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| Community profiling   * Overview of community characteristics, demographics, environment and social dynamics |
| 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 |
| 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 |

# S1 Table

# Participant semi-structured interview schedule