

## Promising Practice 2

This is an open call to all organisations, groups and individuals undertaking work that is actively contributing to increasing levels of physical activity across the UK.

Building on the recommendations of the All Party Commission on Physical Activity, the ukactive Research Institute in collaboration with the National Centre for Sport and Exercise Medicine and Public Health England are once again seeking to identify physical activity programmes that demonstrate good and promising practice in local communities.

This review will examine physical activity interventions, with the aim of providing important insight into 'what works' in getting people more active. By identifying good and promising practice that – if scaled up – could contribute to shifting the population towards making 'everybody active every day', we hope to promote programmes that deliver the associated health, economic and social improvements for local communities.

In July 2014, a total of 952 survey responses were submitted for phase one of the project, making it one of the largest surveys of physical activity programmes in England ever conducted. Promising Practice 2, the second iteration of the Promising Practice project, will seek to repeat this process, taking a rigorous, objective look at local physical activity interventions across the UK to identify 'what works' and examining the progress programmes have made since 2014.

The ['Identifying what works for local physical inactivity interventions'](#) report took a rigorous look at the evaluation of programmes, and featured as part of Public Health England's Everybody Active, Every Day framework. This time around, although evaluation will still feature, the focus is identifying and championing those delivering fantastic opportunities for people to become more active and changing lives across the UK.

All submissions will be reviewed and classified by a senior academic board made up of members of the ukactive Research Institute, the National Centre for Sport and Exercise Medicine and Public Health England.

### Why you should participate

Programmes and projects deemed 'good' or 'promising' will be considered for the opportunity to:

- Showcase their practice at ukactive's National Summit 2017 and forthcoming Regional Roadshows.
- Feature in reporting to and with key stakeholders, including Sport England and Public Health England.
- Use their submission as entry to ukactive Flame Awards 2017.
- Feature in ukactive's quarterly Journal, which is circulated to a database of over 3,500 members.

### How to participate

To take part in this exciting project, all you need to do is submit details of a physical activity programme that you and or your organisation is running using our simple online questionnaire, located on the ukactive Research Institute website, which will go live on **21<sup>st</sup> November 2016**.

The survey should take approximately 30 minutes to complete and will formally close at **5pm on Monday 9<sup>th</sup> January 2017**.

## Survey Questions

### 1. What is the name of your programme?

### 2. Who is the programme coordinator / lead contact?

First Name

Second Name

Job Title

### 3. Coordinator / lead contact details:

Email Address:

Telephone:

Address:

Programme Twitter:

### 4. In what region(s) is the programme delivered? (Tick all that apply)

Please select option(s):

- North West
- West Midlands
- South West
- North East
- East Midlands
- South East
- Yorkshire and the Humber
- East of England
- London
- Scotland
- Wales
- Northern Ireland
- Other

### 5. In what town, city and/or county is the programme delivered?

Please provide details (more than one can be added):

**6. How long has the programme been running in its current format?**

Please select option:

- 0 – 6 months
- 6 – 12 months
- 1 – 2 years
- 2 – 5 years
- 5 – 8 years
- 8 + years
- If 'other', please provide details:

Please provide details (optional):

**7. What are the primary aims and objectives of the programme?**

- Support whole population-groups to increase physical activity levels
- Support people with certain medical conditions to increase physical activity levels
- Support inactive people to increase physical activity levels
- Support weight loss
- Support social cohesion
- Support participation in sport
- Other (please specify)

Please provide details (optional):

**8. How long does the programme last per participant?**

- No defined start or end, ongoing
- 0 – 6 weeks
- 6 - 12 weeks
- 12 – 24 weeks
- 6 – 12 months
- 12 – 18 months
- More than 18 months (If the programme lasts more than 18 months, please provide details)

Please provide details (optional):

**9a. How many programme sessions are delivered overall per week?**

- 1 session per week
- 2 – 5 sessions per week
- More than 6 sessions per week
- Not applicable (i.e. environmental intervention)
- Other (please specify)

**9b. How many programme sessions do participants attend per week, either to complete the programme or on average?**

- 1 session per week
- 2 – 5 sessions per week
- More than 6 sessions per week
- Not applicable (i.e. environmental intervention)
- Other (please specify)

Please provide details (optional):

**10. How long does each programme session last?**

- 0 - 10 minutes
- 10 – 30 minutes
- 30 minutes – 1 hour
- 1 hour-2hours
- More than 2 hours
- Not applicable
- Other (please specify)

Please provide details (optional):

**11. In which setting is the programme delivered? (Please tick all that apply)**

- School
- Workplace
- Local authority leisure facility
- Private leisure facility
- Home-based
- Outdoor settings
- Community venue
- Primary care setting
- Other (please specify)

Please provide details (optional):

**12. How are participants recruited to the programme? (Please tick all that apply)**

- Self-referral
- Referral through health professional
- Referral through other third party
- Other (please specify):

Please provide details (optional):

**13. Does the programme proactively look to engage participants from particular socio-economic groups?**

- No
- Yes - If 'Yes', please provide details of what they are and how this is carried out:

Please provide details (optional):

**14. Do you have any inclusion criteria for the programme? (Please tick all that apply)**

- Age
- Sex
- Ethnicity
- Health indicators such as BMI
- No inclusion criteria
- Other (please specify):

Please provide details (optional):

**15. Do you have any exclusion criteria for the programme? (Please tick all that apply)**

- High blood pressure
- High BMI
- Previous medical conditions
- Other (please specify)

Please provide details (optional):

**16. What types of physical activities are available through the programme? (Please tick all that apply)**

- Walking
- Dancing
- Jogging / running
- Cycling
- Swimming
- Group activity classes
- Gym-based sessions
- Condition specific exercise classes
- Resistance exercises
- Lifestyle activity e.g. gardening
- Sports
- Yoga / Pilates / Tai-chi
- Chair-based exercises
- Motivational counselling
- Fall prevention, strength and balance
- Other (please specify)

Please provide details (optional):

**17. How many participants take part in the programme on an annual basis? (Note. If programme is less than 12 months please complete for length of programme).**

- 0 - 100
- 100 - 250
- 250 - 500
- 500 – 1,000
- 1,000 – 5,000
- 5,000 – 10,000
- 10,000 – 25,000
- More than 25,000 - please provide details:

Please provide details (optional):

**18. How many participants take part per session on average?**

- 1 on 1
- 2 - 10
- 10 - 25
- 25 - 50
- 50 - 75
- 75 - 100
- 100+
- Not applicable
- Other (please specify)

Please provide details (optional):

**19. What % of participants start and complete the full programme?**

- 0 - 10%
- 10 - 20%
- 20 - 30%
- 30 - 40%
- 40 - 50%
- 50 - 60%
- 60 - 70%
- 70 - 80%
- 80 - 90%
- 90 - 100%
- Not applicable

Please provide details (optional):

**20. What reasons have been cited for dropping-out of the programme? (Please tick all that apply)**

- Other commitments
- Lack of motivation
- Lack of time
- Cost
- Family reasons
- Change of circumstances
- Unsuitability of the programme
- Health reasons
- Other (please specify)

**21. Do the participants incur any costs during the programme period? (Please tick all that apply)**

- Induction / assessment fee
- Fee per session
- No fee
- Other (please specify)

**22. What is the total cost to the participants of the entire programme?**

- No cost
- £0 - £25
- £25 – £50
- £50 - £100
- More than £100

Please provide details (optional):

**23. What are the costs of the programme per participant?**

This describes the total cost of the project divided by the total number of people who have received the programme. It should be based on real data where possible, with any estimates or assumptions clearly documented.

Costs should be calculated on the basis of the cost per person receiving the full 'dose' of the programme at follow-up – that is, recruitment, participation and completion of the programme. However, it should also take account of the costs associated with non-completers.

For example, if a walking programme spent a total of £10,000 and recruited 100 participants, but only 50 completed the course, then the cost per participant would be  $\text{£}10,000/50 = \text{£}200$ .

Cost £:

Please provide details (optional):

**24a. How is the programme funded? (Please tick all that apply)**

- Local authority
- Central Government
- Clinical commissioning group
- Charity
- Privately
- National Governing Body of Sport
- Other (please specify)

Please provide details (optional):

**24b. Who is delivering the programme? (Please tick all that apply)**

- Local authority
- Central Government
- Clinical commissioning group
- Charity
- Private Company
- National Governing Body of Sport
- County Sports Partnership
- Local leisure provider
- Other (please specify)

Please provide details (optional):

**25. Is there a minimum level of qualification required by the staff delivering the programme?**

- NGB qualification
- Fitness qualification
- No qualifications needed
- Counselling qualifications
- REPs accreditation
- Other (please specify)

Please provide details including the type and level of qualification required

**26. Do you provide Continuing Professional Development (CPD) opportunities to the staff delivering the programme?**

- No
- Yes, please provide details:

**27. Did you collect any baseline measures about the health and wellbeing of participants including physical activity levels before the start of the programme?**

- Yes
- No
- Other (please specify)

**28. If so, please tell us about the questions you asked, and how you collected them e.g. in an interview, via a questionnaire, actual physical measurements?**

**Qualitative measurements**

- Questionnaires
- Focus groups
- One-on-one interviews
- Diary logs
- None taken
- Other (please specify)

**Quantitative measurements**

- Physical Activity Levels
- Body Mass Index (BMI)
- Blood pressure
- Cholesterol
- Cardiorespiratory fitness
- Psychological outcomes
- Mobility
- Recovery
- None taken
- Other (please specify)

**29. Did you collect any measurements at the end of the programme to measure whether the programme had made a positive impact on their health and wellbeing of participants?**

- Yes
- No
- Other (please specify)

**30. If so, please indicate which measures you used. (Please tick all that apply)**

**Qualitative measurements**

- Questionnaires
- Focus groups
- One-on-one interviews
- Diary logs
- None taken
- Other (please specify)

**Quantitative measurements**

- Physical Activity Levels
- Body Mass Index (BMI)
- Blood pressure
- Cholesterol
- Cardiorespiratory fitness
- Psychological outcomes
- Mobility
- Recovery
- None taken
- Other (please specify)

**31. Did you follow up the participants at any point following completion of the programme to measure whether any change had been sustained over time?**

- Yes
- No
- Other (Please specify)

**32. If applicable, please provide a summary of the impact that the programme had on the health and wellbeing of participants as assessed using the measures indicated above.**

**33. If applicable, please provide the results of the actual measures (quantitative) taken:**

**34. Who, if anyone, has evaluated your programme? (Please tick all that apply)**

- In-house evaluation
- External evaluation
- No formal evaluation has been undertaken
- Other (please specify)

Please provide details (optional):

**35. Has impact evaluation included a control group?**

Note: A control group is defined as the group in a study that does not receive treatment (i.e. does not participate in the programme) and is then used as a benchmark to measure the results of the other tested participants.

- No
- Yes, please provide details

**36. Has the programme been scaled up, i.e. operated by someone else, somewhere else whilst continuing to have a positive and direct impact upon outcome measures?**

- No
- Yes, please provide details

**37. What areas do you think need to be developed to increase the programme's impact, scalability and financial viability?**

**38. What are the barriers that you face to developing the programme? (Please tick all that apply)**

- Financial resources
- External expertise
- Time
- Partnerships
- Other (please specify)

Please provide details (optional):

**39. Please provide any additional information.**

Thanks for completing this survey.

