Promoting physical activity in South Asian Muslim women through 'exercise on prescription'

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Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors' objectives
To review the literature relating to 'exercise on prescription' (EoP) schemes and South Asian Muslim women to provide the theoretical framework for the investigation.

To carry out a national survey of health authority districts with large South Asian populations in order to find out what schemes exist and what provision is made for these women.

To undertake case studies of schemes in which provision is made for South Asian Muslim women and to note good practice and issues arising.

To undertake and evaluate a pilot intervention programme with special provision for South Asian Muslim women.

To make recommendations for good practice in EoP schemes.

Authors' conclusions
While the research indicated that many EoP schemes have clear protocols and procedures and excellent facilities and programmes, many others suffer from shortcomings that need to be addressed, including communications between all participating parties and clarification of procedures.

Consideration should be given to the needs of South Asian Muslim women, in the form of the use of local community facilities and the employment of bilingual and sympathetic staff. Costs to these women should be kept as low as possible and consideration should be given to the provision of childcare facilities. To be effective, EoP programmes should be long rather than short term.

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