

Coventry and Warwickshire VTS, CRN West Midlands and Warwick Medical School
‘Primary Care Research and Audit in Coventry and Warwickshire’
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PRESENTER’S DETAILS		
Title (Prof, Dr, Mr, Mrs, Miss) Dr	First Name Jo	Surname Fleming
Place of work/study Unit of Academic Primary Care, Warwick Medical School		
PRESENTATION DETAILS (total max 250 words - not including title)		
Co-Authors Professor Jeremy Dale, Dr Carol Bryce	Title of Study The Parkrun Practice – an investigation into uptake, engagement and delivery of an initiative to promote parkrun in general practice	
What’s the problem you are tackling? (Background) Promoting physical activity in GP practices can be successful, but there are limited ongoing programmes that practice staff can refer patients to. parkrun is a series of free, weekly 5km events. They are open to all, including people who do not already do exercise or those have health conditions or disabilities. In June 2018, an initiative was launched encouraging the promotion of GP practices linking with their local parkrun to become a ‘parkrun practice’. This study aims to investigate uptake, engagement and delivery of an initiative to promote parkrun in general practice, exploring motivations and expectations of registered practices.		
How did/will you do it? (Method) An online survey was delivered to 780 parkrun practices across the UK in April/May 2019. Qualitative investigations in the West Midlands are ongoing (April-July 2019), including interviews and focus groups discussions with parkrun practices, interviews with non-registered practices and interviews with key stakeholders.		

What did you find? (Results)

The online survey was completed by 298/780 practices in the UK (response rate of 38%)

To date we have carried out:

6 x one-to-one interviews and 1 x focus group discussion with parkrun practices

3 x one-to-one interviews with non-registered practices

3 x key stakeholder interviews

Fieldwork and data analysis is ongoing – we will aim to present the initial findings.

Why does this matter? (Conclusion)

The findings will help us understand ways in which the initiative is being put into place and how it might be made better. Our results will also help us develop a larger study exploring models of delivery and impact on patient and practice outcomes.