

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

SUCH, E., SALWAY, S., COPELAND, Robert <<http://orcid.org/0000-0002-4147-5876>>, HAAKE, Steve <<http://orcid.org/0000-0002-4449-6680>> and MANN, S.

Available from Sheffield Hallam University Research Archive (SHURA) at:
<https://shura.shu.ac.uk/13940/>

This document is the Supplemental Material

Citation:

SUCH, E., SALWAY, S., COPELAND, Robert, HAAKE, Steve and MANN, S. (2017). A formative review of physical activity interventions for minority ethnic populations in England. *Journal of Public Health*, 39 (4), e265-e274. [Article]

Copyright and re-use policy

See <http://shura.shu.ac.uk/information.html>

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