

## **Research idea to improve assessments of physical activity promotion in healthcare**

We are researchers at the University of Oxford. We would like to hear your thoughts on promoting physical activity and exercise through healthcare providers, such as primary care doctors and nurses. Physical activity has many health benefits, but many people are not active enough to receive the health benefits. Many programs have been created to get doctors and nurses talking about physical activity with patients, to encourage and support them to be more active. One current issue is a lack of information about how well these programs are assessed to see if they are working or not. To help solve this problem, we would like to create a clear guide for what to look for when assessing if these programs are helping people be more active. As a patient, you may receive this information when you visit your doctor. So, understanding how patients feel about this is important.

### **Your involvement will be either/both:**

1. Short 5-minute online survey (use the link below to access the survey):

Survey link: <https://forms.office.com/e/3dzGTmnsU5>

This survey is anonymous and no personal or identifying data will be collected.

2. Online 60-minute focus group to share your thoughts on the project: If interested in participating in this focus group, please email Denise Bastas at [denise.bastas@gtc.ox.ac.uk](mailto:denise.bastas@gtc.ox.ac.uk).