



To trial the use of existing evaluation tools and methodologies on physical activity interventions

Overview

- The Sports Development Unit co-ordinate a number of physical activity interventions in Plymouth including programmes focusing on diabetes, weight management and the elderly.
- To better understand the impact on the health and wellbeing of the programme participants a trial of the most suitable evaluation tool for the programmes outcomes needs to be carried out to evaluate their practicality and effectiveness.
- The trial may involve qualitative as well as quantitative research to provide evidence of impact as well as participant insight to build a more holistic view of the participants and their lifestyles.

The aim is to identify which areas of the participants health and wellbeing is benefitting most and to identify any changes that could be made to improve the outcomes. The findings may be useful to make the case for continued support of the programmes and provide a basis from which to upscale the interventions.

Contact [Paul Johnson](#) for further information

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