Illustration of how the core data set might be applied to our example of the YEAH project.

This table shows the indicative core dataset applied to our hypothetical illustration of the YEAH project. It should be read in conjunction with the proforma (as the wider explanations for the targeted figures and measures are contained in the Performa). The two left hand columns are copied directly from the proposed indicative core data set in the main report and the right hand columns (in blue) are a repeat of these tables but with data specific to the YEAH project.

Table One Suggested core data for all programmes

Output	**Core indicator(s)**	**Target Output for YEAH**	**Core indicator for YEAH**	**Comment**
Reach -X (no or proportion) of the target group(s) reached by the programmes (within specified group/setting/geography)	No. of target group engaged with the project (for agreed period –e.g. attending first session) divided by the total no. of target group in specified setting/geography) Need to know no's invited to take up service initial uptake	Aiming to target 927/3240 pupils (currently likely not to be already walking the main part of their school commute in NHS Somewhere)	No of these targeted pupils who are exposed to lessons and who attempt to set goals divided by both the target number 927 and total possible target population (n=3240)	Due to the nature of this intervention and the previous evidence base and pilots we feel that the programme can have an influence directly on the 'end users' and as such reach has been calculated in relation to the number of children that will be expected to engage with the programme. More detailed explanation of these figures is available in the attached proforma

Outcome	Indicator	Measure	Target Output for YEAH	Core indicator for YEAH/measure	Comment
Reducing/addressing inequalities	No. of target group engaging (adhering –see subsequent table) by age, sex, ethnic background, those with disabilities, post code/SIMD area relative to those targeted/ in setting/area	Key demographic data Age Sex Ethnicity questionnaire Post code (full) (provided that data protection guidelines are adhered to)	This programme is unlikely to address inequalities in inactivity per se	Differential engagement levels and outcomes within schools with different catchments (based on SIMID, school meals and clothing grant uptake) to inform this issue Using SHSH questions	See further detail on proforma.

Output	**Core indicator**	**Target Output for YEAH**	**Core indicator for YEAH**	**Comment**
Adoption No. of groups/ settings / organisations/professionals delivering the service/opportunity	No. delivering /no. of potential (or invited) deliverers in area/setting	50 of the 150 primary schools signed up 60 of the 180 classes signed up) also therefore 60 teachers trained) 10 schools 'more deprived'	Nos engaged divided by total number of schools in the targeted area Nos engaged divided total number of targeted classes/teachers Drop out over various stages and reasons for these as measures be survey /focus groups	See additional information on the proforma This relates to targets for our intermediary target groups (schools, classes and teachers)

Outcome	**Core indicator**	**Measure**	**Target Outcome for YEAH**	**Core indicator/measure for YEAH**	**Comment**
Increases in knowledge and enhanced attitudes	Changes in knowledge and attitudes	Via pre- and post-short programme specific surveys in specific areas	Enhanced positive attitudes of pupils, teachers and parents to walking to schools Improved pedestrian safety knowledge	Changes in perceptions of benefits and risk and how to minimise these . Measured by interviews and focus groups as part of external evaluation Changes in awareness of risk and how to minimise these Above measured by survey pre and post road safety educational input	See attached proforma for more details

Outcome	Core indicator	Target for YEAH	Core indicator/measure for YEAH	Comment
Change in practice promoted in training training/learning (e.g. teachers implement new programmes to engage girls, funded programmes deliver activity opportunities, parents used literature)	**Self reported changes in practice (via survey or diary, reflective practice reports)**	**60 of 180 teachers trained and implement full programme** **Increased integration of active commuting into other curriculum areas** **Increases in refresher lessons**	**No of teachers trained divided by number targeted and total teacher population (P5) in areas** **No of times active commuting used as focus of lesson compared to previous year?** **No of refresher lessons given** **Measure by training registers, short teacher survey and external evaluation interviews/focus groups**	**See attached proforma for more detail**

Table two: Suggested core data for programmes (or host organisations) that have some degree of influence on end users

Output	Indicator	Measure	Target for YEAH	Core indicator/measure for YEAH	Comment
No or proportion of inactive/low active engaged	No of those engaged with programme that are inactive divided by inactive population in target group	BHF question	Aiming to target 927/3240 pupils (currently likely not to be already walking the main part of their school commute) rather than inactive per se	No of (previously non walking) pupils and their parents engaged divided by targeted number and total estimated population currently not walking main part of journey to school Measured as part of class lessons and reported back to HiS	See attached proforma for more detail
% of those attending regularly /adhering	% attending in relation to prior agreed thresholds (e.g 8 out of 12 possible weeks)	Programme registers locally administered but nationally/centrally aggregated	See above regarding number completing training	See above regarding number completing training	See above regarding number completing training

Outcome	**Indicator**	**Measure**	**Target for YEAH**	**Core indicator/measure for YEAH**	**Comment**
Increased levels of physical activity	Changes in levels of self reported physical activity – based on pre- and post- short survey	Use of single item physical activity questions (currently being tested for validity /reliability by British Heart Foundation) repeated at agreed intervals	See below	Baseline data are collected immediately prior to the intervention and repeated post intervention (after the 6 week programme) and at six months post intervention. Children plot and measure distances travelled as part of class programme	For more information see the attached proforma
Target for YEAH for above outcome. **For specific anticipated thresholds see the attached proforma**					

Increased mean number of metres walked by eligible P5 pupils in their commute to and from school following their six week programme Decreased mean number of metres travelled by car by eligible P5 pupils in their commute to and from school following their six week programme Increased mean number of metres walked by eligible P5 pupils in their commute to and from school six months post intervention Decreased mean number of metres travelled by car by eligible P5 pupils in their commute to and from school six months post interventions Increase the percentage of children in participating classes travelling the whole or main part of their journey by foot post intervention and after six months Decrease the percentage of children in participating classes travelling the whole or main part of their journey by car