

## Program Assessment Checklist

*Culturally appropriate, affordable, mother-friendly programs will increase LSES mothers' participation in physical activities.*

### 1. Is the TOTAL cost of the program affordable to LSES mothers?

- Is there a facility user fee?  YES  NO
- Are there separate program fees?  YES  NO
- Is there subsidized transportation for mothers and their pre-school children?  YES  NO
- Is there subsidized or free childcare for pre-school children?  YES  NO

### 2. Are facility or class payment options or plans available for LSES mothers?

- Is there an access card for subsidized programs/services?  YES  NO
  - Do mothers have to prove financial need to access program subsidies?  YES  NO
- Is there a “pay-as-you-go” and/or punch card system?  YES  NO
- Is there a “pay-what-you-can” system?  YES  NO
- Is there a stand-by list available for access to free programs?  YES  NO

### 3. Are equipment, clothing and footwear provided for LSES mothers?

- Do participants need to purchase/rent physical activity equipment?  YES  NO
- Is physical activity equipment available through loan?  YES  NO
- Is specific clothing or footwear needed for the program?  YES  NO
  - Does the program supply these free of charge?  YES  NO

### 4. Are there any programs/services targeted to LSES mothers?

- Was a pre-assessment of LSES mothers' needs and interests completed?  YES  NO
  - Are the programs in response to mothers' needs and interests?  YES  NO
- Are there culturally appropriate programs for mothers?  YES  NO
  - Are there women-only programs in a women-safe environment?  YES  NO
  - Are there curtains on windows, closed doors  YES  NO
  - Are there traditional or cultural physical activities (e.g. games, dances, sports)?  YES  NO
  - If you have a pool, is it accessible for mothers of different cultures?  YES  NO

### 5. Are there opportunities for LSES mothers to socialize?

- Before/after physical activity program/class?  YES  NO

## SOLUTIONS to make your programs LSES mother-friendly: :

### 1. AFFORDABILITY of PHYSICAL ACTIVITY Programs and Services

- Calculate costs of all program components including childcare, transportation, as well as facility and program costs. ALL these costs must be taken into consideration for successful program/service delivery for LSES mothers.
- Integrate a “pay-what-you-can” approach to remove stigma associated with accessing physical activity programs and services.
- Offer volunteer opportunities in exchange for free access to programs and services.

### 2. AVAILABILITY of PHYSICAL ACTIVITY Programs and Services

- Organize culturally appropriate programs including traditional activities;
- Focus on fun, social support, including family activities;
- Encourage socialization by offering food before and/or after activities.