

Short Active Lives Toolkit

Birmingham Measurement Tools Webinar Series



 **RESET**

 **RESHAPE**

 **RESTART**

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.

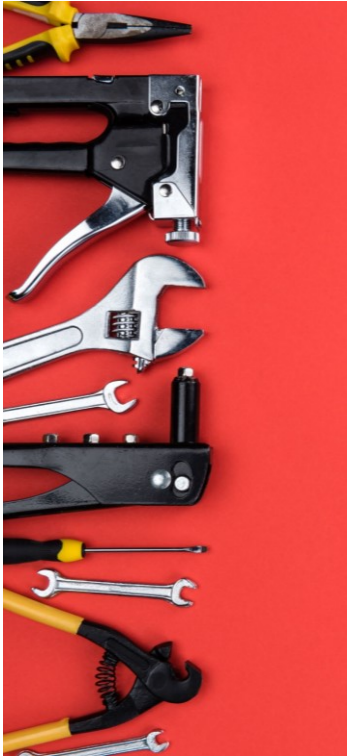


Birmingham Public Health Measurement Toolbox

- 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



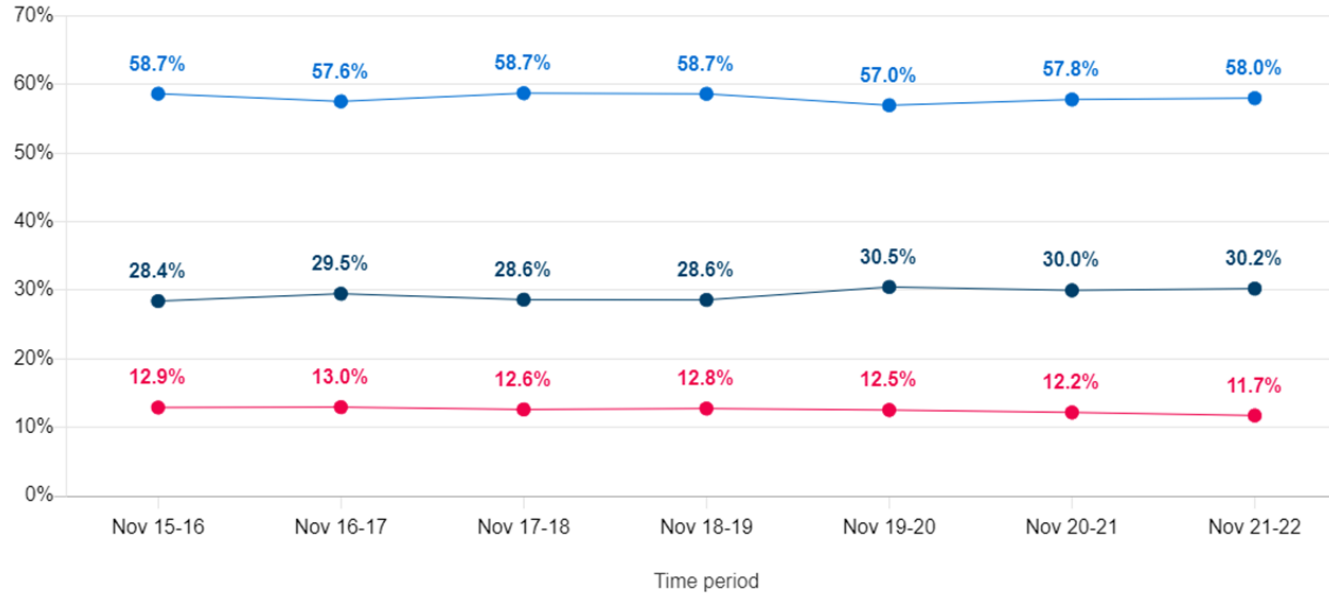
How much physical activity should we do?



- 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

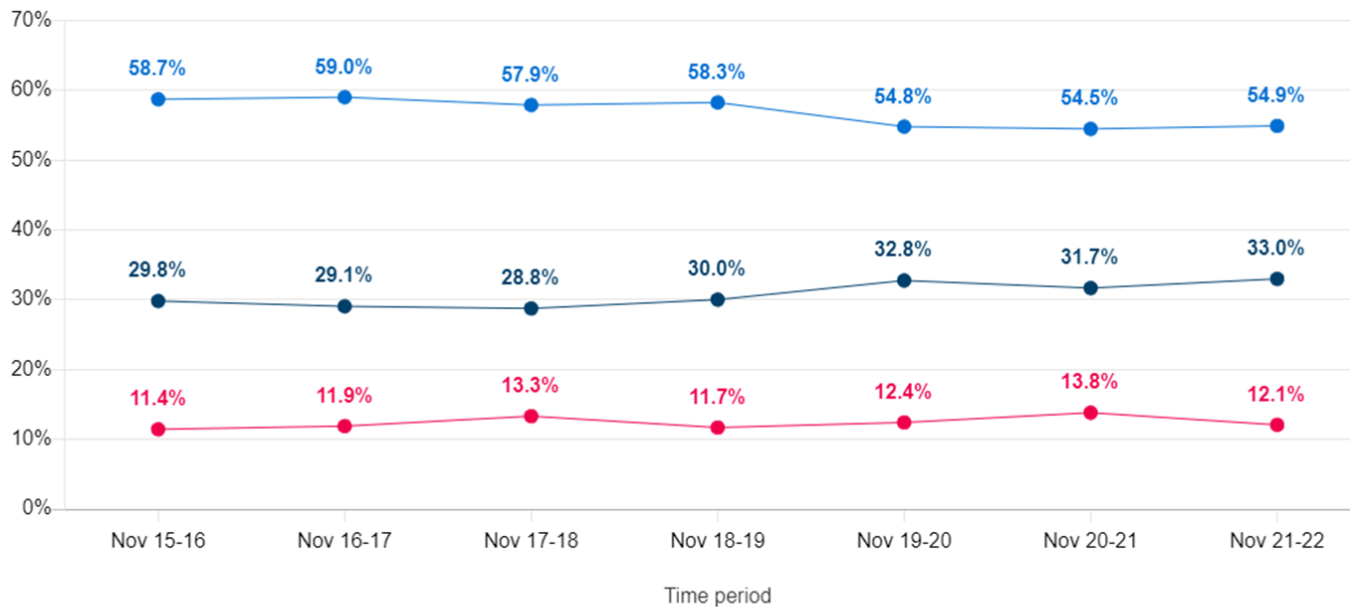


% Levels of activity (Main - 3 categories):

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



Local Context-Birmingham

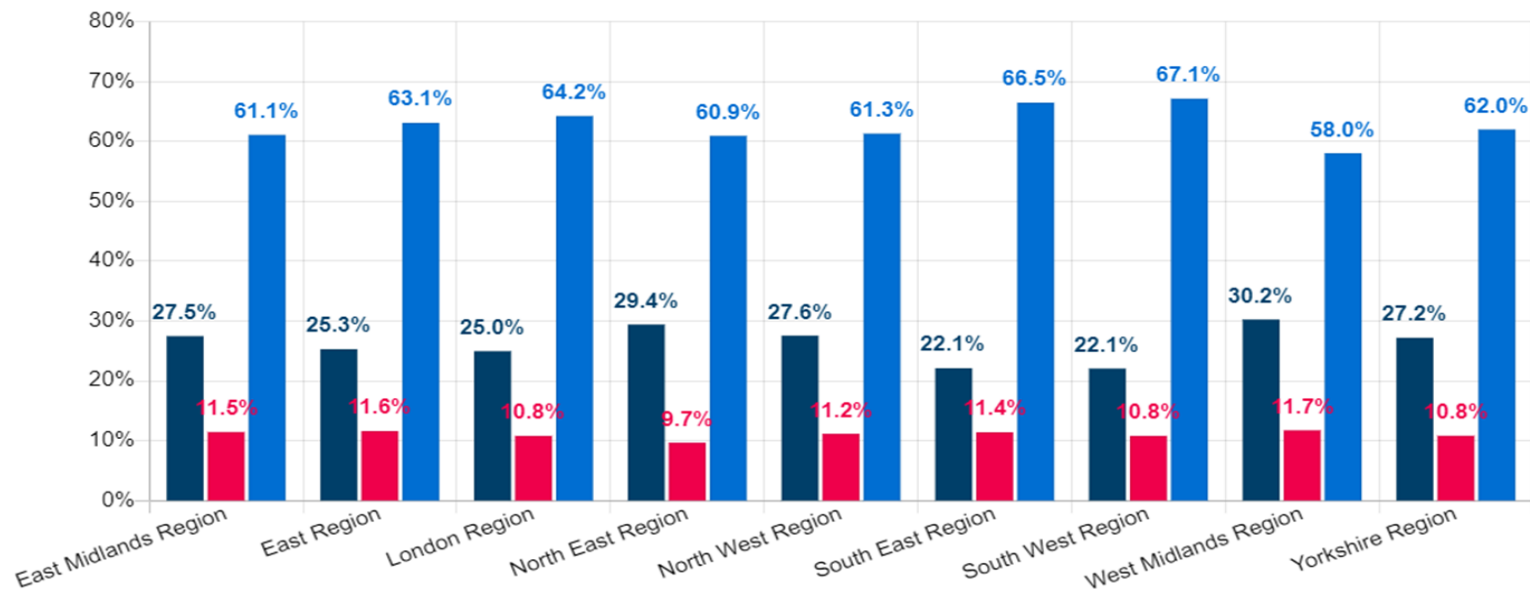


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National Context-Regional Comparison

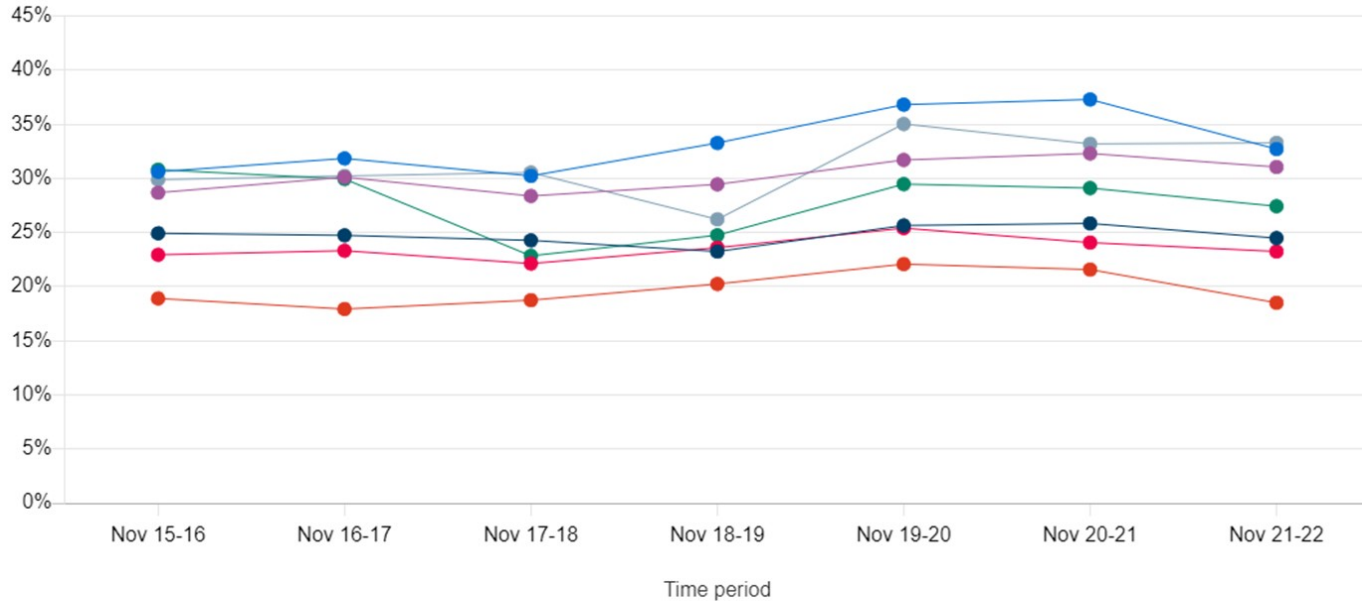


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■ Inactive: less than 30 minutes a week
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Local Context-Health Inequality

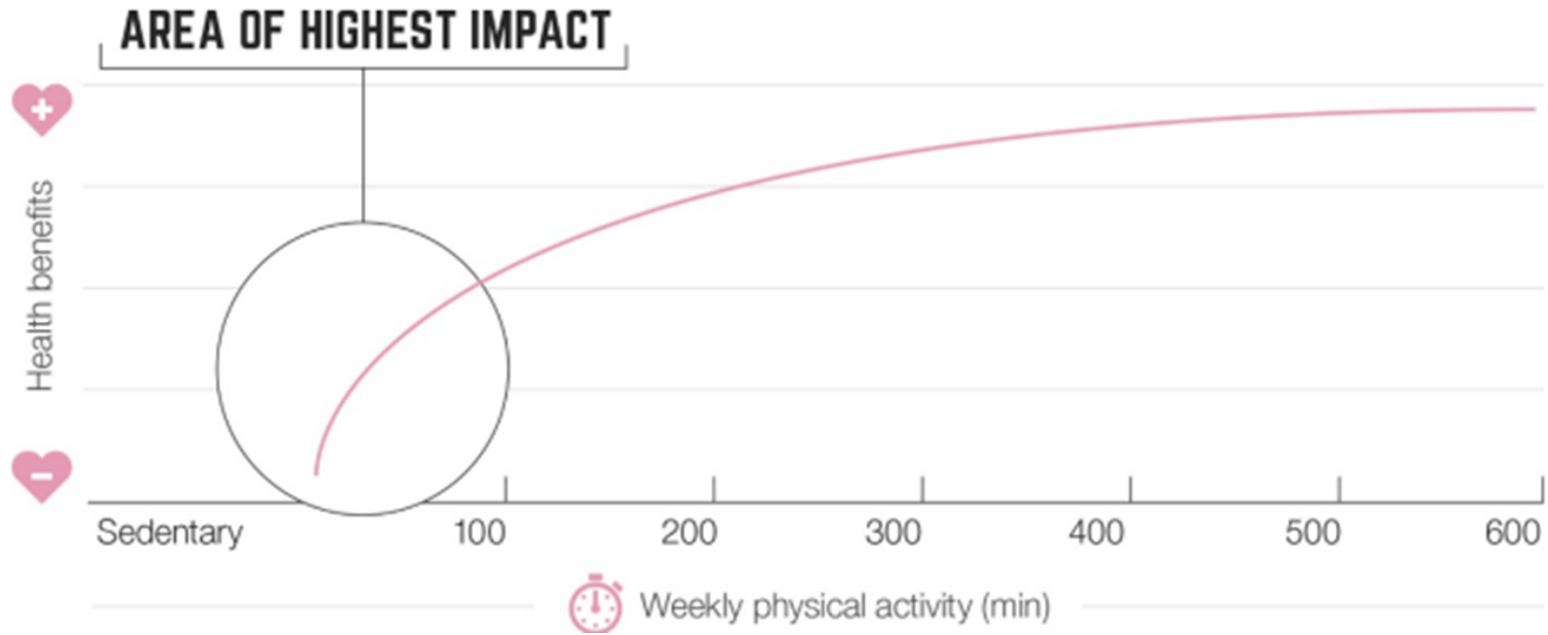


% Levels of activity (Main - 3 categories) by Ethnicity:

■ White British
 ■ White Other
 ■ Asian (excluding Chinese)
 ■ Black
 ■ Chinese
 ■ Mixed
 ■ Other ethnic origin



Local Opportunities

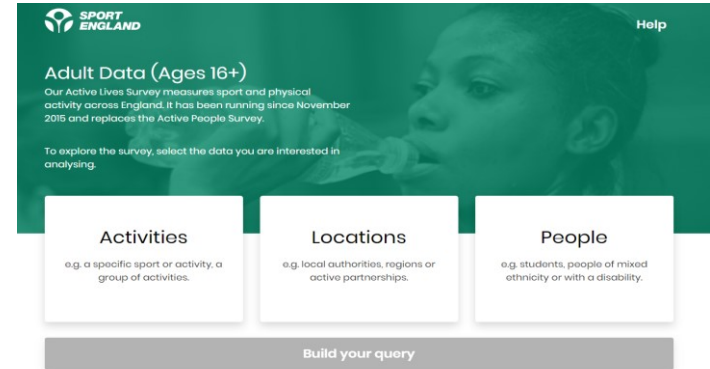


Measuring Physical Activity

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
- Produced to help Sport England evaluate the projects they fund



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

SHORT ACTIVE LIVES QUESTIONNAIRE (NON WEB-BASED ADMINISTRATION)

1) In the past 7 days, have you done 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 ten minutes? Please circle

0 1 2 3 4 5 6 7

b) How much time did you usually spend walking on each day that you did the activity?

____ hours and ____ minutes per day

c) Was the effort you put into walking usually enough to raise your breathing rate? Please circle

Yes No

2) In the past 7 days, have you done a cycle ride? Yes/ No

If yes:

a) In the past 7 days, on how many days did you do a cycle ride? Please circle

0 1 2 3 4 5 6 7

b) How much time did you usually spend cycling on each day that you did the activity?

____ hours and ____ minutes per day

c) Was the effort you put into cycling usually enough to raise your breathing rate? Please circle

Yes No

3) In the past 7 days, have you done sport, fitness activity (such as gym or fitness classes), or dance? Yes/ No

If yes:

a) In the past 7 days, on how many days did you do a sport, fitness activity (such as gym or fitness classes), or dance? Please circle

0 1 2 3 4 5 6 7

b) How much time did you usually spend doing sport, fitness activities, or dance on each day that you did the activity?

____ hours and ____ minutes per day

c) Was the effort you put into doing sport, fitness activities, or dance usually enough to raise your breathing rate? Please circle

Yes 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:

Respondent ID	In the past 7 days, have you done a continuous walk lasting at least 10 minutes? Yes / No	If yes: In the last 7 days, how many days did you do a walk lasting at least ten minutes? Number of days	How much time did you usually spend walking on each day that you did the activity? Minutes per day	Was the effort you put into walking usually enough to raise your breathing rate? Yes / No	Number of minutes of moderate activity
	Yes	3	30	No	0
	In the past 7 days, have you done a cycle ride? Yes / No	If yes: In the past 7 days, on how many days did you do a cycle ride? Number of days	How much time did you usually spend cycling on each day that you did the activity? Minutes per day	Was the effort you put into cycling usually enough to raise your breathing rate? Yes / No	Number of minutes of moderate activity
	Yes	3	30	No	0
	In the past 7 days, have you done sport, fitness activity (such as gym or fitness classes), or dance?	If yes: In the past 7 day, on how many days di you do a sport, fitness activity or dance?	How much time did you usually spend doing sport, fitness activities, or dance on each day that you did the activity?	Was the effort you put into doing sport, fitness activities or dance usually enough to raise your breathing rate? Yes / No	Number of minutes of moderate activity
	Yes	3	30	Yes	90

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
<i>Total</i>	1	100



Short Active Lives-Example of use



Walking Football



Short Active Lives-Example of use



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

SHORT ACTIVE LIVES QUESTIONNAIRE (NON WEB-BASED ADMINISTRATION)

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

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a) In the past 7 days, on how many days did you do a walk lasting at least ten minutes? Please circle

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___ hours and ___ minutes per day

c) Was the effort you put into walking usually enough to raise your breathing rate? Please circle

Yes No

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Yes No

3) In the past 7 days, have you done sport, fitness activity (such as gym or fitness classes), or dance? Yes/ No

If yes:

a) In the past 7 days, on how many days did you do a sport, fitness activity (such as gym or fitness classes), or dance? Please circle

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___ hours and ___ minutes per day

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Yes No



Short Active Lives-Example of use



A	P	Q	R	S	T	U	V
Respondent ID	Number of minutes of moderate activity	Total minutes sufficient to increase breathing rate in the past 7 days	Activity Level				
JR52111223	30		90 Fairly Active				
NW65111223	0		160 Active				
HJ61111223	0		0 Inactive				
FG63111223	30		150 Active				
TH70111223	0		100 Fairly Active				

Summary Table		
	Number	Percent
Active	2	40
Fairly Active	2	40
Inactive	1	20
Total	5	100

A	P	Q	R	S	T	U	V
Respondent ID	Number of minutes of moderate activity	Total minutes sufficient to increase breathing rate in the past 7 days	Activity Level				
JR52220124	60		120 Fairly Active				
NW65220124	60		220 Active				
HJ61220124	60		60 Fairly Active				
FG63220124	60		180 Active				
TH70220124	60		160 Active				

Summary Table		
	Number	Percent
Active	3	60
Fairly Active	2	40
Inactive	0	0
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
 - 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 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

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