

Evaluation Recommendations

Physical Activity Measures

Options

International Physical Activity Questionnaire (IPAQ)
Single Item Physical Activity Measure
Short Active Lives Survey

Recommendation – Short Active Lives Survey

This is a tool developed by Sport England to measure physical activity levels, and will be used on all of their programmes. This follows recommendation by University of Oxford, University of East Anglia and Wavehill Social and Economic Research, who undertook research to identify the most effective physical activity measure. It consists of three questions, each containing three sub-questions, which establish activity levels in relation to walking, cycling and sport/fitness activities. This tool asks the number of days the activity was undertaken, the duration, and whether the effort was enough to raise their breathing rate.

The tool is shorter than the IPAQ, and therefore is more likely to be completed fully, providing more reliable data. It also provides more detail than the Single Item Measure, and therefore allows a greater insight in to activity levels. It allows participants to be easily classified as 'inactive', 'fairly active' and 'active'. It is also much easier to analyse and report on the results of the Short Active Lives Survey than it is to report the results of the IPAQ. The suggested time it takes to complete the questionnaire is just one minute.

Wellbeing Measures

Options

Warwick Edinburgh Mental Wellbeing Survey (WEMWBS)
Short Warwick Edinburgh Mental Wellbeing Survey (SWEMWBS)
World Health Organisation 5 (WHO-5)
ONS Wellbeing Survey

Recommendation – ONS Wellbeing Survey

The ONS Wellbeing survey consists of four questions, measuring life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety, measured on a scale of 0-10. Although preferable to use the questions together, they can each be administered separately. They can also be reported on separately, or aggregately to provide an overall wellbeing measure.

The tool has a wealth of national data to compare against, given its extensive current use. This will allow data comparison down to a local level, which provides additional context to the participants and their wellbeing changes. The ONS Wellbeing Survey is also being recommended by the Sport for Development Coalition, and by Herts Sports Partnership as the wellbeing measurement tool for the sector, which will allow for greater comparison with other relevant projects. The ONS has been selected ahead of the WEMWBS due to the length of the WEMWBS, and the wording of the questions can sometimes elicit an emotional or distressed response from participants, especially from older populations.