# Article information:

Outcome evaluation of Active Herts: A community-based physical activity programme for inactive adults at risk of cardiovascular disease and/or low mental wellbeing - PMC  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9500394/>

# Article summary:

1. Active Herts is a community-based physical activity program for inactive adults at risk of cardiovascular disease and/or low mental wellbeing.

2. The program was designed using the Behavior Change Wheel, with BCTs selected based on previous evidence of what has worked to sustain physical activity behavior change.

3. At the end of the 12-month program, users showed sustained improvements in physical activity, reduction in sitting behavior, and improvements to perceived health and mental wellbeing.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Outcome evaluation of Active Herts: A community-based physical activity programme for inactive adults at risk of cardiovascular disease and/or low mental wellbeing" provides a pragmatic evaluation of the Active Herts program, which is a community-based physical activity program for inactive adults at risk of cardiovascular disease and/or low mental wellbeing. The study observed 717 adults from the program and found sustained improvements in physical activity, sitting behavior, sporting participation, perceptions of health, and mental wellbeing.

The article uses the Behavior Change Wheel as a framework for intervention development and highlights the importance of using effective communication styles to address capability, opportunity, and motivation. The article also notes that motivational interviewing and health coaching can be used to evaluate and elevate an individual's capability, opportunity, and motivation to engage in behaviors such as physical activity.

While the article provides valuable insights into the effectiveness of the Active Herts program, it has some potential biases. For example, the study only observed individuals who participated in the program and did not include a control group. This means that it is difficult to determine whether the improvements seen were due to the program or other factors.

Additionally, while the article notes that physical inactivity is related to one in six UK deaths, it does not explore other potential causes of mortality or consider counterarguments. The article also does not provide evidence for some claims made, such as stating that breaking up sitting can help reduce long-term conditions without providing specific studies or evidence.

Overall, while the article provides valuable insights into the effectiveness of community-based physical activity programs like Active Herts, it could benefit from more balanced reporting and consideration of potential biases.

# Topics for further research:

* Evidence for the relationship between physical inactivity and mortality rates beyond the UK
* Counterarguments to the importance of physical activity in preventing long-term conditions
* Studies on the effectiveness of motivational interviewing and health coaching in promoting physical activity
* The impact of community-based physical activity programs on social connectedness and loneliness
* The role of technology in promoting physical activity and reducing sedentary behavior
* The potential barriers to participation in community-based physical activity programs for different populations
* such as older adults or those with disabilities.

# Report location:

<https://www.fullpicture.app/item/3d6cdc44e2625f2c104343361a128fe7>