

#51 PHYSICAL ACTIVITY: EXERCISE REFERRAL SCHEMES

NICE - NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

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Topic for advocacy HEPA - Physical Activity and Health / Obesity and behaviour change

<https://www.nice.org.uk/guidance/ph54/resources/physical-activity-exercise-referral-schemes-1996418406085>

Description of the good example

This guideline was developed by the National Institute for Health and Care Excellence in 2014. It is a partial update of the four most commonly used methods on how to increase physical activity, the NICE public health guideline 2 (2006). Its aim is to explain the factors standing behind the referral, attendance, and a successful completion of an exercise referral scheme and long-term participation in physical activities. In addition, it makes recommendations on exercise referral schemes promoting physical activity for people aged 19+.

Target - Who can best use this example or document?

Primary care practitioners and policy makers, commissioners and other practitioners with physical activity as part of their remit working in local authorities and the NHS. In addition, it may be relevant to providers of exercise referral schemes, organisations providing exercise qualifications and accreditation and members of the public.

**All information in this entry is sourced from the link above and contact mentioned in the document.*

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

Physical activity: exercise referral schemes aim to increase physical activity levels, based on the positive health benefits it brings. They consist of: an assessment to determine whether someone is sedentary or inactive (not meeting UK physical activity guidelines); a referral to a physical activity specialist or service; an individual assessment to determine what programme of physical activity to recommend; and an opportunity to participate in a particular physical activity programme.

Learning points - What can we learn from it?

The guideline endorses the importance of physical activity as a way to promote good health and disease prevention. It may be very useful for policymakers, commissioners and practitioners aiming for an increase of physical activity levels.

Further information

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