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| Community profiling * Overview of community characteristics, demographics, environment and social dynamics
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| 1. Motivators, enablers and barriers for program participation
* Recruitment strategies utilised
* Participants motivators for attendance
* Reported potential local barriers to program participation
 |
| 1. Program expectations
* Exploration of participant’s initial expectations of the program
* Participants perceptions of the program purpose i.e. weight prevention, healthy eating and improving lifestyle
 |
| 1. Program engagement and utilisation
* Evidence of participants knowledge gains post program
* Evidence and examples of utilisation of the key program messages i.e. goal settings, small behaviour change goals, relapse prevention
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| 1. Program effectiveness
* Perceived effectiveness of the program demonstrated through knowledge gains, behaviour changes and shifts in attitudes
* Exploration of the length of behaviour change i.e. short term change only, intermittent or continued change post program commencement
* Investigation of the enablers and barriers to behaviour change continuation

 i.e. lack of personal motivation, confidence, personal factors |
| 1. Perceived personal achievements during the program
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# S1 Table

# Participant semi-structured interview schedule