



## **Development of a suitable evaluation method for local community based physical activity interventions**

### **Overview**

- Recent developments in the sport and physical activity sector have introduced the requirement to evidence the wider impact of co-ordinated physical activity interventions.
- The cross governmental strategy 'Sporting Future' recognises the broad benefits of being physically active and looks for evidence to support its five main outcomes of Physical Wellbeing, Mental Wellbeing, Individual Development, Social & Community Development and Economic Development.
- The challenge is to create a suitable method of evaluation for local community based physical activity interventions, that meets the needs of various stakeholders (SE, PHE, LA).
- The method used, needs to be practical, effective and user-friendly while maintaining a level of validity. Data collection is likely to be undertaken by third party activity instructors. Consideration should be given to developing different sets of questions depending on the focus outcomes.
- There are some frameworks and tools already in existence that relate to evidencing the required outcomes such as: NOO Standard Evaluation Framework, The International Physical Activity Questionnaire, WEMWBS, HACT Value Calculator, Sport England MOVES tool, Sport England Evaluation Framework, New Economics Foundation Wellbeing Tool.

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