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Eighth Fuse Physical Activity Workshop

Physical activity and health inequalities: a level playing field?

Durham University, Stockton Campus
16 June 2017

move more
sit less

ABSTRACTS

Keynote presentations

Tess Kay
Professor of Sport and Social Sciences, Brunel University, London.

Next steps for physical activity guidance: an evidence base that addresses inequalities?

Summary of presentation

This presentation examines how policies to promote physical activity intersect with the transnational challenge of reducing health inequalities. National policies to increase physical activity generally focus on strategies to promote individual behaviour change, while structural factors that produce health inequalities go largely unrecognised. The presentation looks especially at how these omissions have come about in the UK, where scholarship into health inequalities is highly developed. The analysis suggests that the omissions arise not from a dearth of evidence, but from the failure of PA expert communities to use it. Suggestions are made for ensuring that PA policy is underpinned by a more diverse knowledge base that connects to the international debate around health inequalities, and thus producing more informed PA guidance.

Mark Tully
Senior Lecturer, Queen's University, Belfast.

Designing physical activity interventions in low socio-economically disadvantaged communities: how to eat an elephant?

Summary of presentation

Inequalities in physical activity participation persist, despite numerous initiatives to address them. Changes to the built environment have been proposed as a potential solution. However, previous research is lacking evidence. In a systematic review, interventions targeted at the whole community produced small changes in physical activity. Group-based interventions were most effective for adults. Effective interventions included education and social support. Community representatives from socio-economically disadvantaged communities have identified the need for communication strategies to raise awareness of interventions, sustained funding and co-production with members of the community. Barriers to participation were apathy towards physical activity and a lack of local facilities.

Research presentations

Kevin Gamblin, Healthcare Assistant, Adult Acute Psychiatric Care, Tees, Esk & Wear Valley NHS Trust

Would a person centred evidence-based individualised physical training programme implemented by an exercise professional be advantageous as an adjunct treatment for substance misuse relapse prevention?

I will present my dissertation proposal for my 3rd year undergraduate degree (Sports Therapy & Rehabilitation) at Teesside University. My plan is to conduct semi structured interviews and questionnaires to staff employed within the drug and alcohol rehabilitation field. I hope to generate discussions in regard to level of qualifications and training (personal training, Ggm instructor, etc.) that are being offered to people who use these services. Once information is collated I hope to offer recommendations and possible service improvement implementation.

Kathryn Curran, Senior Lecturer, Leeds Beckett University

The role of sport in reducing social exclusion – two examples from the front line

Amateur and professional sports clubs have received increasing pressure to consider their social role within the communities in which they operate. To this end, sport has been used a vehicle to reach and connect with members of society who are experiencing health inequalities and social exclusion, and have typically been labelled as 'hard-to-reach'. This presentation outlines insight and outcomes from research and practice drawn from two examples of sport based interventions with men experiencing homelessness; (i) Everton Football Club's Premier League Men's Health initiative and (ii) the Street Football Association programme and the Homeless World Cup.

Thomas McBain, Lecturer, Sheffield Hallam University

High-intensity exergaming in regions of socioeconomic deprivation

The inverse relationship between life-expectancy, cardiorespiratory fitness and socioeconomic status could be addressed by performing high-intensity training (HIT), delivered in a class salient and accessible approach. Commercially available exergames have shown encouraging compliance rates but are primarily designed for entertainment purposes rather than focussing on health-related outcomes. A serious game tailored towards delivering an exercise stimulus, whilst reducing the aversive protocols associated with HIT, could be beneficial to engage and improve health outcomes in socially deprived males. The focus of this presentation is to highlight findings from an exploratory study investigating the effects of a developed high-intensity exergame and evaluate its effectiveness in men recruited in regions of socioeconomic deprivation.

Istvan Soos, Reader, University of Sunderland

Education, identity and physical activity behaviours of Roma youth

Roma populations are estimated to number over 3.5 million persons across Europe with many diverse ethnic groups being represented. In the UK there are 5 main groupings, most often termed as gypsies/travellers, who share distinct values e.g. language and aspects of heritage and culture.

Studies have often focussed on culture, language and education with any health studies tending to be small, localised and descriptive. However, Parry et al's (2007) larger study (n = 293) indicated inequalities in a number of health related measures. There have been no published investigations of physical activity patterns amongst gypsies/travellers in the UK. Work conducted in Hungary might help to shed some light on health-associated activity behaviours, thus providing lessons that may be carried forward for study in the UK.

Parallel workshops

Workshop A – room D12

Ben Rigby and Steph Morris, PhD candidates, Durham University

Thinking about social disadvantage and physical activity interventions – exploring priorities and sharing stories
This interactive workshop will challenge you to think about physical activity interventions differently. We will focus on how interventions may recruit or exclude socially disadvantaged groups by considering the competencies, materials, and meanings that underpin various types of interventions. In small groups, you will be encouraged to share examples and thoughts regarding issues of inequality within physical activity interventions. We will conclude the session by identifying key priorities to be addressed by research and practice.

Workshop B – room D13

Mal Fitzgerald, Active Community Manager, Everyone Active and Imran Naeem, Public Health Officer, Middlesbrough Council

Everyday people in everyday places: moving communities
One of the most significant challenges we face in getting communities to engage in physical activity is scale - how do we get enough people moving to achieve the level of change and benefit we require.
Recent National strategy has placed a clear emphasis on tackling inactivity and stubborn inequality; tasking national and local agencies to work together to tackle this issues.
A clear example of this commitment is Sport England's Local Delivery Pilot Programme which will utilise local partnerships with national support to develop new and experimental ways to achieve a reduction in equality and an increase in physical activity on a wider scale than ever before. This workshop will engage participants to consider how this might be achieved.