

Scheme Name	Target Group	Focus	Methods	Scale	Funding & Costs	Impact
<b>MEND (Mind Exercise Nutrition... Do It!)</b>	Children (7-13 years old)	Exercise Diet Behaviour Change	Education	Biggest non-clinical obesity intervention in the world - 300 schemes all over the UK, and exported to Australia and Denmark	The Big Lottery Fund and Sainsbury's. £200-450 per household	Proven to drive improvements in key health outcomes at 12 months such as BMI, waist circumference, increased participation in and uptake of physical activity and reduced sedentary behaviour, as well as improved self-esteem.  A trial demonstrated that participants in the programme achieved a waist circumference of 4.3cm less than the control group and had a 1.9 kg/m2 lower BMI after 6 months. It also found that positive benefits were sustained, although reduced, after 12 months.
<b>LEAP (Local Exercise Action Pilots)</b>	All	Exercise	Education Exercise Classes Motivational Interviewing	10,433 participants across ten sites in England	The <del>DoH</del> , the Countryside agency and Sport England. £50 - £3,400 per participant	Average increase in physical activity equivalent to around 75 minutes of brisk walking a week.  80% of LEAP participants who were sedentary at the start of the project and 63% of those who were lightly active moved up at least one physical activity category.
<b>Well@Work</b>	Adults (20-65 years old)	Exercise	Advice Incentives	Well@Work reached up to 10,000 employees in 32 workplaces across England in the two year trial (2005-2007). Well-being pilots for 4,000 NHS staff were launched in 10 NHS Trusts across England in 2008.	British Heart Foundation and Active England. £150 per participant	Proven to help improve employees' health and bring benefits through fewer absences and an engaged workforce.  Specific outcomes:  <ul style="list-style-type: none"> <li>• Those taking part in the pedometer challenges increased their weekly step counts by a third;</li> <li>• People taking part in active travel schemes spent an extra 24 minutes walking or cycling to and from work (on average);</li> <li>• Use of the workplace stairs increased by 28% following initiatives such as posters</li> <li>• Participants upped their intake of fruit and vegetables, with an additional 11 percent who began meeting their five plus a day requirements;</li> <li>• Employers also reported a boost in staff morale.</li> </ul>
<b>Bike It</b>	Children	Active travel	Education	In four years of operation Bike It has rapidly expanded to 32 staff addressing almost 400 schools in England and Wales and around 70,000 children will benefit from Bike It during the 2008 - 9 academic year.	The Bike Hub, the Big Lottery fund, <del>DoH</del> and <del>DoB</del> . £6000 per school	A survey of 50 Bike It schools in summer 2007 showed that everyday cycling had more than trebled from 3% to 10% of journeys; weekly cycling had increased from 10% to 27%, and 25% of pupils had started cycling for the first time.  Bike It is working with over 30 schools across a range of London Boroughs. The number of pupils cycling every day has trebled from 3% to 9% of school journeys. The number of pupils who never cycle fell from 81% to 68%.

<b>Travel Smart</b>	All	Active travel	Individualised Travel Marketing	315,000 households have been targeted in 21 pilot projects, with 3 current projects targeting 25,000 households over 3 years.	Active England Projected costs of £25 per household	Projects have achieved relative reductions in car driver trips of 6% to 14%, with increases of 15% to 46% in walking and 14% to 75% in cycling. Recent evaluations have shown increases in active travel of 7 to 28 minutes each week and the shift from car travel to walking, cycling and public transport resulted in a 15% increase in average daily exposure to physically active forms of travel.
<b>The National Cycle Network</b>	All	Active travel	Infrastructure	At the end of 2007, 12,000 miles of routes and local links had been established, with roughly one-third traffic-free and two thirds minor rural roads and traffic-calmed urban streets.	DfT Costs approaching £1per capita per annum	78% of users self-report increased physical activity levels as a result of their local routes, 42% claim to be walking or cycling more than a year previously, and a third plan to walk or cycle more in future. Sustrans monitoring indicates that this usage level represents a saving of 70 million trips by car per annum, significantly boosting active travel and saving an estimated 329,000 tonnes of CO2.
<b>COCO (Care of Childhood Obesity Clinic)</b>	Children	Exercise, Diet, Pharmacotherapy, and Bariatric Surgery	Techniques delivered by doctors, dieticians, and health and exercise specialists	140-150 children per year	NHS	83% success rate according to measures developed to determine progress against expected falls in BMI (set against 26% drop-out rate).
<b>Tackling Obesity with HENRY</b>	Pre-school children	Diet	Training for Sure Start Nursery Practitioners	672 practitioners to date	Child Growth Foundation, Royal College of Paediatrics and Child Health, DCSF and DH £575 k in Government funding	High approval ratings for the training programme and positive early feedback from parents.
<b>WATCH IT!</b>	Children (8-16 year olds)	Exercise Diet	Education Motivational Interviewing	20 staff members, operating out of 12 clinics across Leeds	Neighbourhood Renewal funding, Leeds Primary Care research Consortium and Leeds PCT £457 - £2450 per child (2005 figures)	Most individuals showed significantly decreased BMI at six months and reported improved nutrition, decreased self-harm and increased self-confidence. Qualitative research indicated significant appreciation of the service, with particular benefits coming from the development of friendships with children experiencing similar problems.
<b>Vitality</b>	All	Exercise	Incentives	Globally, 1.5 million people are enrolled in the Vitality programme. In the UK 254 gyms are participating, covering upto 39,000 people and generating over 250,000 gym visits a month.	ProHealth Members who go to the gym incur healthcare costs which are on average 38% less than those who don't.	The number of ProHealth gym members increased by 63% (excluding new members joining specifically because of the offer). The average number of gym visits per week almost doubled, and the proportion of people going more than twice a week more than tripled to 49%. A recent study of the South Africa programme showed that highly engaged members experience significantly lower costs per patient, shorter stays in hospital and fewer admissions.