



# SETS national movement evaluation questionnaires - Results - September 2022

## IN SHORT SETS IMPACT STUDY OUTCOMES September 2022

✓ **99.3%** of the respondents considered the project's activities to have a positive impact related to the pupils healthy lifestyle habits.

✓ The educational video materials are considered by teachers very useful for pupils to learn about the benefits of a healthy lifestyle.

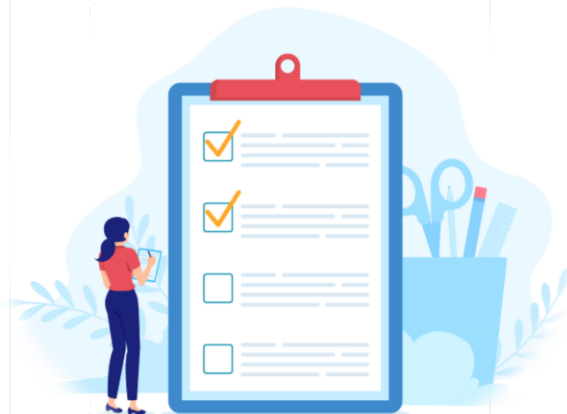
✓ Participation to SETS drawing contest almost doubled compared to last edition, reaching **96%** this year.

✓ **1,371 HOURS** were allocated to SETS extracurricular activities in 16 weeks of school;

✓ **100%** of the teachers considered to be beneficial to continue SETS national movement in order to improve pupils knowledge on the importance of a healthy lifestyle.

## Objectives

- ✓ To assess the impact and effectiveness of the "I'm living healthy, too!" - SETS national movement between January - June 2022.
- ✓ To assess the power of mobilization through the use of our digital methodologies that has led to a significant impact among the SETS pupils.



# METHODOLOGY



**SELF-COMPLETION ONLINE**



**ACTIVE TEACHERS INVOLVED IN THE PROJECT FROM 6 BIG CITIES AND COMMUNITIES –BUCHAREST, BUZAU, CLUJ-NAPOCA, PLOIESTI, ROMAN AND TIMISOARA COUNTIES**



**N= 141 QUESTIONNAIRES, FROM 160 ACTIVE TEACHERS → 88% COMPLETION RATE**



**DATA COLLECTION PERIOD: JUNE – JULY 2022**

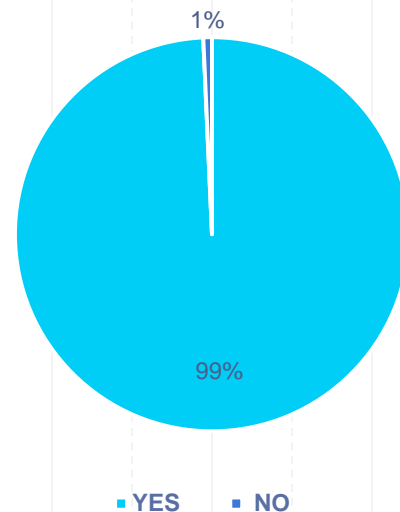


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# RESULTS

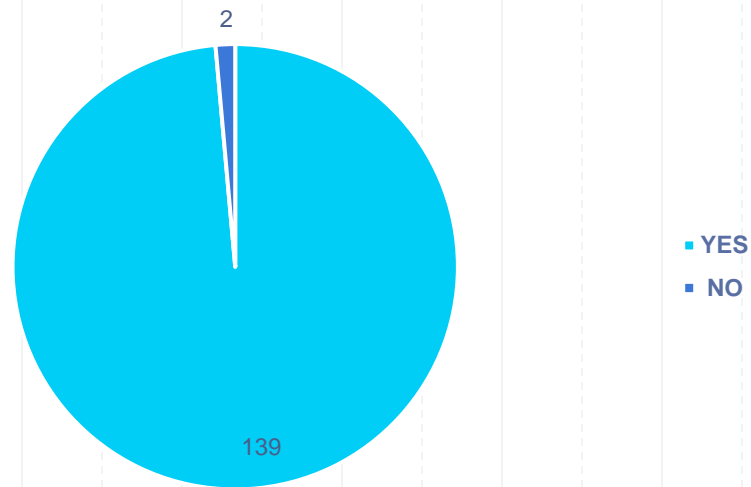
➤ Q1: Do you believe that the participation of the pupils at SETS national movement's 2021-2022 edition helps change their lifestyle habits through access to SETS educational materials, information and extracurricular activities?

✓ **99,3% of respondents consider that pupils' participation in SETS national movement has contributed to changing their lifestyle habits through their access to SETS educational materials, information and extracurricular activities.**



➤ Q2: Did the parents of the pupils consider SETS activities useful and supported the children's participation in this at home or at school during this period?

✓ **The parents of the pupils are very supportive of the project and, 98,6% of the teachers responded that the SETS activities and competitions are considered useful by them.**



**Q3: How many extracurricular hours have you allocated for carrying out the educational activities within the national movement "I'm living healthy, too!" - SETS during January – May 2022?**

**1,371 HOURS**

**were allocated to SETS extracurricular activities in 16 weeks of school**

➤ Q4: Mark the pupils' preferred SETS activity (one or both can be marked).

✓ From the two activities proposed to pupils, drawing activity "My friends: water, fruits and vegetables!" was the most beloved activity with 88,7%, followed closely by SETS Joyful Healthy Sandwich with 87,2%.

SETS Joyful Healthy Sandwich

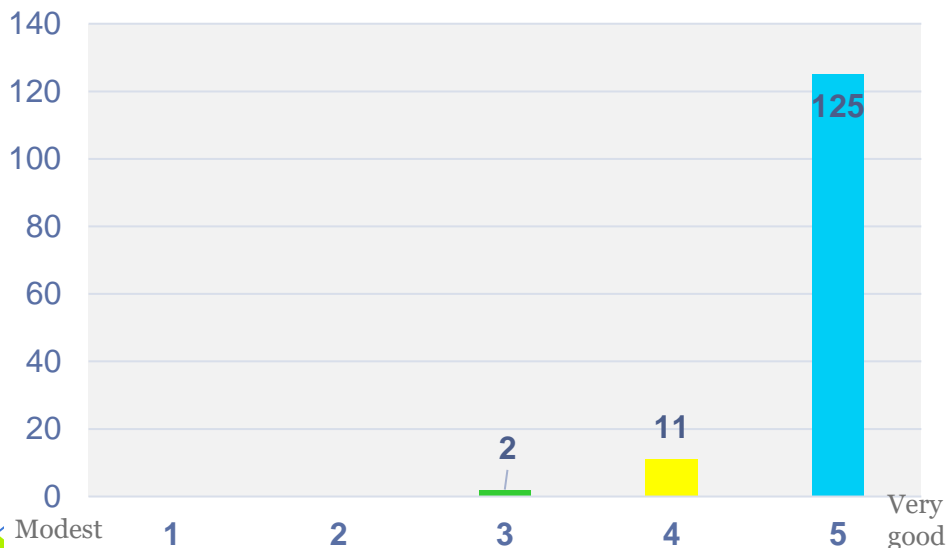
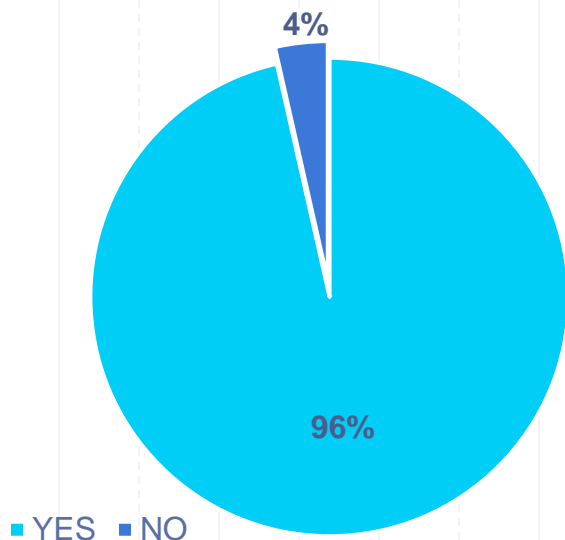
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drawing activity "My friends:  
water, fruits and vegetables!"

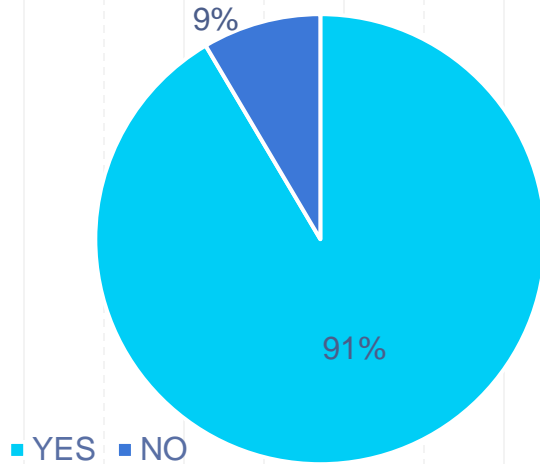
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- Q5: Did your pupils participate in the SETS drawing contest with the theme "My friends: water, fruits and vegetables!"?

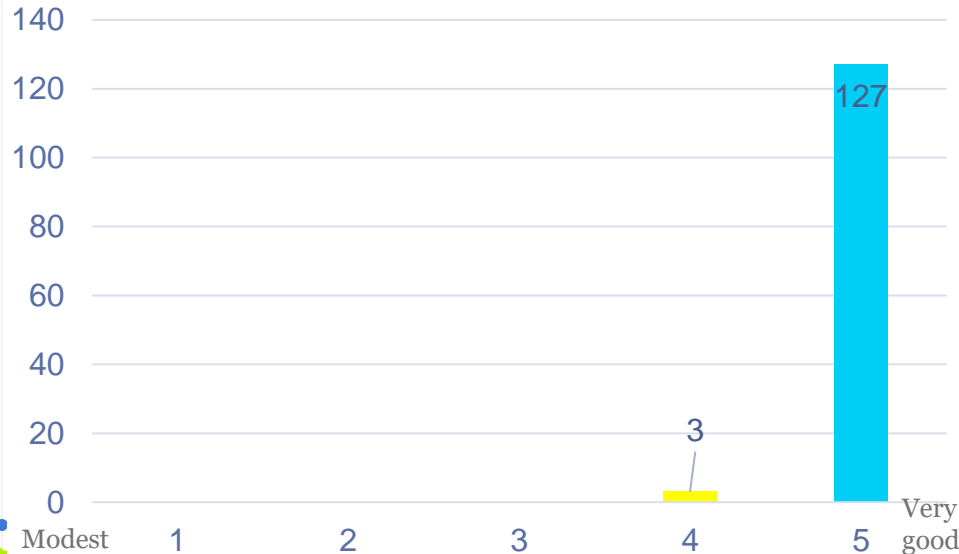
- Q5.1: 90,6% of respondents whose pupils participated in SETS drawing contest say that the chosen topic was very good for promoting the importance of hydration, fruit and vegetable consumption among the pupils.



- Q6: Did your pupils participate in the SETS activity "The Happy and Healthy Sandwich" within the SETS movement?

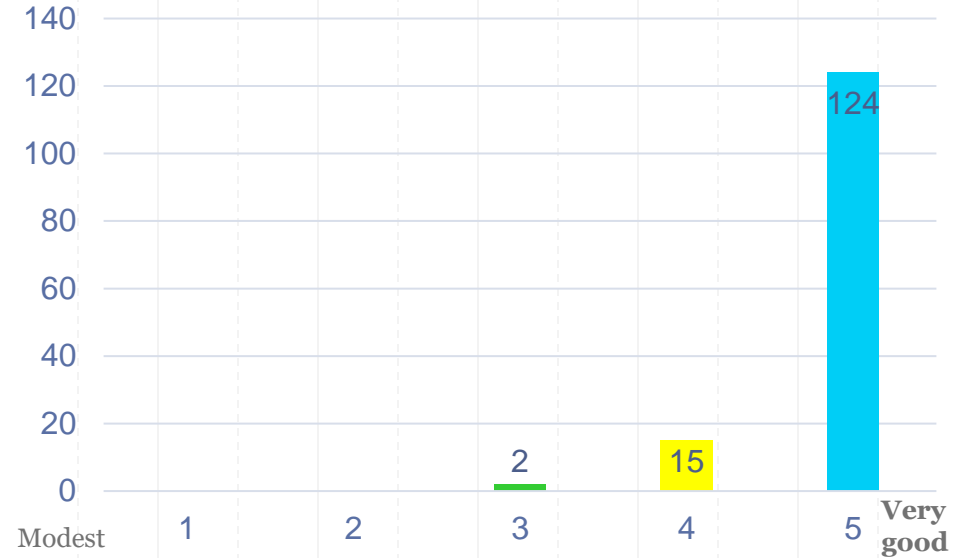


- Q6.1: 97,7% of respondents whose pupils participated in SETS activity say that the SETS activity was very good for promoting the importance of fruit and vegetable consumption among the pupils.



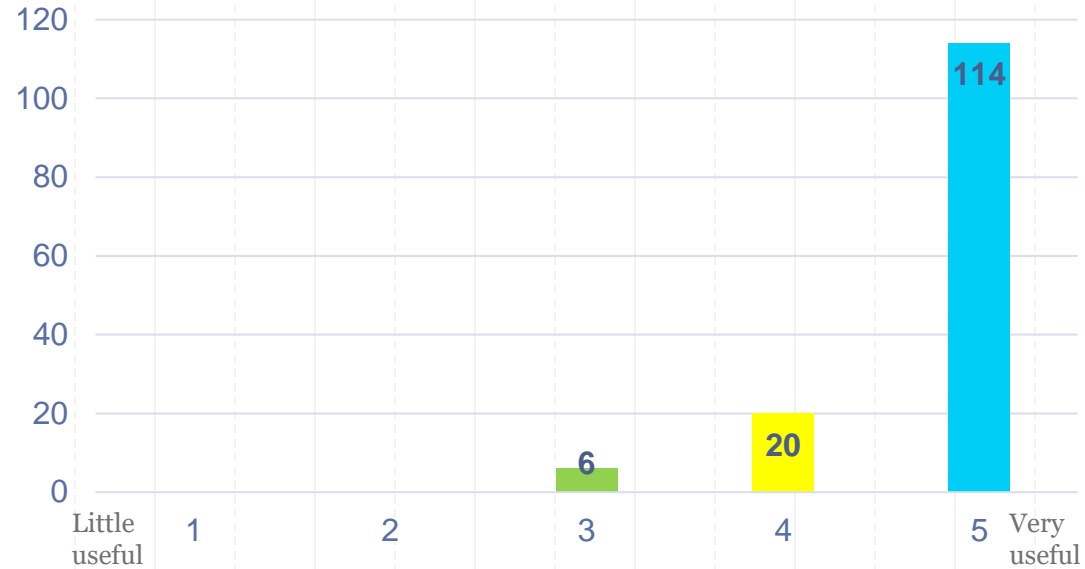
➤ Q7: How do you evaluate the educational short movies created specifically to promote the importance of adopting a healthy lifestyle based on fruit and vegetable consumption, hydration, daily physical activity and quality time spent with loved ones?

✓ 87,9% of respondents evaluated very good the educational short movies.



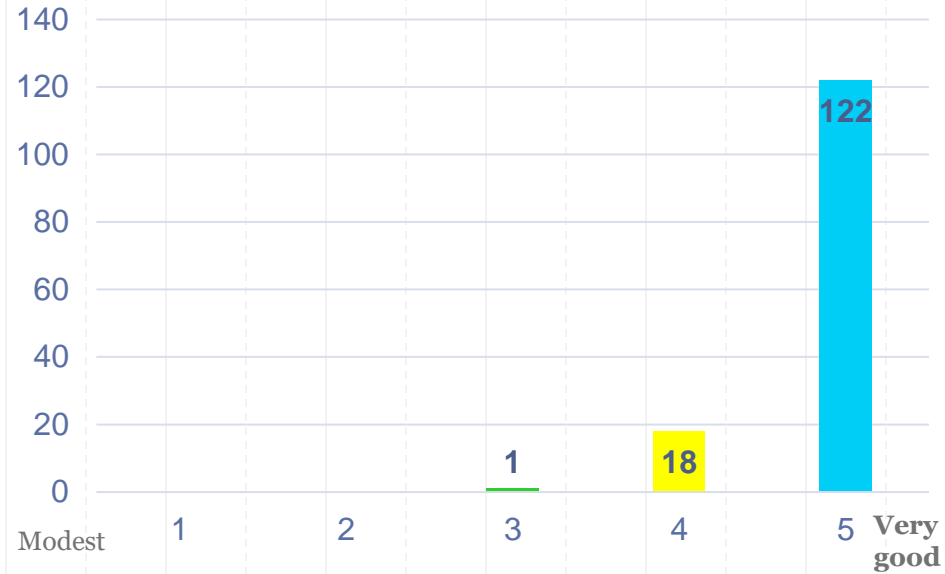
➤ Q7.1: To what extent were these useful and inspired the pupils to adopt a balanced lifestyle?

✓ 81,4% of respondents evaluated them very useful and believed they inspired pupils to adopt a balanced lifestyle.

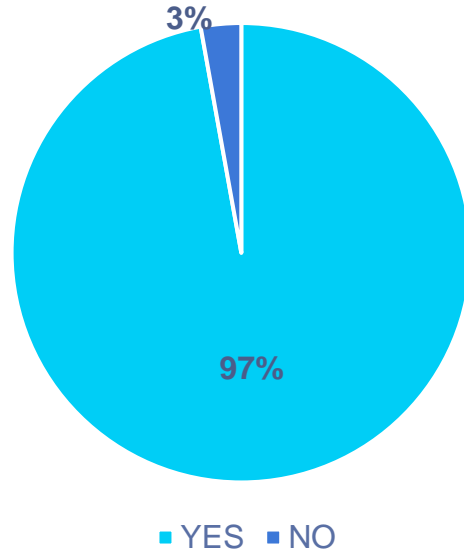


➤ Q8: How do you evaluate the content of the E-book "The well-being of children, a priority", from the point of view of the recommendations offered by specialists?

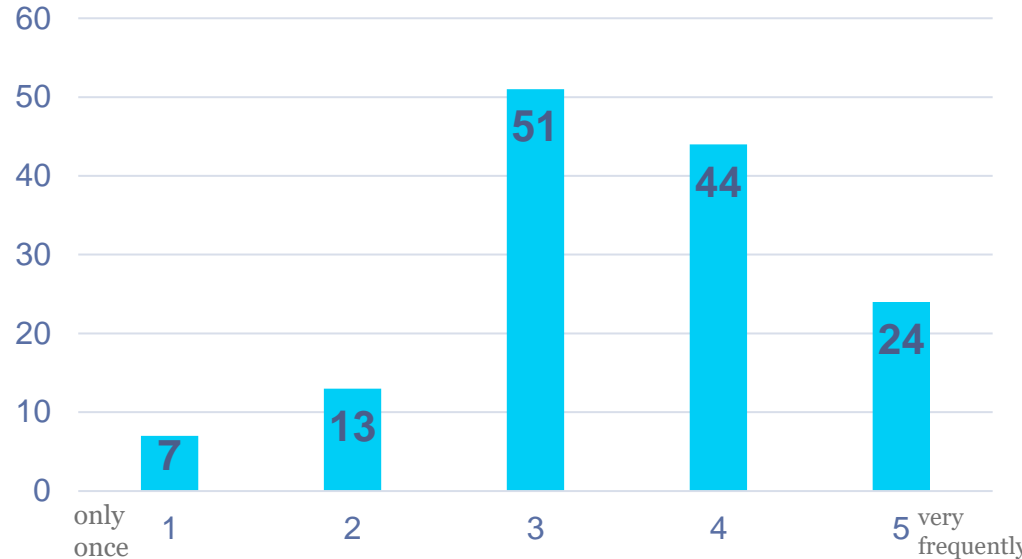
✓ 86,5% of respondents evaluated the content of the E-book very good.



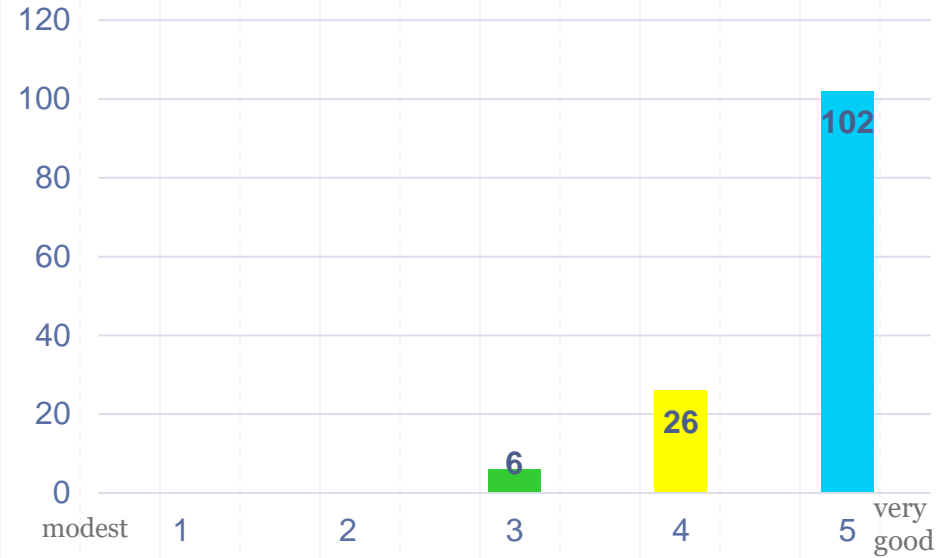
- Q9: Have you accessed www.sets.ro, the website of the movement?
- ✓ 97,2% of respondents accessed the SETS website.



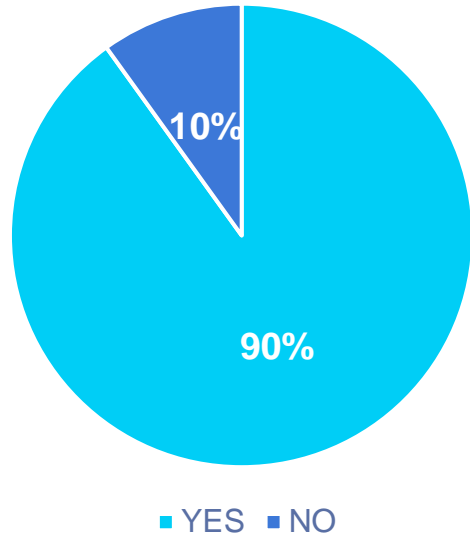
- Q9.1: If so, how often did you access the website www.sets.ro?
- ✓ On a scale from 1 (only once) to 5 (very frequently) 36.7% accessed the site several times.



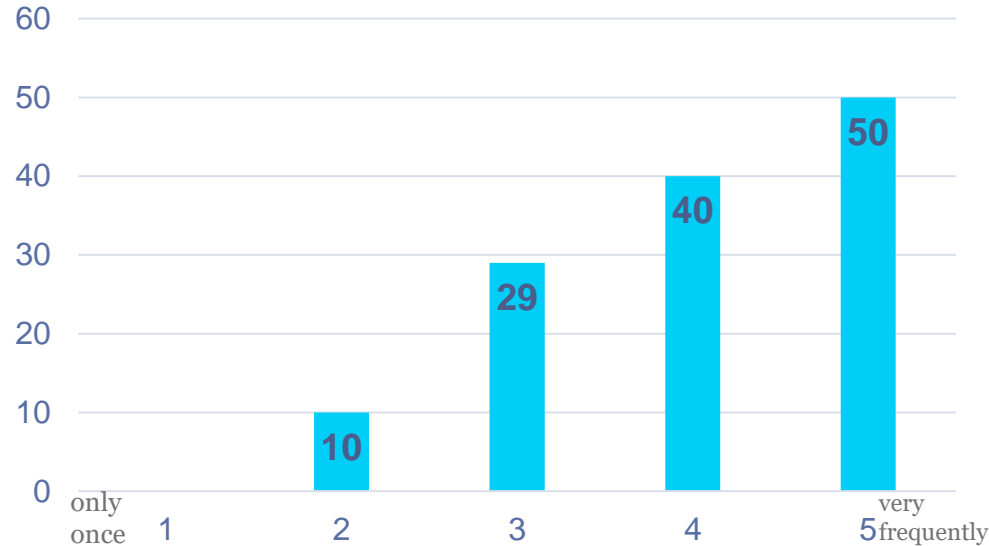
- Q9.2: If so, how do you evaluate the structure and informative content of www.sets.ro?
- ✓ On a scale from 1 (modest) to 5 (very good) 76.1% evaluated the structure and informative content very good.



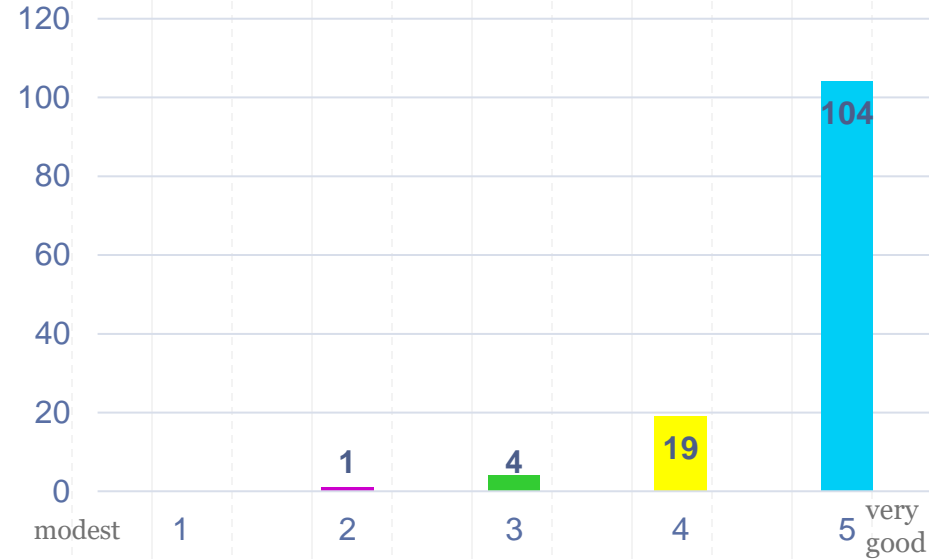
- Q10: Have you accessed movement's Facebook page @MiscareaSETS?
- ✓ 90,1% of respondents accessed the SETS website.



- Q10.1: If so, how often did you access the Facebook page @MiscareaSETS?
- ✓ On a scale from 1 (only once) to 5 (very frequently) 38.8% accessed the FB page very frequently.

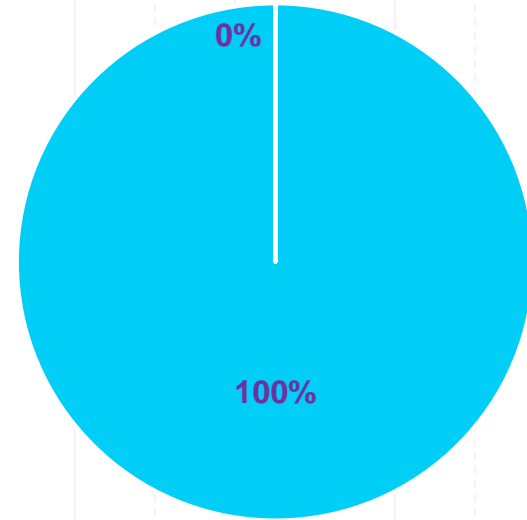


- Q10.2: If so, how do you evaluate the structure and informative content of Facebook page @MiscareaSETS?
- ✓ On a scale from 1 (modest) to 5 (very good) 81.3% evaluated the structure and informative content very good.



➤ Q11: Do you think it would be beneficial to continue the SETS national movement to improve pupils' knowledge on the importance of a healthy lifestyle?

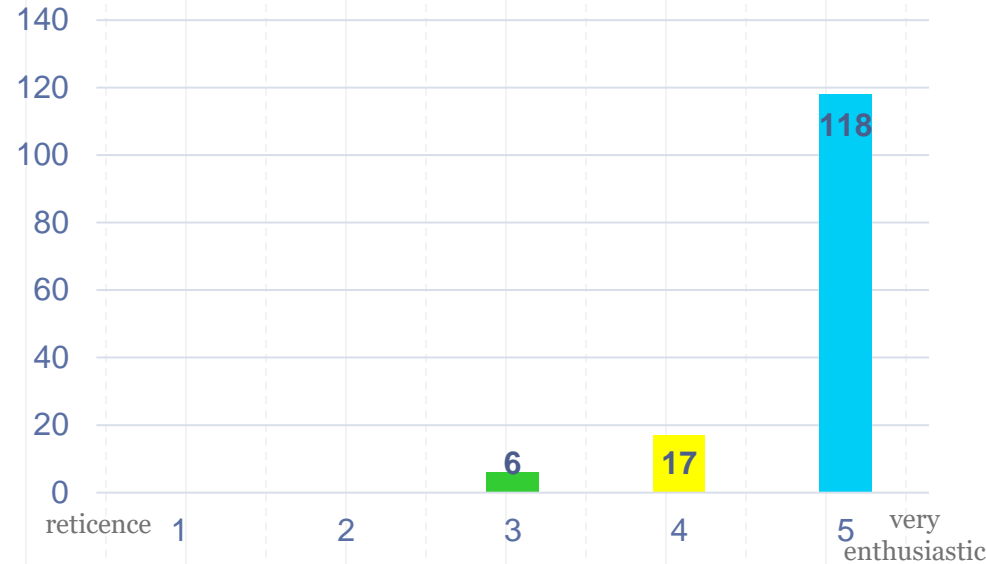
- ✓ 100 % of respondents consider to be beneficial to continue SETS national movement in order to improve pupils knowledge on the importance of a healthy lifestyle.

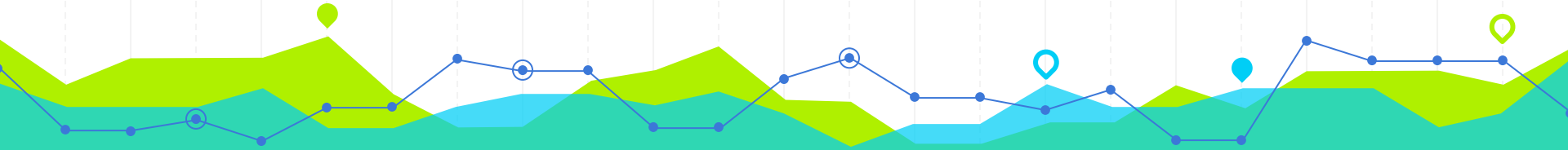


■ YES ■ NO

➤ Q11: How do you evaluate the involvement of children in the activities of this edition of the SETS movement?

✓ On a scale from 1 (reticence) to 5 (very enthusiastic) 83.7% evaluated the involvement of children in SETS activities very enthusiastic.





**Following the answers of the open-ended question, this is what the respondents had to say about the SETS national movement.**

"The proposed activities had a great impact on the children"

"Congratulations for the organization, the educational materials provided and the proposed themes! The children were very excited, they gladly participated in the activities and expressed their desire to participate again next year. Thank you very much for the opportunity!"

"Throughout this year, I had a good collaboration with the PRAIS Foundation team, the project's themes being very useful and having a great impact on my pupils, who showed great interest in carrying out the activities. They created quite suggestive drawings, and the sandwiches could be eaten "with the eyes". Certainly, we will collaborate equally fruitfully in the years to come, regardless of the proposed themes. Good luck!"



**WE WILL  
CONTINUE  
TOGETHER!**

