Evidence Based Evaluation Tools for Physical Activity Interventions

Below are some evaluation tools that you can use to help build your local business case. They are all evidence based and provide insight and information that may be useful for persuading commissioners of the value and impact of various physical activity interventions. It is worth understanding the pros and cons of each tool, as well as information you need to use it, to be sure you select the most appropriate tool to support your case.

Public Health England - (National Obesity Observatory)

In October 2014, PHE released a new guide to online tools for valuing physical activity, sport and obesity programmes. Some are also detailed separately below.
http://www.noo.org.uk/securefiles/150416_1533//online_tools_briefing_13011_%20FINAL.PDF

Public Health England - Weight Management Economic Assessment Tool

This tool is designed to help public health professionals make an economic assessment of existing or planned weight management interventions. It will be useful to commissioners who wish to compare the costs of an intervention with potential healthcare savings it may produce
http://www.noo.org.uk/visualisation/economic_assessment_tool


This tool has been developed to assist practitioners to collect standardised summary data from any weight management, diet or physical activity intervention. It will also help us to better understand the types of obesity and related interventions across the country. The tool will provide you with an audit record of your intervention. It will also enable the sharing of practice and learning from other interventions carried out across the country. It is suitable for any intervention that aims to prevent or treat overweight or obesity and/or change diet or physical activity behaviours.
http://www.noo.org.uk/core/eval_collection

Public Health England – Healthier Lives

Healthier Lives is a beta website from Public Health England developed from the original Longer Lives web tool. The site features information about diabetes, high blood pressure and the NHS Health Check. The data presented in Healthier Lives has been drawn from various sources in the NHS. This is the first time they have been published in this form making information easy to access, view and compare CCGs, local authorities and general practices. There is a video tutorial explaining how to get the best out of Healthier Lives to follow and apply local data to.
http://healthierlives.phe.org.uk/
Public Health England - Health Impact of Physical Activity

HIPI has been developed to estimate how many cases of certain diseases could be prevented in each local authority in England, if the population aged 40-79 were to engage in recommended amounts of physical activity.


Sport England - Model for Estimating the Outcomes and Values in the Economics of sport (MOVEs)

This new tool is designed to demonstrate the economic benefits of improved health through people participating in sport and wider physical activity. It compares groups of participants engaging in a sport or physical activity with the same group as if they had not taken part in that activity and estimates the reduction in risk of key diseases from increased physical activity, and assigns an economic value to the resulting health improvements. To Access the tool email gethealthy@sportengland.org with the following details to be registered to access the tool. Name, organisation, brief overview of how you intend to use it.

Sport England – The Value of Sport Monitor

There is a growing body of evidence that sport can deliver benefits across a wide range of public policy agendas. What is missing is easy access to the most up to date research combined with ‘state of the evidence reviews’ of its strengths and weaknesses. The Value of Sport Monitor aims to provide the best evidence available in an informative and easy to use format that helps policy makers to make the case and practitioners to deliver what works best. It also provides a resource that will stimulate academic debate and assist in setting research agendas and priorities that address the gaps and current weaknesses in the evidence base. The research is grouped into seven categories.


There is a specific area on fitness and health


Sport England Economic Impact of Sport - Local Model.

This tool uses national and local data to produce area-based estimates of a range of different elements of the sports economy including business output (gross value added), jobs and wider benefits including health. The model operates at three levels including Snapshot, refined Snapshot and Impact assessment. The impact assessment section enables users to test sport investment scenarios by inputting local assumptions and data about effects on participation from new programmes; volunteering; events and tourism or capital spending on new facilities.


NICE –Return on Investment tool (physical activity)

The physical activity return on investment tool has been developed to help decision making in physical activity programme planning at local and sub-national levels.
The tool enables the user to evaluate a portfolio of interventions in their geographical area (e.g. region, county or local authority) and models the economic returns that can be expected in different payback timescales. The different interventions included in the tool can be mixed and matched to see which intervention portfolio or package provides the best 'value for money', compared with 'no package of interventions' or any other specified package.


HEAT – World Health Organisation Health Economics Assessment Tool

This tool is designed to help you conduct an economic assessment of the health benefits of walking or cycling by estimating the value of reduced mortality that results from specified amounts of walking or cycling.

http://heatwalkingcycling.org/