

A formative review of physical activity interventions for minority ethnic populations in England

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Table 2 Case study summary

	Tandrusti	Fit as a Fiddle	Every Step Counts
Location	West Midlands	9 UK regions	3 pilot sites in London, South West and N. West
Participants	Originally prioritised inactive S. Asian population in socio-economically deprived areas; increasingly diverse.	Older inactive minority ethnic groups (particularly S. Asian, Polish and Chinese).	Inactive adults. Prioritised vulnerable populations such as BME groups.
Programme/ intervention	Multi-strand health and wellbeing health education programme including PA component. Various intervention types/lengths.	Health and wellbeing programme focussing on diet, PA and mental wellbeing.	12 week tailored walking for health intervention, including recruitment by outreach.
Length of time running	10+ years	6-8 years	6-8 years
Cost to participant	Free	Free	Free