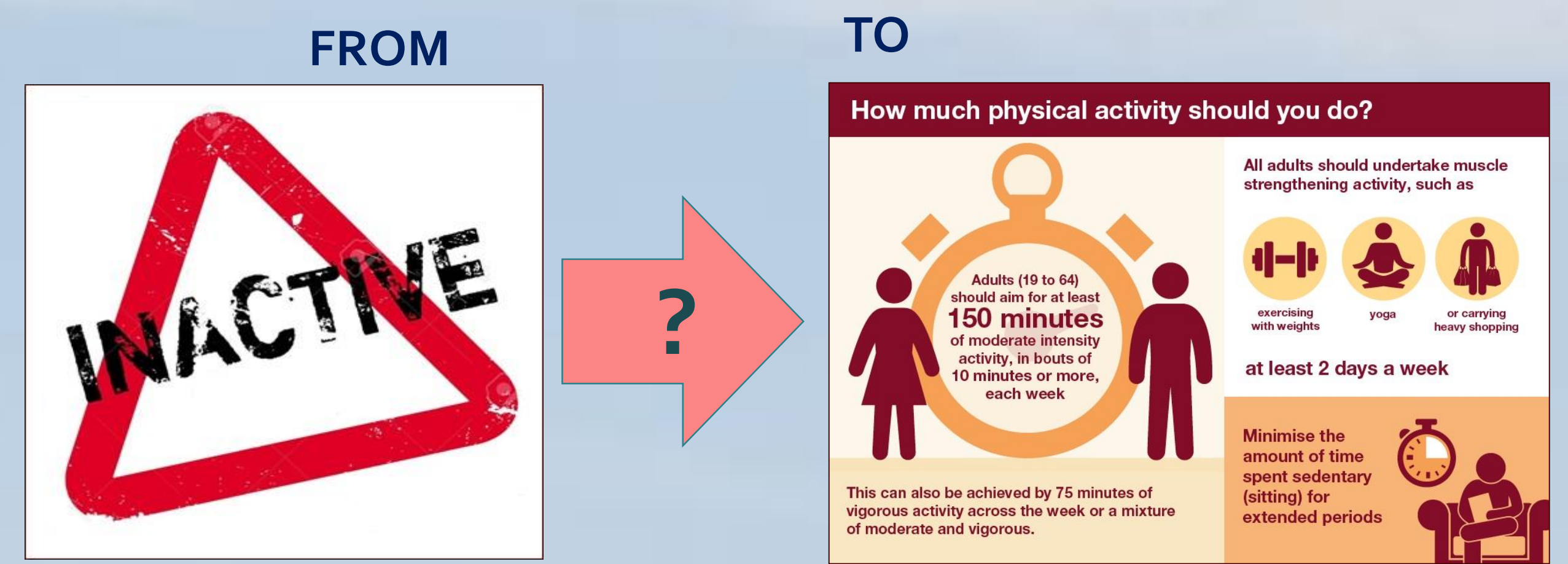


## BACKGROUND

- Regular physical activity has been evidenced to help **prevent** and **manage** many chronic diseases including heart disease, stroke, diabetes and breast and colon cancer, and is associated with a reduced risk of all-cause mortality (Lee & Skerrett, 2001). It additionally has been proven to improve psychological well-being (Biddle, Fox, & Boutcher, 2005)
- These health benefits of physical activity are acknowledged in global and national action plans to improve the population's health (WHO, 2018; Scottish Government, 2018)
- Scotland's aim is to reduce physical inactivity prevalence by 15% by the year 2030 (Scottish Government, 2018)
- The Action Plan incorporates the aim to encourage social prescribing initiatives which refer patients from the NHS to **community-based** interventions, which can support increased physical activity (PA)

How can we promote behaviour change?



Can primary care patients be referred from the NHS to **community-based** programmes?

What about exercise referral schemes?

- evidence shows that traditional schemes have only a small effect on improving physical activity levels in sedentary individuals (Williams, 2007)
- suggestion that referral to activities that are based outside of the gym may make individuals 'stick at it'

What about jogscotland: an example of a community-based programme?

- More than 440 community and volunteer-led physical activity jogscotland groups exist in Scotland
- partnered with Scottish Association for Mental Health (SAMH)

## AIM

We aim to design and pilot a process of referring patients attending primary care to community-based jogscotland groups and to examine the barriers and facilitators of such a process for health professionals and patients

## Research co-production

- Consultation
- Recruitment
- Interpretation
- Inform design



Engagement with Fife Patient Advisory Group, NHS Fife primary care health professionals, jogscotland staff members, volunteers and participants

### EXPLORATORY INTERVIEWS

Patients & Health Professionals + RAPID REVIEW + ANALYSIS OF PREVIOUS INTERVIEWS  
Existing jogscotland members

### DEVELOPMENT OF REFERRAL PATHWAY

### FEASIBILITY STUDY

## METHODS

- GPs and nurses from over 20 practices across Fife have expressed interest in the study to-date
- Exploratory interviews with health professionals and patients of primary care practices in Fife will be conducted (N=15-25 primary care registered patients with no physical health barriers to engage in physical activity and N=15-25 GPs/nurses)
- Interviews will be guided by Theoretical Domains Framework (Michie et al, 2005) and analysed using thematic analysis (Braun & Clarke, 2006)
- Informed by findings from the interviews, a process of referral to jogscotland will be designed around how community-based programmes can acceptably be introduced through GP/nurse consultations
- A feasibility study testing this method of referral to jogscotland will be conducted

## IMPLICATIONS

- The findings will enable the design of a full trial to test a community-based approach to physical activity participation that would be scalable across Scotland
- This project will link primary care patients to a structured and volunteer-led physical activity programme in their community that is an alternative to gym-based programmes
- Providing a unique opportunity to develop a partnership between primary care and community-based physical activity groups
- The potential of successfully maintaining behaviour change and achieving positive health outcomes for patients, and empowering health professionals



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