# Evaluation of the ‘Live Active’ exercise referral scheme: long term outcomes

Prior, F, Coffey, M, Robins, A and Cook, PA  
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Background
Exercise referral schemes (ERSs) are a common approach to increasing the physical activity (PA) levels of people with chronic health conditions in the UK. The evidence base for schemes is inconclusive, with limited data on long-term outcomes.

Aim: Evaluate the long-term (12 months) impact of participation in the Live Active ERS

Methods
Secondary data analysis for participants referred to a 6-month ERS (Greater Manchester, UK), who attended a 12-month follow-up between July 2015-2017 (n=273). Outcomes are presented as medians, with the difference between week-1 and month-12 analysed using Wilcoxon signed-rank tests (*p≤0.05).

Take home message
Referral to the Live Active ERS improved PA levels and a range of health outcomes in the long-term. Therefore, healthcare professionals should consider the referral of inactive persons with chronic health conditions to an ERS.

623 completed
273 attended month 12
120 did not attend
230 not yet reached month 12

Week 1
0 MET mins/week
Week 1
15.1% active ≥90 mins/week
Month 12
636 MET mins/week*
Month 12
71.6% active ≥90 mins/week*

120 MINUTE REDUCTION in sitting time per day*

WEMWBS
Mental wellbeing

IPAQ-SF
TTM stage of change

Contemplation
Action
67.5%*

EQ-5D-3L
EQ-5D VAS

Health related quality of life

Smoking status
Alcohol frequency
Alcohol units*

Systolic blood pressure
-9 mmHg*
Diastolic blood pressure
+1 mmHg

Body mass index
-1.28 kg/m²*

11 referrals = 1 participant active ≥90 mins/week
8 referrals = 1 participant improves ≥1 health outcomes

* p≤0.05