



British Heart Foundation National Centre resources and training catalogue



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The BHF National Centre for Physical Activity and Health (BHFNC) is funded by the British Heart Foundation. We are also part of the prestigious School of Sport, Exercise and Health Sciences at Loughborough University.

The BHFNC is well recognised across the UK for its leadership in the promotion of physical activity and health. We are committed to developing and translating research evidence to improve and extend the practice of promoting physical activity in the UK.

We do this by supporting professionals across a range of sectors including health care, education, transport, sport and leisure with practical tools to promote physical activity.

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Children and young people

UK Physical Activity Guidelines for Early Years - Information booklets

In summer 2011 the UK Governments published new physical activity guidelines. For the first time the guidelines include recommendations specifically for the under fives.

These BHFNC information booklets are designed to give early years practitioners and health professionals help with using these guidelines effectively and to provide practical tips.

They provide information on:

- the early years physical activity guidelines
- the importance of physical activity for children in the early years
- appropriate types of activity
- tips for promoting more physical activity and reducing sedentary behaviour in an early years setting
- further resources to help promote movement and reduce sedentary behaviour.

There are two information booklets available, one with advice for physical activity with infants who cannot yet walk and one for those who can.

Download: UK Physical Activity Guidelines for Early Years - Non Walkers

Download: UK Physical Activity Guidelines for Early Years - Walkers

Coming soon... information booklets for parents, with tips for encouraging their children to be active from birth will be published soon. Keep an eye on the BHFNC website www.bhfactive.org.uk for more information.



Physical activity for the early years - Evidence briefing

This evidence briefing focuses specifically on children less than five years of age. This important population group has previously been excluded from public health guidelines for physical activity. The 2011 joint Chief Medical Officers' report 'Start Active, Stay Active' for the first time provides UK-wide guidelines for under fives.

Historically, little research has been conducted to examine the role of physical activity in promoting well-being in the early years. There is now increasing interest in this age group, partly because of a growing awareness that early life experiences impact on future health outcomes and also an increase in the prevalence of overweight and obesity in this population.

This evidence briefing is designed for professionals and practitioners who require a detailed review of the evidence base available for physical activity and the early years.

Information is included on:

- physical and psychological health outcomes of physical activity
- factors influencing physical activity
- current levels of physical activity
- increasing levels of physical activity
- measuring physical activity
- public health guidelines for physical activity
- implications for practice.

Download: Physical activity for the early years evidence briefing



Physical activity patterns - children and young people

These fact sheets pull together the latest statistics on children and young people's physical activity levels to provide a picture of how active they are. Statistics come from sources such as the Health Survey for England, National Travel Survey and National Hands-Up Survey.

These resources are designed for practitioners and professionals who want an overview of the facts. They can be used to make the case for physical activity interventions.

These fact sheets include information on:

- general physical activity trends
- travel to school
- provision of PE and sport in schools
- sedentary behaviour.

There are currently three fact sheets available covering physical activity patterns in England, Scotland and Wales.

Download: [Physical activity patterns - children and young people in England](#)

Download: [Physical activity patterns - children and young people in Scotland](#)

Download: [Physical activity patterns - children and young people in Wales](#)

Coming soon... information booklets for parents outlining the new physical activity guidelines and how they can help their children meet them will be published soon. Keep an eye on the BHFNC website www.bhfactive.org.uk for more information.



National Physical Activity Audit of Children's Centres and Nurseries

This BHFNC report outlines the findings of our National Physical Activity Audit of Children's Centres and Nurseries.

With support from Together for Children and the National Day Nurseries Association the audit examined the physical activity provision for the under fives in Children's Centres and a sample of day care nurseries across the UK.

The aims of the audit were to:

- establish a picture of current provision
- identify ways in which the BHFNC can support Children's Centres to improve and expand on their delivery of physical activity
- highlight innovation and good practice.

The findings of this audit are now helping to inform the BHFNC's future work around early years.

Download: [National Physical Activity Audit of Children's Centres and Nurseries](#)



Top tips to promote walking to school

This top tips leaflet looks at overcoming common barriers to walking to school including:

- concerns about road safety; traffic travelling too fast and difficulties crossing roads
- many parents drop off children on their way to work and feel they don't have time to walk
- fear of 'stranger danger' stopping parents letting children walk to school unaccompanied.

It provides a range of tips to support teachers and other professionals in overcoming these barriers and encourage active travel among staff, pupils and their families.

Download: Top tips to promote walking to school

Tops tips to promote walking to school



The BHF National Centre for Physical Activity and Health (BHFNC) has looked at common barriers to walking to school and put together a range of tips to support teachers and other professionals in overcoming these barriers and encourage active travel among staff, pupils and their families.

 BHF National Centre
physical activity · health



To receive information about the latest BHFNC resources straight to your inbox sign up to our database at

[www.bhfactive.org.uk/
subscribe-to-database](http://www.bhfactive.org.uk/subscribe-to-database)

The BHFNC is funded by the British Heart Foundation. We also work very closely with the Charity to produce a number of joint resources. The resources outlined on the next two pages have been produced in conjunction with the British Heart Foundation.

Let's get active award pocket planner

The Let's get active award encourages children and young people to increase their levels of physical activity to meet or exceed the recommended 60 minutes of activity a day. To take part, children record their daily physical activity for six consecutive weeks in the pocket planner. This can include activity done at a club, in school, walking or just being active with friends. The 60 minutes of physical activity does not all have to be done at once and can be broken down into smaller chunks of time, which makes it easier to fit in to everyday life.

After six weeks, children are awarded a free certificate of achievement in order to recognise and reward regular participation in physical activity.

Order: Let's get active pocket planner



Get kids on the go!

Get kids on the go is an information booklet for parents. It contains useful tips, hints and physical activity ideas to involve parents so they understand the importance of physical activity and to help them encourage and support their children to be active.

Get kids on the go includes information on:

- why being active is good for children
- how much physical activity they should be doing
- ideas for activities they may enjoy doing
- what parents can do to help.

Download: Get kids on the go!



Couch kids: the nation's future...

This report draws on evidence from England, Scotland, Wales and Northern Ireland to report the latest research on how much physical activity children and young people do and how much they need to benefit their health. The report explores what can be done to encourage children and young people to be more active.

Couch kids explores:

- why physical activity is important for children and young people
- how much physical activity children and young people should be doing
- how active children and young people in the UK are
- how sedentary children and young people are
- factors associated with physical activity in children and young people.

Download: Couch kids: the nation's future...

An eight-page executive summary of the Couch kids report is also available. The summary report highlights key findings from the full report and is a useful summary of the latest statistics on childhood obesity and physical activity levels.

Download: Couch kids: the nation's future... Executive summary



Active School pack

The Active School pack helps to establish physical activity at the heart of schools through providing case study examples and practical tips with clear, easily achievable steps.

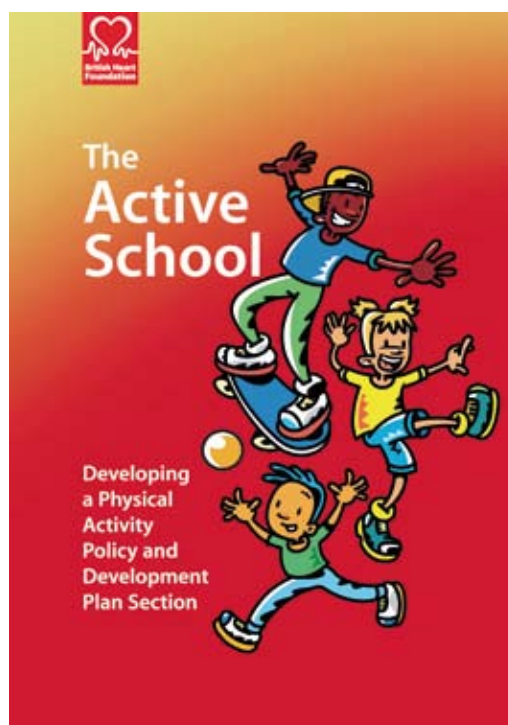
The resource includes nine stand-alone sections taking the user through the school day.

These are:

- essential guide for policy and planning
- active travel to and from school
- PE and physical activity across the curriculum
- active break times and lunchtimes
- out of school hours activities
- promoting activity beyond the school day
- involving partners/carers
- sport days and other activity events
- engaging all pupils.

The pack contains 100 activity cards with simple practical ideas to improve physical activity levels across the school day. Also included are information resources, training initiatives and contacts that can help schools develop their physical activity provision. A colourful A1 poster also helps with some simple activities to do as part of a ten minute activity break in the classroom.

Order: Active School pack



Primary care

Physical activity for all

What if my child has...?

These booklets are designed for parents or carers of children and young people who have long-term medical conditions. They explain the benefits of physical activity for children and young people and provide information to enable parents and carers to encourage their child to exercise safely. The booklets aim to make sure children are not discouraged from being active and help to overcome any anxieties both children and their parents or carers may have about physical activity.

These booklets do not replace the advice that a health professional may give based on their knowledge of an individual child's condition.

The booklets cover four medical conditions:

- asthma
- diabetes
- obesity
- congenital heart disease.

The parental advice booklets are part of a suite of resources for the Physical activity for all training course. They are a supportive tool for professionals, such as PE teachers, exercise instructors and early years practitioners, to hand out to parents/carers who express concerns about their child engaging in school PE lessons or other physical activity sessions.

Download: [What if my child has asthma?](#)

Download: [What if my child has diabetes?](#)

Download: [What if my child is overweight?](#)

Download: [What if my child has a congenital heart condition?](#)

The Physical activity for all training course is designed for practitioners and professionals who are directly responsible for delivering PE lessons or physical activity sessions with children and young people. For more information see page 15.

If you would like to order printed copies of these booklets please contact Sarah Wortley on 01509 226419 or email s.a.wortley@lboro.ac.uk

They are available at a charge of £90 for 200 copies (plus postage and packaging).



Exercise referral toolkit

One of the most popular approaches to promoting physical activity in the primary care setting has been through exercise referral schemes. These schemes are widespread in the UK and form an important part of the interface between healthcare practitioners, health promotion specialists and exercise professionals.

The BHFNC has taken a bottom up approach to the development of this toolkit. Its content and format have been shaped by a range of professionals who are currently responsible for, or who have experience of, delivering, co-ordinating, commissioning and evaluating exercise referral schemes. This exercise provided a snapshot of the nature and extent of exercise referral schemes in England, Northern Ireland and Scotland and allowed us to gain a more comprehensive understanding of how schemes are delivered and evaluated.

The toolkit aims to provide an easy-to-read, practical guide for all those professionals involved in exercise referral schemes.

The toolkit is divided into several easy-to-use sections:

Download: Section 1: Background technical report

Download: Section 2: A snapshot of exercise referral schemes operating in England, Scotland and Northern Ireland

Download: Section 3: A synopsis of exercise referral research

Download: Section 4: A quick reference guide to exercise referral schemes for referring healthcare professionals

Download: Section 5: Guidance for exercise professionals working with referred patients

Download: Section 6: Guidance for exercise referral scheme coordinators

Download: Section 7: A guide to commissioning exercise referral schemes

Download: Section 8: A guide to evaluating exercise referral schemes

Download: Section 9: A qualifications and training guide

Download: Complete exercise referral toolkit

For further information on the exercise referral toolkit go to www.bhfn-c-exercisereferral.org.uk



A Toolkit for the Design, Implementation & Evaluation of Exercise Referral Schemes

Guidance for



A Toolkit for the Design, Implementation & Evaluation of Exercise Referral Schemes

Guidance for exercise professionals



Making physical activity a priority



A Toolkit for the Design, Implementation & Evaluation of Exercise Referral Schemes

Guidance for exercise referral scheme coordinators



Making physical activity a priority

Top tips for engaging primary care professionals

The BHFNC 10th Annual Conference, 'The cure for all ills is not to sit still: Raising the profile of physical activity within primary care', explored how to embed physical activity into primary care agendas. This leaflet pulls together the tips that emerged from the Conference for engaging primary care professionals in the promotion of physical activity.

Download: Top tips for engaging primary care professionals in the promotion of physical activity



Older adults

Active Ageing Events

The BHFNC is leading a programme of Active Ageing Events with the purpose of:

- providing a national and local profile to celebrate and promote the concept of active ageing
- providing support for local Active Ageing Events and programmes
- stimulating debate and policy on active ageing
- ensuring older people are included in events designed to leave a health and physical activity legacy for high profile sporting events.

The aim of these resources is to provide practical guidance and ideas on implementing Active Ageing Events. The resources have been developed in consultation with a range of professionals involved in the promotion of active ageing.

- **Co-ordinator's planning guide** - provides step by step suggestions on how to promote Active Ageing Events, and other activities that promote physical activity amongst older people.
- **Ideas for action** - full of ideas and promotional themes designed to inspire Active Ageing Events and activities.
- **Promotion guide** - includes helpful hints on physical activity promotion, promotional materials and ideas on how to work with the media to secure coverage of activities and spread the active ageing message.
- **Community organisation's guide** - for use by local community organisations and groups to help them organise Active Ageing Events and spread the active ageing message.

Download: Active Ageing Events Co-ordinator's planning guide

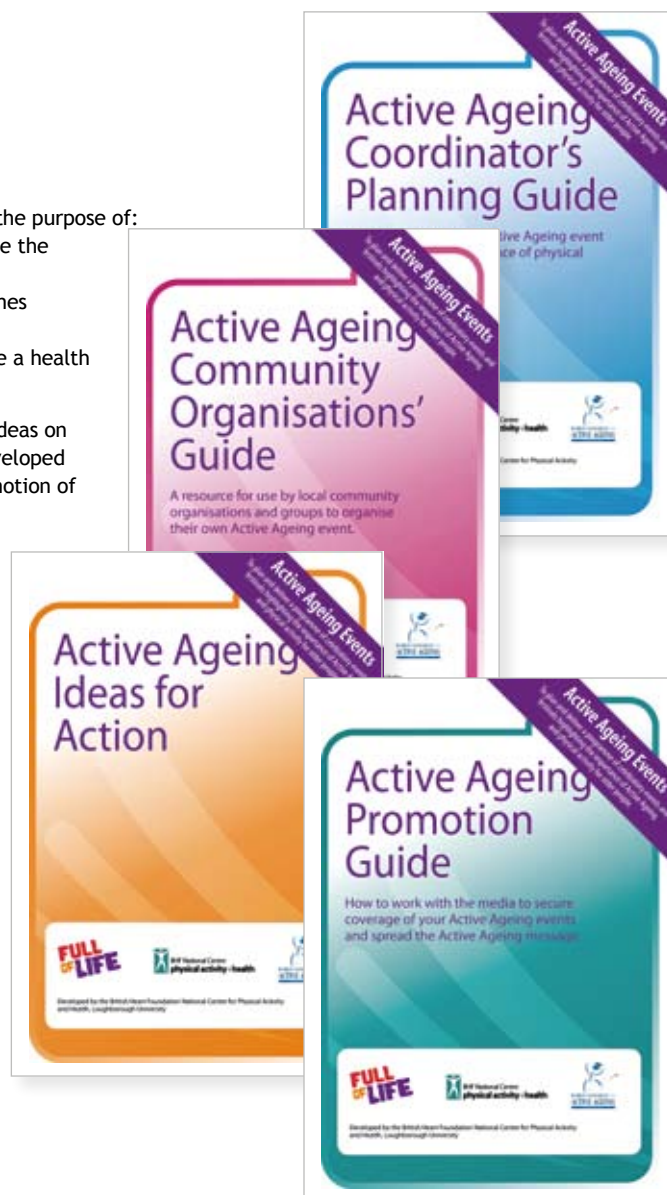
Download: Active Ageing ideas for action

Download: Active Ageing promotion guide

Download: Active Ageing community organisations' guide

For further information on the Active Ageing Events programme visit www.active-ageing-events.org.uk

The Active Ageing Events programme is supported by the Department of Work and Pensions Full of Life.



Active for Later Life toolkit

The Active for Later Life toolkit is designed to help those involved in developing physical activity programmes for older people of all ages and abilities. It includes summaries of evidence and recommendations, policy and strategic connections, and a series of working papers and practical guidance documents.

The Active for Later Life resource can be used as an advocacy tool for managers and commissioners of health and other services as well as those involved in the strategic development of programmes for older people. It is also useful as a guide to planning to help increase opportunities for physical activity for older people.

Active for Later Life is made up of six sections:

Download: Active for Later Life Toolkit - Making the Case for Physical Activity

Download: Active for Later Life Toolkit - Factors Affecting Planning

Download: Active for Later Life Toolkit - A Guide to Programme Planning

Download: Active for Later Life Toolkit - Working Papers

Download: Active for Later Life Toolkit - Information Directory

Download: Active for Later Life Toolkit - Putting it into Practice



Other resources

BHFNC physical activity update

The BHFNC physical activity update provides a round-up of all the recent developments in the field of physical activity and health.

This bi-monthly publication includes the latest information on:

- training opportunities
- key physical activity resources and publications
- relevant conferences and events
- recent research articles
- physical activity in the news.

...as well as all the latest news and publications from the BHFNC and the British Heart Foundation.

To receive emails reminding you when the latest update is available sign up to our database at

www.bhfactive.org.uk/subscribe-to-database

To download the most recent physical activity and health update go to www.bhfactive.org.uk/homepage-resources-and-publications



National policy to local practice: Working together to deliver physical activity programmes

Information sharing booklet

This information sharing booklet is a simple guide to the physical activity projects and interventions submitted to be showcased at the 9th British Heart Foundation National Centre conference, **National policy to local practice: Working together to deliver physical activity programmes**. This booklet focuses on projects across the UK working to increase physical activity delivery through successful partnership working.

This booklet is designed to:

- encourage sharing of practice among health and physical activity professionals
- increase awareness of the range of interventions taking place across the UK
- help identify gaps in physical activity provision.

Download: [National policy to local practice](#)



How to engage inactive communities in physical activity

Top tips from the BHFNC 8th annual conference

This booklet provides practical tips for engaging inactive communities in physical activity. The ideas presented here were put forward by delegates and workshop facilitators during the BHFNC annual conference 2008.

The booklet includes both generic tips, relevant to practitioners working across a broad range of communities, as well as specific tips for engaging key target groups, for example people with disabilities, girls and young women, older adults and people with mental ill-health.

This booklet includes:

- an overview of the keynote presentations from the conference
- a brief summary of each conference workshop
- a summary of the tips and ideas generated during workshop discussions
- resources and websites of relevance to professionals seeking further information on physical activity and specific population groups.

Download: [How to engage inactive communities in physical activity](#)



Don't forget our free helpline service,
call **01509 226421**
or email bhfnc@lboro.ac.uk
for help with your physical
activity related queries

Training

Jump Rope workshops

What is Jump Rope?

Jump Rope is basically skipping, but not as you know it! Jump Rope introduces new skipping techniques to suit all different abilities and new ideas to involve the whole class. Before you know it your class could be performing the twister, jumping jax or X-its!

Jump Rope workshops

We offer three different workshop options depending on what you are looking for:

1. CPD for teachers and support staff

A three-hour practical workshop which will get staff skipping, learning new skills and will help demonstrate how jump rope can work in your setting. There is no pressure to perform and everyone has the opportunity to practise skills and ask questions.

2. Pupil workshops

Yes, we will teach the children too! These workshops can be either a full or half day and will be delivered by an experienced instructor who will involve the whole class in a range of fun and effective activities.

3. One hour CPD workshop for teachers and other staff

This is available as an optional extra when booking a pupil workshop. It provides guidance on planning future lessons, appropriate progressions and additional games and activities.

For further information please contact Margaret Couldwell on 01509 226418 or email m.couldwell@lboro.ac.uk or visit the BHFNC website www.bhfactive.org.uk/young-people to download a booking form.



For our latest training dates visit
www.bhfactive.org.uk

Flames: Lighting the way

Flames: Lighting the way is an Olympic and Paralympic Value driven programme, delivered by young leaders and centred around physical activity and health.

Flames was developed by the British Heart Foundation in partnership with Loughborough College and delivered in association with the BHFNC. It began as a pilot project in Loughborough and has since developed into a national programme, which schools, colleges and community groups can run themselves.

Individuals who work with a group of young leaders or volunteers are able to receive tutor training to equip them with the knowledge and resources to run their own Flames programme. For example, the programme may be useful to Sports Development Officers or staff from School Sports Partnerships, County Sports Partnerships or FE/HE colleges as well as many others.



What to expect from free Flames Tutor Training

What we provide:

- initial support setting up the Flames programme in your area
- British Heart Foundation Active Club resource packs
- a range of relevant resources for participating primary schools/community groups
- CD ROM with supporting resources to make the programme as easy as possible to implement
- opportunity to use the 1948 Olympic torch for your Flames Festival
- on-going support from the Flames project team
- certificates for your young leaders and children taking part.

What we require from you:

- setting up and delivering a Flames programme in your area following the Flames model
- completion of monitoring and evaluation including feedback from all groups involved
- a brief summary of how you organised your Flames programme and a photo of your festival which we can upload to the website.

For more information visit www.flameslightingtheway.co.uk/training

Active Club

The Active Club programme is a practical introduction to outdoor games and health related physical activity. It offers those working with children and young people training and practical ideas to develop skills, confidence and knowledge.

Active Club training includes:

- an introduction to some of the core principles of working with children and young people
- tips on how to ensure all children and young people are engaged in activity
- an opportunity to practise delivery skills as well as take part in some of the activities
- an introduction to the Active Club pack with a focus on the activity cards and advice on when the activities are best used.

As part of the training participants receive the Active Club pack. This is a valuable resource providing simple, straight forward advice and practical ideas to help increase physical activity. The pack consists of:

- illustrated activity cards providing over 100 practical activity ideas
- templates and worksheets including certificates, crosswords and word searches
- tips and ideas for developing physical activity provision in out-of-school settings
- information summarising key resources, training opportunities, websites and contact details.

For further information visit www.activeclubs.org.uk



Active Ability

Active Ability training enables physical activity and play leaders to include children and young people with a wide range of abilities in physical activity.

The practical course also includes some specific information on the inclusion of children and young people who have a particular cognitive, physical or sensory impairment. Participation in physical activity for these young people is often perceived as presenting a challenge to play and activity leaders. This training aims to overcome any fears and anxieties by providing practical alternatives and solutions based on long established user-friendly tools.

Participants will also receive the Active Ability resource pack. This has been developed to support the inclusion of young people with different abilities in physical activity. It includes strategies and ideas to support inclusion which can be used to:

- plan and run inclusive activity sessions
- adapt and modify games and activities
- assist the development of inclusion in any physical activity or game
- support inclusive activities training with adults, young leaders and others.

For further information about Active Ability training please contact Anna Chalkley on 01509 226423 or email a.e.chalkley@lboro.ac.uk



Physical activity for all

The Physical activity for all course is designed for professionals who are directly responsible for delivering PE lessons or physical activity sessions with children and young people. This includes, for example:

- specialist and non-specialist PE teachers
- early years or play practitioners
- youth workers
- teaching assistants
- lunchtime supervisors
- after-school club leaders
- sports coaches
- students on childcare or early years or teaching courses.

It provides professionals and practitioners with the knowledge and practical skills to plan and safely adapt physical activity sessions for children and young people with asthma, diabetes, obesity and congenital heart conditions.

The course predominantly involves independent study with a one-day contact training session. Participants receive course materials four weeks prior the training day to allow time to study the materials in advance.

For further details about the Physical activity for all course or to download a booking form visit www.bhfactive.org.uk/primary-care-training-and-events

If you require further information or to discuss the course please contact Sarah Wortley on 01509 226419 or email s.a.wortley@lboro.ac.uk



Patient Empowerment

This course is based on the philosophy of solution focused practice. It introduces participants to a modern outcome-focused approach for delivering health behaviour changes that fit individuals' choices, past experiences, cultural values and resources.

The course utilises a mix of slides, real patient video examples and practical exercises. It is beneficial to practitioners and professionals who work face-to-face with patients and will equip them with the skills to:

- help patients identify aspects of their life they wish to change
- support patients in constructing a vision of their 'preferred future'
- identify what patients are already doing that is working
- encourage and measure progress.

For details of upcoming course dates and venues please visit www.bhfactive.org.uk
For organisations with over 20 staff that would benefit from Patient Empowerment we can arrange an in-house course.

For further information on Patient Empowerment and to discuss in-house options contact Sarah Wortley on 01509 226419 or email s.a.wortley@lboro.ac.uk

To download a booking form visit

www.bhfactive.org.uk/primary-care-training-and-events



BHFNC annual conference

Each year the BHFNC holds an annual conference which highlights key themes and addresses contemporary issues. The conference attracts a diverse audience and is a major event on the annual calendar.

Our conference brings together a number of distinguished speakers with a wealth of expertise. This provides delegates with the opportunity to learn from their knowledge and examine how physical activity can be implemented in their area of work.

Previous conference topics have included:

- Translating the evidence: What works for physical activity?
- The cure for all ills is not to sit still: Raising the profile of physical activity in primary care
- National policy to local practice: Working together to deliver physical activity programmes
- Opening doors to an active life: how to engage inactive communities.



Themes from the annual conference feed into a number of resources including presentations, case study posters, sharing practice information and top tips.

To view information on the latest BHFNC annual conference and resources from previous years visit www.bhfactive.org.uk/conference

World Congress on Active Ageing

The BHFNC has teamed up with Glasgow Caledonian University to stage the 8th World Congress on Active Ageing. This Congress will attract a world-wide community of researchers, policy makers and practitioners and will be held in Glasgow on the 13th - 17th of August 2012.

WCAA 2012 will provide a unique opportunity for all those interested in active ageing. By interweaving research, those who implement research into practice and older adults themselves, this is a truly multidisciplinary approach. Over 100 parallel symposia, practical workshops, meet the expert sessions, scientific and evaluation posters will all be on offer.

The 8th World Congress programme will celebrate the diversity of ageing and in particular, will focus upon the needs of the oldest and frailest population, often excluded from both research and practice.

For further information on the World Congress on Active Ageing and to book your place visit www.wcaa2012.com



Don't forget all BHFNC resources can be downloaded free of charge from our website

www.bhfactive.org.uk

Research and evaluation

Well@Work evaluation

2004-2007

The Well@Work programme was a national workplace health initiative, comprising nine regional projects encompassing 32 workplaces representing different sized organisations and sectors. This report summarises the national evaluation of Well@Work and represents a comprehensive assessment of the impact of these workplace health programmes aimed at improving employee health, delivered across a diverse set of workplaces.

The report also reflects on the lessons learnt in terms of project coordination and delivery, health and lifestyle outcomes and overall project satisfaction.

[Download:](#) Well@Work evaluation report



Evaluation of the Ramblers Family Walking Programme

2009

The Furness Families Walk4Life programme was developed by the Ramblers and evaluated by researchers from the BHFNC and the British Heart Foundation Health Promotion Research Group based at the University of Oxford. The Furness Families Walk4Life programme aimed to get families walking together, engaging parents and carers as well as their children making walking an integral part of family life.

This report highlights the breadth of walking's benefits beyond simple physical health. The programme was initiated by the Department of Health and was developed by the Ramblers in partnership with Action for Children.

[Download:](#) Ramblers Family Walking Programme evaluation



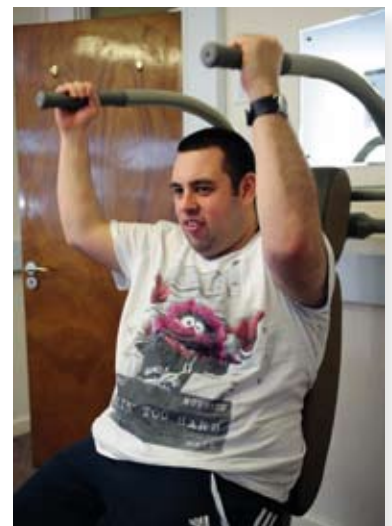
Evaluation of the Eastern and Coastal Kent PCT Exercise Referral Programme

2005-2008

The Eastern and Coastal Kent Exercise Referral Scheme was established during the early 1990s. The aim of the scheme is to improve the health and well-being of inactive clients by encouraging long-term lifestyle change, through increasing physical activity levels.

The evaluation of the Eastern and Coastal Kent Primary Care Trust Exercise Referral Programme retrospectively assessed patient experience of the exercise referral scheme through the analysis of baseline and follow-up assessment data from over 6,000 participants and follow-up interviews with a sub-sample of patients. This project was completed in October 2008.

[Download:](#) Evaluation of the Eastern and Coastal Kent PCT Exercise Referral Programme



The BHFNC Research and Evaluation Team are committed to conducting high quality intervention and programme evaluations to advance knowledge about what works and to inform policy and practice. The team have contributed to a number of peer reviewed scientific papers which have contributed to developing the evidence base for physical activity promotion.

2011

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2010

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Our information service

Our Information Team keeps up-to-date on physical activity research and practice to make sure we can keep you informed.

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To receive the latest news on physical activity, as well as the latest resources from the BHFNC, straight to your inbox you can sign up to our free database service. To register go to www.bhfactive.org.uk/subscribe-to-database

Got a burning question?

The BHFNC's free helpline service aims to answer all your questions on physical activity and health. Whether you are looking for the latest obesity prevalence statistics or resources to encourage activity in the workplace, our Information Officers will endeavour to point you in the right direction. Please call us on 01509 226421 or send your question to bhnc@lboro.ac.uk

British Heart Foundation resources

The British Heart Foundation also produces a range of resources giving vital information about how to look after heart health as well as living with a heart condition.

This includes publications on:

- healthy eating
- physical activity
- heart risk factors
- living with a heart condition.

British Heart Foundation resources are free of charge. But, as a charity, they rely on voluntary donations and welcome anything you can give towards their costs.

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