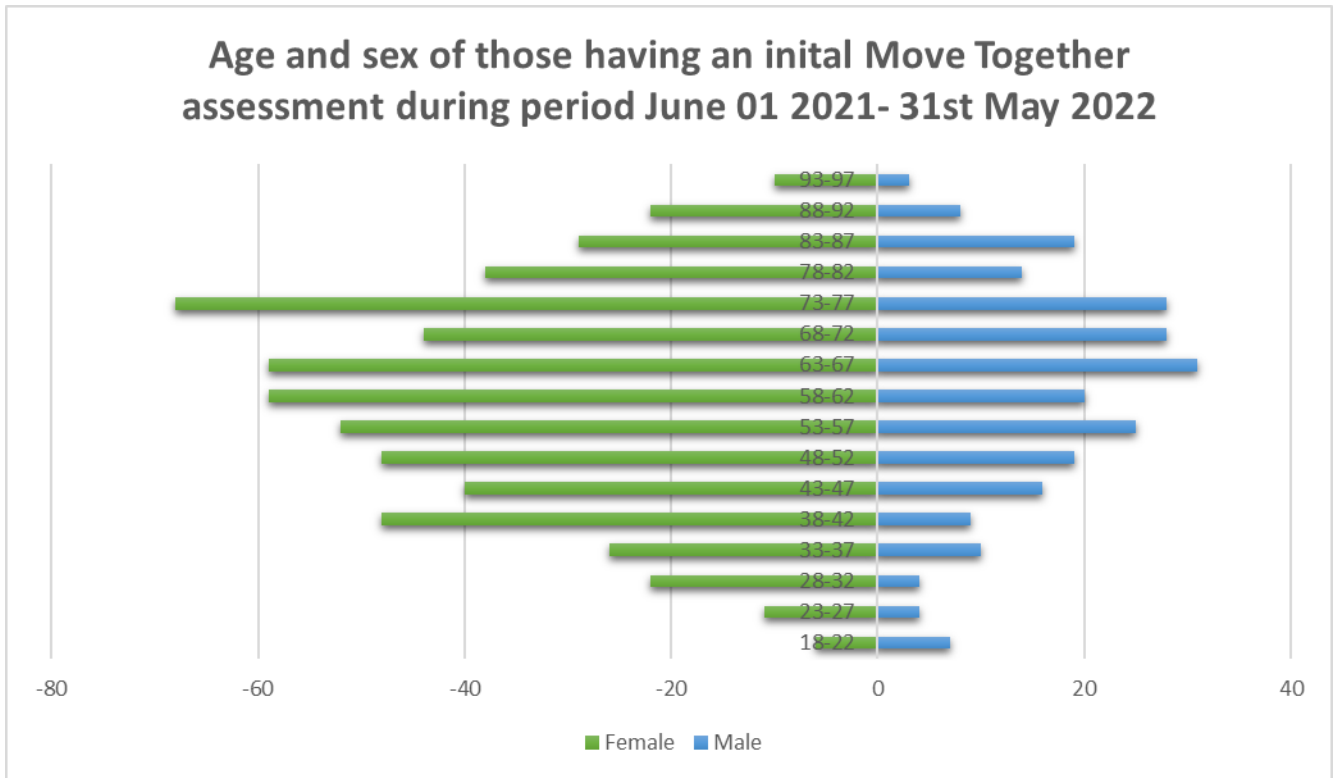


Impact and outcomes of the Move Together pathway.

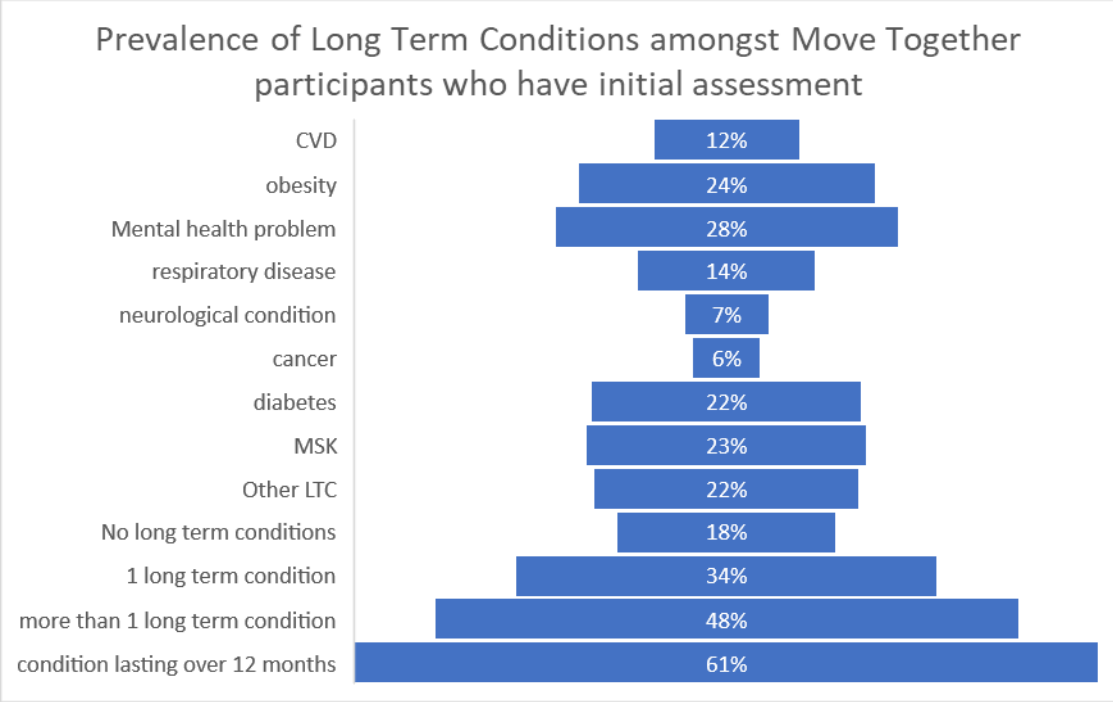
1. The characteristics of those having an initial assessment

Between 1st June 2021 and 1st June 2022 there were 1276 enquiries logged on the Move Together platform. These led to 821 initial assessments during this period.

Of those having an initial assessment as part of the Move Together pathway 67% are female and 28% male. 71% are aged over 50 and 52% aged over 60.

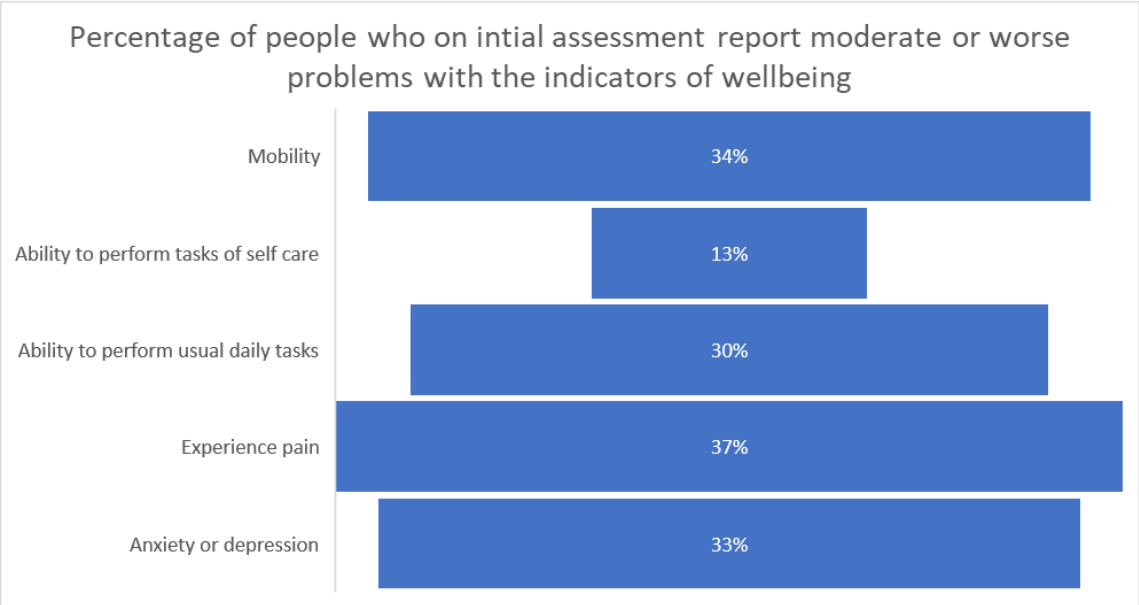


- 61% of those who have an initial assessment have a condition that has lasted more than 12 months, though interestingly 82% report having a specific long-term health condition, this may indicate that some conditions have been diagnosed during the last year.
- 48% report having more than one long term health condition.
- The most common long-term health conditions recorded were Mental Health conditions, obesity, MSK conditions and diabetes.



Of those having an initial assessment:

- 34% reported moderate or worse problems with walking.
- 13% reported moderate or worse problems with self-care.
- 30% reported moderate or worse problems with undertaking their usual activities.
- 38% reported moderate or worse pain.
- 34% reported moderate or worse anxiety or depression symptoms.
- 30% of people report that on a scale of 1 to 100 where 100 is the best health they can imagine and 0 is the worst, rate their current health less than 50.



- 57% felt they often or sometimes lacked companionship.
- 53% often or sometimes felt left out.

- 59% felt sometimes or often isolated.
- 70% of people undertaking first assessment are classed as inactive (less than 30 mins moderate exercise per week) and 62% did less than the recommended amount of activity each week (150 active minutes per week any intensity).

2. Key characteristics of those completing the pathway

The data in this section is from 1st June 2021- 30th June 2022, with the sample from the system having been re-run and re-analysed with the data cleansed to remove duplicates and line by line review to try and ensure that an accurate status can be assigned to each person within the system.

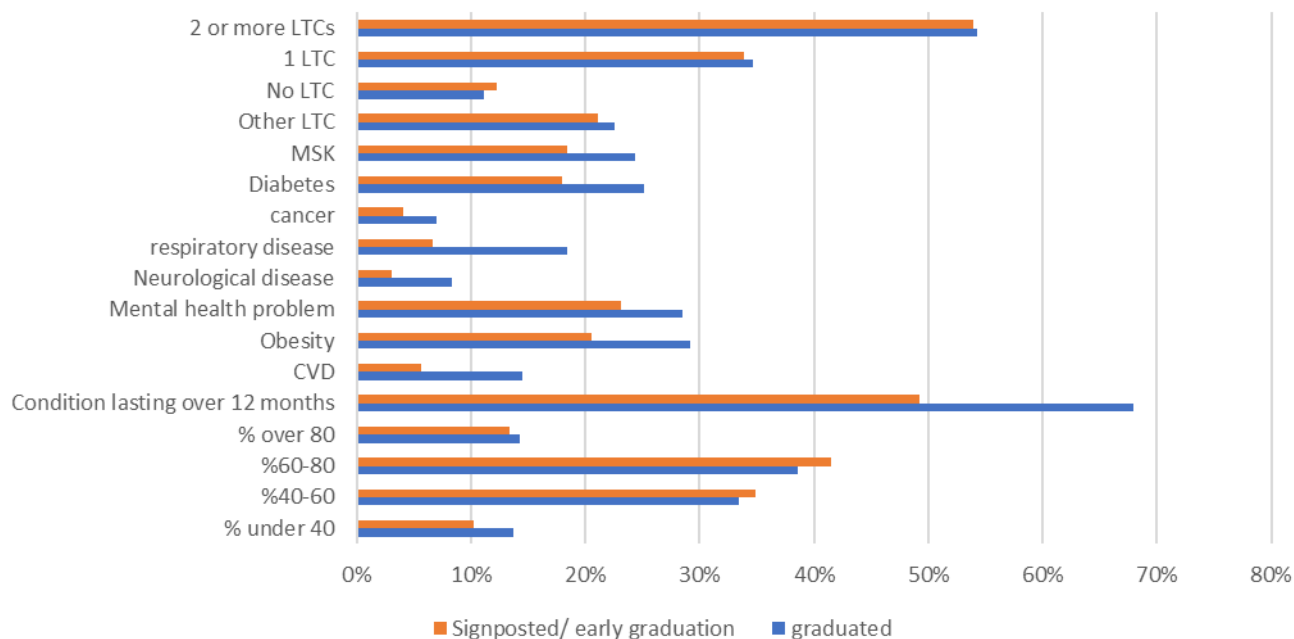
Of those having an initial assessment between 1st June 2021 and 30th June 2022:

- 405 (49%) can be considered to have completed the 3-month programme.
- 22% were signposted, referred on or graduated early.
- 5% opted out or were unsuitable.
- 14% are still active and not yet due a 3-month review.

3-month review done	204	23%
active not yet due 3-month review	125	14%
complete awaiting 3-month review	301	35%
opted out or unsuitable	45	5%
signposted, referred on or early graduation	195	22%
Grand Total	870	

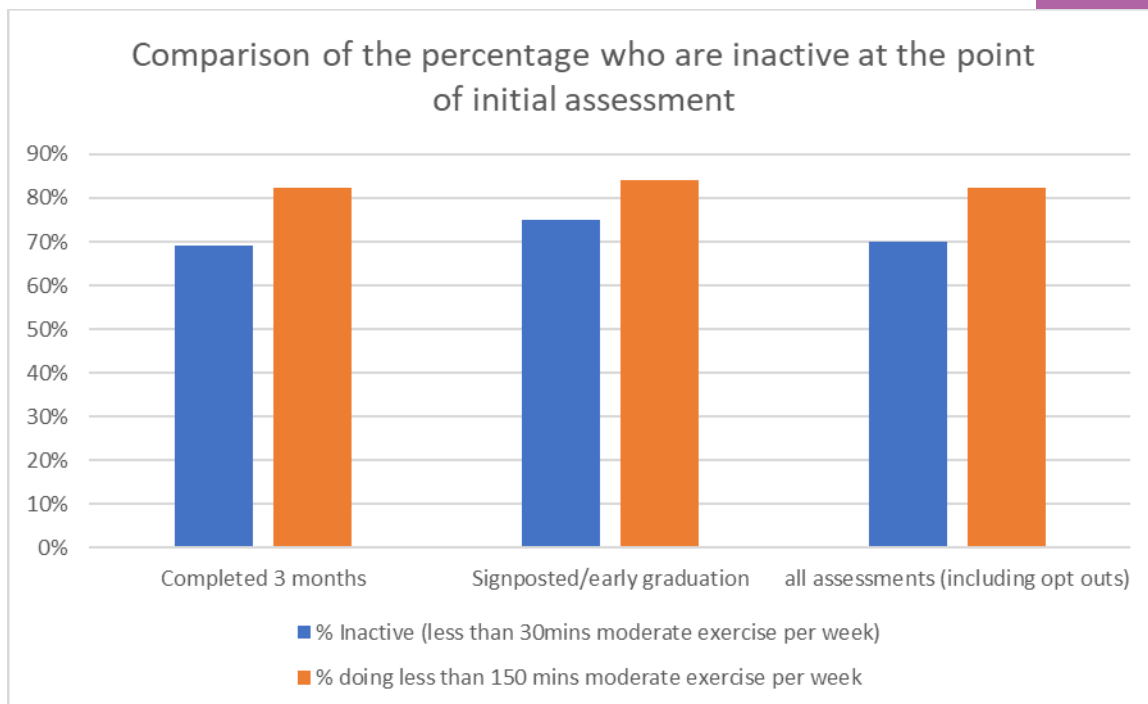
To understand the characteristics of those who have remained with the programme, those completing the pathway (with or without a 3-month review) have been compared to those who received signposting/referral or graduated early. The number who opt out are too small to allow a comparison.

Characteristics of those who receiving signposting/graduate early compared to those who complete the 3 month programme



- Those who graduate the pathway are more likely to have a long term health condition, notable diabetes, respiratory disease, CVD and obesity.
- Those with a long term health condition lasting over 12 months are 20% more represented in those who remain with the programme than those who graduate early or only receive signposting.
- Age does not seem to be a significant factor in who does or does not remain with the programme for 3 months, with only the under 40s noticeably more represented in the cohort who complete the programme.

When looking at activity levels at the start of the programme there is little difference in the percentages who are inactive in either the early graduation / signposting or the completing 3-months cohorts.



3. Analysis of outcomes and impact

Analysis of outcomes has been undertaken for the 204 people who completed health and wellbeing questionnaires at the start and end of the pathway.

Not all districts have undertaken 3-month reviews at the same regularity. Oxford City is responsible for 50% of the 3-month reviews undertaken, followed by West Oxfordshire (28%) and Cherwell (19%). South Oxfordshire and Vale of the White Horse have undertaken 4 and 2 3-month reviews respectively.

It must also be noted that the evaluation data does not contain a date stamp of when 3-month reviews have been completed, as such it is not possible to determine whether they are occurring at the 3-month mark or later. Discussions at the coordinator meeting suggest that some 3-month reviews are occurring later, delayed 3-month reviews risk affecting the ability to attribute change to Move Together, and notably for people with conditions likely to deteriorate over time, for example COPD, may mean that the benefits of Move Together are not captured in the 3-month review.

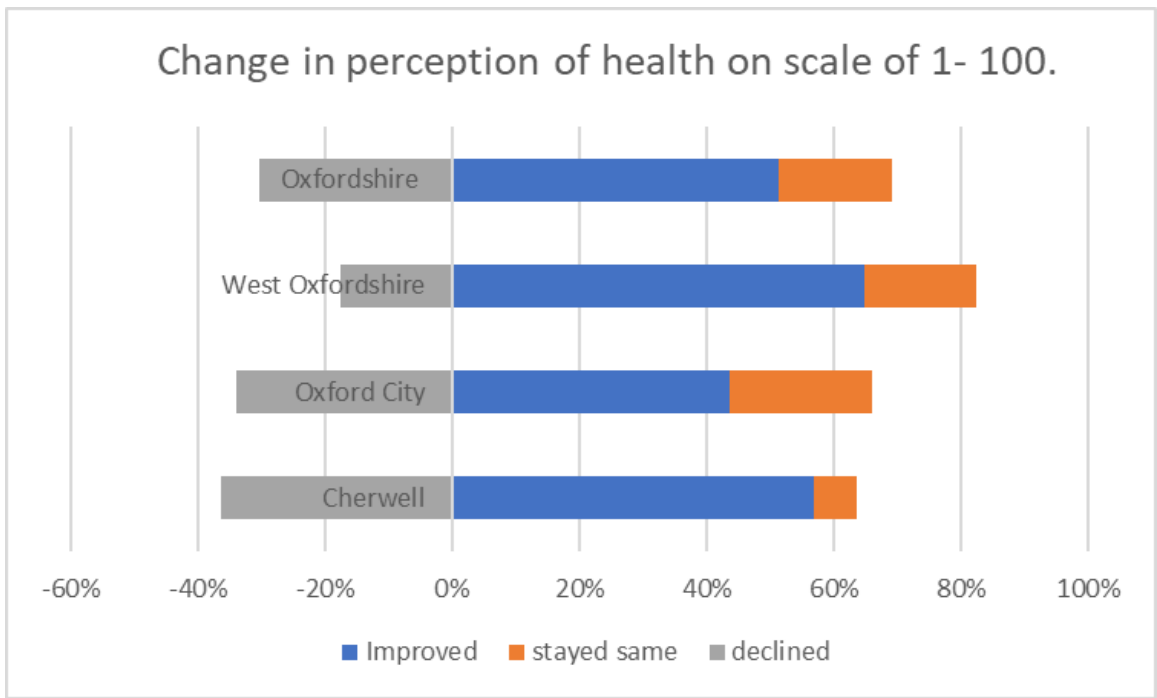
	Number of 3MRs undertaken	% of reviews undertaken	Number who have graduated/ completed 3 months	% of those who have completed 3 months who have had a 3MR
Cherwell	38	19%	238	16%
Oxford City	103	50%	168	61%
South Oxfordshire	4	2%	10	40%
Vale of the White Horse	2	1%	2	100%
West Oxfordshire	57	28%	87	66%

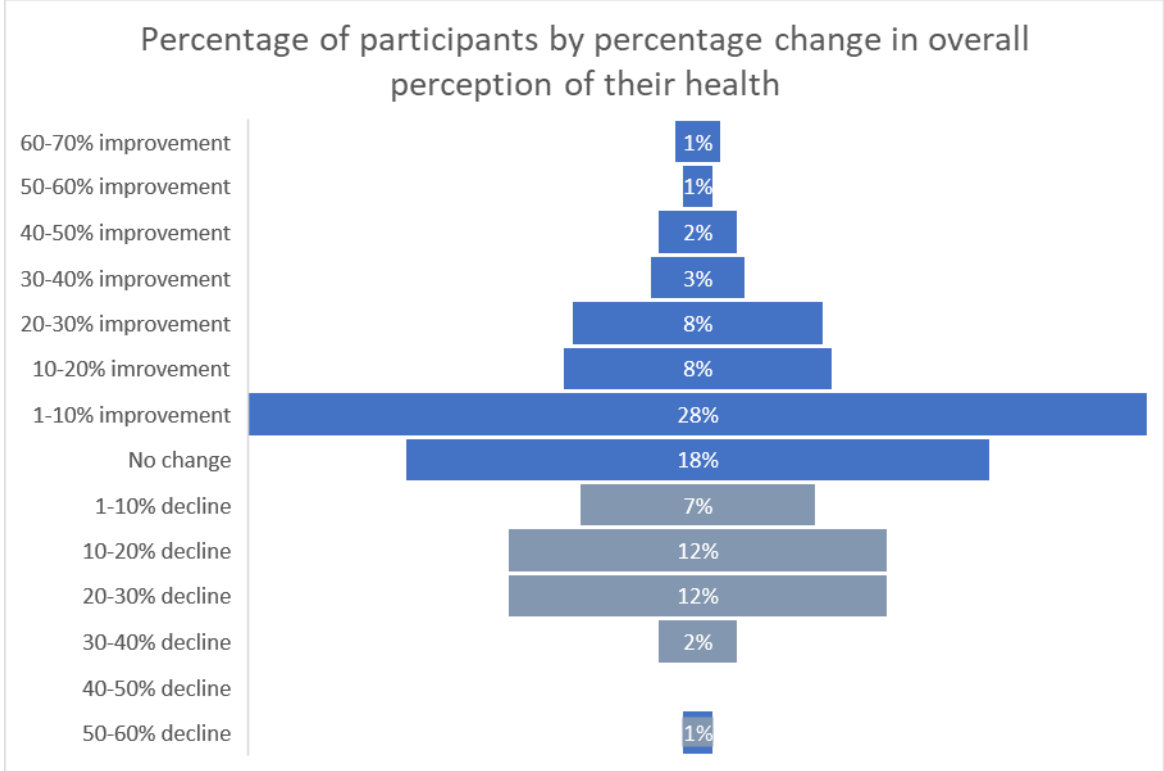
Grand Total	204	100%	505	40%
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Overall outcomes

Participants were asked to rate their current overall health on a scale of 1-100 where 100 is the best possible health they could imagine and 1 the worst health. This question was asked at initial assessment and at the 3-month review.

- 57% of participants report an overall improvement in their perception of their health between starting the programme and the 3-month review. West Oxfordshire participants report the greatest overall improvement.
- Overall, the average change is 5% improvement, however the modal value is no change, if no change is excluded the most frequent change was 10% improvement.



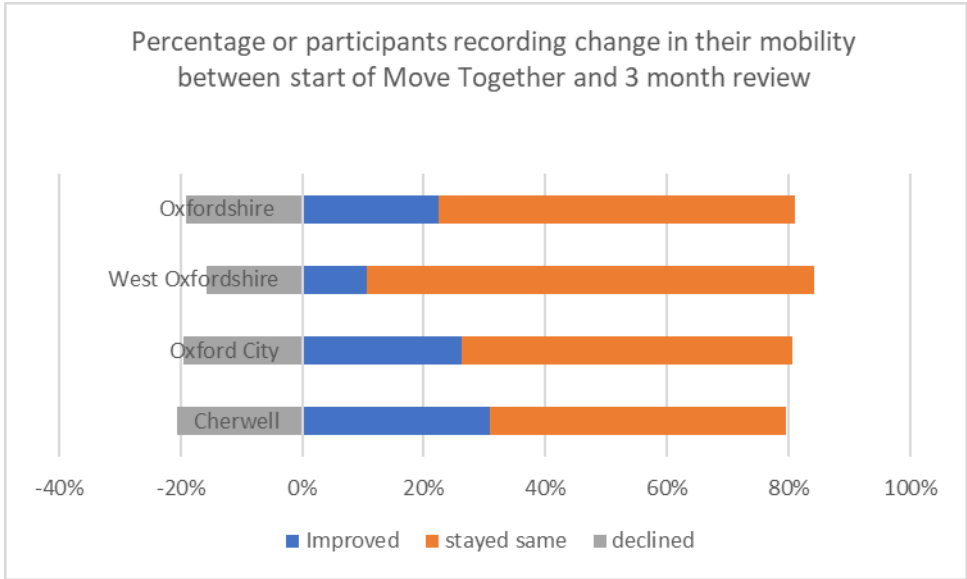


EQ5-D questions provide a measure of participants perception of their mobility, wellbeing and ability to undertake daily tasks. They cover mobility, ability to perform tasks of daily living, ability to perform self-care tasks, pain and discomfort and mental wellbeing. The EQ5D questions were asked at initial assessment and at 3-month review.

Change in EQ5D scores

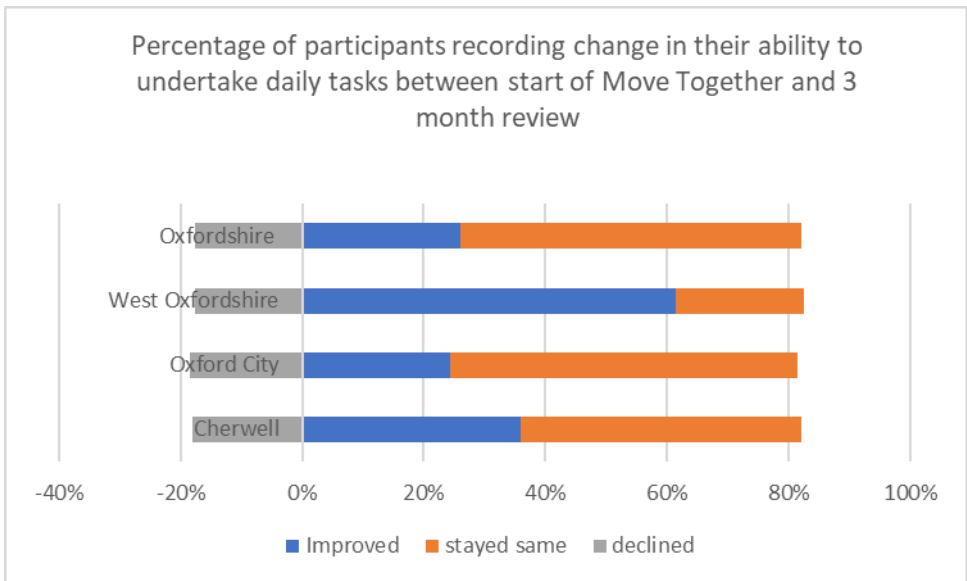
Mobility

Overall, 22% report improvement in their mobility, with 81% reporting that their mobility has either improved or maintained at the same level. Given the high percentage of participants who have long term conditions maintenance of existing mobility should be viewed as a positive outcome. Cherwell report the largest percentage of participants reporting improvement in mobility with 31% reporting an improvement in mobility, this is followed by Oxford City where 26% of participants report an improvement in mobility.



Daily tasks

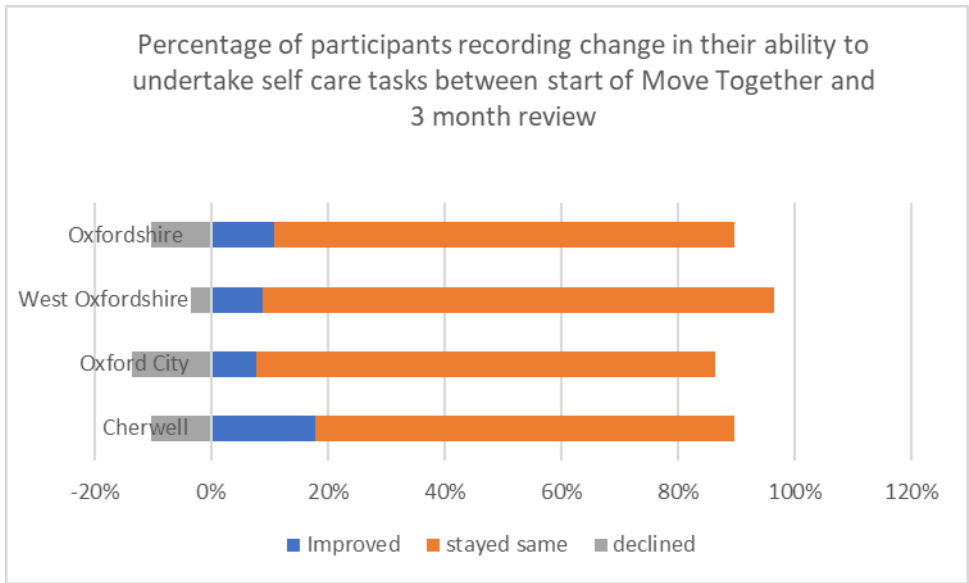
In terms of people’s ability to undertake daily tasks, overall, 26% report an improvement in their ability to perform their daily tasks, and 56% report that their ability to perform tasks has been maintained (82% maintaining or improving their ability to perform tasks of daily living). West Oxfordshire have demonstrated the greatest improvement in people’s ability to perform daily tasks with 61% of participants reporting an improvement in ability.



Self-Care

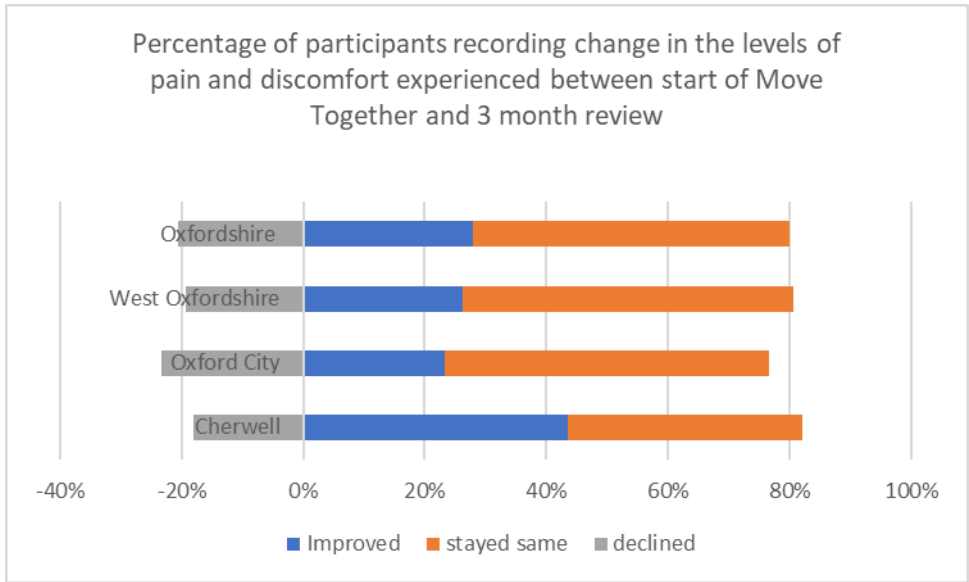
Overall, 11% of participants reported an improvement in their ability to self-care at the 3-month review, 79% maintained their existing levels of self-care, meaning overall 90% of participants maintained or improved their ability to self-care over the period they were engaged with Move Together, performing tasks of daily living is important to maintaining independence. The improvements experienced were greatest in Cherwell where 18% of participants reported an

improved ability to undertake self-care tasks at the 3-month review. West Oxfordshire saw the highest percentage of participants maintaining existing ability to undertake self-care.



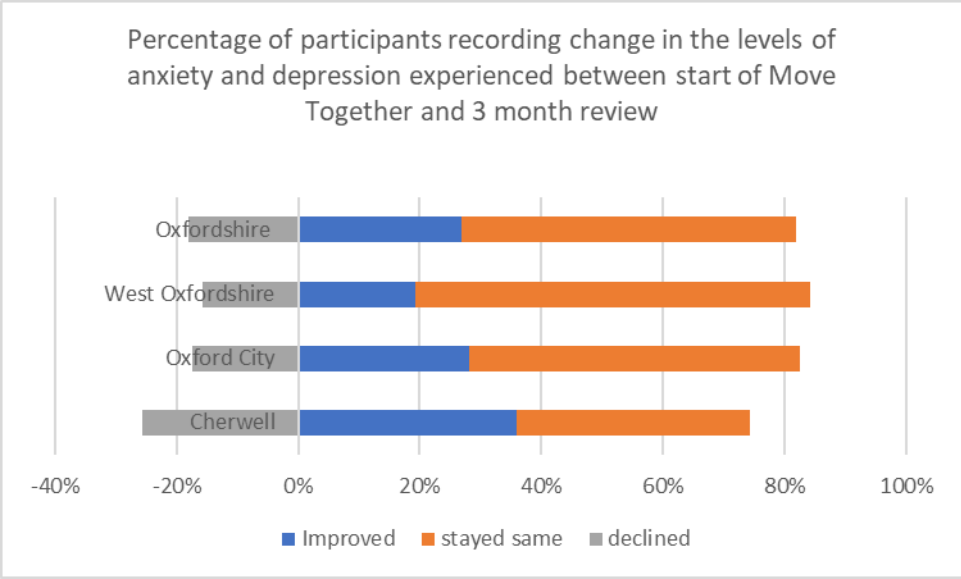
Pain experienced

Overall, 28% of people completing a 3-month review report an improvement in the levels of pain or discomfort they experience. The improvement was most notable in Cherwell where 44% of those completing follow up surveys reported an improvement in their pain and discomfort levels.



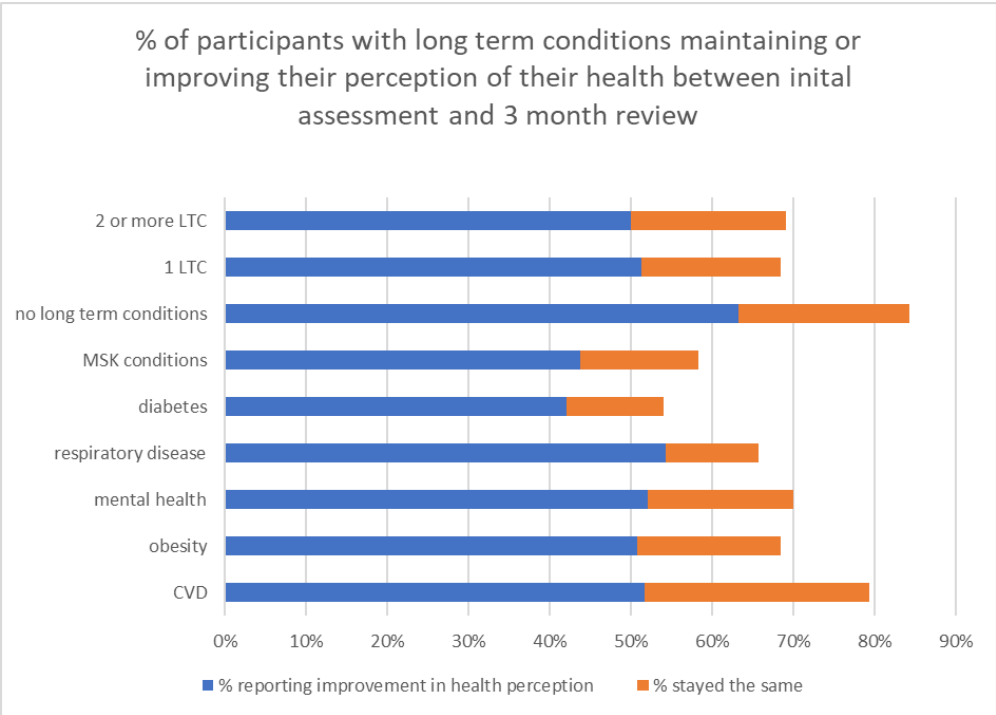
Anxiety and depression

Overall, 23% of people report an improvement in their anxiety or depression at 3-month review. The greatest improvement was demonstrated in Cherwell followed by Oxford City.



4. Those who benefit most from Move Together

When looking at the characteristics of those who either maintain or improve their overall perception of their health, those with no long-term health conditions report the greatest improvement, followed by those with respiratory disease, mental health problems or CVD.



5. Changes in attitudes towards activity and healthy lifestyles

- 60% report an improvement in their attitude towards accessing activity.
- 55% report an increase in confidence in undertaking activity alone.
- 45% report improvement in their understanding of healthy lifestyles.

6. Changes in activity levels undertaken

This analysis is for those who have undertaken activity questionnaires at baseline (initial assessment) and at 3-month review.

- At baseline 81% of people participating in Move Together were inactive (undertaking less than 30 minutes moderate activity per week), and only 4% were achieving the recommended activity level of 150 minutes moderate activity per week.
- At 3-month review the percentage of people who were inactive had decreased to 71% and the percentage achieving the recommended activity level of 150 minutes moderate exercise per week had increased to 9%.

It must be noted that for people with long term health conditions and frailty moderate activity may not be appropriate/ achievable and that a focus should instead be placed on increasing activity levels in general, including activities such as walking, gardening, seated exercise, walking to the bus stop etc. These activities may not cause the person to become out of breath and hence not count as moderate activity, but they do have a beneficial impact on mental and physical health.

When all activity types are considered, there was an average increase in the number of active minutes per week of 99 minutes. With 69% having increased their total weekly activity levels between their initial review and the 3-month assessment.

A further 9% maintained activity levels, meaning 79% increased or maintained activity levels. West Oxfordshire achieved the highest proportion of people improving activity levels with 84% of people reporting an increase in the number of minutes activity they were doing between baseline and 3-month review.

	% Inactive at baseline (not achieving 30 mins exercise)	% Inactive at 3MR	% Achieving 150 mins moderate activity at baseline	% Achieving 150min moderate exercise at 3MR	% Demonstrating improvement in activity levels (all types)	Average activity minutes (all types)	Average activity minutes at 3mr
Cherwell	61%	53%	12%	35%	56%	135	281
Oxford City	85%	78%	3%	2%	67%	248	337
West Oxfordshire	88%	68%	0%	3%	84%	64	164
Oxfordshire	81%	71%	4%	9%	69%	169	269

Table Changes in Activity Levels;

	Average change in minutes before and after Move Together Pathway	increased	stayed same	decreased
Light exercise	79-minute increase	68%	16%	20%
Moderate exercise	40-minute increase	30%	58%	12%
Vigorous exercise	10-minute decrease	13%	84%	4%

	Light exercise before	Light exercise after	Moderate exercise before	Moderate exercise after
less than 30 mins	39%	22%	83%	72%
>30 but less than 150	41%	41%	14%	19%
over 150	20%	37%	3%	9%

7. People's experience

Changes in outcome measures alone do not necessarily demonstrate the benefit of Move Together, it is possible that other factors have caused the change identified, for example changes to medications, removal of lock down restrictions etc. Therefore, a qualitative analysis of feedback provided by Move Together participants is provided. Participants were asked at the 3-month review:

- What did you enjoy about the Move Together Pathway?
- What could be improved about the Move Together Pathway?
- What impact has Move Together had on your physical health?
- What impact has Move Together had on your mental wellbeing?
- What impact has Move Together had on your lifestyle?
- What other impact has Move Together had on your wider health and wellbeing?

The following analysis is provided for Oxford City, Cherwell, and West Oxfordshire only, insufficient 3-month reviews have been undertaken by Vale of the White Horse and South Oxfordshire to provide any meaningful qualitative information.

What participants have enjoyed about the Move Together Pathway.

Oxford City, Cherwell, and West Oxfordshire each have slightly different models of delivery with Oxford City and Cherwell providing remote support/coaching combined with supporting people to access a range of local activities, whereas West Oxfordshire provide more 1:1 face to face visits alongside telephone support and linking people to local activities.

Oxford City

From Oxford City participants undertaking the 3MR (104), 23 mentioned liking the activity pack, 65 the coaching calls, 13 the classes/ groups suggested to them, 12 the resistance bands and pedometer, 2 mentioned the reflective journal, and 3 the Facebook group. A repeated theme was enjoying being part of something.

"I have enjoyed the phone calls which has given me encouragement to try and do more and I don't feel alone. It has really motivated me and it has helped that the person on the other end of the phone is lovely."

"I found the activity pack and all the information useful and easy to follow and start. I have found having someone checking in on me and to talk to so helpful as I have been going through a lot with my health and my husband over the last couple of years."

"I have really enjoyed the advice I have been given about making certain changes to my lifestyle, which has really motivated me and made such a difference. It has really made me push myself"

positively to make the changes as I have struggled with my diabetes for around 2-3 years. It really has worked wonders for me."

"It has given me something to look forward to everyday with doing my exercises and knowing that I am going to have someone checking in with me to see how I am getting on with them."

Cherwell

38 people from Cherwell undertook a 3MR. 6 reported enjoying seated exercise, 9 found the activity pack helpful, 3 referenced appreciating the pedometer and resistance bands, 9 referenced finding phone check-ins useful and 8 appreciated the local activities they had been signposted to.

"I really enjoyed receiving the Welcome pack with all the information, resistance band and pedometer. I keep the bag in the kitchen so I can see 'Move' and it makes me think and encourages me to move more if I haven't done so already."

"That I've been kept tabs on and that the team are in regular contact. I liked it so much that I want my husband to join."

"Enjoying the encouragement offered by the check in phone calls. The information supplied is good."

"Resistance band, DVDs and pedometer have been really helpful. Prompts and nudges have been helpful."

West Oxfordshire

57 people completed a 3MR in West Oxfordshire. 21 referenced liking the check-in calls, 24 mentioned that they liked the home visits. 9 stated that they appreciated the connection they got to others from attending the exercise group, and 3 mentioned the welcome pack.

"I have enjoyed seeing the small gains, going a little further, becoming a little stronger adding a little more weight to machines and not feeling things are beyond me."

I have enjoyed having Lisa at the house. She was so encouraging doing the exercises with me."

"I was privileged to have Lisa as she is a highly qualified and knowledgeable person. I really enjoyed the group and Lisa made coffee and we all chatted afterwards."

"I like doing the exercises at the lunch club with the music- its fun!"

In terms of what could be improved the following were mentioned:

- Face to face participant meet ups / more exercise groups (Oxford City 5/104, Cherwell 2/37, West Oxon 4/57).
- Zoom or online exercise classes (Oxford City 10/104).
- To be signposted to more activities (West Oxon 1/57).

Impact on physical health

In Oxford City 75 of the 104 participants reported experiencing physical health benefits. Benefits cited include improved mobility, weight loss, increased ability to manage stairs, more energy, lower

blood pressure, reduced pain (particularly joint pain). The following are some quotes which provide further details of the types of improvement experienced:

“3 months ago, I was depressed and didn't have any motivation to do anything or know where to start. Thanks to the support I have received from Move Together I now go to the gym 4 times a week and am doing the coach to 5 k, I have also lost 24Lbs and my blood sugar levels have gone from 14 to 7.1”

“I've noticed I'm doing more for myself now since making an effort to take time for myself to exercise. I feel like I am more motivated and that it has become easier for to do things and don't get as tired anymore.”

“Yes, I have the motivation to do things now and am enjoying exercising, also the move together workbook was very useful and easy to do which is helping with my mobility issues.”

“I am walking better and walking a lot more, I was like a coach potato before and didn't have the motivation to do anything. Having more motivation to do things and I push myself a lot more to do things.”

“I am now exercising daily and changing my diet has helped me to lose weight. I am also not in much pain as I was before with my arthritis.”

“I have my diabetes more under control with my diabetes and my levels have started to drop which I am really happy about.”

“I feel that my leg where I had a hip replacement has started to feel better stronger and I feel like I'm recovering finally.”

“I am no longer taking pain killers to sleep as the pain has reduced from exercising more.”

“I stopped drinking as much as I was keeping myself busy through activities and exercise and wasn't finding myself board which lead me to drink more.”

“I have reduced my diabetes medication as my blood sugar has gone from 14 to 7.1 since joining MT, I have also come off of my anti-depressants as I no longer feel anxious or depressed anymore.”

In Cherwell 20 of the 38 participants completing the 3-month review identified that they had experienced some type of health benefits.

“Moving more has helped my back pain. I can now comfortable move around without feel pain in my back which I am happy about.”

“My HbA1C level has come down by three points and if comes down another 2 I would have reversed the Type 2 Diabetes.”

In West Oxfordshire 24 of 57 reported that they are experiencing health benefits. The benefits experienced were all related to improved mobility, being steadier on their feet and feeling stronger.

“Great benefits, I feel stronger, happier with body and enjoying seeing small improvements has been what keeps me going. I know that may not last forever, but I feel supported by your offer of updating/help with programmes going forward.”

“Yes, when I was going to the seated exercise session, I felt I had more energy and stronger, my balance improved too.” “Adam is very supportive and regularly checks in with me.”

Impact on emotional health

59 of the 104 people completing a 3MR in Oxford City provided qualitative feedback that taking part in Move Together had benefited their mental health.

“Through being apart of MT I haven't felt alone and having some to talk to for support and encouragement has made me feel less anxious and motivated.”

“Since exercising it has changed my mood and I feel more happier and motivated to do more, also I don't feel as anxious as I did when I first started.

“I have noticed that my mental health has improved as I am more happy and look forward to doing my exercises at home.”

“Emotionally better. Used to feeling bad about health. By changing focus and starting to feel hope and that hope is possible.”

“My whole outlook on life and myself has changed, where I have been taking time for myself and doing things like my well-being exercise class at Rosehill I feel so much more confident within myself. I used to be really depressed and I feel like I am coming out of that now and recognize that I have a disability with my back and I am limited to what I can do, but there are things I can do and I am not embarrassed anymore, I feel driven again.”

In Cherwell 22 of the 38 people responding to the 3MR reported benefits to their mental health.

“Before I used to be quite stressed but now when I exercise, I feel less stressed and it relaxes me.”

“I really did notice how I felt when I left the leisure centre, I can't quite describe it but I just know I felt different in a good way.”

And in West Oxfordshire 17 of the 57 respondents reported improvements to their mental health.

“Yes, that is better. No longer doom and gloom. Not taking anti-depressants anymore. I will return to classes. I enjoy the social interaction very much.”

Wider lifestyle and health benefits

Across all three districts wider benefits of the programme to lifestyle and wellbeing were identified.

Benefits identified included, improvements to diet;

“Since I have started to exercise and change my diet my whole mind set and lifestyle has changed and I am more positive around physical activity and my whole general wellbeing, I have even recently stopped my anti-depressants and have reduced my diabetes medication.” Oxford City

Making social connections and getting out the house.

“Yes, the social aspect of it making new social connections with the local group I started which I found very motivating and hope to re start up again soon. Felt more positive and happy.” Oxford city

"I'm exercising more and have made some social connections through my Zumba classes which have lead to other social things like lunch club's and meeting new people to talk to and share activities idea's to know what else is out there." Oxford City

"I started to exercise more and get out of the house and made new friends with the local walking group I set up and I even got a new job even though I had to give it up as it caused my Arthritis to flare up and cause me pain." Oxford City

Developing routines that enable more frequent exercise

"I now try to do my exercises from my activity pack for 10 minutes every other day and am getting out of the house more often. I have also started to speak to people from the class I am now doing." Oxford City

Improved wellbeing and confidence.

"I couldn't sleep before and have to take a sleeping pill and I no longer have to do this and am sleeping better, and I am getting out more and exercising more." Oxford City

"I have got a bike now; I spoke to my husband who tried to put me off getting a bike but I did! I wouldn't of done so if I hadn't had the confidence which has grown since joining MT. I will now message my friends and suggest going for a walk, something I wouldn't have done before." Cherwell

Participants in West Oxfordshire identified fewer wider benefits, this possibly reflects the focus on 1:1 home exercise, which are not leading to the same ripple affects in terms of social interaction, getting out the house and developing confidence.