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# Evaluation of the Live Active Exercise Referral Scheme: Long-Term Outcomes



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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.

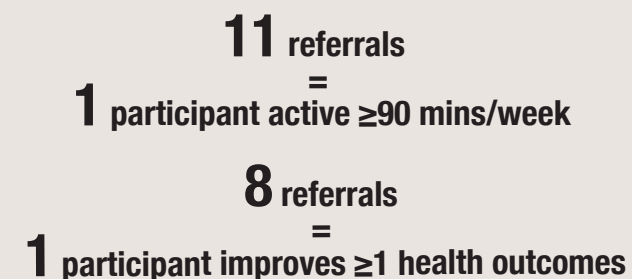
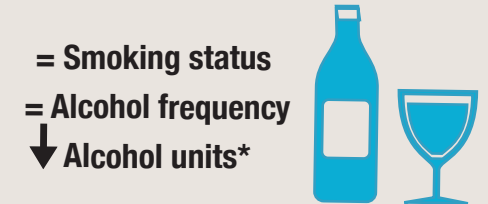
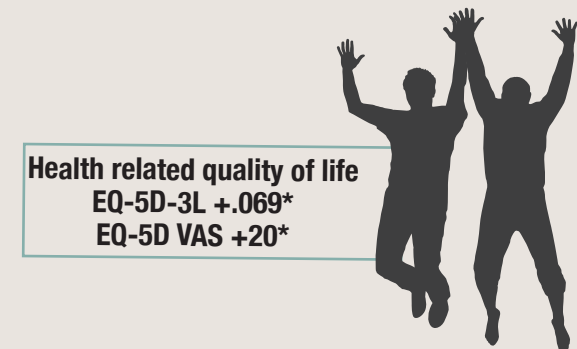
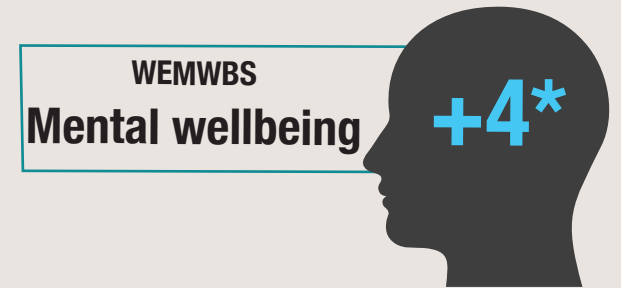
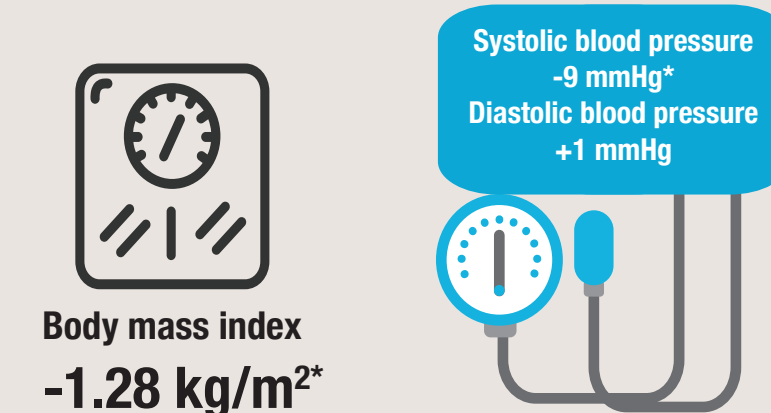
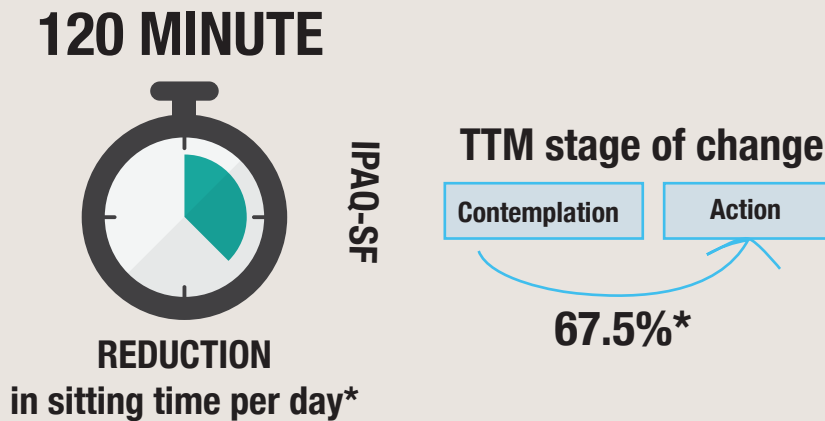
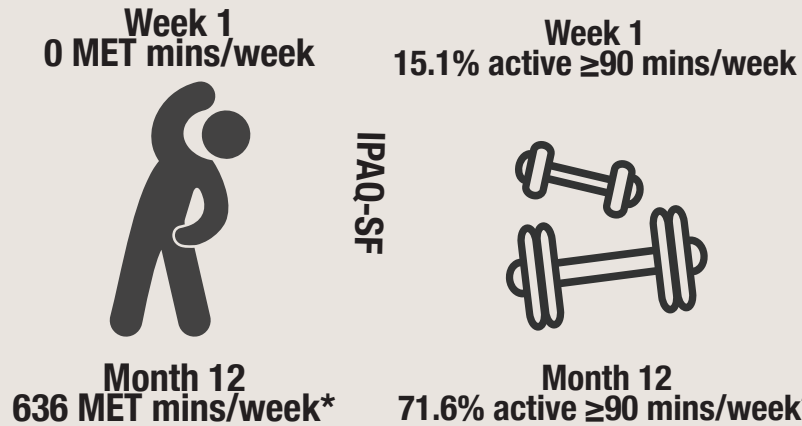
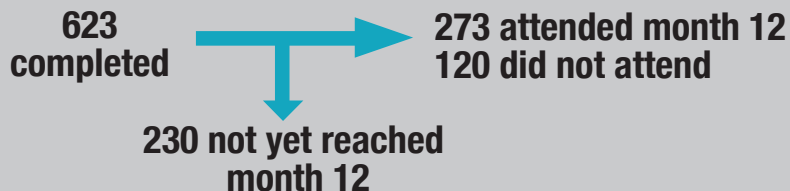
## Aim: Evaluate the long-term (12 months) impact of participation in the Live Active ERS

## 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.



\*p≤0.05