

What?

Get Out Get Active: Measuring our impact

Get Out Get Active (GOGA)'s impact has been measured against five core objectives. Ranging from measuring participation levels among disabled people to engagement of volunteers.

The following outcomes demonstrate the real world effectiveness of GOGA.

Get Out
Get  Active

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LONDON MARATHON
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In association with
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What?

Get Out Get Active: Measuring our impact

Objective one:

Increase participation in physical activity from under-represented groups.

Outcomes

We've had a nationwide impact:

To date we have engaged over **20,000** unique participants through **2,400** activities and nearly **25,000** participants in over **200** events, supported by a network of **2,800** volunteers.

Stats by country:

England:

- Reached nearly **13,000** unique participants (**31%** registered as being disabled or having a long-term health condition) through **700** activities.
- Engaged over **1,200** volunteers and peer mentors.

Northern Ireland:

- Reached nearly **2,500** unique participants (**37%** registered as being disabled or having a long-term health condition) through **200** activities.
- Engaged over **400** volunteers and peer mentors.

Scotland:


- Reached over **2,500** unique participants (**61%** registered as being disabled or having a long-term health condition) through **250** activities.
- Engaged over **700** volunteers and peer mentors.


Wales:

- Reached **2,000** unique participants (**40%** registered as being disabled or having a long-term health condition) through **100** activities.
- Engaged over **450** volunteers and peer mentors.


GOGA has genuinely reached the very least active disabled and non-disabled people in activity together:


Even though participants typically over-report activity levels at baseline, their average activity levels 'in the past month' were very low:

 **36%** of GOGA participants declared they were disabled at point of registration. However please note that disability was under-reported. Our best understanding is that **73%** of GOGA participants gave the same disability response at Registration and Baseline, **15%** changed their response from No to Yes I have a disability between Registration and Baseline.

 **65%** of all GOGA participants came from the least active (0-20 minutes per day) group.

 **42%** had not done anything prior to GOGA.


 Amongst disabled people, **71%** came from the least active group and **46%** were inactive pre-GOGA.


 **14%** had taken part in up to 10 minutes of activity per day and a further **9%** were doing between 11 and 20 minutes per day.


What?

Get Out Get Active: Measuring our impact


We've supported the very least active to become more active:


 The majority of participants tried activities that they hadn't done before.

 **58%** say they are doing more activity now than when they started GOGA, **28%** say a lot more active. **91%** say this increase in activity is down to GOGA.

 For the least active*, **60%** are doing more physical activity now than when they started GOGA.

 The proportion of disabled GOGA participants taking part in no physical activity has halved from when they joined the programme (**46%**) to their last interview (**15%**).

 Findings show that **43%** of the least active move from being inactive to being active because of GOGA.

 Overall, one in five progress from being inactive to active (Chief Medical Officer definition) - small steps are key here for this group.

Stats by country:

England:

- **43%** of participants admitted to no physical activity prior to GOGA.
- **15 months** on disabled GOGA participants were doing an average of **13 minutes** of additional activity a day.

Northern Ireland:

- **50%** of participants admitted to no physical activity prior to GOGA.
- **15 months** on disabled GOGA participants were doing an average of **11 minutes** of additional activity a day.

Scotland:

- **32%** of participants admitted to no physical activity prior to GOGA.
- **15 months** on disabled GOGA participants were doing an average of **34 minutes** of additional activity a day.

Wales:

- **37%** of participants admitted to no physical activity prior to GOGA.
- **15 months** on disabled GOGA participants were doing an average of **26 minutes** of additional activity a day.



What?

Get Out Get Active: Measuring our impact



GOGA has led to sustained activity improvements:



65% of participants were sustaining their activity **6 months** after programme start - above the **40%** programme target.



15 months on, **58%** say that they are doing more activity since they started GOGA, **91%** say increase in activity is down to GOGA.



Additional Activity (average number of minutes / day):

- **6 months** after engaging with GOGA the tracked sample as a whole was doing an additional **15 minutes** of activity per day and an additional **16 minutes** of activity **15 months after joining GOGA**.
- The least active increased their average daily amounts of physical activity by **18 minutes** per day (very inactive) after 6 months, and by **24 minutes 15 months later**.
- For inactive groups, amounts of activity increased by 33 minutes per day 6 months after starting with GOGA, and by **12 minutes 15 months after starting GOGA**.

“ The Tai Chi class literally changed my life. I have a polyarthritic condition, but my range of movement and general well-being has improved tremendously since joining Ryan’s class. ”

Mary, ABC GOGA Participant

What?

Get Out Get Active: Measuring our impact

Objective two:

Increase personal wellbeing through participation.

Outcomes

GOGA has positively impacted on people's well-being:

Overall, life satisfaction, the sense that life is worthwhile, and happiness all increased through GOGA (participation from programme start to 15 months later) - whilst levels of anxiety decline.



Overall, how satisfied are you with your life nowadays?

Average raised from **7.3** to **8.1** above national average of **7.6**.



Overall, to what extent do you feel the things you do in your life are worthwhile?

Average raised from **8.1** to **8.5** above national average of **7.8**.



Overall, how happy did you feel yesterday?

Average raised from **8.0** to **8.4** above national average of **7.5**.



'Overall, how anxious did you feel yesterday?'

Average decreased from **3.7** to **3.2** although still above national average of **2.9**.

“ The GOGA sessions have really helped me improve how I feel. I'm less achy and can breathe better and have less pain. I have made new friends and feel happier in myself! ”

Kate, Manchester City GOGA Participant



What?

Get Out Get Active: Measuring our impact


Objective three:


Create positive change in the perception of disabled people in communities.

(by both disabled and non-disabled people)

Outcomes

GOGA has improved the perceptions of disabled people:

 **65%** said they have a more positive view of disabled people.

 **58%** of interviewees at **9** and **15 months** after taking part in the GOGA programme said that their view of disabled people is more positive as a result of their programme participation.

“ I loved it, because I have a disability I didn't realise how much I could actually do. The instructor did the exercises to suit my needs and those of the rest of the group. It was amazing and I definitely felt the difference physically in my body and my whole attitude. I just felt so much better. ”

Joan, Thanet GOGA participant



What?

Get Out Get Active: Measuring our impact

Objective four:

Create sustained participation and community engagement.

Outcomes

GOGA has created better connections to communities:



Following their engagement with GOGA, participants became more positive about taking part in activities in their local community. Prior to GOGA participation, **83%** said they were positive about community engagement and **6-9 months** after GOGA participation this had risen to **89%**, and by **15 months** from GOGA participation to **93%**.



87% of all participants said that GOGA has had a positive impact on their engagement with their local community. **69%** of participants six months after joining GOGA said they had made new friends in their local area as a result of their GOGA participation.

“ It’s made me more aware of what’s out there and how to access it. I get plenty of information through email on what’s available in the area and I have already joined another group. ”

GOGA NI Participant



What?

Get Out Get Active: Measuring our impact

Objective five:

Get more people to volunteer and engage in their community.

Outcomes

GOGA has established a diverse volunteer network:



25 - 30% of volunteers have a disability or long-term health condition.



48% of volunteers were identified as 'informal'. Informal volunteering was defined in GOGA as 'An individual who has decided to take a role on without being specifically asked, isn't registered as a volunteer and hasn't had a specific training course. Typically helps out on an ad hoc basis.'



Role models play a critical role in facilitating engagement on to the programme, with almost **70%** of participants agreeing that a role model has influenced their engagement with GOGA. The role models are even more important for the least active groups, with over **75%** agreeing they had been influenced by a role model to join GOGA.



There are examples of how volunteering has had a huge impact on the lives of the volunteers who may have experienced anxiety, depression, and lack of confidence. Volunteering can give people a purpose and motivation to get out and about and engage with the community. There are also examples of how GOGA has given the confidence and encouragement to get back into work and education following re-engagement through supporting the GOGA programme.








All achieved through the strength of the GOGA family and the improvement to policy and practice of all the partners engaged.



What?

Get Out Get Active: Measuring our impact

*Definitions of inactivity

-  No activity - an average of **0 minutes a day**.
-  Very inactive - those doing more than none but less than **10 minutes a day**.
-  Inactive - those doing **11 to 20 minutes a day**.
-  Active - those doing **21** or more minutes of activity a day.
-  Least active group is a combination of our inactive categories (very inactive + inactive).

“ Stephen’s journey has been amazing. He went from being this shy, unconfident person to someone who is unafraid to get out there and try new things. He motivates and teaches me new things too. Watching his confidence grow and his fitness improve has been incredible. ”

Morris, Peer Mentor Lambeth



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