

Promoting Health through 'Inspired Living'

Domain	Tool	Time point		
		1	2	3
Weight (kgs)	Calibrated scales in group setting	X	X	X
Height (cms)	Calibrated height tool in group setting	X		
BMI (weight kgs/height m2)	calculated from above	X	X	X
Blood pressure	Calibrated electronic sphygmomanometer	X	X	X
Pulse	From electronic sphygmo' read out	X	X	X
Serum cholesterols	Near patient testing (finger prick)	X	X	X
Activity levels	GP Physical Activity Questionnaire	X	X	X
Diet	Dietician assessment tool via colleagues Barbara Parry	X	X	X
Wellbeing	Warwick Edinburgh Mental Wellbeing scale	X	X	X
Sickness absence	self report	X	X	X
Quality of life & Productivity	Work Limitations Questionnaire, Work Productivity and Activity Impairment SF-36v2 & the EuroQol-5D visual score	X	X	X
Health awareness/knowledge/attitudes	Health awareness tool via Health Promotion colleagues Barbara Parry	X	X	X
Minor illness record	Add to questionnaire	X	X	X

Key: Time points 1= at enrolment Feb/Mar 2010)
 2= pre-ride BY 4th Sept 2010
 3= 1 year post cycle Sept 2011

These assessments will be via friendly local practices for those continental riders cycling more than 200 miles in September & linked to Inspired Living weekend events such as rides, gym sessions or social events for those cycling less than 200 miles.

All Questionnaires will be completed prior to the physical parameters.

Information will be collected through the inspiredliving.org.uk website. There will be appropriately stringent data protection safeguards in place. Participants will be given a unique study number, the key held by the data guardian & collation of the information will be non-attributable & separated from this function.