

Partners



COOK ISLANDS
Ministry of Education
Maraurau o te Pae Api'i



Funders



Pacific Science as Health Literacy Partnership Programme

Parent Family Focus Group Questions

Focus Questions (All Focus Groups)

1. [C] What did you learn from doing the programme?
 - a. Health and Wellbeing
 - b. Understanding of science
2. [P] Did your child discuss the programme at home? If so, what was discussed?
3. [C/P] Is being healthy important to you? Can you tell me why/why not?
4. [C/P] Can you tell me about how diet and lifestyle impacts or affects health / wellbeing?
5. [P/C] What sort of things influence the food that you choose for (P) yourself and your family (C) yourself?
6. [P/C] How does diet and lifestyle during adolescence affect our health / wellbeing (now and in the future)?
7. [P/C] How does a mother's diet and lifestyle during pregnancy affect the health / wellbeing of the baby now and in the future?
8. [P/C] Do you think it is important to find out about what scientists are doing to know more about health and wellbeing? Why / why not. Is it easy/hard to find out that kind of information? Where would you usually go to find out information about health and wellbeing?
9. [C] What did you enjoy most about the programme?
10. [C] How could the programme be improved?
11. [C/P] What were the benefits of doing the programme? How has it affected you and your family?
12. [C/P] Has anybody in the family made any changes to your lifestyle as a result of doing the programme? If so, what kind of changes were made? If not, why not?
 - a. Diet changes
 - b. Lifestyle changes (e.g. physical activity, smoking)
13. [C/P] If you had the opportunity, would you participate in something like this again? Why / why not?

Additional Focus Questions (One and Two Year Follow-up)

14. Exploration of the similarity of difference between the diet and lifestyle records of the student in previous programme evaluation time points. *This will be an open discussion based on the questionnaires from each year in the study.*
15. *Exploration of how the programme has impacted on the student and their family in the long term – related to their diet, lifestyle, and interest in science.*