A proposed Physical Activity Referral Scheme Taxonomy

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The evidence base for exercise referral schemes (ERS)

- ERS are a widespread and popular intervention but there is little evidence about 'what works best'

- Constructing an evidence base is difficult because there is limited understanding of what schemes are delivering and how.

- Evaluation and reporting of evaluation is varied

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The traditional ERS

1. An assessment that someone (*with a health condition*) is sedentary/inactive by a healthcare professional

2. Referral by this professional to a PA specialist or service

3. A personal needs assessment by the specialist or service

4. An opportunity to participate in a PA programme

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We are proposing a more up to date definition

A physical activity scheme that:

1. Has a primary aim of increasing physical activity

2. Has a formalised referral process

3. Is provided for individuals what are inactive/sedentary and/or have or *are at risk of* a health condition.

The Physical Activity Referral Taxonomy

Operates on three levels:

1. **Classification** (type of scheme)

2. **Characteristics** (what is delivered and how)

3. **Participant Measures** (what data is collected)

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Level 1: Classification

	Primary Classification	Traditional Exercise Referral Schemes		Non-traditional Physical Activity Referral Schemes	
LEVEL 1a					
LEVEL 1b	**Provider**	Leisure Trust / Local Authority	Charity	Sport based	Commercial (e.g. David Lloyd, Pure Gym)
	Setting	Leisure Centre / Council facility	Outdoors / Green Gym	Sports club facility / Community facility	Private property
LEVEL 1c	**Referral reason**	CVD primary prevention (Hypertension)	CVD Secondary prevention (ACS, HF, Stroke)	Respiratory disease (COPD, Asthma)	Metabolic disease (e.g. Type 2 diabetes)
		Mental illness (anxiety and depression)	Musculoskeletal (back pain, OA)	Cancer (non-specific)	Cancer (specific - breast, bowel, etc.)
		Weight Loss or Weight maintenance	Falls Prevention	Dementia, Alzheimer's Parkinsons	Inactive / Sedentary
LEVEL 1d	**Activity type**	Gym based (cardiovascular, weights)	Specialised exercise class (e.g. circuit)	Walking	Jogging / running
		Swimming	Outdoor cycling, eBikes	Sports (e.g. badminton, walking football)	Mixed activities
		Generic facility based classes (e.g. yoga, zumba)	Gardening	Outdoor fitness class	Other

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Level 2: Characteristics

Characteristics	
Commissioning	Equipment Loan
Funding Source	Baseline Assessment
Referral Source	Exit Assessment
Referrers	Feedback to Referrer
Referral Process	Exit Routes
Duration of Scheme	Action in the case of Non-adherence
Session Type	Behaviour Change Theory
Session Frequency	Staff Qualifications

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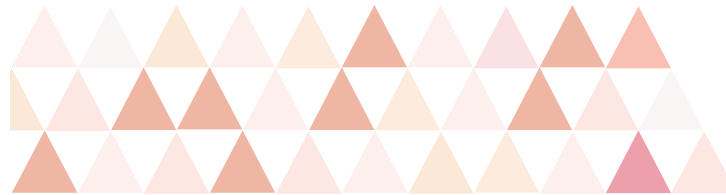
Level 3: Participant Measures

Characteristics
Sex
Age
Socioeconomic status
Ethnicity
Education level
Employment Status
Other Demographics
Uptake, attendance and adherence
Measures of change

Task

- Attempt to complete the PAR taxonomy

- Discuss what is relevant / what is missing

- Feedback to wider group

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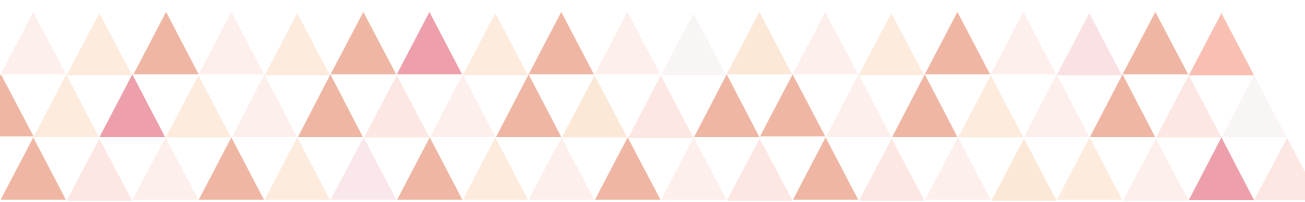*p.kelly@ed.ac.uk*

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Next steps

- The proposed taxonomy has been submitted as an editorial to the British Journal of Sports Medicine

- We will collate your comments from today and possibly make some changes to the taxonomy

- We intend to engage with other academics and hope to produce a consensus document. First event planned for 8th Nov in Edinburgh

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