

Title of Intervention	Walking for Wellbeing in the West (WWW)	
Website	http://www.sparcoll.org.uk/Home.aspx	
Intervention Strategies	Individual Education	
Purpose	Increase participants mean daily step-count by 3,000 steps above base line, which is equivalent to approximately 30 minutes of moderate physical activity a day.	
Populations	Adults 18-65 years in Scottish communities.	
Settings	Community-based	
Partners	Not mentioned	
Intervention Description	This is a 12 week walking program with physical activity consult. The first 6 weeks consist of graduated bi-monthly goals with an aim to increase walking behavior to be maintained in the second 6 weeks. Intervention participants received a physical activity consult and the 12 week walking program.	
Theory	Transtheoretical Model of exercise behavior change	
Resources required	Staff/Volunteers:	Not mentioned
	Training:	Not mentioned
	Technology:	Not mentioned
	Space:	Not mentioned
	Budget:	Not mentioned
	Intervention:	Pedometers
	Evaluation:	7 day physical activity recall, Positive and Negative Affect Schedule, Euroqol EQ-5D, precision balance, stadometer, measuring tape, automated blood pressure monitor, intravenous butterfly cannula, K+EDTA vaccutaner, spectrophotometric analyzer.
Evaluation	Design:	Randomized control trial
	Methods and Measures:	The WWW is a randomized control trial with a convenience sample from local recruiting efforts. One week blinded pedometer readings were taken at baseline and 12 weeks. A physical activity questionnaire was also administered. Additional health measures included Quality of Life measure, Body Mass Index (BMI), Blood Pressure, and Fasting lipids
Outcomes	Short term impact:	The WWW group saw a significant increase in total steps with 64% reaching the goal of 15,000 steps per week. They also reported increased leisure time walking and decrease in weekday sitting. No significant health related outcomes were noted due to the short length of the initial measure.
	Long term impact:	Program results still in progress for one year follow-up.
Maintenance	Not mentioned	

Lessons Learned	Not mentioned
Citation(s)	<p data-bbox="467 281 1505 533">Baker, Graham, Gray, Stuart R., Wright, Annemarie, Fitzsimons, Claire, Nimmo, Myra, Lowry, Ruth, and Mutrie, Nanette for the Scottish Physical Activity Research Collaboration. (2008) The effect of a pedometer-based community walking intervention "Walking for Wellbeing in the West" on physical activity levels and health outcomes: a 12-week randomized control trial. International Journal of Behavioral Nutrition and Physical Activity. 5:44 This article is available from: http://www.ijbnpa.org/content/5/1/44</p> <p data-bbox="467 543 1505 831">Fitzsimons, Claire F, Baker, Graham, Wright, Annemarie, Nimmo, Myra A, Ward Thompson, Catharine, Lowry, Ruth, Millington, Catherine, Shaw, Rebecca, Fenwick, Elisabeth, Ogilvie, David, Inchley, Joanna, Foster, Charlie E, and Mutrie, Nanette (2008) The 'Walking for Wellbeing in the West' randomized controlled trial of a pedometer-based walking program in combination with physical activity consultation with 12 month follow-up: rationale and study design. BMC Public Health 2008, 8:259. This article is available from: http://www.biomedcentral.com/1471-2458/8/259</p>
Current Program Status	<p data-bbox="467 863 1458 955">12 month results had not been published at the time of this publication. Long term results and program details can be found at: http://www.sparcoll.org.uk/Home.aspx</p>