

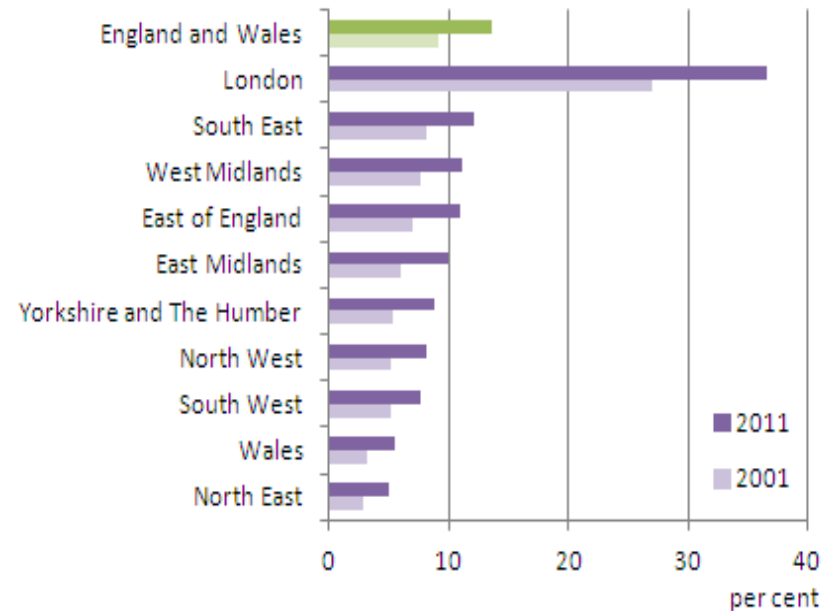
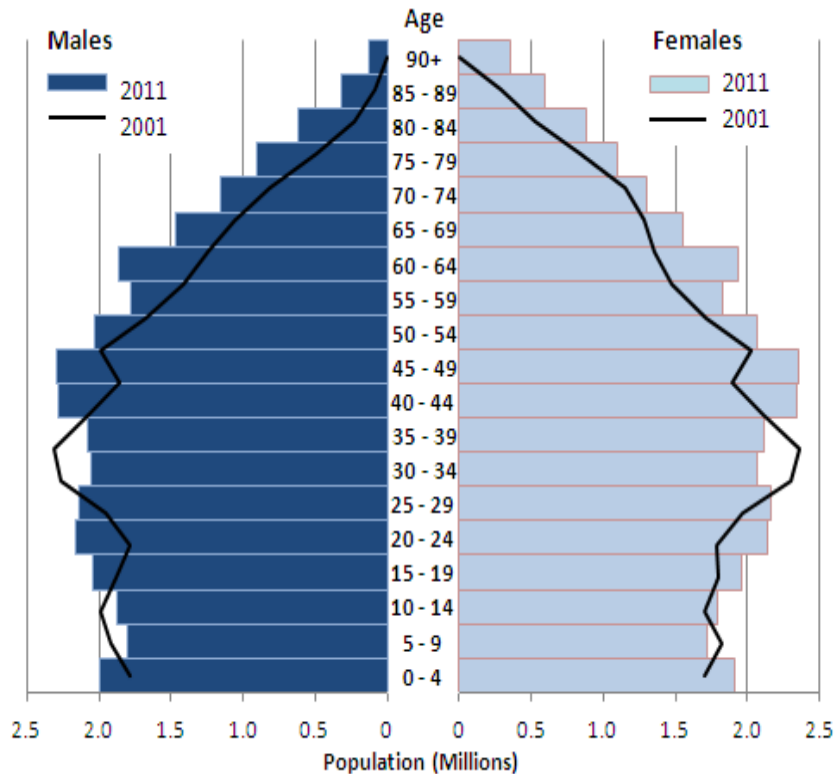
How can GPs better target the general population and those with a longstanding illness/disability for physical activity and sport participation counselling?

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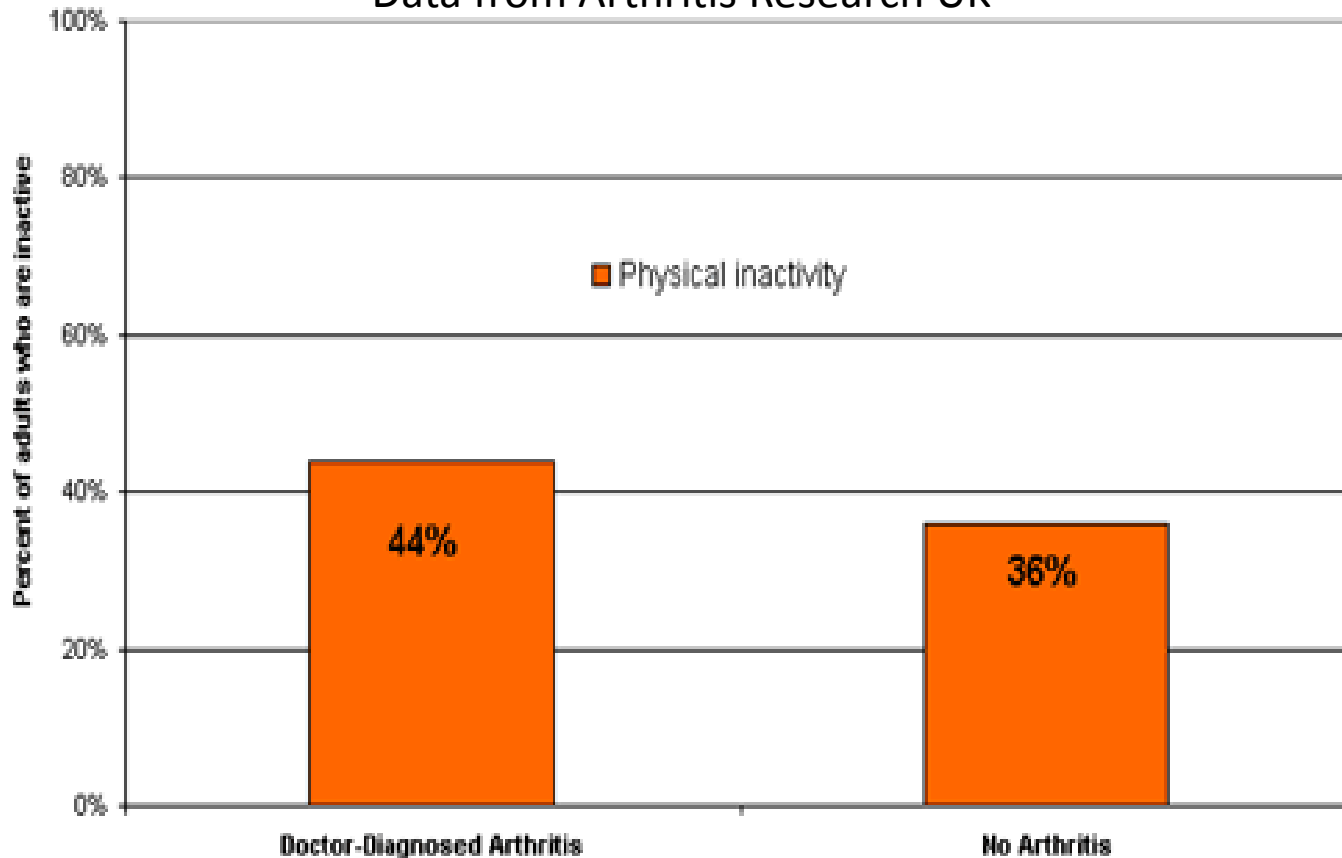
Aging UK Population + % with a disability: 2001 v 2011




Sport/Physical Activity Levels

Not being physically active (physical INACTIVITY) is more common in adults who have arthritis than in those who don't.

Data from Arthritis Research UK



Introduction

- Reduced sport + physical activity levels
  Health inequalities
- ~70% population – r/w by GP/yr
- Participation in physical activity and sport - factors:
 - Social
 - Cultural
 - Environmental
- 1st NI & UK study



AIM

- Identify levels of sport participation
- The correlates of sport participation
- General population + those with a long standing illness or disability within the NI adult population



Methods

- Continuous Household Survey: 2007-11
 - 13,683 adults
 - 3550 (26%) long-standing illness/disability
 - participation in sport at least once in the last year
- Groupings:
 - Full study population
 - Longstanding illness/disability
 - No long-term health problems
- Independent predictor variables
- Chi-squared; Uni-variate ($p < 0.1$); Multi-variate ($p < 0.05$) analyses

Results

- Long-term illness v gen pop:
 - Female, older, single, deprived
 - Household access to a car
 - Unemployed
 - Benefits
 - Lower educational attainment
 - Less likely participate in sport
 - Less likely to be sport club member
 - Less internet access



i can

PEACOCK
BIRMINGHAM

“Having a disability is all about what you can do”

Jonnie Peacock
Paralympic 100m gold medalist

Help us create a world where disabled people are seen for what they can do.

Papworth Trust

www.papworthtrust.org.uk

Twitter, Facebook, YouTube icons

Detailed description: The advertisement features a photograph of Paralympic 100m gold medalist Jonnie Peacock in action on a red running track. He is wearing a white tank top with 'PEACOCK BIRMINGHAM' and a black prosthetic leg. The background is a blurred stadium. The text 'i can' is in a purple box at the top left. A quote is in a white box on the left. The Papworth Trust logo is in a purple box at the bottom right. Social media icons and the website URL are at the bottom.

Sport correlates - Full study population

- Being male + <56yo
- Having a household car/van
- Higher educational qualifications
- Employed
- Living in urban area

- Health in last yr – ‘good’/‘fairly good’
- Non-smoker
- Internet access
- Sports club membership
- Not having a long-term limiting illness/disability



Long-term illness/disability – sport correlates

- Differences with full study population:
 - Single
 - Having some qualifications v none
 - Socio-economic deprivation
- Smoking + internet access – no influence



Discussion

- 26% long-term illness or disability
 - lower than other areas of the UK
- Living in urban locations
 - positively correlate with sport participation
 - Government/councils: access to infra-structure?
 - Relevance to GPs

Discussion

- People with a long-term illness/disability
 - less access to internet
 - not members of sports organisations
- GPs should target those with a long-term illness or disability and:
 - Married/Co-habiting
 - Socio-economically deprived
 - Female
 - Older age (>55yo)
 - Health 'not good' in previous year
 - Unemployed
 - Living in a rural location

Strengths & Limitations

- Strengths:
 - Used existing data - representative of NI + UK
 - Self-completed questionnaires
 - Respondents blinded to the focus of this study
- Limitations:
 - Variation in interpretation of questions
 - May be other relevant variables
 - Adult data
 - No external validation
 - Cross-sectional study

Conclusions

- Correlates of sport participation –
multi-factorial
- Correlates different for general population + long-term illness/disability
- GP focus in those with a disability/long-term illness:
 - older females
 - married/co-habiting
 - socio-economically deprived
 - living in rural areas
 - no personal internet access
 - health 'not good' in past year

