

**Supporting Statement
for Paperwork Reduction Act Submissions
Section B**

**Evaluation of the Office on Women's Health
National Bone Health Campaign
Best Bones Forever Pilot Site Project**

**Prepared for:
Office on Women's Health**

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B) Collections of Information Employing Statistical Methods

1. Respondent Universe and Sampling Methods

The respondent universe will be the population who participate in the revised BodyWorks, who participate in the BodyWorks comparison group, or who participate in the pilot site coalitions.

It is expected that each pilot site ($n=3$) will conduct four series of BodyWorks sessions. Each series will have 15 parent/caregivers and 15 to 20 adolescent participants. The final respondent universe of participants in the BodyWorks evaluation therefore will be 180 parents ($3 \times 4 \times 15$) and between 180 ($3 \times 4 \times 15$) and 240 ($3 \times 4 \times 20$) adolescents. We expect a 95% response rate for the pre test instrument. We expect an 85% response rate for the post test instrument as well as the Session Evaluation Forms. In addition all BodyWorks trainers ($n=24$) are expected to complete the Facilitator Feedback Forms. We expect a 90% response rate for these forms. The sample sizes are appropriate to yield 80% power (assumptions: small to medium effect size, $\alpha = .05$) using Cohen's recommendations (Cohen, 1991).

We expect to collect pre and post test questionnaires from participants in one comparison group. This comparison group will be recruited in the greater Washington DC/Baltimore metropolitan area. In order to create a comparison group that is as similar as possible to the experimental group two steps will be taken. First, an attempt will be made to recruit comparison group participants who are as similar as possible to the experimental group. This will be accomplished by recruiting from geographic areas with key demographic similarities to each pilot site. In addition, comparison group participants will be recruited from existing organizations and groups in select areas where, ideally, motivation to change personal and family health habits is similar to BodyWorks participants.

The second step taken to ensure that the comparison group is as comparable as possible to the experimental group will be to include items on the pretest for both the experimental and comparison group members that assess demographic information, prior health program experience, and motivation to change personal and family health habits (see table below). Inclusion of these items will allow for statistical weighting of the comparison group data as needed to ensure meaningful comparisons to the experimental group.

NBHC Best Bones Forever Pilot Site Project
 Questions Used to Ensure Comparison and Experimental Group Similarity

Demographic Information	
Evaluation Form	Form Questions
BodyWorks Parent Pre Test	Q19-25; Q28-Q30
BodyWorks Adolescent Pre Test	Q19-Q23; Q26
Prior Program Exposure	
Evaluation Form	Form Questions
BodyWorks Parent Pre Test	Q26-Q27
BodyWorks Adolescent Pre Test	Q24-Q25
Motivation to Change	
Evaluation Form	Form Questions
BodyWorks Parent Pre Test	Q3-Q4
BodyWorks Adolescent Pre Test	

The respondent universe will be all those who agree to participate in the comparison group. We anticipate a 100% response rate on the pre test questionnaire and an 80% response rate on the post test questionnaire. All participants in each community’s coalition will be included in the sample for the Coalition Pre and Post Test Surveys. It is expected that we will have a 95% response rate for the pre test survey and an 80% response rate on the post test survey.

2. Procedures for the Collection of Information

BodyWorks facilitators and participants will be informed during recruitment that this is a pilot program and the responsibilities of all will be outlined. In addition, each BodyWorks participant will receive a letter from a senior OWH official explaining the pilot program and evaluation responsibilities. Each BodyWorks facilitator will proctor the pre test with each group of participants prior to the start of the first BodyWorks session and after the completion of the 10-week sessions. Bodyworks facilitators will hand out and collect session evaluation forms at the end of each session. Facilitators themselves will complete each Facilitator Feedback Form after the completion of each session.

At the beginning and end of the pilot site contract period, all site coordinators, coalition leaders and coalition members will be sent an e-mail asking for their participation in the online Coalition Surveys. The e-mail will contain a direct hyperlink to the pre or post implementation survey.

3. Methods to Maximize Response Rates and Deal with Nonresponse

BodyWorks facilitators and participants will be informed during recruitment that this is a pilot program and the responsibilities of all will be outlined. In addition, each BodyWorks participant will receive a letter from a senior OWH official explaining the pilot program and evaluation responsibilities.

Providing such a letter prior to data collection to inform respondents about the evaluation can lead to improved response rates (Graham, 2006). The BodyWorks pre test, post test and session evaluation forms will all be given out during appropriate BodyWorks sessions. By asking the respondents to complete the questionnaires and return them prior to leaving the session, we anticipate a higher response rate. In addition, a small acknowledgement of time and trouble in the form of a monetary incentive will be given to parent/caregiver and adolescent girl participants when they complete the pre and post test questionnaires in an effort to maximize response rates.

Efforts to maximize response rates for comparison group participants will include a letter from a senior OWH official explaining the comparison group responsibilities, the use of a monetary incentive and providing postcards that comparison group respondents can use to notify OWH of address changes.

To increase response rates to the Coalition Survey, a first reminder e-mail will be sent to all those who do not respond a week following the initial e-mails. A second e-mail reminder will be sent to all those who do not respond a week following the first reminder e-mails. In addition, site coordinators and coalition leaders will be encouraged to promote participation in these Coalition Surveys.

4. Tests of Procedures or Methods to be Undertaken

Cognitive testing will be conducted with parents/caregivers as well as adolescents ($n < 10$) on each data collection instrument. Feedback from this cognitive testing will be incorporated into the survey instruments.

5. Individuals Consulted on Statistical Aspects and Individuals Collecting and/or Analyzing Data.

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Works Cited

Cohen, J. (1991). A power primer. Psychological Bulletin, 112, 155-159.

Graham, JD (2006). *Questions and Answers When Designing Surveys For Information Collections*. Washington, DC: Office of Information and Regulatory Affairs Office of Management and Budget.