

Evaluation of the Live Active Exercise Referral Scheme: Long-Term Outcomes



University of
Salford
MANCHESTER

Faye Prior, Dr Margaret Coffey, Dr Anna Robins, Prof Penny A Cook
University of Salford
@fayeprior



Background

Exercise referral schemes (ERSs) are a common approach to increasing the physical activity (PA) levels of people with chronic health conditions in the UK. The evidence base for schemes is inconclusive, with limited data on long-term outcomes.

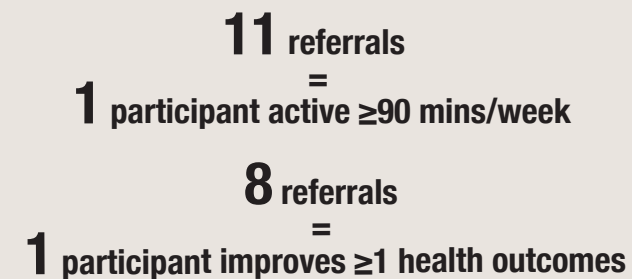
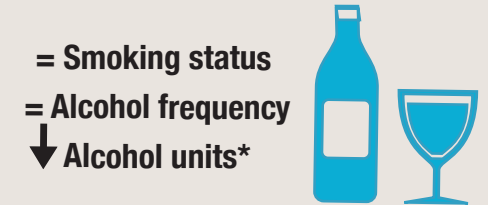
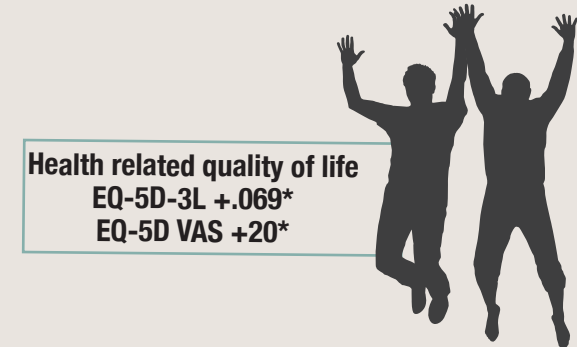
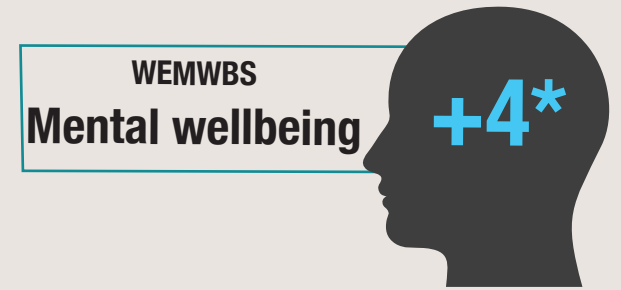
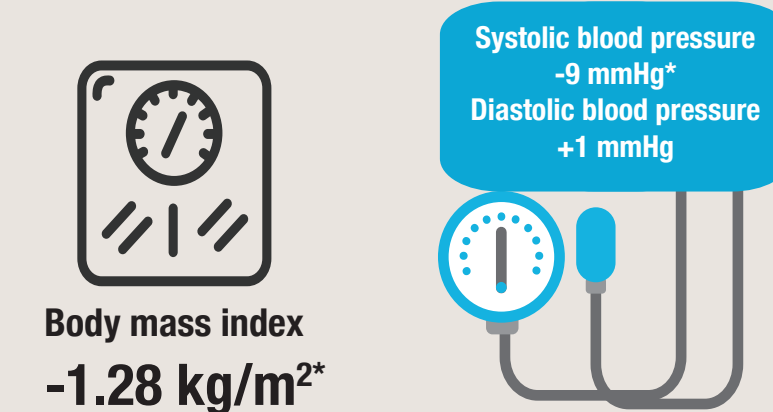
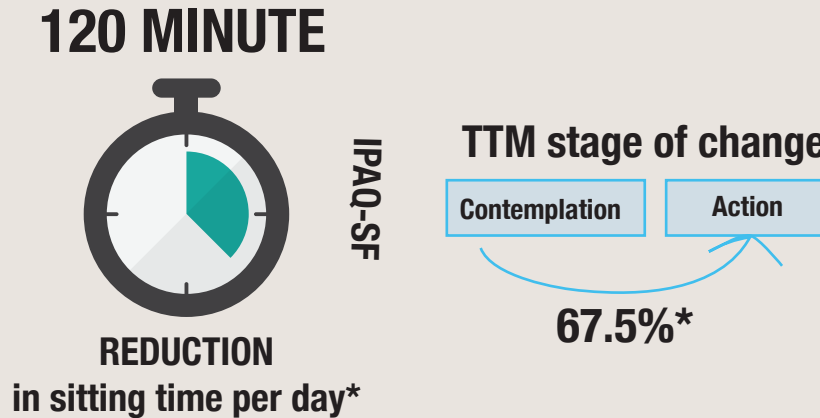
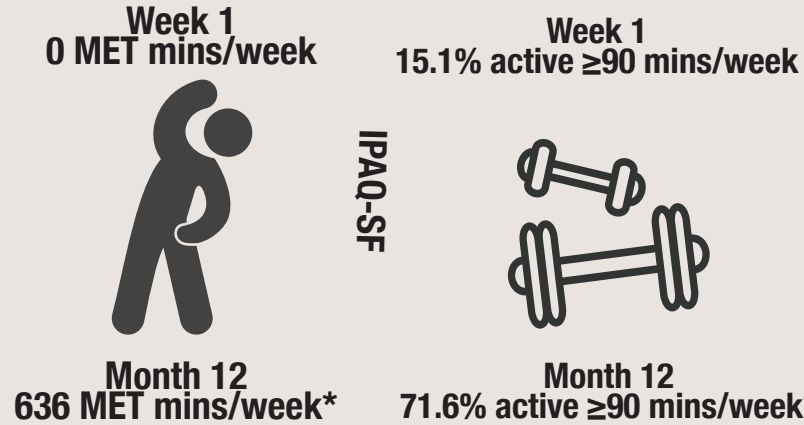
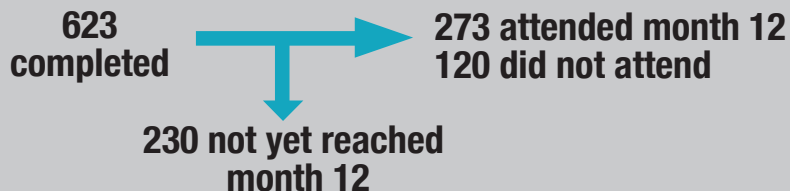
Aim: Evaluate the long-term (12 months) impact of participation in the Live Active ERS

Methods

Secondary data analysis for participants referred to a 6-month ERS (Greater Manchester, UK), who attended a 12-month follow-up between July 2015-2017 (n=273). Outcomes are presented as medians, with the difference between week-1 and month-12 analysed using Wilcoxon signed-rank tests (*p≤0.05).

Take home message

Referral to the Live Active ERS improved PA levels and a range of health outcomes in the long-term. Therefore, healthcare professionals should consider the referral of inactive persons with chronic health conditions to an ERS.



*p≤0.05