

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

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Table I Characteristics of PA interventions for minority ethnic groups in England

Minority ethnic sample (n=57)			
Variable		n	%
Aims/objectives of the programme/intervention*			
	Support whole population-groups to increase PA levels	33	58
	Support people with certain medical conditions to increase PA levels	30	53
	Support inactive people to increase PA levels	44	77
	Support weight loss	17	30
	Support social cohesion	32	56
	Support participation in sport	25	44
	None of these/other	1	2
Duration programme been running			
	0-6 months	8	14
	6-12 months	5	9
	1-2 years	11	20
	3-5 years	13	23
	6-8 years	8	14
	10+ years	9	16
	Other	3	5
Settings*			
	School	15	26
	Workplace	8	14
	Local authority leisure facility	34	60
	Private leisure facility	10	18
	Home-based	8	14
	Outdoor settings	34	60
	Community venue	45	79
	Primary care setting	12	21
	Other	9	16
Types of activity provided*			
	Walking	42	74
	Dancing	31	54
	Jogging / running	22	39
	Cycling	22	39
	Swimming	28	49
	Group activity classes	46	81
	Gym-based sessions	28	49
	Condition specific exercise classes	23	40
	Resistance exercises	23	40
	Lifestyle activity e.g. gardening	14	25
	Sports	31	54
	Yoga / pilates / tai-chi	33	58
	Chair-based exercises	30	53
	Fall prevention, strength and balance	15	26
	Other	26	46
No. of participants taking part annually			
	0-100 participants	4	7
	100-250 participants	6	11
	250-500 participants	5	9
	500-1000 participants	7	12
	1000-5000 participants	17	30
	5000-10000 participants	3	5
	10000-25000 participants	7	12
	25000+ participants	8	14
Fees payable*			
	Induction / assessment fee	3	5
	Fee per session	23	40
	No fee	38	66

	Other	2	4
Funder*			
	Local Authority	39	68
	Central Government	13	23
	Clinical Commissioning Group	7	12
	Charity	17	30
	Privately	9	16
	Other	15	26
Evaluation*			
	In-house evaluation	34	60
	External evaluation	30	53
	No formal evaluation has been undertaken	9	16
Organisational barriers to ongoing provision of the programme*			
	Financial resources	49	86
	External expertise	9	16
	Time	23	40
	Partnerships	14	25

Notes: Percentages are subject to rounding

* Multiple responses possible