



# Care-PA initiatives in the neighbourhood: the first results of X-Fittt 2.0

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## Background

People with a low socioeconomic status (SES) are less engaged in physical activity (PA) than high SES citizens. Combined lifestyle initiatives are deemed effective to stimulate PA and to improve health and societal participation. In those initiatives, multiple sectors (e.g. sports, health insurers, municipalities) collaborate to connect primary care and PA at neighbourhood level.

X-Fittt 2.0 is a combined lifestyle intervention in Arnhem (the Netherlands) focusing on low SES overweight people. X-Fittt 2.0 is funded by the municipality and a health insurer.

Overview of the X-Fittt 2.0 programme.

Timeline	Activities
Month 1-3	- Participation in sports groups twice a week (with support of physiotherapist) - Dietary advice by dietician - Lifestyle advice by lifestyle coach
Month 4-12	- Individual continuation of PA - Regular contact with lifestyle coach
Month 13-24	- Individual continuation of PA - Contact with lifestyle coach twice a year

## Aim

To report the short term (3 months) and long term (1 year) effects of participation in care-PA initiatives for people with a low SES in terms of health and societal participation.

## Methods

At the start of the programme ( $t_0$ ), after 3 months ( $t_1$ ), and after one year ( $t_2$ ), body measurements ( $n = 36$ ) and questionnaire data ( $n = 22$ ) were collected and analysed.

In addition, six focus groups with the participants ( $n = 28$ ) were conducted at  $t_1$ , and in-depth interviews ( $n = 9$ ) were conducted at  $t_2$ .

## Short term quantitative results

Short term results of the X-Fittt 2.0 programme.

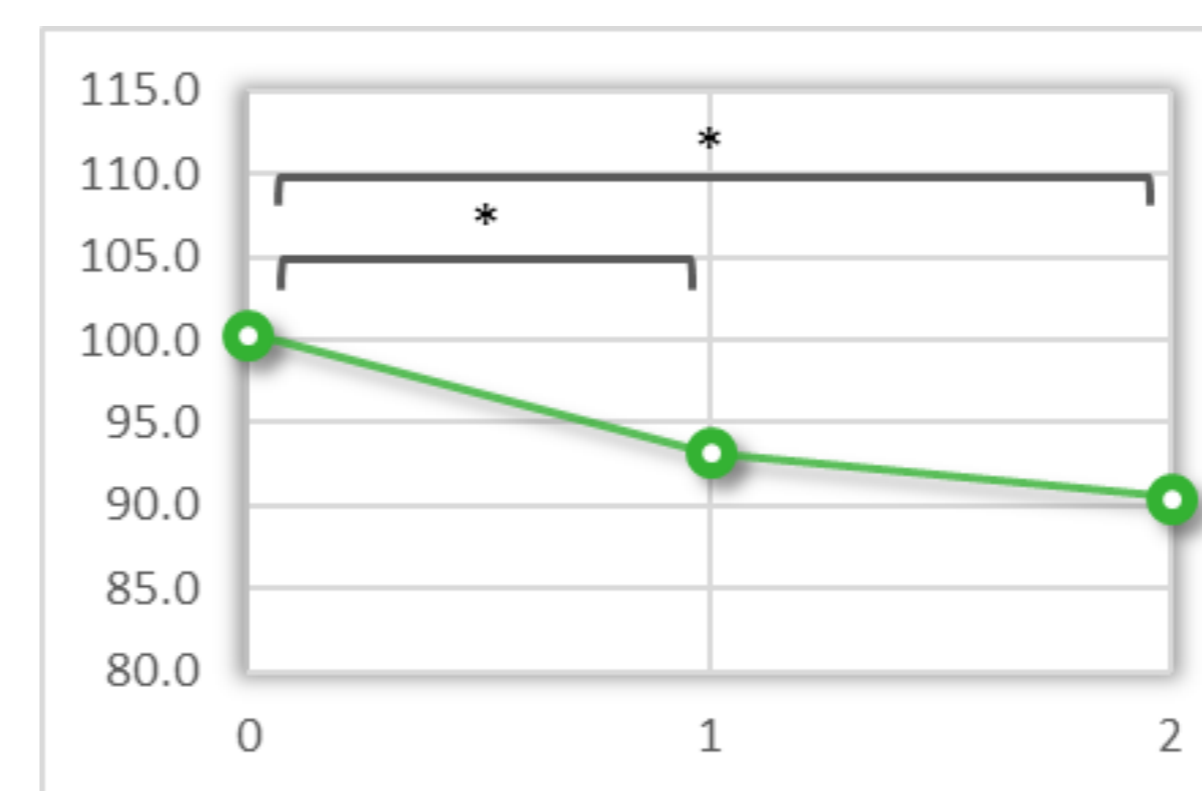
Measurement	n	$t_0$	$t_1$	$t_0-t_1$
		Mean (sd)	Mean (sd)	Mean (sd)
Body weight	36	98.4 (18.2)	91.6 (17.4)	-6.8* (4.9)
BMI	36	34.4 (5.3)	32.0 (5.0)	-2.4* (1.6)
Fat%	35	39.2 (6.1)	36.8 (6.3)	-2.4* (1.9)
Health status (0-10)	22	6.1 (1.1)	7.4 (1.2)	+1.2* (1.2)
RAI <sup>a</sup>	22	8.2 (4.7)	10.9 (4.6)	+2.7* (4.2)
		n (%)	n (%)	
On medication	22	18 (75.0)	16 (66.7)	-
Self monitoring of physical activity	22	3 (12.5)	7 (31.8)	-

\* p-value  $\leq 0.05$

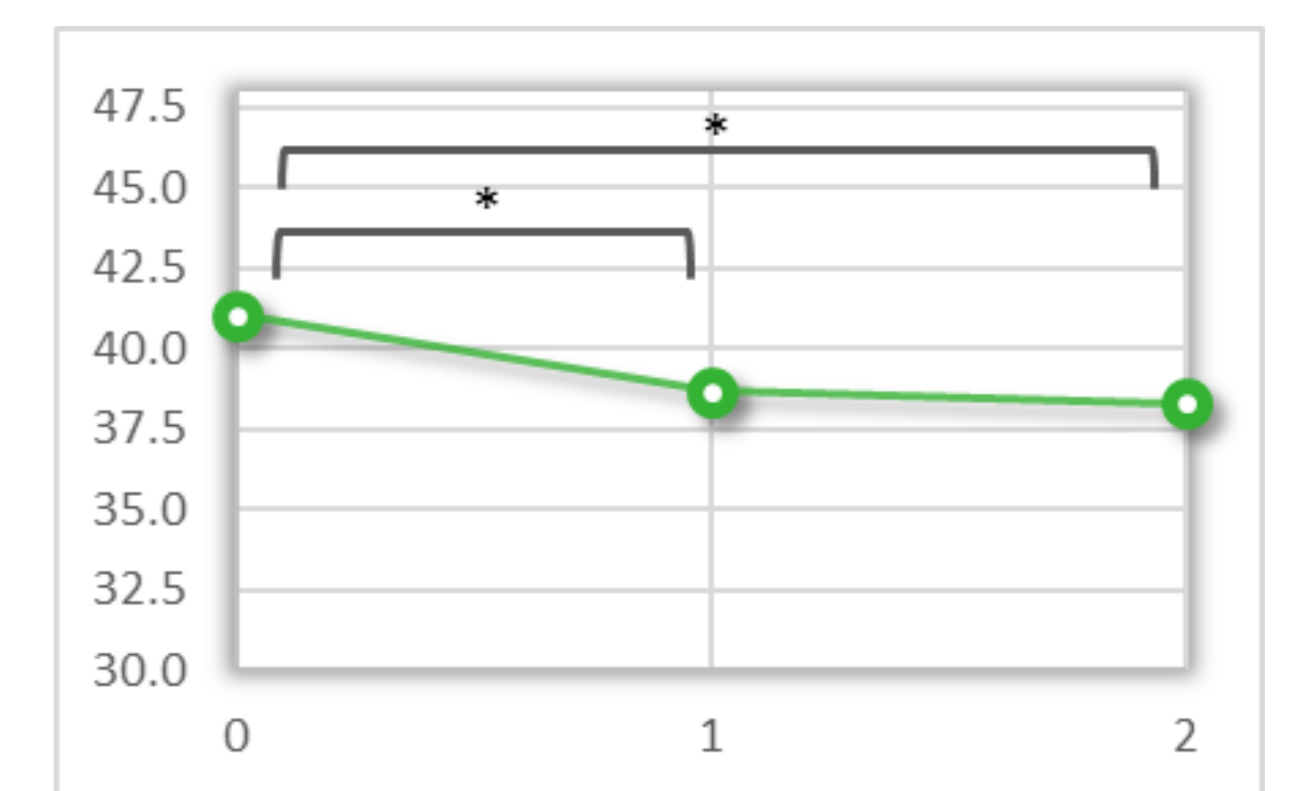
<sup>a</sup> RAI = relative autonomy index: scale from -21 (amotivation) to 17 (intrinsic motivation).

## Long term quantitative results

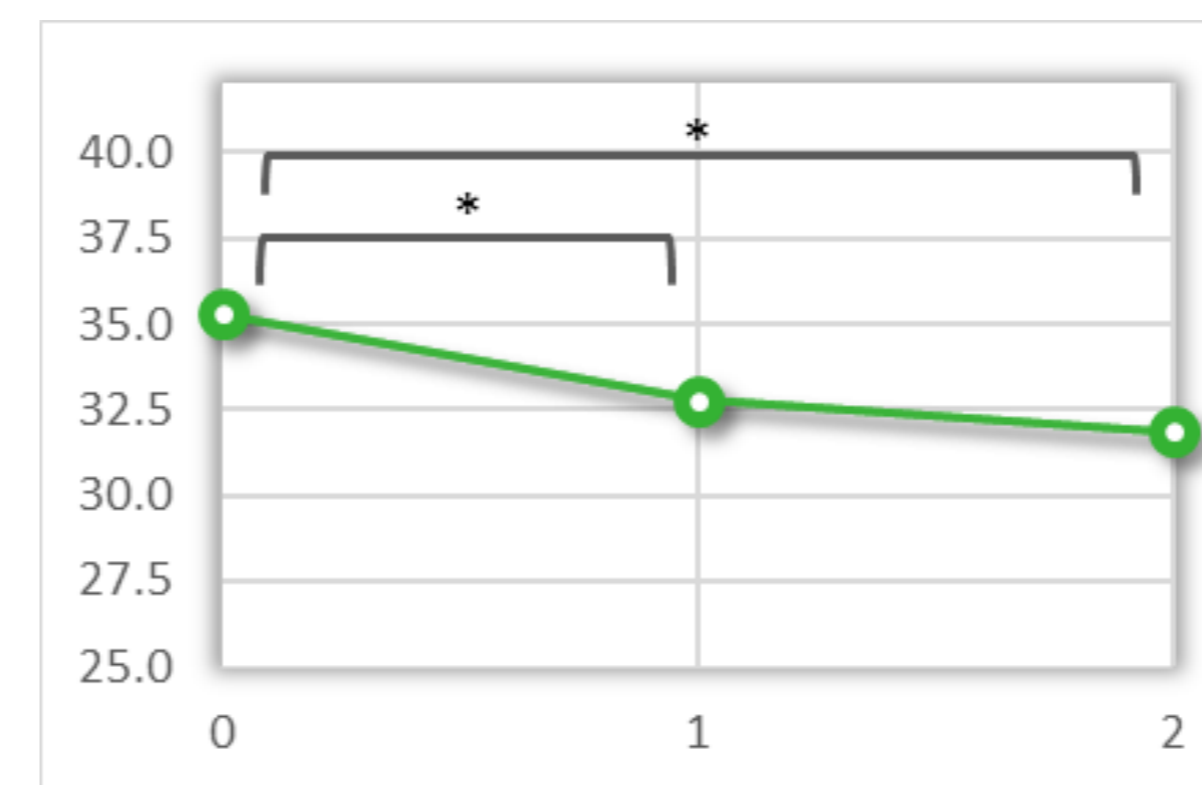
Changes in mean body weight ( $n = 14$ ).



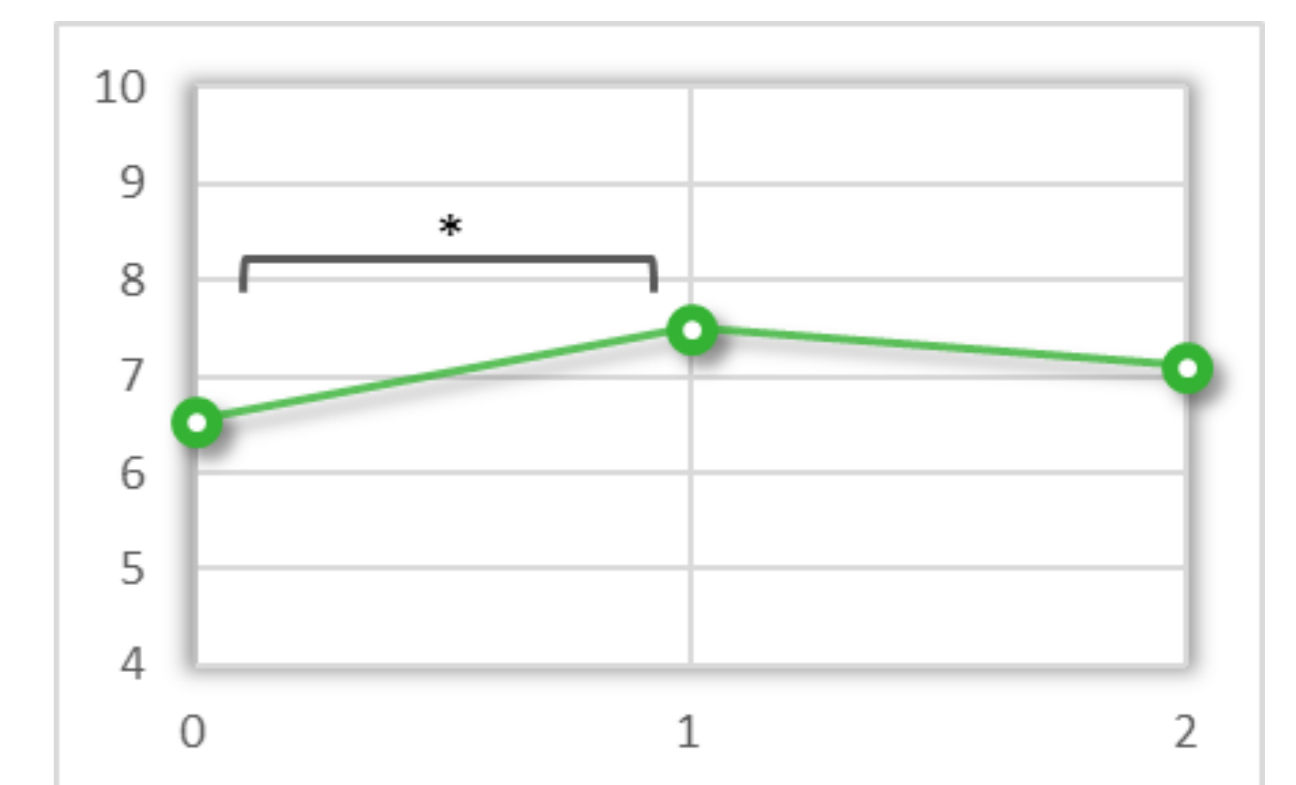
Changes in mean fat percentage ( $n = 14$ ).



Changes in mean BMI ( $n = 14$ ).



Changes in mean self reported health on a 0-10 scale ( $n = 12$ ).



\* p-value  $\leq 0.05$

## Qualitative results

About the programme:

"The guidance and atmosphere in the programme are really good!"

"Being in a group with people like yourself is supporting; you do not feel ashamed or looked at by other (slim) people."

"The lifestyle coach is really important; they are very supportive."

"X-Fittt 2.0 boosts your life: you feel better and full of energy!"

About the outcomes:

"My fitness improved and I am feeling good about myself."

"I gained more self-confidence and do more with other people."

"I now am able to play with my (grand)children again."

## Conclusions

- Participant's health and health-related behaviour improved both in the short term and in the long term.
- Participant's self-reported health status improved, which indicates an improved quality of life.
- More research among a larger sample is needed and will be conducted by the researchers.

## Acknowledgements

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