Inequalities in ERS: A tricky balance
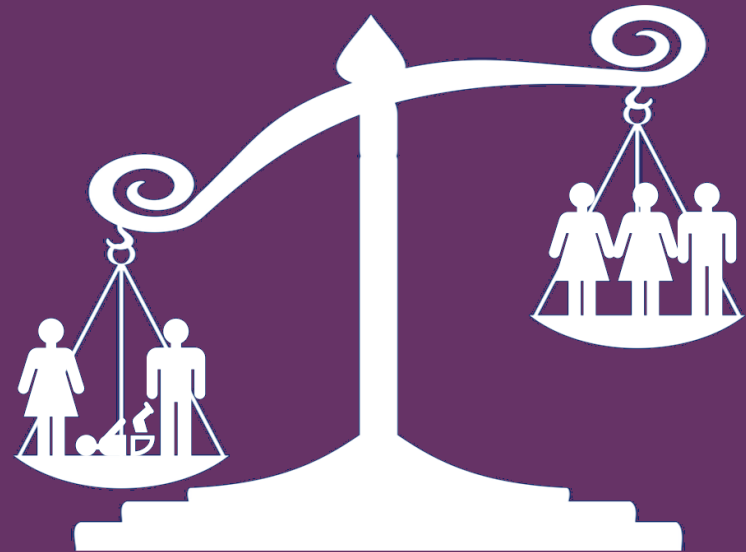
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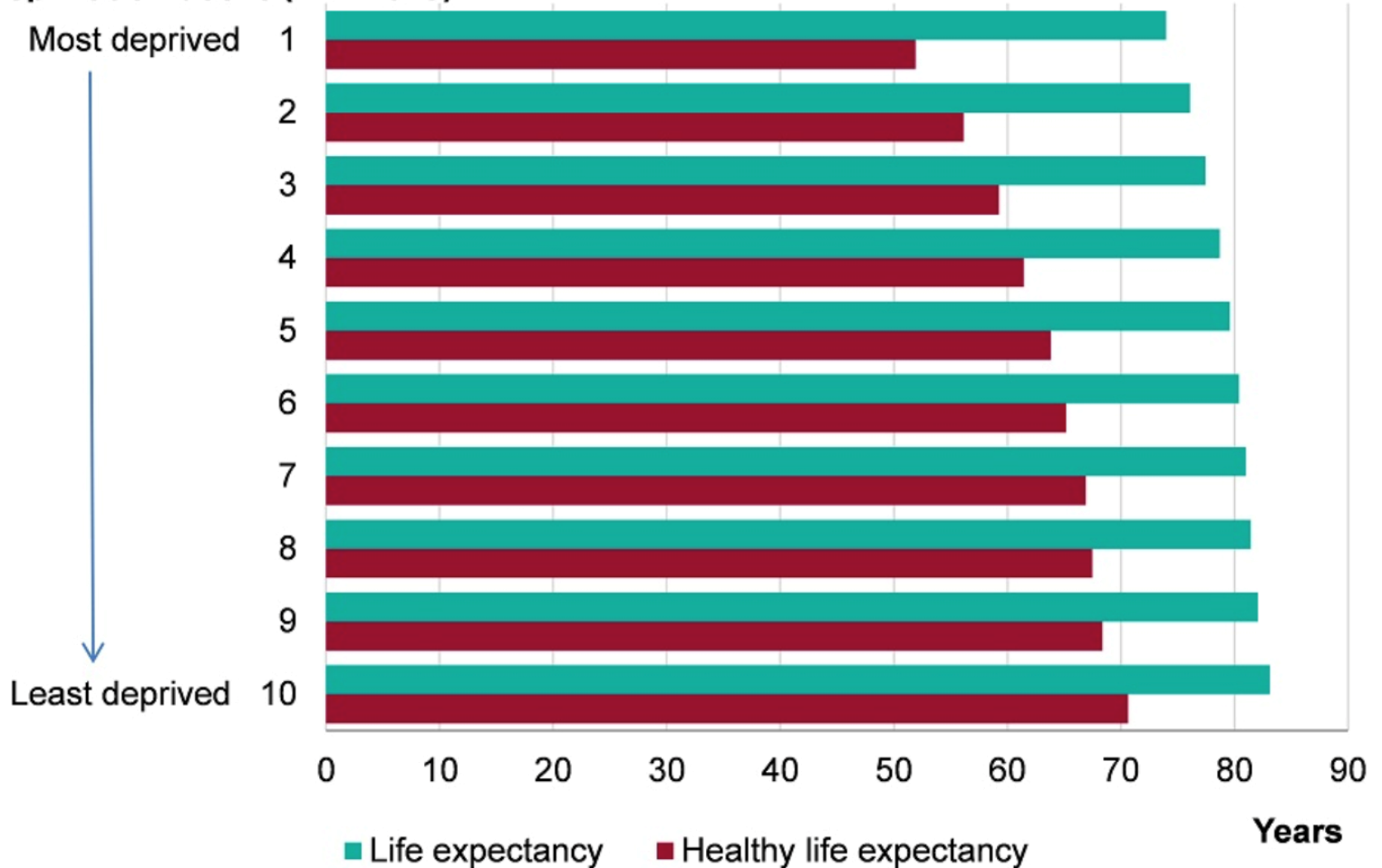
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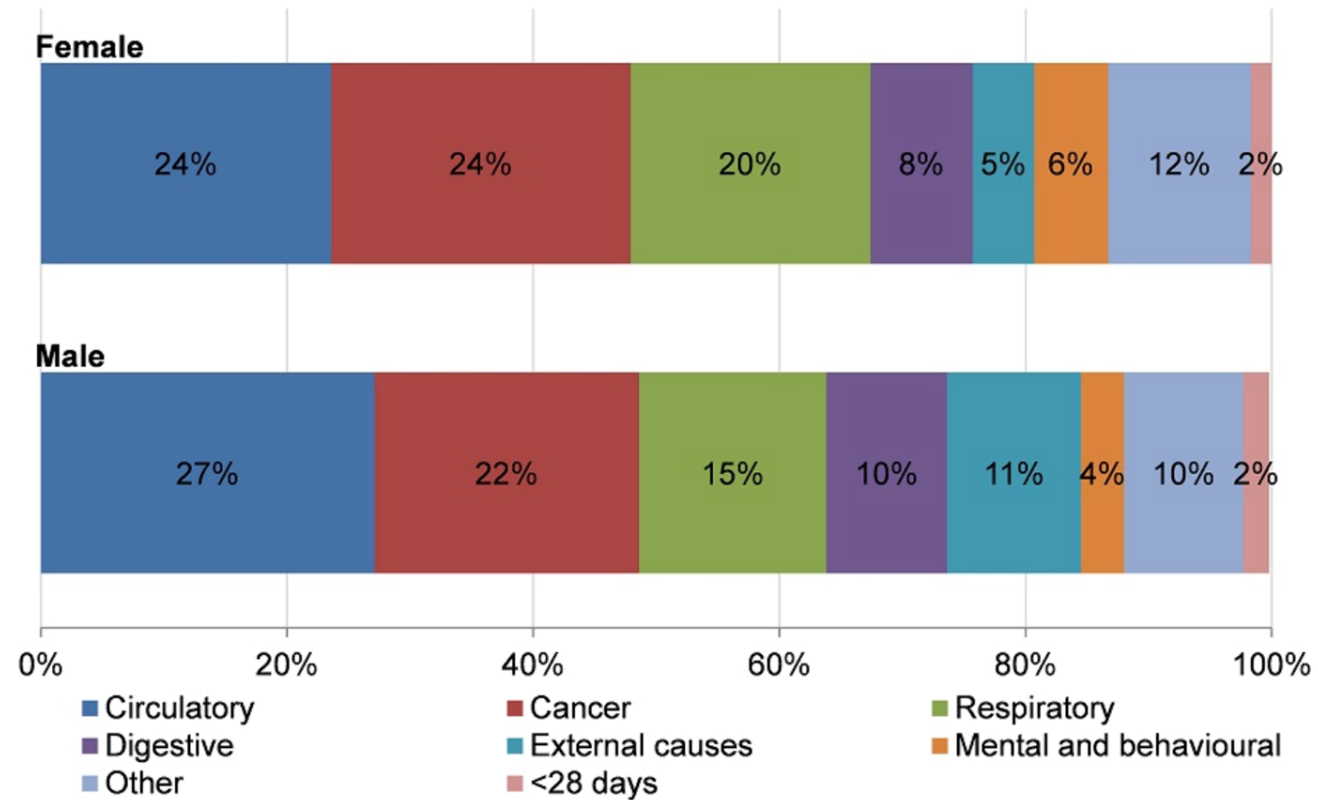
Deprivation decile (IMD 2015)

Chart showing Life expectancy (teal) and Healthy life expectancy (dark red) by deprivation decile from "Most deprived 1" to "Least deprived 10", measured in Years (x-axis 0–90).

■ Life expectancy   ■ Healthy life expectancy

Percentage of gap in life expectancy between the most and least deprived quintile

Source: PHE Segment tool: England PDF

- Major challenge of health inequalities.

- Many of our interventions exacerbate these.
  - Including attempts to mitigate the issues.

- Aim – to understand inequalities in ERS and to identify where good practice might be located.

- 23,782 individuals, across 14 referral schemes.

- Modelled using a multilevel Bayesian inference approach.

- Dummy proxies constructed to model key barriers:

  - Mental health referral pathways

  - Obesity classification

  - Leisure time

1. **Oversampling** across schemes

2. Increased **completion** odds::

3. Decreased **completion** odds:

4. Increased **effectiveness** odds:

Implications for Policy and Practice

- Caution exercised when scaling up ERS.

- Need for alternative and complementary service models for those with poorer health and social indices.

- ERS could be more efficiently delivered using triaging

  - to signpost to enhanced services,

  - and/or tailor services based on need.

Durham
University
Department of Sport and
Exercise Sciences

Community-based exercise prescription: exploring inequalities in engagement and outcomes using the National Referral Database.

Public registration

Study Information

Title

Provide the working title of your study. It may be the same title that you submit for publication of your final manuscript, but it is not a requirement.

Community-based exercise prescription: exploring inequalities in engagement and outcomes using the National Referral Database.

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Description

Please give a brief description of your study, including some background, the purpose of the study, or broad research questions (optional)

Overview

Files

Wiki

Components   0

Links   0

Analytics

Comments   0

Contributors

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Description

No description

Registration type

OSF Preregistration

Date registered

November 1, 2019

Date created

November 1, 2019

Registered from

osf.io/kfsj9

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