



Physical Activity Referral Schemes

involve sedentary patients being referred to specialist physical activity (PA) services and aim to increase PA. We don't know if they work the same way for men and women.



We interviewed 136 people by telephone at baseline, 120 after 12 weeks and 92 after 1 year



Men and women both valued the scheme



Communication should be timely and personalised

Schemes should contact people who stop attending due to poor health and help them restart



PA type (and intensity) must be individualised and affordable

Living in an affluent area but NOT gender was associated with adherence

Women



Significantly increased self-reported PA after 12 weeks but not 1 year

Liked group and social support

Personal engagement influences



Health



Transport



Social circumstances

Attendance benefits

Men

Significantly increased exercise self-efficacy between baseline and 1 year, but not PA

From more deprived areas were significantly less likely to start the scheme



Scheme engagement influences

Staff and social support

Communication
Individualisation

83.8 % started the scheme
43.0 % were still attending after 12 weeks