

## **Walking Football Program Evaluation: Why data collection is important**

**The 'Why':** Older adults are often less active and are more likely to experience loneliness than younger adults. In addition, the impact of Covid-19 has been greater for older adults who feel increasingly disconnected from their communities, particularly in rural and regional locations.

Football Australia wants to know if the Walking Football Program helps bring older adults together to improve their physical, mental, and social wellbeing. There is also a need to know what improvements can be made to the program to encourage older adults to participate in Walking Football. To build this understanding, the 'voice' of program participants and leaders is vital.

Findings from surveys and interviews will be reported to Sport Australia to show evidence on what benefits Walking Football provides to older adults throughout Australia. Findings will also be translated into recommendations to further build program capacity to grow Walking Football in communities of need.

**How data will be collected:** Program leaders and participants will be asked to complete a short online survey, responses will be sent directly to the research team at Victoria University. At the end of the survey, there will be an option to opt-in for an interview. During the interviews program leaders and participants can confidentially share their experiences and insights.

To access the participant survey, attached is the QR code for program leaders to show participants during the final sessions to link into and complete the survey. Alternatively below is the survey link:

[https://vuau.qualtrics.com/jfe/form/SV\\_80wmOVO8Fv1Rblc](https://vuau.qualtrics.com/jfe/form/SV_80wmOVO8Fv1Rblc)