

ATTACHMENTS

**Under Separate Cover
Ordinary Council Meeting**

6.00pm Tuesday 27 November 2018

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2017 Sons of the West

Program Evaluation - Smythesdale



Compiled for Golden Plains Shire Council

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1. Foreword

In 2017, the Sons of the West (SOTW) program saw significant growth; a total of 17 sites across nine municipalities ran weekly throughout the ten week Premiership Season. New sites were established in Sunbury, Maryborough and Golden Plains (Smythesdale). The existing metropolitan and Ballarat sites continued to grow in participant numbers and both Melton and Wyndham piloted afternoon sessions catering for larger groups, retirees and tradesmen.

This year saw the biggest Sons of the West program yet with total registrations across all locations reaching 1,003 men in the Premiership Season.

At the end of the 2016 program, the Leadership Academy was offered to all SOTW participants who had completed three years of the program. Participants were taught public speaking, leadership styles and the concept of everyday leadership. Graduates of the Leadership Academy were invited to return to the 2017 Premiership Season as volunteer Leaders. In total 23 volunteer Leaders assisted with various roles across the metropolitan sites including facilitation, presenting in the nutrition and heart health workshops on their lived experiences, program set up/operations and welcoming of new participants.

Health topics covered in the 2017 Premiership Season were based on population health data available for areas delivering the SOTW program, as well as input from SOTW participants and consultation with program partners. Topics included mental health, nutrition/cooking, heart health, prostate cancer, addiction/gambling and prevention of violence against women. All relevant presentations followed the 3-tiered community engagement model outlined in the 2016 evaluation report. Increased emphasis was placed on including locally relevant health services and lived experience stories within the presentations. From a partnerships perspective, the input from a range of partners and a diverse range of highly skilled staff was a great contribution to the 2017 Premiership Season. The 2016 program was presented by nine organisations, in 2017, a total of 18 organisations came together to deliver the various topics.

The Western Bulldogs Community Foundation is incredibly thankful for the level of support shown by every partner organisation and in particular the hardworking and passionate staff in Golden Plains Shire Council and Sports Central. The staff poured their energies, time and passion into making this program a reality to help better the lives of men living in Golden Plains.

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2. Participant demographics

The following participant demographics were calculated using the information obtained from the medical history forms each participant filled in upon registration to the program. In total n=1,003 men participated in the Premiership Season across all 17 sites. In Smythesdale n=18 men registered (attended at least one session). Please note this data does not include information from staff or student medical history.

2.1 Participant age

Participants across all SOTW sites ranged in age from 18 to 87 years; the average age for the wider SOTW program was 54 years old. In Smythesdale the average age of participants was lower with an average age of 49 years old. The youngest participant in Smythesdale was 27; the maximum age was 70 years old.

2.2 Year within program

SOTW is based on a three year model, where participants are encouraged to return to the program over three years, each year building their capacity and networks to engage in healthier behaviours and developing their skills as community leaders. As Smythesdale was a new site added in 2017, all participants were first years (Recruits).

2.3 Cultural Diversity

This year for the first time all participants were asked to identify their country of birth as well as their parents' country of birth. Across all SOTW sites, 49.2% (n=473) participants were born in Australia and both parents were born in Australia; 28.8% participants (n=267) were born in a country other than Australia, 18.5% (n=178) were born in Australia and had at least one parent born overseas. N=30 participants had missing data in the cultural diversity fields. Total cultural diversity including participants who were born overseas or had at least one parent born overseas was 47.3%. The top five countries of birth other than Australia across all sites were India, England, Malta, UK (not specified) and Italy.

In Smythesdale, 94.4% (n=17) of participants were born in Australia. 5.6% (n=1) of participants were born in a country other than Australia. Of those who were born in Australia, 27.8% (n=5) had at least one parents born overseas. The top countries of birth or descent in Smythesdale other than Australia were Jordan, Italy, Palestine, England, Germany/Northern Ireland (equal). This is similar to some of the most common countries of birth listed in the 2016 Census data for Golden Plains Shire, which includes England, New Zealand, Netherlands, Germany and Scotland.

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2.4 Aboriginal or Torres Strait Islander descent

In 2017, participants were asked whether they identified as Aboriginal or Torres Strait Islander (ATSI) descent, this question was optional and some participants (n=64) chose not to answer. Across the wider program, 1.4% (n=13) identified as either ATSI descent. In Smythesdale zero participants identified as of ATSI descent.

This data is valuable to demonstrate the cultural diversity within SOTW participants, to support future program planning, marketing and recruitment as well as to identify populations residing in the community that are not currently attending SOTW programs. The 2016 Census data for Golden Plains Shire shows 0.9% of total persons identified as ATSI descent, showing there is a small population within Golden Plains that was not reached in the 2017 SOTW Premiership Season, a targeted campaign to reach this population could be considered for the 2018 program.

2.5 Occupation

Participants were asked to list their occupation when completing the medical history form. Due to the large variation in job title used between men it is not appropriate to comment on industry listed, therefore occupation categories were collapsed into 'occupation listed', 'unemployed', 'retired or semi-retired', 'student', 'carer' or 'disability support pension' (DSP). Across the wider program, 57% (n=548) of participants listed an occupation; 26.5% (n=255) listed 'retired' or 'semi retired'; 2% (n=18) listed 'unemployed' and 2% (n=18) listed 'student' as their occupation. In Smythesdale 88.9% (n=16) listed an occupation, 5.6% (n=1) participant listed 'retired' and 5.6% (n=1) participant listed 'unemployed'.

Two participants (11%) in Smythesdale identified they were a concession card holder.

2.6 Participant risk

Participants provided details of important demographic data and medical history to identify any safety or potential risk for participants during the physical activity component of the program. Participant medical history was screened by qualified allied health professionals, participants were then allocated a risk rating of low, moderate, or high risk based on whether the participant had a history of cardiac, pulmonary and metabolic complications and/or experience more than one chronic health condition impacting on their health (see appendix I for risk matrix).

Across all sites, 28% (n=268) of participants were classified as 'high risk', 38.5% (n=370) were 'moderate risk' and 33.5% (n=324) were 'low risk'. In Smythesdale there was a higher proportion of participants categorised as 'low risk' with 44.5%

Table 1: Participant risk categorisation

LOCATION	LOW RISK	MODERATE RISK	HIGH RISK
Smythesdale	44.5%	33.3%	22.2%
Total (all sites)	33.5%	38.5%	28%

(n=8) were of 'low risk'; 33.3% (n=6) were of 'moderate risk'; and 22.2% (n=4) participants were classified as high risk.

The community awareness of the SOTW program as well as the developing relationships with local health organisations have contributed to a higher proportion of vulnerable or 'high risk' participants within the program. The Western Bulldogs Community Foundation have responded to this with the added support of the Clinical Governance group and the addition of the Clinical Pathways Coordinator position. Additionally, there has been an increase in allied health support through the Exercise Physiology post-graduate students and Occupational Therapy student placements in the program.

2.7 Participant location

Participant locality is provided to councils to identify where participants are travelling from to attend SOTW sessions; to assist with future decisions regarding venue location.

Participants who attended Smythesdale SOTW sessions travelled mostly from areas surrounding Smythesdale (Haddon, Newtown, Cape Clear, Smythes Creek, Scarsdale and Berringa) or Alfredton. The furthest a participant travelled to attend the Smythesdale site was 78km from Bannockburn. Please see the below cluster map which shows the spread of participants travelling to Smythesdale SOTW sessions.

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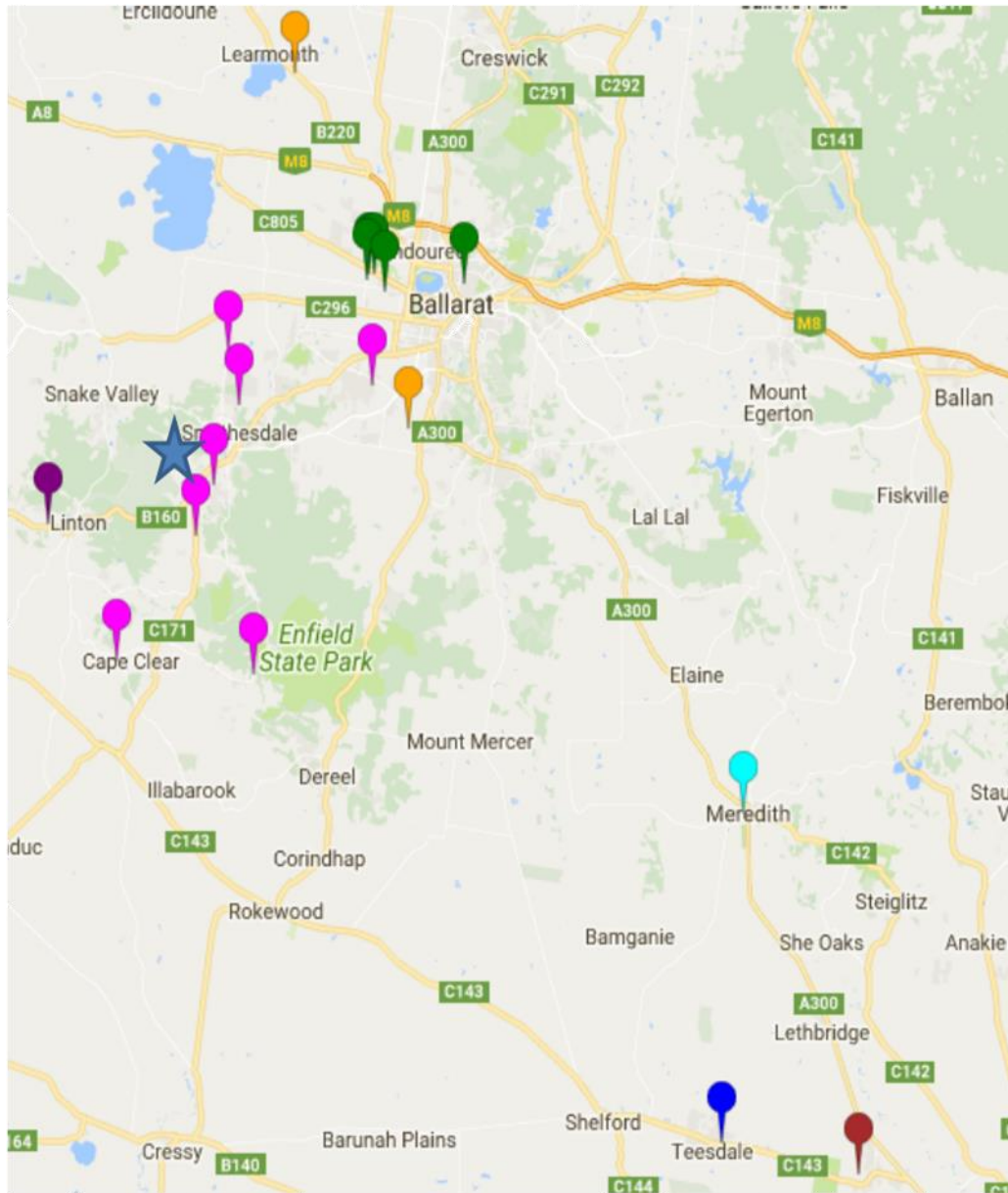


Figure 1: Cluster map; distance travelled by Smythesdale participants

The most common areas (by postcode) reported within Smythesdale were 3351, 3350, 3352. Postcodes 3351 and 3352 are classified as low levels of disadvantage using the Socioeconomic Indexes for Areas (SEIFA) index of disadvantage, ranking in the 7th and 8th decile for disadvantage in Victoria. Postcode 3350 is classified as a high level of relative disadvantage, ranked in the 3rd highest decile in Victoria for disadvantage.

3 Weekly attendance

3.1 Attendance rates

Over the 10 week duration of the Premiership Season, n=1003 men attended at least one of the 10 sessions. The Sons of the West programs have traditionally seen high retention rates within each program. In 2016, 67% (n=533) of participants attended 7 or more of the 10 sessions; in 2017, 71.3% (n=715) of participants attended 7 out of 10, meaning they were eligible to attend the SOTW graduation and receive the annual SOTW hoodie. Overall the program experienced a relatively low dropout rate, with 18.7% (n=188) of participants attending three or less sessions. Smythesdale achieved a particularly high retention rate with, 88.8% of participants (n=16) attending 7 out of 10 sessions, the reasons for participant retention are discussed further in section 4.5. Dropout rates for Smythesdale were lower than the wider program with 11.1% of Smythesdale participants (n=2) attending three or less sessions.

The average attendance in Smythesdale each week was 15 participants. The below figure 2 shows fluctuation in weekly attendance rates. A possible explanation for the slightly lower attendance rates at the weeks 9 and 10 sessions could have been the weather (cold and wet weather on these days) or the topics of gambling and prevention of violence. Some participants may have had a personal goal to reach graduation (attend 7 of the 10 sessions), thus chose not to attend the final two sessions.

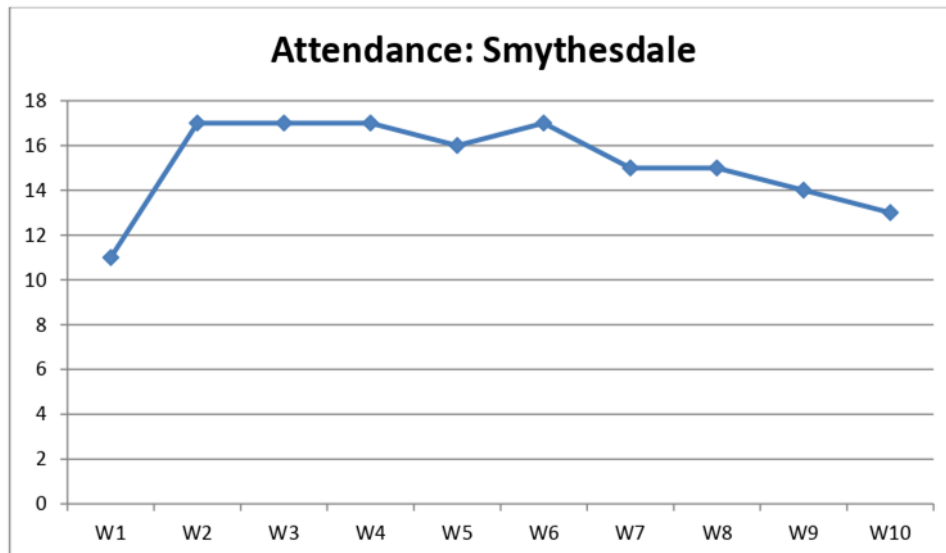


Figure 2: Attendance rates weeks 1-10 at SOTW Smythesdale

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Table 2: Attendance rates weeks 1-10 at SOTW Smythesdale

Week	Topic	Session Title	Attendance	+/- mean N=15
1	Orientation	Orientation	11	-4
2	Mental Health	Man Therapy with beyondblue	17	+2
3	Mental Health	Mental Fitness – Between the Goal Posts	17	+2
4	Mental Health	Mental Fitness – Know Your Team	17	+2
5	Heart Health	Setting the Pace with Heart Foundation	16	+1
6	Prostate Cancer	Time to Test with the EJ Whitten Foundation	17	+2
7	Nutrition	Let's Talk Food	15	0
8	Cooking	Cooking Masterclass	15	0
9	Addiction	Understanding Addiction with Gamblers Help	14	-1
10	Challenging Masculinity	Change Makers with Nirodah	13	-2

4 Program feedback

The following data is based on the information gathered through the pre- and post-program survey (appendix II & III). All participants attending week 1 of the Premiership Season filled in the pre-program survey and the post program survey was filled in at the final session in week 10. In Smythesdale, a total of n=14 participants completed the post program survey.

4.1 Program promotion

Participants were asked 'where did you hear about the program' – the answers to this question were tailored to each site to reflect the local promotion and marketing plan employed by the partner organisation. In Smythesdale answers to this question included local radio/local newspaper, social media, Western Bulldogs Football Club and friend/family member. Majority (38.5%, n=5) of participants heard about the program through local media (radio and newspaper). Social media (31%, n=4), Western Bulldogs Football Club (23%, n=3), friend/family member (15.5%, n=2) and Golden Plains Shire Website (15.5%, n=2) were the next most popular responses. (Refer to figure 3 below)

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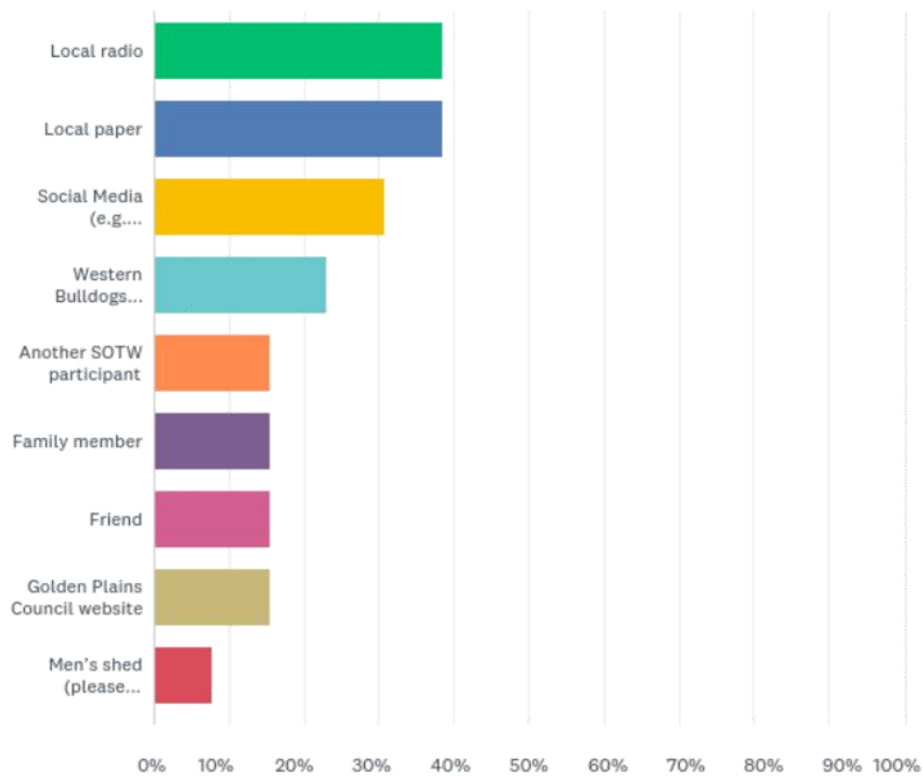


Figure 3: Smythesdale participant responses to the question 'where did you hear about SOTW'

4.2 Recommending SOTW to a friend

When asked 'based on your experiences within the 2017 SOTW program would you recommend the program to a friend or family member?' Majority of Smythesdale participants 92.9% (n=13) answered 'yes' they would be likely to recommend SOTW to a friend based on their experiences this year. One participant (n=1) answered they were 'unsure' whether they would refer a friend/family member, this person did not provide further information regarding their response. Smythesdale participants reported the reasons they would refer a friend was to share the benefits of the program, for the social connectedness/friendships or for the health/mental health information.

4.3 Attending SOTW next year

When asked 'based on your experiences within the 2017 SOTW program will you attend next year?' most Smythesdale participants 85.7% (n=12) answered 'yes' they would be likely to attend SOTW next year based on their experiences of the 2017 program. 0% answered 'no' and 14.3% (n=2) were 'unsure' if they would attend next year. Of those participants who answered 'unsure' and provided comment stating their attendance depends on their work/family commitments. Majority of Smythesdale participants plan to return to the program next year, indicating the 2017 program was valued by participants.

4.4 Participant reason for attending SOTW

When asked 'why did you decide to come to the 2017 SOTW Premiership Season program' participants in Smythesdale commonly reported they wanted to improve or sustain their fitness level, for their mental health or to meet new people. One participant answered '*to be part of a larger network of blokes*' which speaks to the importance of social connectedness and belonging that is established within the SOTW programs.

The link between the SOTW Premiership Season program and the Western Bulldogs Football Club/Australian Rules Football (AFL) is a major drawcard for many participants when deciding to attend the program, particularly in newly established sites such as Smythesdale. Participants were asked whether they support Western Bulldogs or follow AFL. Results for Smythesdale show all participants are supporters of AFL or WBFC (refer to figure 4).

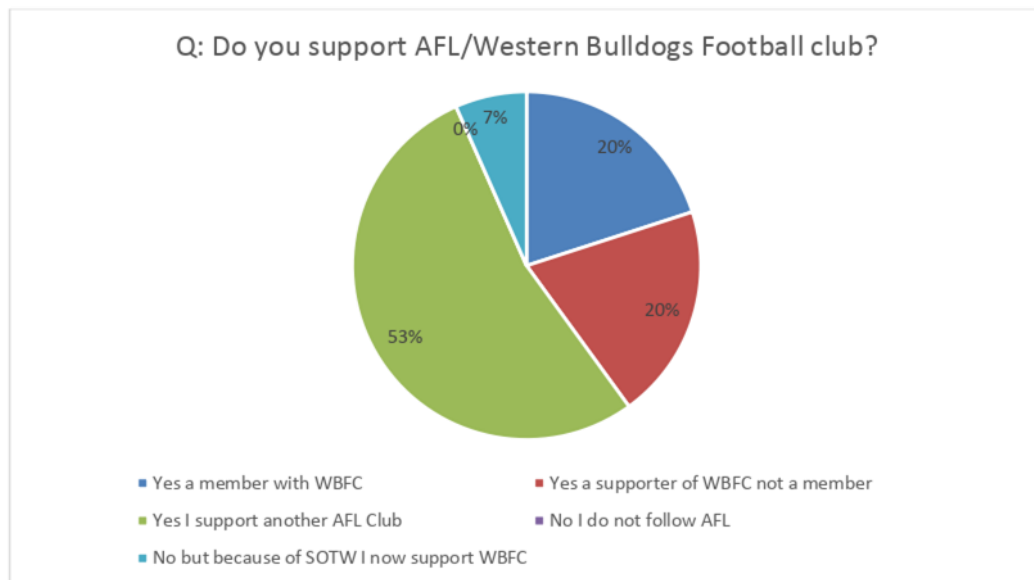


Figure 4: Smythesdale participant response to the question 'do you support WBFC or AFL?'

4.5 Participant reason for attending SOTW

Participants were asked why they continued to come back to the SOTW Premiership Season program. As highlighted earlier, Smythesdale held a particularly high retention rate ,with 88.8% of participants attending 7 out of 10 sessions. When asked 'what made you return to SOTW each week?' Smythesdale participants identified the variety of topics covered (n=5), friendship of those within the program (n=3), exercise (n=3) and guest presentations/style of delivery (n=3). (Refer to figure 4).

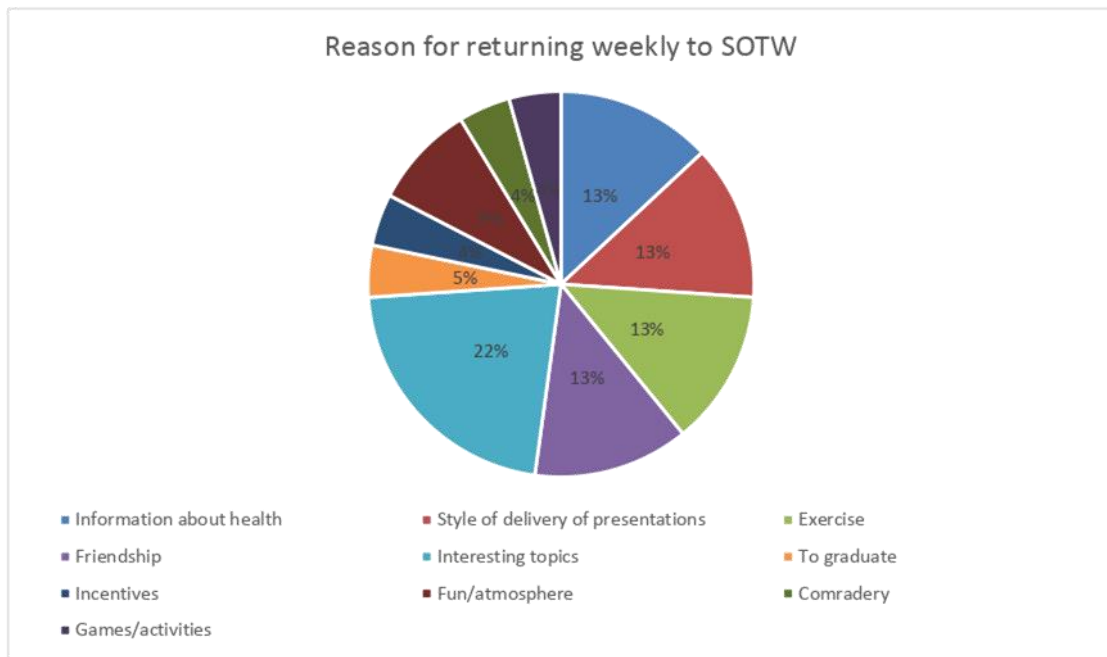


Figure 4: Smythesdale reasons for returning to SOTW Premiership Season program each week

5. Health topics

5.1 Increased knowledge of health topics

One of the key outcomes of the SOTW program is improved health literacy. Participants were asked whether they felt more knowledgeable on each of the topics covered within the Premiership Season in 2017, in Smythesdale majority of participants reported more knowledgeable on all topics; ranging between 76.9% more knowledgeable as a result of nutrition/cooking to 100% more knowledgeable on heart health and gambling (refer to table 3).

Table 3: Proportion of Smythesdale participants reporting increased knowledge as a result of attending SOTW

Session	Topic	Agree % (N)	Unsure % (N)	Disagree % (N)	Total
Mental health with beyondblue	Mental Health	91.7% (11)	9.3% (1)	0% (0)	12
Mental Fitness with the SOTW psychologists	Mental Health	92.9% (13)	7.1% (1)	0% (0)	14
Mental Fitness with the SOTW psychologists	Mental Health	85.7% (12)	14.3% (2)	0% (0)	14
Talking Food with SOTW dietitians and Diabetes Victoria	Nutrition	76.9% (10)	23.1% (3)	0% (0)	13
Cooking Masterclass	Nutrition	76.9% (10)	23.1% (3)	0% (0)	13
Time to Test with the EJ Whitten Foundation	Prostate Cancer	92.9% (10)	7.1% (1)	0% (0)	11
Change Makers with Nirodah and White Ribbon	Challenging Masculinity	88.9% (8)	11.1% (1)	0% (0)	9
Setting the Pace with Heart Foundation	Heart Health	100% (13)	0% (0)	0% (0)	13
More than a Game with Gamblers Help	Gambling/ Addiction	100% (13)	0% (0)	0% (0)	13

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5.2 Top three health topics

Participants were asked to rank the top three sessions they found the most useful. In Smythesdale the top three sessions ranked were Time to Test with the EJ Whitten Foundation (24.4% of participants), Mental Fitness with the SOTW psychologist (19.5% of participants) and Setting the Pace with the Heart Foundation (17.1% of participants).

Not all participants provided feedback as to why or why not they found their top three sessions the most useful; those who did provide feedback most commonly stated the session was relevant to them, learnt new information, interesting topics or engaging delivery style (as demonstrated in below the quote).

“Mental fitness - never heard this terminology. Changed my way of thinking about mental health”
– SOTW Participant 2017, Smythesdale

5.3 Program additions

The survey also asked participants to list anything they would like to see added to the program, many participants took this opportunity to list health topics. In Smythesdale the most commonly requested items were: information on drug and alcohol addictions, additional nutrition sessions, additional cooking classes and increased participant discussion within question and answer time within sessions (see below quote).

“In Q&A more blokes prepared to talk about the year” – SOTW Participant 2017, Smythesdale

6. Behaviour change

Changes in behaviour were measured through two mechanisms; the first being the number of participants who visited a GP for a health check and returned the signed SOTW passport. The second being self-reported change in behaviour through the post-program survey.

6.1 GP Health Checks completed

In 2017 for the first time WBCF added an incentive for men to complete a health check in the form of tickets to the Round 19 match, Western Bulldogs vs. Essendon. Across all locations, 30.3% (n=304) participants completed a health check. In Smythesdale a significantly higher proportion of participants 55.6% (n=10) completed a health check with a GP as a result of attending SOTW. Of these, n=5 completed a prostate check as a result of the incentive put forward by the EJ Whitten Foundation of two tickets to the annual Grand Final luncheon.

6.2 Reported behaviour change

The second measure for behaviour change was through responses to the questions on the post-program survey:

'Please describe any changes you have made in your life as a result of attending the 2017 Premiership Season' and 'please describe any changes you have made in your life as a result of attending the 2017 Premiership Season'

The responses from participants in Smythesdale mostly pertained to increased exercise 61.5% (n=8), changes to diet 38.5% (n=5) more self awareness of my behaviour 15.4% (n=2) and self-monitoring of health 15.4% (n=2) (refer to figure 5). Examples of participant responses are given below;

"Becoming more active, commit to doing extra fitness more aware of what we say and how we say things to other people" - SOTW Participant 2017, Smythesdale

"Health check - daily decisions to better my health. Get physical - bike riding several times weekly" - SOTW Participant 2017, Smythesdale

Please describe any changes you have made in your life as a result of attending the 2017 Premiership Season

Answered: 13 Skipped: 1

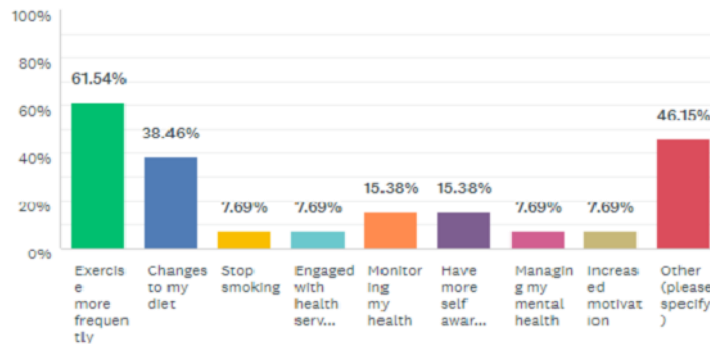


Figure 5: Smythesdale participant reported behaviour change

6.3 Intended behaviour change

The SOTW Premiership Season program aims to educate men on key health issues as well as increase their capacity to act on these health issues; as a result participant behaviour change can occur after the program has completed. Participants were asked in the post-program survey whether they intend to make any behaviour changes as a result of attending SOTW Premiership Season. Results to this question local to Smythesdale include the following; exercise more/improve fitness 53.9% (n=7), continue positive behaviours from SOTW 30.8% (n=4), monitor diet 30.8% (n=4) and to connect with others socially 15.4% (n=2) (refer to figure 6). The below quotes provide further insight into responses to this question:

“Try to lose weight, regain fitness and continue to participate in men’s health” - SOTW Participant 2017, Smythesdale

“To feel more happy and less angry” - SOTW Participant 2017, Smythesdale

“Keep in touch with more men” - SOTW Participant 2017, Smythesdale

Please describe any changes you intend to make:

Answered: 13 Skipped: 1

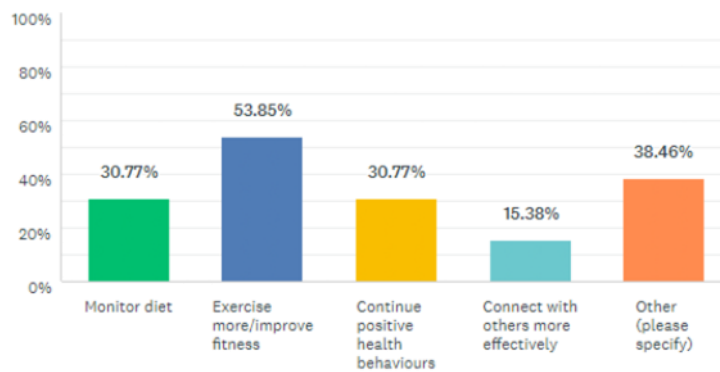


Figure 6: Smythesdale participant intended behaviour change

6.4 Program support and capacity building

Through the post-program survey participants were asked to rate whether attending SOTW has supported them to change behaviours through capacity building; increasing knowledge or motivation. Majority of participants felt attending SOTW supported them to make changes to their physical and mental health. In Smythesdale, the results were particularly positive with 92.8% of participants feeling SOTW had helped them to build the skills to take control of their own health and their confidence to exercise more. Please refer to table 4 for a detailed response breakdown to each question.

Table 4: Participant response to capacity building questions

		Strongly disagree	Disagree	Unsure	Agree	Strongly agree	Obsvs (no. of answers)
Build skills to take control of my own physical health	SOTW (all)	0.0% 0	0.0% 0	2.9% 4	64.2% 88	32.9% 45	137
	Smythesdale	0.0% 0	0.0% 0	7.1% 1	57.1% 8	35.7% 5	14
Build skills to take control of my own health	SOTW (all)	0.0% 0	0.7% 1	4.4% 6	65.7% 90	29.2% 40	137
	Smythesdale	0.0% 0	0.0% 0	7.1% 1	71.4% 10	21.4% 3	14
Build skills to eat a healthy and balanced diet	SOTW (all)	0.0% 0	1.5% 2	9.5% 13	58.4% 80	30.7% 42	137
	Smythesdale	0.0% 0	0.0% 0	21.4% 3	64.3% 9	14.3% 2	14
Feel more motivated to be physically active	SOTW (all)	0.0% 0	0.7% 1	3.6% 5	56.5% 78	39.1% 54	138
	Smythesdale	0.0% 0	0.0% 0	7.1% 1	57.1% 8	35.7% 5	14
Feel more confident in my ability to exercise safely	SOTW (all)	0.0% 0	0.7% 1	3.7% 5	57.4% 78	38.2% 52	136
	Smythesdale	0.0% 0	7.1% 1	14.3% 2	50.0% 7	28.6% 4	14
Become more physically active	SOTW (all)	0.0% 0	1.5% 2	2.9% 4	58.8% 80	36.8% 50	136
	Smythesdale	0.0% 0	0.0% 0	7.1% 1	57.1% 8	35.7% 5	14
Make changes in my life to better my health	SOTW (all)	0.0% 0	0.0% 0	3.7% 5	55.5% 76	40.9% 56	137
	Smythesdale	0.0% 0	0.0% 0	14.3% 2	50.0% 7	35.7% 5	14

7. Social connectedness

Participants were asked to complete a validated questionnaire known as the K10 before and after the program to show changes in social connectedness. These results are being compiled by Victoria University provisional psychologists and will be available soon.

The post program survey also asked participants if they felt the SOTW program helped them to 'build new friendships' or 'feel like part of the community'. Participants answered these questions on a five-point Likert scale from 'strongly disagree' to 'strongly agree'. In Smythesdale, 85.7% of participants either agreed or strongly agreed attending the SOTW program helped them to build new friendships. 78.6% of participants agreed or strongly agreed SOTW helped them to feel like part of the community. Refer to table 5 for response breakdown.

Table 5: Smythesdale participant response to social connectedness questions

SOTW helped me to:	Strongly disagree	Disagree	Unsure	Agree	Strongly agree	Observations (no. of answers)
Feel like part of the community						
SOTW (all)	0.7% 1	0.7% 1	7.3% 10	59.9% 82	31.4% 43	137
Smythesdale	0.0% 0	0.0% 0	21.4% 3	64.3% 9	14.3% 2	14
Build new friendships						
SOTW (all)	0% 0	1.5% 2	9.6% 13	59.6% 81	29.4% 40	136
Smythesdale	0.0% 0	0.0% 0	14.3% 2	64.3% 9	21.4% 3	14

8. Participant testimonies

"Great job by everyone who has to do with organising such a great program. Congratulations and hope it continues to grow" - SOTW Participant 2017, Smythesdale

"Well run program. Thanks to all involved in organising. This program is fantastic for all men, and could be life changing for men" - SOTW Participant 2017, Smythesdale

"Make sure it returns to Smythesdale in 2018" - SOTW Participant 2017, Smythesdale

"Thank you for this program" - SOTW Participant 2017, Smythesdale

Appendix I: Risk Matrix

Sons of the West Participant Risk Stratification

Older than 69 years of age	MODERATE RISK	MODERATE RISK	HIGH RISK	HIGH RISK	HIGH RISK
Older than 45 years of age	LOW RISK	LOW RISK	MODERATE RISK	HIGH RISK	HIGH RISK
45 years of age or younger	LOW RISK	LOW RISK	LOW RISK	MODERATE RISK	MODERATE RISK
	<ul style="list-style-type: none"> -No history of CVD, pulmonary issues (asthma, COPD etc) or Diabetes. -No CVD risk factors, -No history of falls, -No injuries, bone, joint or muscle problems -No concerns for participating in exercise 	<ul style="list-style-type: none"> -No history of CVD, pulmonary issues (COPD etc) or Diabetes. -ONE CVD risk factor, -No history of falls, -No injuries, bone, joint or muscle problems -No concerns for participating in exercise 	<ul style="list-style-type: none"> -No signs/symptoms of or diagnosed cardiovascular, pulmonary disease, and/or metabolic disease listed. -TWO or more (≥ 2) CVD risk factors. - One fall in the last 12 months - Asthma (states they use ventolin/preventative and will bring to sessions) - Minor muscular/bone joint problems listed in the past 	<ul style="list-style-type: none"> - History of cardiovascular (including stroke), pulmonary, and/or metabolic disease. AND -has one or more signs/symptoms of an additional CVD, pulmonary or metabolic disease (see below) - History of falls, - Current injuries, bone, joint or muscle problems - Has Asthma but does not identify they use an inhaler/feel the need to bring it along to exercise sessions (MODERATE RISK) 	<ul style="list-style-type: none"> - History of cardiovascular (including stroke), pulmonary, and/or metabolic disease. -has one or more signs/symptoms of an additional CVD, pulmonary or metabolic disease AND -History of falls, -Current injuries, bone, joint or muscle problems

RISK CATEGORISATION:	APPLYING THIS TO SOTW PARTICIPANTS:	Based off the American College of Sports Medicine (ACSM) risk stratification guidelines (with acknowledgement of American Heart Association and the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) guidelines):	
LOW RISK PARTICIPANTS	<ul style="list-style-type: none"> -No cardiovascular, pulmonary, and/or metabolic disease listed -No more than one (i.e., ≤1) CVD risk factor. 	Low risk: Individuals classified as low risk are those who do not have signs/symptoms of or have diagnosed cardiovascular, pulmonary, and/or metabolic disease and have no more than one (i.e., ≤1) CVD risk factor. The risk of an acute cardiovascular event in this population is low, and a physical activity/exercise program may be pursued safely without the necessity for medical examination and clearance.	CVD SIGNS AND SYMPTOMS OF HEART DISEASE: <ul style="list-style-type: none"> - Pain in the chest - Shortness of breath at rest - Dizziness/fainting - Bilateral ankle edema (indicates heart failure) - Heart palpitations/tumor - Muscle cramps
MODERATE RISK PARTICIPANTS	<ul style="list-style-type: none"> -No signs/symptoms of diagnosed cardiovascular, pulmonary, and/or metabolic disease listed - Two or more (i.e., ≥ 2) CVD risk factors. - Participant has had a fall in the last 12 months - Participant allocates himself to active advanced group 	Individuals classified as moderate risk do not have signs/ symptoms of or diagnosed cardiovascular, pulmonary, and/or metabolic disease, but have two or more (i.e., ≥ 2) CVD risk factors. The risk of an acute cardiovascular event in this population is increased, although in most cases, individuals at moderate risk may safely engage in low- to moderate-intensity physical activities without the necessity for medical examination and clearance. However, it is advisable to have a medical examination and an exercise test before participation in vigorous intensity exercise (as outlined in SOTW medical history form)	CVD RISK FACTORS: <ul style="list-style-type: none"> - Age ≥45 - Current smoker/quit within the past 6 months - Sedentary lifestyle (≤ 30mins of exercise 3 times per week) - Hypertension - High cholesterol - Prediabetes - Obesity
HIGH RISK PARTICIPANTS	<ul style="list-style-type: none"> - Participants diagnosed with a history of cardiovascular, pulmonary, and/or metabolic disease. -Has one or more signs/symptoms of CVD, pulmonary or metabolic disease - Participant has chosen the active advanced group 	High risk: Individuals classified as high risk are those who have been diagnosed with or have one or more signs/symptoms of cardiovascular, pulmonary, and/or metabolic disease. The risk of an acute cardiovascular event in this population is increased to the degree that medical clearance should be sought before initiating physical activity or exercise at any intensity.	

Appendix II: Pre program evaluation

Sons of the West (SOTW) Program 2017 - Week 2

My name is*: _____

How did you did hear about the Sons of the West (SOTW) Preseason? Please tick ✓ boxes that apply to you.

- | | |
|---|---|
| <input type="checkbox"/> I attended last year | <input type="checkbox"/> Community Health Centre |
| <input type="checkbox"/> Social media (e.g. Facebook/Instagram) | <input type="checkbox"/> Woody Yaloak Rec Reserve Committee |
| <input type="checkbox"/> Family member | <input type="checkbox"/> Football club |
| <input type="checkbox"/> Work | <input type="checkbox"/> Bowling club |
| <input type="checkbox"/> TV/Local Newspaper/Radio | <input type="checkbox"/> Golf club |
| <input type="checkbox"/> Friend | <input type="checkbox"/> Soccer club |
| <input type="checkbox"/> Neighbour | <input type="checkbox"/> Rotary/ Lions club |
| <input type="checkbox"/> Health care service (please specify) _____ | <input type="checkbox"/> Men's shed (please specify) |
| <input type="checkbox"/> Western Bulldogs Football Club | <input type="checkbox"/> School newsletter |
| <input type="checkbox"/> Another SOTW participant | <input type="checkbox"/> Golden Plains Council website / Sons of the West website |
| <input type="checkbox"/> A presentation - Please tell us where: _____ | |
| <input type="checkbox"/> Other - Please specify: _____ | |

Men, we know how much the SOTW means to our community and we want to make sure it works. To do this we need your help in evaluating the program. These questions focus on some of the things we talk about in SOTW. We will be asking you these questions now and at the end of the Premiership Season to see how you change across the program. By answering these questions it really helps us to know how the program works.

Remember: there is a Sons of the West Psychologist here. They are happy to answer any questions you might have. If you feel uncomfortable answering these questions please go and have a chat with them.

In the last four weeks, about how often ...	All of the time	Most of the time	Some of the time	A little of the time	None of the time
1. Did you feel tired out for no good reasons?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Did you feel nervous?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Did you feel so nervous that nothing could calm you down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Did you feel hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Did you feel restless or fidgety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Did you feel so restless that you could not sit still?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Did you feel depressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Did you feel that everything was an effort?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Did you feel so sad that nothing could cheer you up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Did you feel worthless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Please read these statements and then tick the box that you feel **is most true** for you.



	Strongly disagree	Disagree	Neutral (I don't agree or disagree)	Agree	Strongly Agree
1. I tend to bounce back quickly after hard times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I have a hard time making it through stressful events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. It does not take me long to recover from a stressful event	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. It is hard for me to snap back when something bad happens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I usually come through difficult times with little trouble	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I tend to take a long time to get over set-backs in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please read these statements and then tick the box that you feel **is most true** for you.



	Never	Rarely	Sometimes	Often
1. I feel in tune with the people around me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I lack companionship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. There is no one I can turn to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I do not feel alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel part of a group of friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have a lot in common with the people around me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am no longer close to anyone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My interests and ideas are not shared by those around me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I am an outgoing person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. There are people I feel close to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I feel left out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. My social relationships are superficial	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. No one really knows me well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I feel isolated from others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I can find companionship when I want it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. There are people who really understand me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I am unhappy being so withdrawn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. There are people around me but not with me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. There are people I can talk to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. There are people I can turn to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

At some stage of the Premiership Season I wouldn't mind having a chat with the Sons of the West Psychologist. Remember to put your name on the form if you would like them to have a chat with you.

Appendix III: Post program evaluation

Sons of the West (SOTW) Premiership Season 2017: End of Season Review



Men, we know how much the Sons of the West (SOTW) Program means to our community and we want to make sure it works. To do this we need your help in evaluating the program. By answering these questions it really helps us to see how the program works and make any changes for the future.

My name is*: _____

Please tick the SOTW location(s) you attended in the 2017 Premiership Season.



- Smythesdale
- I also attended another location: _____

Did you know that Golden Plains Shire and Sports Central deliver this program in partnership with the Western Bulldogs?

- Yes
- No

Did you complete the "Pre-Evaluation" in Week 1 or Week 2 of the 2017 Premiership Season?

- Yes, I completed the pre-evaluation form
- No, I did not complete the pre-evaluation form

Before you came to the SOTW Program were you a Western Bulldogs Football Club Member or Supporter?

- Yes, a Member with the Western Bulldogs Football Club
- Yes, a supporter of the Western Bulldogs Football Club but not a Member
- No, I support another AFL Club
- No, I do not follow an AFL Club
- No, but because of the SOTW Program, I now support the Western Bulldogs

1. How did you hear about the SOTW Premiership Season? Please tick all boxes that apply:

- I attended last year
- I attended Preseason 2017
- Family member
- Work
- TV/Local Newspaper/Radio
- Social media (e.g. Facebook/Instagram)
- Friend
- Neighbour
- Western Bulldogs Football Club
- Another SOTW participant
- Other - Please specify: _____
- Community Health Centre
- Woody Yaloak Rec Reserve Committee
- Football club
- Bowling club
- Golf club
- Soccer club
- Rotary/ Lions club
- Men's shed (please specify) _____
- School newsletter
- Golden Plains Council website / Sons of the West website

2. Please tick the box with your age group:

- Under 18 years
- 18 - 24 years
- 25 - 34 years
- 35 - 44 years
- 45 - 54 years
- 55 - 64 years
- 65 - 74 years
- 75 years +

3. Please tick the box with the colour t-shirt you were given at the start of the 2017 Premiership Season.

- White (Recruit)
- Blue (Graduate)
- Red (Captain)

4. Please tick the box showing the number of sessions you attended during the 2017 Premiership Season.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

*Adding your name is optional but it would really help us to match questionnaires from the start and end of the Season.

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These questions focus on some of the things we talked about in the SOTW this year. We asked you these questions at the start of the season and now in Week 10, we are asking you to answer them again. This will help us to see how you have changed across the program. **Remember**; there is a Provisional Psychologist here to answer any questions you might have. If you feel uncomfortable answering these questions please have a chat with them.

In the last four weeks, about how often ...	All of the time	Most of the time	Some of the time	A little of the time	None of the time
1. Did you feel tired out for no good reasons?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Did you feel nervous?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Did you feel so nervous that nothing could calm you down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Did you feel hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Did you feel restless or fidgety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Did you feel so restless that you could not sit still?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Did you feel depressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Did you feel that everything was an effort?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Did you feel so sad that nothing could cheer you up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Did you feel worthless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please read these statements and then tick the box that you feel is most true for you.

	Strongly disagree	Disagree	Neutral (I don't agree or disagree)	Agree	Strongly Agree
1. I tend to bounce back quickly after hard times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I have a hard time making it through stressful events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. It does not take me long to recover from a stressful event	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. It is hard for me to snap back when something bad happens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I usually come through difficult times with little trouble	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I tend to take a long time to get over set-backs in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please read these statements and then tick the box that you feel is most true for you.

	Never	Rarely	Sometimes	Often
1. I feel in tune with the people around me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I lack companionship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. There is no one I can turn to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I do not feel alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel part of a group of friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have a lot in common with the people around me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am no longer close to anyone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My interests and ideas are not shared by those around me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I am an outgoing person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. There are people I feel close to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I feel left out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. My social relationships are superficial	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. No one really knows me well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I feel isolated from others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I can find companionship when I want it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. There are people who really understand me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I am unhappy being so withdrawn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. There are people around me but not with me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. There are people I can talk to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. There are people I can turn to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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5. Why did you decide to attend the SOTW Premiership Season in 2017?

6. What aspects of the SOTW Premiership Season in 2017 made you want to keep coming to the Program?

7. Based on your experience in the 2017 Premiership Season are you likely to attend the SOTW Program next year?

Yes No Unsure

Please tell us why or why not in the space below.

8. Based on your experience in the 2017 Premiership Season, are you likely to recommend a family member or friend attend the SOTW Program in 2018?

Yes No Unsure

Please tell us why or why not in the space below.

9. The following section is about the 2017 Premiership Season information sessions.

Please tick the box that best shows how you feel.

I am more knowledgeable about this health topic because I attended the SOTW Premiership Season in 2017...	Disagree	Unsure	Agree	I did not attend this session
Man therapy with beyondblue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental Fitness: Between the Goal Posts with the SOTW Psychologist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental Fitness: Know Your Team with the SOTW Psychologist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Challenging Masculinity: Be the Change Makers with Nirudah and White Ribbon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prostate Cancer: Time to Test with the EJ Whitten Foundation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy Eating: Talking food with the SOTW Dietitian and the LIFE Program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooking: Living smarter in the Kitchen with the Cooking Masterclass	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart Health: Setting the Pace with the Heart Foundation and Ballarat Community Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gambling: More Than a Game – Understanding addiction with Gambler’s Help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. i) Which 3 sessions in the 2017 Premiership Season did you find most useful?

Most useful session: _____

2nd most useful session: _____

3rd most useful session: _____



