PEAT Study Focus Group Guide

Thank you for agreeing to participate in this focus group. Let’s first get started with going around the room and have all the participants give any name you would like to be called today (You can have fun with your name selection (e.g. Pac Man)) and share with us how often you engage in physical activity, such as walking, biking or playing a sport.

The purpose of this focus group is to understand your knowledge, beliefs, and perceptions about active transportation. Active transportation is defined as physical activity undertaken as a means of transport and not purely as a form of recreation. Our goal is to use this information to eventually develop initiatives and policies to increase use of active transportation among adolescents and young adults.

So, we have a few matters of business to take care of before we get started. First, I need everyone to first read the provided Adolescent Assent Form and complete the form if you are still willing and ready to participate. Second, please also complete the Payment Voucher Form so that at the end of this focus group you can each receive your $10 dollars. Be sure to complete this form with your birth name and not the pretend one you just gave. Finally, please write your pretend name on the provided tent card. [Collect only Adolescent Assent Form at this point.]

General Questions
1. Prior to today, have you ever heard the term active transportation or active transport? If so, where did you hear the term?
2. What have you heard in the news, media, or other outlets such as school about active transportation (e.g., physical activity undertaken as a means of getting to work, school, the mall)?

Individual
1. Tell me about your active transportation experience? (Probe: what are your primary uses of active transport?)
2. Have you ever thought about active transportation as a means to engage in exercise? (Probe: why or why not?)
3. What has prevented you or stopped you from using active transportation?
   a. Do you think these barriers can change in the future? (Probe: how?)
4. What things help you do active transportation?
   a. Do you think these things can change in the future? (Probe: how?)

Social/Cultural Environment
1. What are your current transportation needs? (Probe: which of these needs are not being met?; how can these needs be met?)
2. Where do you need to travel to everyday? (Probe: how do you travel there?)
   a. How do other young people, like you, get to [Insert answer from #2 (e.g. school)]?
   b. What do other young people think about those people who [Insert answer from #2a (e.g. ride the bus)]?
3. Do your friends influence your use of active transportation? (Probe: how?)
4. Do your parents influence your use of active transportation? (Probe: how?)
5. Do other people influence your use of active transportation? (Probe: how?)
Built Environment
1. When you use the Metro, how do you usually get to the pickup stop? (PROBE: Is this the Silver Line?)
2. When you use other types of public transportation (e.g. bus), how do you usually get to the pickup stop?
3. If/when you walk to public transportation, how long would it take you to get there? (PROBE: what challenges might you encounter (i.e., no sidewalks, high traffic, crime, etc.))
   a. Tell me specifically when you use Metro. (PROBE: do/can you walk to Metro...challenges)
4. If/when you bike to public transportation, how long would it take you to get there? (PROBE: what challenges might you encounter (i.e., no sidewalks, high traffic, crime, etc.))
   a. Tell me specifically when you use Metro. (PROBE: do/can you bike to Metro...challenges)
5. Tell me about your route to school? (PROBE: do you perceive this route as safe?)

Policy Environment
1. Does your school have rules about transportation? (PROBE: how have these rules influenced your active transportation decisions?)
2. Do you think these rules can be changes to support active transportation? (PROBE: how?)

We have concluded our focus group.
Do you have any questions?
Is there anything you think I should have asked?

Thank you again for your participation. We will now give you your $10 dollar participation gift. Please hand us your tent card and Payment Voucher Form.
[Collect Payment Voucher Forms and Tent Cards at this point.]