

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

| | Intervention/ programme type | Geographic level | Multi- or single-activity programme | Length of time the programme has been running | Annual no. of participants | Aim(s) | Length of intervention (s) | Evaluation |
|----|--|-------------------------|--|--|-----------------------------------|---|-----------------------------------|---------------------|
| 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 though 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 |