

LONDON
SCHOOL of
HYGIENE
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MEDICINE



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SUPPLEMENTARY FILE 3: QUESTIONS USED TO CAPTURE PARTICIPATION IN *WELL LONDON* AND SIMILAR ACTIVITIES IN THE INTERVENTION AND CONTROL AREAS

Intervention Area Questions

Have you heard of the Well London programme?

- Yes
- No
- Not sure
- Prefers not to say

Looking at this list of activities which have been happening in your local area over the last 3 years, for each one please can you tell me whether you have heard of the activity? [TICK ALL THAT APPLY]

- Physical activity-'Activate London', sports (football, basketball);Relaxation(yoga, tai-chi);Walking; Cycling
- Healthy Eating-Eatwell (Cook & Eat; Cook and Taste; Cook, Grow and Eat); Community Feasts; Food Buying Schemes (Food Co-op; Mobile food stores or Food box scheme)
- Mental Wellbeing-DIY Happiness; Mental Wellbeing Impact Assessment; Changing Minds
- Arts-'Be Creative, Be Well'
- Healthy Spaces/Open Spaces-Community Garden/Allotments; Park Regeneration; Other (window-boxes)
- Training-'Training Communities', Youth Ambassadors/Activators; Personal Support Packages; Health Training for WLDT
- Volunteering Activities-Well London Delivery Team; Other volunteering
- Other Well London Activities-Video workshops; Community cafés; Wellnet shared learning workshops & website
- None of these

Have you participated in any of the Well London activities?

- Yes
- No
- Not sure
- Prefers not to say

Looking at this list, in which Well London activities did you participate? [TICK ALL THAT APPLY]

- Physical activity-'Activate London', sports (football, basketball);Relaxation(yoga, tai-chi);Walking; Cycling
- Healthy Eating-Eatwell (Cook & Eat; Cook and Taste; Cook, Grow and Eat); Community Feasts; Food Buying Schemes (Food Co-op; Mobile food stores or Food box scheme)
- Mental Wellbeing-DIY Happiness; Mental Wellbeing Impact Assessment; Changing Minds
- Arts-'Be Creative, Be Well'
- Healthy Spaces/Open Spaces-Community Garden/Allotments; Park Regeneration; Other (window-boxes)
- Training-'Training Communities', Youth Ambassadors/Activators; Personal Support Packages; Health Training for WLDT

- Volunteering Activities-Well London Delivery Team; Other volunteering
- Other Well London Activities-Video workshops; Community cafés; Wellnet shared learning workshops & website

Please could you tell me how many sessions you attended?

Physical activity-'Activate London', sports (football, basketball);Relaxation(yoga, tai-chi);Walking; Cycling	_____
Healthy Eating-Eatwell (Cook & Eat; Cook and Taste; Cook, Grow and Eat); Community Feasts; Food Buying Schemes (Food Co-op; Mobile food stores or Food box scheme)	_____
Mental Wellbeing-DIY Happiness; Mental Wellbeing Impact Assessment; Changing Minds	_____
Arts-'Be Creative, Be Well'	_____
Healthy Spaces/Open Spaces-Community Garden/Allotments; Park Regeneration; Other (window-boxes)	_____
Training-'Training Communities', Youth Ambassadors/Activators; Personal Support Packages; Health Training for WLDT	_____
Volunteering Activities-Well London Delivery Team; Other volunteering	_____
Other Well London Activities-Video workshops; Community cafés; Wellnet shared learning workshops & website	_____

Has anyone else in your household participated in any of the Well London activities?

- Yes
- No
- Don't know
- Prefers not to say

Did you receive an Active Living Map?

This is a map, which shows health eating, physical activity and wellbeing facilities in your area.

- Yes
- No
- Don't know

Did you use the Active Living Map?

- Yes

- No
- Prefers not to say

During the last 4 years, have you participated in or volunteered in any other (other than Well London) local group or community activities? Tell me all activities you can remember.

Details

During the last 3 years did you participate in any activities with a Healthy Eating theme?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any activities with a sport or physical exercise theme?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any activities with mental health or wellbeing theme?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any activities involving community gardening or outdoor spaces?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in Arts and crafts or other creative activities?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any other local group or community activities?

- Yes
- No
- Not sure
- Prefers not to say

Details



Control Area Questions

Have you heard of the Well London programme?

- Yes
- No
- Not sure
- Prefers not to say

Have you participated in any of the Well London activities?

- Yes
- No
- Not sure
- Prefers not to say

This section is about your participation or volunteering in local community activities during the last 3 years. Tell me all activities you can remember.

During the last 3 years did you participate in any activities with a Healthy Eating theme?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any activities with a sport or physical exercise theme?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any activities with mental health or wellbeing theme?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any activities involving community gardening or outdoor spaces?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in Arts and crafts or other creative activities?

- Yes
- No
- Not sure
- Prefers not to say

Details

During the last 3 years did you participate in any other local group or community activities?

- Yes
- No

- Not sure
- Prefers not to say

Details