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Impact of the British Lung Foundation Active Steps service on patient reported outcomes: concurrent cohort study

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Background: Active Steps is a remote behaviour change service supporting inactive adults with a lung condition to become physically active.

Aim: To determine the efficacy of Active Steps in improving physical activity and quality life.

Methods: Active Steps service users (n=124) received 1:1 telephone health coaching for 12 months, email newsletters, information booklet, behaviour change tasks, activity diary, wall chart, and a DVD. An independent control group was recruited (n=80) for comparison. At Baseline and 12-months, physical activity (Short Active Lives Survey) and quality of life (EQ-VAS) were collected via telephone. To assess the impact of Active Steps, logistic regression models (unadjusted or adjusted for potential confounders) analysed the odds (odds ratio: OR) of becoming physically active (defined as 30 minutes or more of moderate to vigorous physical activity per week) or the changes (mean difference: MD) in total minutes of physical activity and EQ-VAS scores at 12-months.

Results: A greater number of Active Steps service users than Control participants were physically active at 12 months (46% vs 23%, Unadjusted OR[95% confidence intervals (CI)]: 2.8[1.3-6.1],p = 0.011; Adjusted OR: 2.2[0.9-5.4],p= 0.097). Active Steps also increased the total minutes of moderate to vigorous physical activity per week (Unadjusted MD: 52[2-102],p = 0.041; Adjusted MD: 48[-9-105],p= 0.096) and EQ-VAS Score (Unadjusted MD: 13[3-23],p = 0.011; Adjusted MD: 7[-5-18],p= 0.272).

Conclusion: Compared to a control group over a 12-month period, Active Steps service users were twice as likely to be physically active and had a clinically meaningful improvement quality of life.