

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

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**Table X Supplementary information about the 58 programmes/interventions**

	<b>Intervention/ programme type</b>	<b>Geographic level</b>	<b>Multi- or single-activity programme</b>	<b>Length of time the programme has been running</b>	<b>Annual no. of participants</b>	<b>Aim(s)</b>	<b>Length of intervention (s)</b>	<b>Evaluation</b>
1	Dementia prevention	Local	Single (football)	0-6 months	0-100	To engage older BME men in football to address health need	6-12 weeks	External
2	Volunteer training	Multi-regional	Single (volunteer training)	0-6 months	1,000-5,000	To engage older (including BME) people in training to promote PA	6-12 months	None
3	Dance programme	Local	Multi- (dance + other classes)	6-12 months	0-100	To engage new participants to dance with a focus on engaging BME groups	6 weeks	In-house
4	Child-focussed activity programme	London borough	Multi-activity	6-8 years	250-500	To provide PA opportunities to BME children and young people outside of mainstream provision	6-12 weeks	In-house
5	Marginalised groups PA programme	London borough	Multi-activity	6-8 years	5,000-10,000	To provide PA opportunities to marginalised groups including BME groups	Various	In-house
6	Older person's PA programme	Multi-regional	Multi-activity	6-8 years	5,000-10,000	To provide PA and wellbeing opportunities and volunteer training to older BME populations	Various	External
7	Marginalised groups PA programme	Several London boroughs	Multi-activity	3 years	10,000-25,000	To (re)introduce over-looked populations, many of whom were BME, to PA in local facilities	Various	External
8	Schools-based healthy living clubs	National	Multi-activity (multi-sports and alternative sports)	1-2 years	>25,000	To provide less active children with PA opportunities at school (BME children one of the priority groups)	12-24 weeks	External
9	Community-based health education programme	Local	Multi-activity	10+ years	1,000-5,000	To support inactive BME populations to increase PA	Various	External
10	Health referral PA programme	London borough	Multi-activity (with 1-to-1 support)	6-8 years	1,000-5,000	To support people with certain medical conditions to increase PA levels (in area with large BME population)	12-24 weeks	None
11	Older person's PA programme	Local	Multi-activity	3-5 years	100-250	To engage local older people (50+) in PA	0-6 weeks	In-house & external
12	Older-adult PA intervention	Local	Multi-activity	1-2 years	1,000-5,000	To provide low activity adults (aged 40-74) with PA advice and support	6-12 weeks	In-house
13	Health referral PA programme	Local	Multi-activity	6-12 months	1,000-5,000	To provide PA guidance and support to 'high risk but engaged' populations in sport	6-12 weeks (with follow-ups)	In-house & external
14	Falls prevention	Local	Multi- (exercise and group classes)	3-5 years	250-500	To help people who have had a fall, are frightened or at risk through exercise	26 weeks minimum	In-house
15	Health improvement programme	Local	Multi-activity	3-5 years	>10,000 attendances	To provide PA opportunities to the least active groups	Various	In-house
16	Healthy living programme	Local	Multi-activity	10+ years	1,000-5,000	To provide community-based PA opportunities	Various	In-house

			(community gym and exercise classes)			for local people, many of whom were BME		
17	Healthy towns programme	Local	Multi-activity & infrastructure change	3-5 years	>25,000 attendances	To transforming parks and play areas into hubs for PA and family activity	N/A	External
18	Sport and PA development programme	London borough	Multi-activity	6-12 months	0-100	To support underrepresented groups to become more physically active	Various	None
19	Outdoor gyms	London borough	Single (outdoor gym)	3-5 years	c.20,000	To develop outdoor PA opportunities to the local population (including using peer activators)	N/A	In-house & external
20	Community health volunteer programme	Regional	Single (health and wellbeing training)	0-6 months	0-100	To train community volunteers to deliver healthy messages in their communities	6-12 months	None
21	Older person's PA programme	London borough	Multi-activity	10+ years	1,000-5,000	To work with older people (50+ ) to improve PA participation	Various	In-house
22	School girls' PA development programme	Multi-regional	Multi-activity	1-2 years	1,000-5,000	To increase girls' confidence and participation in sport and PA	18+ months	External
23	Outdoor parks programme	Multi-regional	Multi-activity (in outdoor spaces)	0-6 months	10,000-25,000	To engage local populations in outdoor PA using local facilities	N/A	External
24	Locally-based PA programme	London borough	Multi-activity	1-2 years	1,000-5,000	To provide locally-relevant PA opportunities to an ethnically diverse population	6-12 weeks	In-house & external
25	Healthy living programme	Local	Multi-activity	6-8 years	>25,000	To engage, enable and provide free access to PA for the local population and its marginalised groups	Various	In-house & external
26	Active lifestyles programme	London borough	Multi-activity	1-2 years	500-1,000	To provide local populations with PA opportunities	Various	None
27	PA referral scheme	Local	Multi-activity	3-5 years	1,000-5,000	To provide a city-wide PA referral scheme to high risk population groups	6-12 months	In-house
28	PA funding programme	National	Multi-activity	3-5 years	>25,000	To support projects to raise PA levels, particularly among low activity groups	N/A	In-house & external
29	Older person's volunteer wellbeing programme	Local	Single (training volunteers)	1-2 years	100-250	To provide peer support to help older people (65+) to be more physically active	12-24 weeks	External
30	Cancer patient programme	Local	Multi-activity	1-2 years	250-500	To help and support cancer patients in areas of high health need to be physically active	Various	In-house
31	Cycling community club development programme	National	Single (cycling)	6-12 months	10,000-25,000	To support the creation of cycling clubs in a range of communities	N/A	External
32	Active lifestyles programme	London borough	Multi-activity	1--2 years	>25,000+ contacts	To connect the least active local people to opportunities for PA in their area	Various	In-house
33	Walking intervention	Multi-regional	Single (walking)	6-8 years	1,000-5,000	To engage inactive populations in disadvantaged areas in walking for health	6-12 weeks	External
34	Walking intervention	London borough	Single (walking)	3-5 years	5,000-10,000	To encourage walking in locations that had undergone improvements to the pedestrian environment	6-12 months	External
35	Walking intervention	Multi-	Single (walking)	3-5 years	>25,000	To promote walking in areas of low PA	12-18	External

		regional					months	
36	Condition management programme	Local	Single (Tai Chi)	6-8 years	1,000-5,000	To use Tai Chi to help service users to manage arthritis	6 weeks	In-house
37	Gardening project	Local	Single (gardening)	3-5 years	100-250	To support and inspire local people in disadvantaged areas to use front gardens to grow food	6-12 weeks	External
38	Multi-sports project	London borough	Multi-activity	0-6 months	500-1,000	To grow and sustain PA among inactive populations	Various	In-house
39	Condition management programme	Local	Multi-activity	10+ years	1,000-5,000	To provide a cardiac rehabilitation service based in the community	>18 months	In-house
40	Cancer patient PA programme	National	Multi-activity	1-2 years	500-1,000	To engage people living with and beyond cancer in sport and PA	12-18 months	In-house & external
41	Walking intervention	National	Single (walking)	10+ years	>25,000	To provide walking activities in local settings, especially in areas of disadvantage and low PA	>18 months	External
42	Young people's PA programme	London borough	Multi-activity	0-6 months	250-500	To support 14-25 year olds to get active	Various	None
43	Walking intervention	Regional	Single (walking)	1-2 years	250-500	To increase PA among under-represented populations through walking and training walk leaders	>18 months	In-house
44	Health referral scheme	London borough	Multi-activity	6-8 years	1,000-5,000	To support and motivate at risk groups to start and maintain PA	12-24 weeks	In-house & external
45	Exercise referral scheme	Regional	Multi-activity	10+ years	1,000-5,000	To provide a PA programme to people with certain medical conditions and those at greatest risk of developing them	6-12 months	In-house
46	PA personalised support programme	Local	Multi-activity	0-6 months	10,000-25,000	To support clients into a long-term physical activity behaviour change	12-24 weeks	In-house
47	Community sport programme	London borough	Multi-activity	10+ years	1,000-5,000	To provide PA opportunities to the local population, many of whom are minority ethnic	6-12 months	In-house & external
48	Doorstep sports clubs for young people	National	Multi-activity (multi-sport)	1-2 years	10,000-25,000	To increase sports participation in the most deprived wards through club infrastructure	>18 months	In-house & external
49	Dance programme	Multi-regional	Single (dance)	10+ years	500-1,000	To improve quality of health and life in communities through dance	>18 months	In-house & external
50	Health referral scheme	London borough	Multi (dance, swimming, sports)	1-2 years	250-500	To support people with certain medical conditions to increase PA levels	0-6 weeks	In-house
51	Healthy lifestyles programme	Local	Multi-activity	3-5 years	500-1,000	To promote and support PA, particularly among BME groups	6-12 weeks	None
52	Active lifestyles programme	Local	Multi-activity	3-5 years	10,000-25,000	To provide bespoke instructor led PA opportunities	Various	External
53	Multisport for people with disabilities	Local	Multi-activity	1-2 years	100-200	To provide people with disabilities opportunities to gather to take part in PA/sport	>18 months	None
54	Exercise referral scheme	Local	Multi-activity (primarily walking)	10+ years	500-1,000	To provide a walking-based PA programme for referred patients	6-12 weeks	In-house

55	Walking intervention	Local	Single (walking)	3-5 years	1,000-5,000	To provide regular walking activities in local settings	>18 months	In-house
56	PA development programme	Two London boroughs	Multi-activity	6-8 years	500-1,000	To help and encourage otherwise physically inactive members of community groups to exercise together in their own setting	12-18 months	In-house & external
57	Single sport/history programme/tournament	London borough	Single (football)	0-6 months	100-250	To link sporting activity, historical learning and commemoration	N/A	In-house & external