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Intervention Mapping: Physical Inactivity and Socially Disadvantaged Women

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INTRODUCTION

- Socially disadvantaged women (SDW), e.g. those with lower income and/or ethnic minorities, have the lowest levels of physical activity (PA) in the UK (1)(2). Physical activity reduces health inequalities, meaning improved health outcomes (3). Developing effective behaviour change programmes to increase PA for SDW is complex due to disparities such as limited income and/or culturally inappropriate setting (4).
- These intricacies are often overlooked in PA policy. Consequently, interventions aimed at SDW often fail to show adequate reach, adoption and/or maintenance of PA (5). Therefore, we aim to inform policy and practice by developing needs-led PA interventions with SDW using Eldredge's Intervention Mapping (IM) (6). IM begins with a needs assessment and follows an iterative six step process for planning interventions.

OBJECTIVES

- This project aims to investigate (i) whether previous or existing PA interventions for HTRW have been effective and why, (ii, a.) HTRW's perspectives on PA in previous or existing PA interventions and (ii, b.) perspectives of PA practitioners who have worked with HTRW. This evidence will be used to (iii) design and conduct a prototype PA intervention (a simplified version of the intervention made for testing) for HTRW using Intervention Mapping (IM).

METHODS

- The researcher attended community based PA sessions at 6 locations around the Leeds area between September 2016 and March 2018.
- 18 Semi-structured interviews were conducted with women who participated in community based PA sessions. Four of these were with instructors and 14 with SDW participants.
- There is an ongoing Systematic review of the literature to include the most up to date research on this topic.
- The ecological approach considers how a variety of factors at different levels may influence a persons' life. Therefore investigations comprising both empirical and current data are being utilised to complete a needs assessment for PA and SDW.
- This data will be thematically analysed and used to inform Intervention Mapping (IM) for the development of an effective PA programme.
- Intervention Mapping (IM) is a six step framework to plan health promotion programmes that uses a systematic approach (figure 1.)(6). Underpinning IM is the perspective that health problems must be understood using an ecological approach.

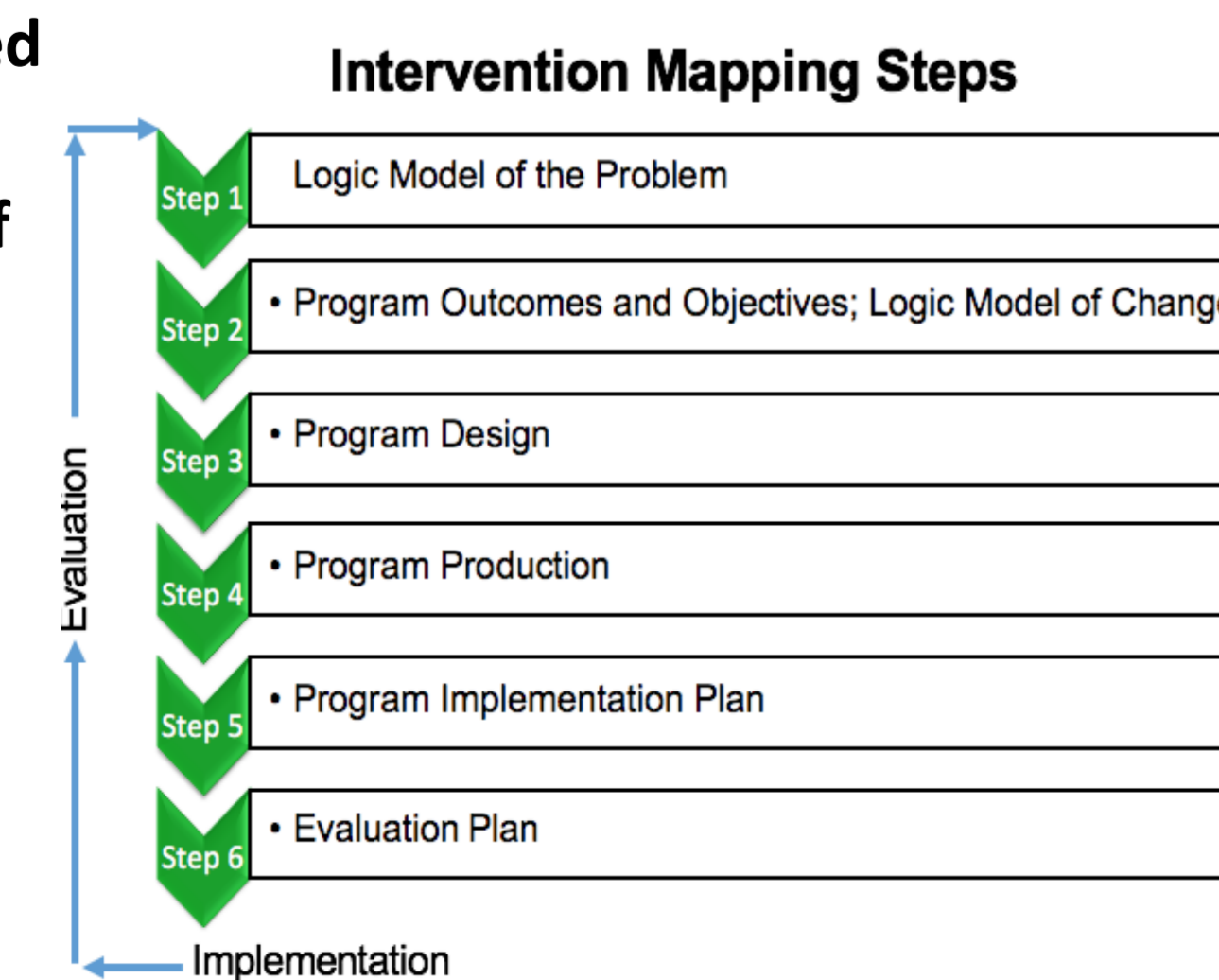


Figure 1. Intervention Mapping Steps

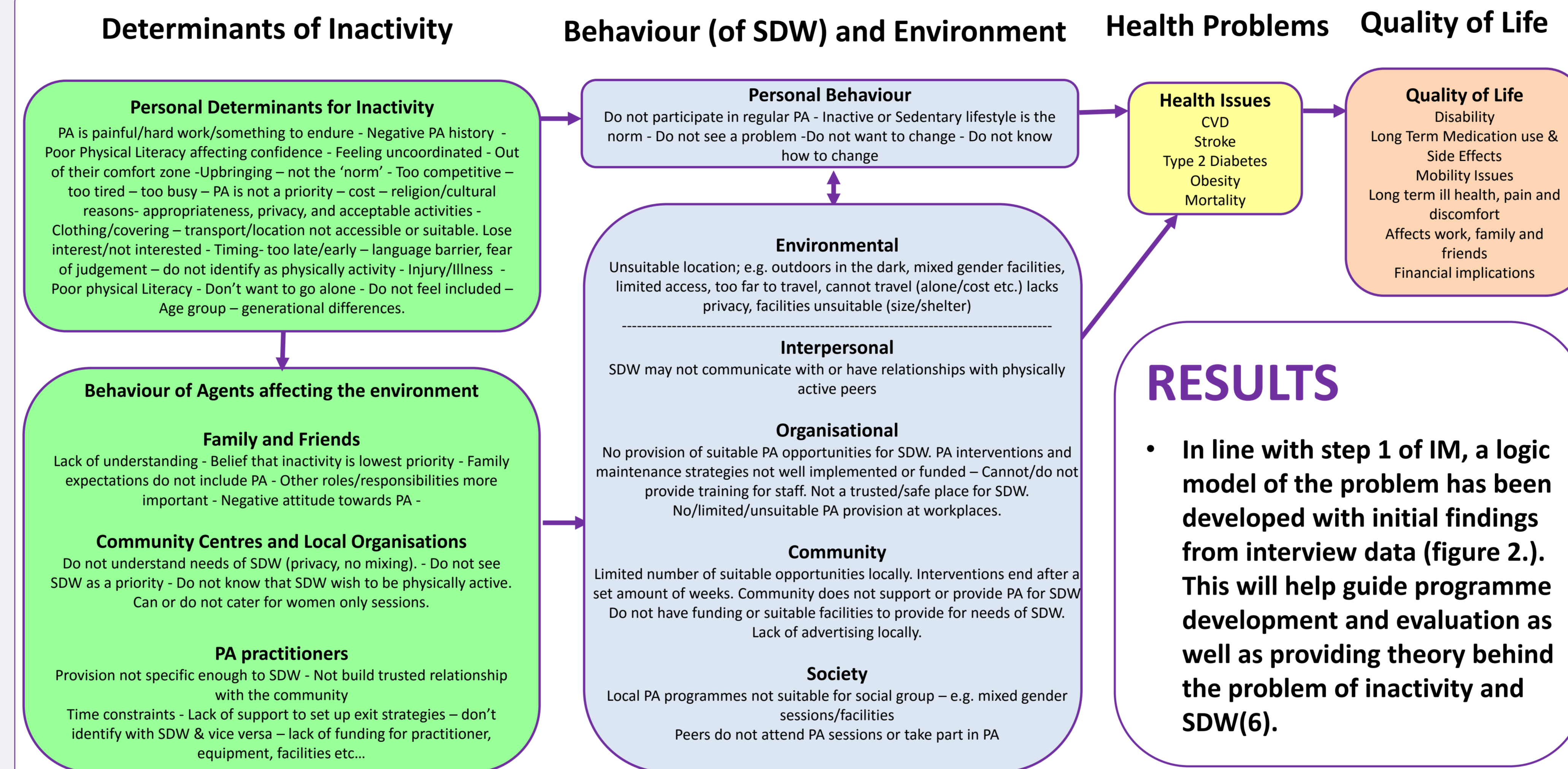


Figure 2. Logic Model of the Problem



Ball Sports Practice at a female only community PA session within a local leisure centre.

FUTURE RESEARCH

- This Research is ongoing and will adapt and improve due to the iterative approach of IM. The next steps will include:
 - Completion of the Systematic literature review and inclusion of findings within IM.
 - Further Analysis and inclusion of Interviews within the Logic Model of the problem.
 - The development of a Logic Model of Change.
 - If it is deemed appropriate the researcher will look to interview organisational leaders of PA on their views around the problem of inactivity for SDW in relation to how their organisation sees and tackles the issue.

CONCLUSIONS

- The majority of SDW are physically inactive, however the implementation of IM aims to increase PA using an iterative and structured process. This research has so far provided the beginning of a rigorous need assessment for SDW and their PA requirements. By sharing this knowledge, this research aims to inform policy and practice, leading to effective PA programmes for SDW.

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