

GET HEALTHY, GET ACTIVE – Round 2

Evaluation Guidance

One of the key aims of the Get Healthy Get Active fund is to achieve a better understanding of sports contribution to improving public health and the prevention, treatment and management of long term conditions. To enable us to do this we expect applicants to consider the research and evaluation questions that their project will aim to answer as part of the application process.

20% of your total assessment rating is allocated against the Evaluation section of the application form, this guidance sheet aims to provide some guidance on our expectations.

Similar to those projects funded in round 1, the evaluation of round 2 Get Healthy Get Active projects will be the responsibility of local project managers, with an expectation that they work with an academic partner. This is to ensure appropriate academic rigour is applied to the methodology to support the development of the evidence base for sport and health.

We expect all Get Healthy Get Active project evaluations to adhere to the [Standard Evaluation Framework for Physical Activity](#), with a minimum standard of collecting all of the essential criteria in the Framework. We also recommend that you take into account the learning that is presented in the Get Healthy, Get Active – what we've learnt report.

It is very important that some aspects of the project-level evaluations are common across all the projects to enable us to understand the impact that the programme of investment has. This particularly relates to the collection of baseline and follow up data regarding physical activity levels of participants to determine the behaviour change created by participating in the project.

We expect that validated tools will be used to collect these metrics and it is likely that we will continue to utilise those used to evaluate round 1 projects:

- The Single Item Measure to screen participants to ensure they are inactive and eligible to participate
- The International Physical Activity Questionnaire (IPAQ) short version format to measure behaviour change.

Further information on the selected tools will be provided at the point of award to successful applicants. We will also provide support and training for project managers and academic partners in the administration, coding and reporting on the metrics to aid the consistency of reporting.

We will be making the MOVES (Model for Estimating the Outcomes and Values in the Economics of Sport) return on investment tool available to projects to enable them to consider cost utility analysis of the sports sessions that are being delivered as part of the evaluation process.

You will also be required to submit a six monthly monitoring report to us, on a template that you will receive with your award letter if you are successful in your application. This will enable you to provide a commentary of the progress you are making against the targets you have set out in your application and learning from the approaches you are taking.

We have learnt a lot from our round 1 projects regarding the challenges and solutions to successfully evaluating programmes and recommend that you consider the following as you develop your project and application;

- Understand the timelines and resources required for University and NHS ethical clearance and plan for these.
- Utilise existing tools such as Views and Upshot for monitoring where appropriate
- Consider up front if you will require data sharing protocols
- Include time to implement a pilot phase for data collection to ensure the systems work appropriately.
- Provide training on how to use and code data to all relevant personnel to ensure consistency of data.
- Consider and plan efficient follow up procedures to access data up to 12 months after participants initially engage with projects.

For your initial application we would like you to tell us:

- What your research question/ evaluation aim is. The Get Healthy Get Active – What we've learnt report provides examples of the research questions that round 1 projects are considering in appendix a
- The methods you will use to collect data from participants
- How you will ensure adequate follow up for participants
- The time you will take to build in evaluation processes including pilot phases and data protection considerations.
- How you will disseminate your findings.

A strong project will be able to demonstrate how they will embed the Standard Evaluation Framework within their research methodology alongside a clear and supported process for data collection and reporting.

Successful applicants will be asked to develop a full evaluation plan as part of the award conditions for the project.