

Thank you for expressing your interest in delivering the Active Herts model in your area. The documents enclosed in this folder are intended to provide you with an understanding of the approach taken to developing the Active Herts model in Broxbourne, Watford, Hertsmere and Stevenage, and what the lessons have been throughout the delivery of the project.

### **What is included in this package?**

#### **Howlett et al. (2017) - Active Herts protocol**

Neil Howlett and colleagues undertook a comprehensive systematic review of journal articles which documented the use of behaviour change techniques to support inactive individuals to become more active. This review identified the behaviour change techniques which were effective in supporting the improvements in physical activity. This review informed the techniques that are identified and explained in this protocol, as well as identifying the procedures in place for the effective delivery of the Active Herts project.

#### **Consultation Booklet**

The consultation booklet is provided to every participant during their consultation. The booklet has 11 of the 21 behaviour change techniques embedded in it, in an interactive and easy to understand format. This booklet is used to support the participants throughout their involvement in the Active Herts project.

#### **8 Principles for effectively replicating Active Herts**

This document provides the key learning that we have encountered through the delivery of the Active Herts project, and the principles that we would suggest are considered when developing a similar model.

#### **Evaluation Recommendations**

The Active Herts project had a comprehensive and extensive evaluation which was undertaken by the University of East Anglia, and which had significant financial resource. The outcomes evaluation undertaken comprised of a long questionnaire, which included physical activity and wellbeing measures. Part of the learning has been that the length of the questionnaire has been a barrier to engagement for some participants. We have therefore made recommendations on what evaluation tools should be included to demonstrate the ongoing impact of the project. The recommendations are the **ONS Wellbeing Survey** and the **Short Active Lives Survey** which are both enclosed.

#### **Data Collection Recommendations**

This document provides recommendations for what data should be collected as part of the project and the reasons for the suggestions.

#### **Active Herts letter template for support**

In order for us to demonstrate the ongoing impact that the Active Herts model is having, we are asking any organisations who are adopting the approach to provide a letter of support. We have provided a template, which we would encourage you to complete, to allow us to monitor the reach that the project is having.

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