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Step Count Challenge 2014

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STEP COUNT CHALLENGE 2014

Results of a research study examining changes in physical activity and motivation for walking following an 8-week workplace walking intervention

RESULTS

The participants in the study reported an increase in walking and a decrease in sitting time







One of the aims of the challenge is to support participants in reaching the Scottish Government's recommendations for physical activity



Recommended time we should be moderately active each week

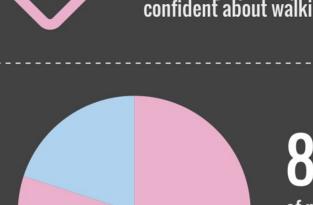


REPORTED BENEFITS



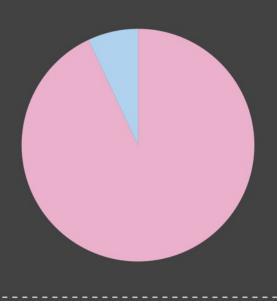
MOTIVATION

On average, the quality and amount of participants' motivation for walking for

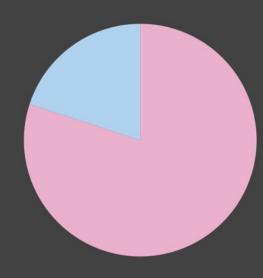


COMPETENCE

On average, participants became more confident about walking for health



said they had benefited from the Step Count **Challenge**



said they would definitely take part in the Step Count Challenge again

MOST FREQUENTLY REPORTED BENEFITS







METHODOLOGY AND DATA COLLECTION



Data were collected through an online survey

Participants were asked to complete the following questionnaires

International Physical Activity Questionnaire (IPAQ) Behavioural Regulations in Walking Questionnaire (BRWQ) Psychological Needs Satisfaction for Walking Scale (PNSWS)

Statistics based upon mean change from baseline to follow-up

Participants completed web based self report questionnaire at baseline

Participants completed web based self report questionnaire at baseline and follow-up



week baseline data collection window

week workplace Step Count Challenge

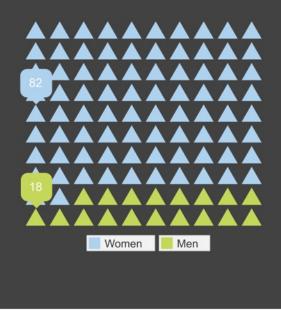
week break

week followup data collection window

PARTICIPANT DEMOGRAPHICS

We targeted participants who identified themselves as low active and who were joining the Step Count Challenge to increase their physical activity, primarily through walking

GENDER OF PARTICIPANTS



MEAN AGE OF PARTICIPANTS



LOCAL AUTHORITIES COVERED



CONTACT Dr Ailsa Niven

Physical Activity and Health Research Centre University of Edinburgh ailsa.niven@ed.ac.uk





