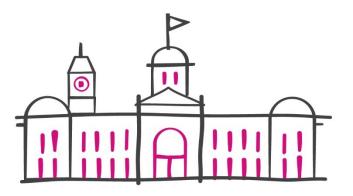


Short Active Lives Toolkit

Birmingham Measurement Tools Webinar Series









Introduction



- Impact and outcome measurement should be a key part of any intervention.
- Measuring in the impact of what we do helps us demonstrate that what we are doing is making a difference. They help us demonstrate that an intervention is having an impact in a measurable way rather than using just stories.
- Using standard tools allows us to compare different interventions impact. Combining these standard measures with standard questions on people's identity helps understand if different interventions are more effective for different groups. We can also combine them with information on the cost of an intervention and the numbers of users to look at cost effectiveness.
- Without clear impact and outcome measurements it is difficult to support funding for interventions or to justify that the approach used should be continued or scaled up.











Birmingham Public Health Measurement Toolbox

- The Birmingham Public Health Measurement Toolbox has been developed to standardise impact and outcome measures for interventions that are trying to improve health and wellbeing across Birmingham.
- The toolbox supports organisations when they are developing projects to build the appropriate measures into their service design.
- It provides clarity and transparency on how to clearly assess and measure interventions based on their focus, which can then be demonstrated clearly when applying for funding.
- It allows for accurate and meaningful comparisons between different programmes and interventions to help inform decision-making











Contents



- The Tool Box is a developing set of resources to support measurement related to different areas of health and wellbeing, these include:
- Physical activity
- Smoking
- Mental Wellbeing
- Healthy Start
- High Blood Pressure/Hypertensions
- Long-acting Reversible Contraception
- HIV and Hepatitis Risk Reduction
- For each section there is:
- ➤ A description of the issue/topic
- Links for local or national information on the issue/topic
- A description of the tool
- Information on any registration requirements to use the tool
- Useful links to support behaviour change and evidence-based interventions related to the issue/topic
- A case study example of using the tool in practice













Short Active Lives Toolkit





Why is Physical Activity important?



- "If physical activity were a drug we would refer to it as a miracle cure"
- Regular physical activity is associated with health and wellbeing benefits in all age groups:
- Children and Young People
- Learning and attainment
- Mental and cardiovascular health
- Healthy weight
- Adults
- Protection against cardiovascular disease, obesity, type 2 diabetes and mental health problems
- Older Adults
- Maintenance of good physical and mental health
- Not just health → Social interaction, enjoyment, community engagement, economic growth













How much physical activity should we do?



- Any activity is better than none. More is better still.
- May be done every day or accumulated through the week
- Minimize the amount of time spent being sedentary and break up long periods of inactivity
- Should involve muscle strengthening activities twice per week
- Children and Young People:
 - 180 minutes per day (Pre-school)
 - 60 minutes per day (5-18)
- Adults
 - 150 minutes per week of moderate intensity activity
- Older Adults
 - 150 minutes per week of moderate intensity activity
 - Flexibility and balance



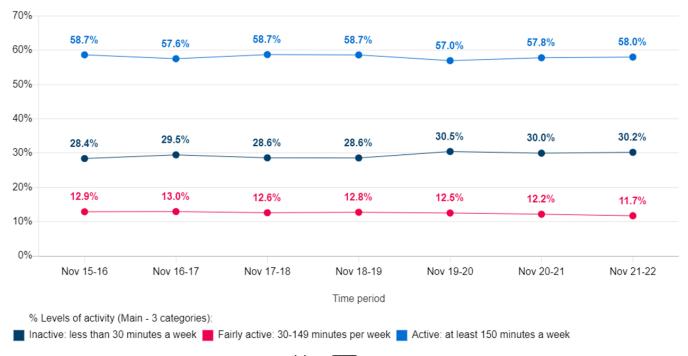








Local Context-West Midlands





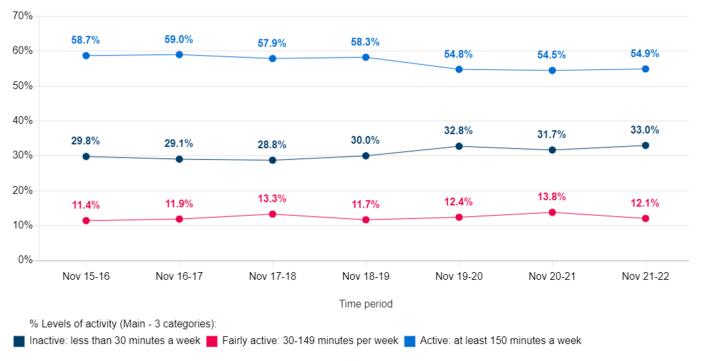








Local Context-Birmingham





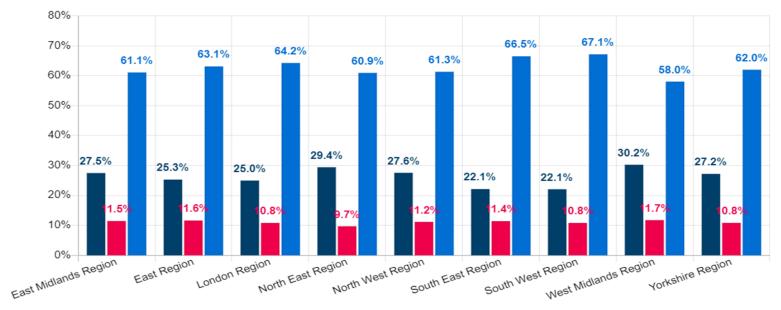








National Context-Regional Comparison



% Levels of activity (Main - 3 categories):

Inactive: less than 30 minutes a week Fairly active: 30-149 minutes per week Active: at least 150 minutes a week



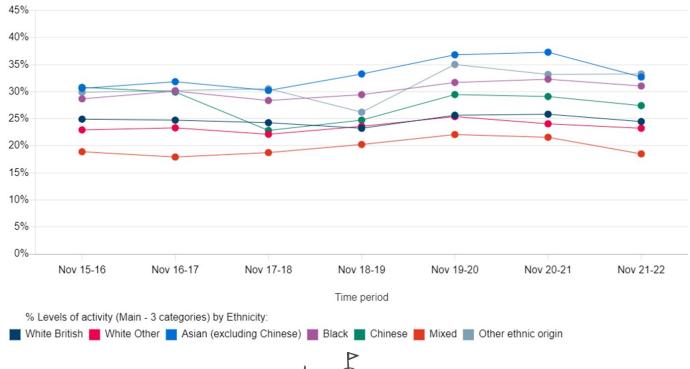








Local Context-Health Inequality





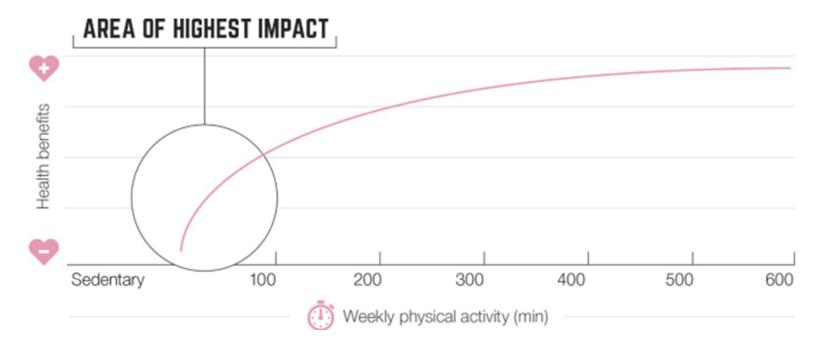








Local Opportunities













Measuring Physical Activity

Active Lives - Sports England

Short Active Lives Tool

- A minute or less to complete
- Snapshot of physical activity level
- Developed by comparing to Active Lives, other short physical activity tools and accelerometry
- o Produced to help Sport England evaluate the projects they fund





SPORT ENGLAND

Adult Data (Ages 16+)

Our Active Lives Survey measures sport and activity across England, It has been running 2015 and replaces the Active People Survey.

Activities

e.g. a specific sport or activity, a

group of activities.

To explore the survey, select the data you are interested in



Locations

e.g. local authorities, regions or

active partnerships.



People

e.g. students, people of mixed

ethnicity or with a disability.





Short Active Lives Questionnaire

- "The next few questions ask about any physical activity you have done in the last 7 days"
- In the past 7 days have you done:
 - 1) A continuous walk lasting at least 10 minutes? Yes/No
- IF Yes:
 - A) In the past 7 days, on how many days did you do a walk lasting at least 10 minutes?
 - B) How much time did you usually spend walking on each day that you did the activity?
 - Hours and Minutes
 - C) Was the effort you put into walking usually enough to raise your breathing rate?
 - Yes/No
- 2) A cycle ride? Yes/No
- 3) Sport, fitness activity (such as gym or fitness classes), or dance? Yes/No











Short Active Lives Questionnaire

HORT ACTIVE LIVE	ES QUEST	TIONNA	IRE (NO	ON WEE	-BASE	DADM	INISTE	RATIO	N)		
) In the past 7 day	s, have	ou don	e a con	tinuou	walk	lasting	at lea	st 10 n	ninut	es? Yes	/ No
yes:) In the past 7 day	s, on hov	v many	days di	d you d	o a wal	k lastin	ng at le	ast te	n min	utes? P	lease circle
	0	1		2	3	4	5	6		7	
) How much time	did you u	sually s	pend w	ralking o	on each	day th	nat you	did t	he ac	tivity?	
hours and	min	utes pe	r day								
Was the effort yo	ou put in	to walki	ng usua	ally eno	ugh to	raise y	our br	eathin	g rate	? Pleas	e circle
es No											
) In the past 7 day	s, have	ou don	e a cycl	le ride?	Yes/ N	lo					
yes:) In the past 7 day	s, on hov	v many	days di	d you d	о а сус	le ride?	? Pleas	e circle	e		
	0	1	2	3	4	5		6	7		
) How much time	did you u	sually s	pend cy	ycling o	n each	day th	at you	did th	e acti	ivity?	
hours and	min	utes pe	r day								
Was the effort yo	ou put in	to cyclir	ng usual	lly enou	igh to r	aise yo	ur bre	athing	rate	? Please	circle
es No											
) In the past 7 day ance? Yes/ No	s, have y	ou don	e sport	, fitnes	s activi	ty (suc	h as gy	m or	fitnes	ss classe	s), or
yes:											
In the past 7 day asses), or dance?			days di	d you d	o a spo	rt, fitne	ess act	ivity (s	such a	as gym o	or fitness
	0	1	2	3	4	5		6	7		
) How much time ou did the activity		sually s	pend d	oing sp	ort, fitr	ess act	tivities	, or da	ince o	on each	day that
hours and	min	utes pe	r day								
Was the effort your reathing rate? Plea			g sport,	fitness	activiti	es, or d	dance	usually	enoi	ugh to r	aise your
a. No											









Short Active Lives-Practicalities

- In order to help with using the tool:
 - Paper and web-based versions of the survey
 - Short Active Lives Questionnaire
 - Excel spreadsheet to assist with scoring
 - Short Active Lives Scoring Tool
 - Explanatory document on SAL and how to use it
 - Short Active Lives Guide











Short Active Lives-Managing Results

Excel scoring aid:

In the past 7 days	, have you done a continuous	If yes: In the last 7 days,	how many days did			Was the effort you put into walking it	usually	Number of minutes
Respondent ID walk lasting at lea	ast 10 minutes?	you do a walk lasting at le	east ten minutes?	walking on each day that yo	did the activity?	enoug to raise your breathing rate?		of moderate activity
Yes / No		Number of days		Minutes per day		Yes / No		
Yes			3	3	30) No		0
In the past 7 days, have	If yes: In the past 7 days	, on how How mu	ich time did you	usually spend cycling V	Nas the effor	rt you put into cycling usualy	Num	ber of minutes
you done a cycle ride?	many days did you do a	cycle ride? on each	day that you did	d the activity?	enough to rai	ise your breathing rate?	of mo	oderate activity
Yes / No	Number of days	Minutes	s per day	Y	Yes / No			
Yes / No Yes	Number of days	Minute:	s per day	30 N				0
Yes In the past 7 days, have you done s	port, fitness If yes: In the past	3 t 7 day, on how many days			No	effort you put into doing sport, fitness a	ctivities	0 Number of minutes
Yes	port, fitness If yes: In the past	3 t 7 day, on how many days	How much time did y	30 N	No tness Was the	effort you put into doing sport, fitness a		0 Number of minutes of moderate activity
Yes In the past 7 days, have you done s	port, fitness If yes: In the past	3 t 7 day, on how many days	How much time did y	30 N you usually spend doing sport, fit	No tness Was the	usually enough to raise your breathing		

Total minutes sufficient to increase breathing rate in the past 7 days	Activity Level
90	Fairly Active

Summary Table						
	Number	Percent				
Active	0	0				
Fairly Active	1	100				
Inactive	0	0				
Total	1	100				











Short Active Lives-Example of use



















Short Active Lives-Example of use



Α	Р	Q	R	S	T	U	V
	Number of minutes	Total minutes sufficient to	Activity Level				
Respondent ID	of moderate activity	increase breathing rate in the					
		past 7 days			Summary Ta	<u>ble</u>	
JR52111223	30	90	Fairly Active			Number	Percent
NW65111223	0	160	Active		Active	2	40
HJ61111223	0	0	Inactive		Fairly Active	2	40
FG63111223	30	150	Active		Inactive	1	20
TH70111223	0	100	Fairly Active		Total	5	100

If yes		days on hon		dove di	d vou de	a malle	Instina	at lone	t ton r	ninutes? Plea	en ele
a) III	the past 7 t	uays, on no	willally	uays ui	a you ac	a walk	lasting	at leas	t ten i	minutes: Plea	se cir
		0		1	2	3	4	5	6	7	
b) Ho	w much tir	me did you	usually	spend w	valking o	n each	day tha	t you d	id the	activity?	
	_hours and	d mir	nutes pe	er day							
c) Wa	s the effor	t you put ir	nto walk	ing usua	ally enou	igh to ra	aise you	ır breat	thing r	ate? Please c	ircle
Yes	No										
2) In	the part 7	days, have	you do	20 2 CVC	la rida?	Voc / No					
		uays, nave	you do	ie a cyc	ie ride:	res/ ive					
If yes a) In		days, on ho	w many	days di	d you do	a cycle	ride?	Please o	ircle		
		0	1	2	3	4	5	6		7	
b) Ho	w much tir	me did you	usually	spend o	ycling or	n each d	ay that	you di	d the a	activity?	
	hauss and	d mir		u dan							
	_ nours and	umii	nutes pe	r day							
c) Wa	s the effor	t you put ir	nto cycli	ng usual	lly enou	gh to ra	ise you	breat	ning ra	ite? Please cii	cle
Yes	No										
			you do	ne sport	, fitness	activity	(such	as gym	or fit	ness classes),	or
dance	e? Yes/ No										
If yes											
		days, on ho ce? <i>Please</i> o		days di	d you do	a spor	t, fitnes	s activi	ty (suc	ch as gym or f	itness
		0	1	2	3	4	5	6		7	
b) Ho	w much tir	me did you	usually	spend d	oing spo	rt, fitne	ss activ	rities, o	r danc	e on each da	y that
you d	lid the activ	vity?									
	hours and	d mir	nutes pe	er day							
100	s the effor	t you put in	nto doin	g sport,	fitness	ctivitie	s, or da	nce usu	ally e	nough to rais	e you

1) In the past 7 days, have you done a continuous walk lasting at least 10 minutes? Yes/ No











Short Active Lives-Example of use



А	Р	Q	R	S	Т	U	V	Α	Р	Q	R	S	Т	U	V
			Activity Level						Number of minutes	Total minutes sufficient to	Activity Level				
Respondent ID		increase breathing rate in the						Respondent ID	of moderate activity	increase breathing rate in the					
		past 7 days			Summary Ta	<u>ıble</u>		_		past 7 days			Summary Ta	ble	
JR52111223	30	90	Fairly Active			Number	Percent	JR52220124	60	120	Fairly Active			Number	Percent
NW65111223	0	160) Active		Active	2	2 40	NW65220124	60	220	Active		Active	3	60
HJ61111223	0	0) Inactive		Fairly Active	2	2 40	HJ61220124	60	60	Fairly Active		Fairly Active	2	40
FG63111223	30) Active		Inactive	1	20	FG63220124	60	180) Active		Inactive	0	0
TH70111223	0	100	Fairly Active		Total	5	100	TH70220124	60	160) Active		Total	5	100











Short Active Lives-Comparisons

- Within programmes
 - How active are people at the beginning and end
 - Different venues
 - Different activities
 - Different days
 - Different coaches/facilitators
 - Different groups of people
 - o People who finish a course vs those who don't
- Between programmes
- Feedback loop













Short Active Lives-Limitations

Does not account for vigorous intensity activity (light intensity activity (light intensity activity can be calculated)

Retains 10 minute threshold for walking

Does not account for strength and balance types of activity











Short Active Lives-Challenges

- What if the duration or intensity of an activity varies?
 - Average or Majority of the time
- Does not account for people who have breathing affected by health conditions
 - Above what is usual for you
- Language barrier
- Challenges with cognitive issues may not be appropriate
- Not for use in under 16s











Measurement tool: Short Active Lives

Tool	Short Active Lives
Weblink	Information on the short active lives tool and how to use it
Target population	Over 16s
Frequency	At the beginning and end of a physical activity programme/course/intervention
Ambition	Improve understanding of how physically active people are and use Short Active Lives to identify how effective different methods of increasing physical activity are
Benchmark Data	Sport England Active Lives Survey Short Active Lives











Short Active Lives-Additional Resources

- In order to help with using the tool:
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 - How to use Short Active Lives survery









