	General healthy living	Strategies to support healthy living
		Goal setting
		Focus on health, not weight or body shape
	Fun / Structure	It didn't feel like school
		Supportive non-judgemental environment
Calm / knowledgeable / helpful group facilitators		
Practical application of group content	General	Making healthier choices
		Making changes as a family
	Nutrition	Trying to eat more whole grains
		Less sugary drinks
		Trying new foods every week
		Meal planning
		Applying Canada's food guide plate
	Physical activity	Being more active

“
I feel comfortable doing things now that I haven't done before without the fear of other people judging me.

— Teen

“
It has opened our minds and knowledge about healthy living and understanding different ways to improve on our goals.

— Parent