

## **Brent outdoor gym evaluation**

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**February 2014**



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## 1.0 Executive Summary

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Regular physical activity is one of the most important things you can do for your health, with strong scientific evidence that it increases overall physical and mental well being and reduces both the risk of illness, as well as reducing symptoms of established disease<sup>1</sup>.

Yet nationally, only 11.4% of adults are sufficiently physically active (participating in 150 minutes of physical activity weekly). The London Borough of Brent falls well below the UK average in physical activity with only 7% of residents sufficiently active, ranking it among the worst in the UK<sup>2</sup>. In addition, 56% of Brent's adult population participates in no physical activity at all<sup>3</sup>.

Furthermore, physical inactivity is costing Brent £19.8 million per 100 000 population, higher than the national average of £18 million, which equates to £61.5 million pounds annually<sup>4</sup>. Reducing physical inactivity by just one per cent a year, over 5 years, would save the UK economy £1.2 billion<sup>5</sup>.

With the obesity epidemic rising, and physical activity levels falling, it is clear more needs to be done to encourage activity within the UK.

Cost and lack of access are often cited as two of the main barriers to people not participating in regular physical activity, and the provision of outdoor gyms combats both of these factors. In the summer of 2013, six outdoor gyms were installed in parks throughout the London Borough of Brent to encourage, facilitate and promote physical activity among residents.

Whilst outdoor gym installation is becoming more popular across the UK, there is little evidence of evaluation having been done to determine the effectiveness of these. In October 2013, the healthy lifestyles team at Brent Council, led on an initial 3 month post implementation evaluation of the scheme. This evaluation will be repeated in 2014, to determine if use is maintained, increased or decreased since the initial installation, and whether or not these have been an effective tool in increasing physical activity in residents.

The evaluation team visited all 6 parks with outdoor gyms, approached all users and invited them to complete the questionnaire by health trainers who had attended a bespoke consultation course. Days and times of data collection were the same in each park. The questionnaire included questions about their physical activity levels, motivations for participating in activity, and their thoughts on the gyms. The questionnaire is included in Appendix one.

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<sup>1</sup> <http://www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx>

<sup>2</sup> Brent Joint Strategic Needs Assessment, 2012

<sup>3</sup> Active People Survey 7, December 2013

<sup>4</sup> Turning the Tide on Inactivity, UK Active, January 2014

<sup>5</sup> ibid

### **Main findings:**

- 878 users completed the questionnaire, with an estimated 1911 visits over the evaluation period;
- outdoor gym users were overwhelmingly positive about the gyms and the opportunity for both physical activity and well being and sense of community that they enabled; and
- 98% of users would recommend them to someone they know.

### *Gym use and activity levels*

- 41% of gym users had shown an increase in their activity levels since the gyms had been installed;
- 32% of users reach the national activity guidelines of 5 x 30 minutes activity weekly
- there was a 27% increase in users reaching the three times 30 minute weekly target, from 43% to 70%;
- 26% of users were previously active less than three times a month, and of these 82% are now active weekly, 55% are active three times weekly and 25% now meet the national guidelines for five sessions weekly;
- 83% were classified as regular users, using the gym at least once a week; and
- duration of use was split approximately in thirds with visits less than 20 minutes, 20 – 30 minutes, and more than 30 minutes.

### *Encouraging and promoting gym use*

- 30% of gym users responded positively to the question “I did not exercise before and the outdoor gyms have encouraged me to do so”;
- 69% were motivated by increasing fitness levels, and 66% for general health and wellbeing;
- 85% of users had seen them in the park and 14% had found out about them through word of mouth;
- 68% of people thought they needed to be more widely publicised; and
- participants suggested that better promotion of the gyms, and facilities in the surrounding area - lighting, toilets, shelter and fencing – would increase use further among residents.

### *Populations using gyms*

- park choice was very important - 82% of users in just three of the six parks;
- 86% of people used their closest gym travelling an average distance of 872 m;
- the gyms were accessed by Brent residents across all demographic groups; and
- 84% of users felt safe or very safe in the parks.

**Recommendations:**

The evaluation team found six main recommendations to consider:

1. evaluation should be repeated in 2014 to determine level of use over time;
2. more promotion of the gym needs to be done to increase awareness and use;
3. promotion could also be done through engaging health practitioners in the borough, and linking in with other schemes such as the exercise referral scheme;
4. the idea of led group exercise sessions received popular feedback and users stated they would participate in such sessions;
5. better signage could help to reduce the number of children and dogs in the gym area, and could signposting closest facilities could be a cost effective option than providing facilities the gym users suggested; and
6. consider implementation of new gyms in other parks.

## 2.0 Introduction

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### 2.1 *Physical activity in Brent*

It is widely recognised that adults should undertake at least 30 minutes of physical activity at least 5 times a week<sup>6</sup>. Nationally, the UK is falling well short of this with only 11.4% of adults reported as being sufficiently active<sup>7</sup>, where this is defined as 150 minutes physical activity weekly.

Physical activity participation rates in Brent are amongst the lowest in England with only 7% being sufficiently physically active<sup>8</sup>. 56% of Brent's adult population do not participate in any sport or physical activity (London average is 49.5%), 18% participate in some sport or physical activity on 3 occasions a week for 30 minutes or more (London average is 21.3%, national average 24.8%) and 20.6% of Brent adults are members of a sports club (London average is 26.2%)<sup>9</sup>.

Decreasing physical activity levels are directly contributing to the increasing obesity levels evident throughout the UK and globally, and obesity is now the second greatest cause of ill health and preventable disease worldwide<sup>10</sup>. The Public Health Observatories (PHO) estimated in 2012 that approximately 21.2% of Brent's population are obese<sup>11</sup>. In addition, 7.7% of Brent's population has clinically confirmed diabetes, which is significantly higher than the average of 5.8% and is among the highest in England<sup>12</sup>.

Lack of physical activity and increasing obesity levels come with high levels of social and economic costs, and it is clear more needs to be done to encourage people to adopt healthier lifestyles, to prevent these lifestyle related conditions. The importance of increasing physical activity levels in Brent is also highlighted in the Tackling Diabetes in Brent Task Group Report (2013)<sup>13</sup>; which recommends the installation of the outdoor gyms as a tool for increasing physical activity levels.

In recent years, Brent PCT and Brent Council have supported many initiatives to increase activity in the borough including:

- 'Exercise Referral Scheme' which is available to those who have a diagnosed illness where activity can reduce symptom severity;
- Three large leisure centres with a range of facilities and activities including free swimming for over 60s, under 5s, disabled people and under 17s in school holidays;
- Multi Use Games Areas which have been installed in 17 parks;

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<sup>6</sup> <http://publications.nice.org.uk/four-commonly-used-methods-to-increase-physical-activity-ph2>

<sup>7</sup> Brent Joint Strategic Needs Assessment, 2012

<sup>8</sup> <https://intelligence.brent.gov.uk/BrentDocuments/Diet,%20physical%20activity%20and%20obesity20summary.pdf>

<sup>9</sup> Active People Survey 7, December 2013

<sup>10</sup> <http://www.nhs.uk/Conditions/Obesity/Pages/Complications.aspx>

<sup>11</sup> Brent Joint Strategic Needs Assessment, 2012

<sup>12</sup> Brent Health Profile 2013, Public Health England: <http://www.apho.org.uk/default.aspx?RID=49802>

<sup>13</sup> Tackling Diabetes in Brent Task Group Report (2013)

- Over 400 hectares of green open space in the borough;
- Healthy walks scheme with 8 led walks in parks weekly and signposted routes through parks; and
- Refurbishment of 44 tennis courts.

However, it is clear that more still needs to be done. ‘Lack of transport, cost and lack of awareness’ are commonly cited barriers to physical activity by Brent residents, and as the increasing evidence of the benefits of green spaces on peoples mental wellbeing gains momentum, outdoor gyms are ideally placed to combat these barriers, as well as promoting general well being.

## **2.2 The case for outdoor gyms**

Outdoor gyms have become increasingly popular in recent years as the evidence mounts on both the benefits of physical activity and open green spaces on both physical and mental health and wellbeing.

The evidence for the health benefits of green spaces is best highlighted in the Marmot review (2010)<sup>14</sup>, which states *“Numerous studies point to the direct benefits of green space to both physical and mental health and wellbeing. Green spaces have been associated with a decrease in health complaints, improved mental health and reduced stress levels, perceived better general health, and the ability to face problems. The presence of green space also has indirect benefits: it encourages social contact and integration, provides space for physical activity and play, improves air quality and reduces urban heat island effects.”*

Combining the opportunities for physical activity, in a green space setting therefore has huge potential to positively impact on resident’s physical and mental health and wellbeing. Marmot further argues this by saying that *“creating a physical environment in which people can live healthier lives with a greater sense of well-being is a hugely significant factor in reducing health inequalities<sup>15”</sup>*, which is also a priority for Brent.

Camden’s outdoor gym evaluation, a borough neighbouring Brent in north west London, showed positive results; with 43% of their users reporting to use the outdoor gyms between 3-7 days per week and 26% of respondents indicating that they did not exercise prior to using the outdoor gym<sup>16</sup>. However, there seems to be very little data and evaluation of outdoor gyms, especially long term.

Brent has over 400 hectares of green open spaces in the borough that are visited regularly by residents. The Time Out Survey Consultation Report which surveyed Brent residents (Oct 2012)<sup>17</sup>, showed that 76% of residents visit a park or open space regularly, of which 31% suggested outdoor gym facilities would encourage them to take part in more physical

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<sup>14</sup> Marmot, M. (2010) *Fair Society, Healthy Lives: Strategic Review of Health Inequalities in England post 2010. The Marmot Review*

<sup>15</sup> *ibid*

<sup>16</sup> Camden Outdoor Gyms Evaluation Phase I. Pro Active Camden. (March 2011)

<sup>17</sup> The Time Out Survey Consultation Report (Oct 2012)

activity. The most inactive local authorities have on average, a third fewer facilities than the least inactive boroughs<sup>18</sup>.

Outdoor gyms then seem well placed to reduce physical inactivity and promote mental wellbeing in the borough by encouraging both physical activity and visits to green open spaces for residents.

### **2.3 The economic argument**

The national cost of inactivity in England was estimated to be £8.2 billion annually in 2006<sup>19</sup>.

The “Turning the tide of inactivity” report published in January 2014, reports that local authorities spent an average of 2.4% of their public health budgets on programmes to tackle inactivity in 2013/14. Central government estimates that local authority spending on inactivity is even lower than this at less than two per cent of public health budgets in 2013/14, and five per cent of the local authorities who responded failed to apportion any of their public health budgets to physical inactivity in 2013/14.

Physical inactivity represents ten per cent of total societal costs when compared against other top-tier public health concerns including sexual health, smoking, obesity and drug and alcohol misuse, making the 2.4% of public health spend on programmes to tackle physical inactivity disproportionately low compared to other public health issues<sup>20</sup>.

On average, physical inactivity is costing each local authority in England £18 million per 100,000 people annually. Higher deprivation areas are almost 10 per cent more physically inactive than lower deprivation areas, and this increase in inactivity is reflected in the costs incurred. The cost of inactivity to Brent, is £19.8 million per 100 000 population, which equates to £61.5 million pounds annually<sup>21</sup>.

Reducing physical inactivity by just one per cent a year, over 5 years, would save the UK economy £1.2 billion and every local authority would save local taxpayers £44 per household, and significantly improve the health and wellbeing of their local communities<sup>22</sup>.

Reviewing the evidence for health benefits of physical activity shows the greatest improvements in health status are seen when individuals who were previously inactive, undertake some activity<sup>23</sup>, reaffirming that local authorities should be focusing their physical activity promotion work on the those who are currently inactive.

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<sup>18</sup> Turning the Tide on Inactivity, UK Active, January 2014

<sup>19</sup> National Institute of Health and Care Excellence, Costing Report: Four Commonly Used Methods to Increase Physical Activity (2006). <http://www.nice.org.uk/nicemedia/live/11373/31847/31847.pdf>

<sup>20</sup> Department of Communities and Local Government, Local Authority Revenue Expenditure and Financing: 2013-14 Budget, England (2013). [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/225884/RA\\_Budget\\_2013-14\\_Statistical\\_Release\\_-\\_FINAL\\_\\_2\\_.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/225884/RA_Budget_2013-14_Statistical_Release_-_FINAL__2_.pdf)

<sup>21</sup> Turning the Tide on Inactivity, UK Active, January 2014

<sup>22</sup> *ibid*

<sup>23</sup> Warburton DE, Nicol CW, Bredin SS (2006) Health benefits of physical activity: the evidence. *Canadian Medical Association Journal* 174: 801-809.

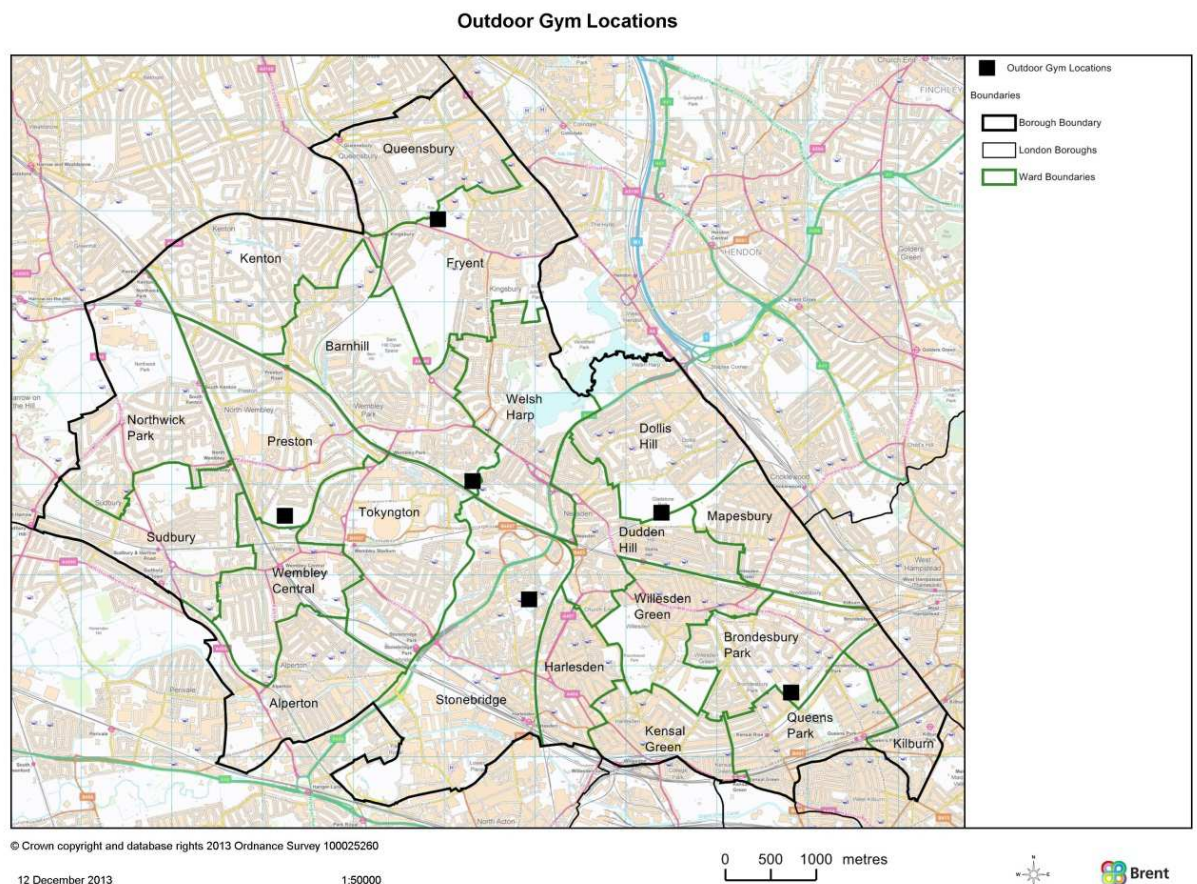


## 2.4 Outdoor gym installation

Recognising that Brent's residents are inactive across most of our population groups, and the benefits of physical activity to health and wellbeing, Brent PCT committed funding to support the installation of five outdoor gyms throughout the borough. The sixth gym in Chalkhill Park, was funded through regeneration funds allocated to Chalkhill Estate from Brent Council.

An audit of the leisure facilities and parks in the borough was undertaken, and five sites were chosen after assessing areas for increased housing provision, access and size of parks and deprivation, and also ensuring a good geographic spread throughout the borough. The gyms are spread throughout the borough, with 80% of Brent's residents living within 1.2 km (0.75 miles), or about a 15 minute walk, of a gym. 90% of residents live within one mile (1.6 km), or about a 20 minute walk, of a gym.

All six gyms were installed in the summer of 2013, and sites are shown on the map below.



## **3.0 Evaluation Methodology**

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### **3.1 Aims and Objectives**

The Outdoor Gyms were installed to encourage participation in physical activity among residents. There are two evaluations planned, one at 3 months post installation, and a repeat one at 12 months post installation to measure use of the gyms, and whether residents' activity levels have increased. The same methodology will be used for both evaluations.

The aims of the evaluation are:

- To measure overall use of equipment;
- To determine whether the gyms are being accessed by a representative population;
- To determine whether the gyms have enabled people to move from inactive to sufficiently active according to national guidelines;
- To determine whether there are any improvements which would increase participation rates;
- To determine secondary positive and / or negative implications;
- To use the data collected, along with results from the follow up evaluation, and evaluations of other initiatives, to determine whether future investment in more outdoor gyms is warranted as an effective strategy to increase activity in the borough's residents.

### **3.2 Questionnaire Development**

The questionnaire was designed by Brent Council's Healthy Lifestyle Team specifically for this evaluation. It was approved by Brent Council's equalities and diversity and consultation teams.

The questionnaire included questions from Camden's Outdoor Gym Evaluation and the Active People Survey to allow for comparisons between the populations using the gym and previous evaluations undertaken.

The questionnaire also included questions that related directly to Brent Council's activity targets, as well as questions relating directly to the aims of the project and evaluation.

The questionnaire used can be found in Appendix One.

### **3.3 Data collection**

All six outdoor gym sites in the borough were evaluated in the same manner.

Health trainers, who work in the community supporting healthy behaviours and lifestyle changes, were employed to undertake data collection. Those involved undertook a bespoke consultation course prior to being part of the evaluation. The health trainers were responsible for collecting all data which consisted of two parts:

1. Health trainers were asked to count number of people using the gym who declined to complete the survey. The list included children who were ineligible, returning users who had completed it already and those who simply did not wish to complete it.
2. Approach all outdoor gym users over 16 years of age and invite them to complete the self-administered questionnaire. Health trainers were also able to take gym users through the questionnaire where they were unable to complete it themselves.

All sites were evaluated in an identical manner.

Health Trainers were present at each site for the following days and times during the week of the evaluation.

Day	Time
Monday	8 am – 7 pm
Wednesday	8 am – 7 pm
Thursday	8 am – 7 pm
Saturday	9 am – 4 pm
Sunday	9 am – 4 pm

Sites were evaluated according to the following schedule:

Site	Week
Chalk Hill	9 – 15 September 2013
Gibbons Recreational Ground	16 – 22 September 2013
Roe Green Park	23 – 29 September 2013
King Edward VII Park	30 September – 6 October 2013
Gladstone Park	30 September – 6 October 2013
Tiverton Park	7 - 13 October 2013

### **3.4 Data entry**

The completed questionnaires were sent to SNAP surveys, an independent consultancy company for input by an independent organisation ensuring no bias was entered into the results.

### **3.5 Data analysis**

Data analysis was run by the Consultation Team at Brent Council.

## 4.0 Results

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Outdoor gym users were counted in two ways: those who didn't wish to complete the survey, and those who did.

Health trainers made every attempt to monitor and record all users, although this proved to be extremely difficult in busy parks where the equipment was full, with only some exercising and some just trying it out, as well as the number of children which were using the equipment.

Section 4.1 presents the estimated data from the monitoring sheet, and from 4.2 onwards only data collected in the actual questionnaires is used.

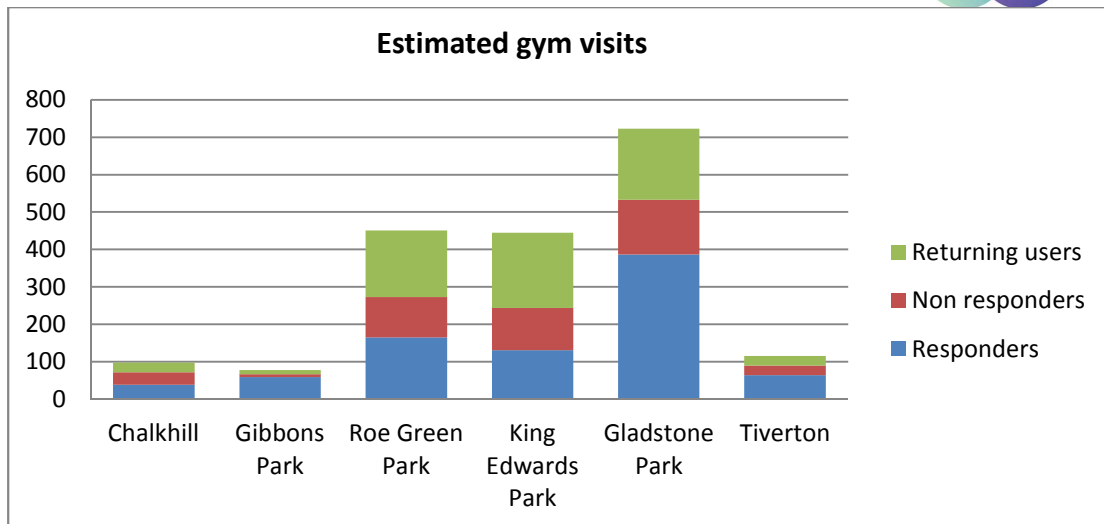
### 4.1 *Estimated numbers of gym users*

The number of adults (over 16 years old) attending each site over the evaluation period is shown, per site, in the table below.

	<b>Responders</b>	<b>Non responders</b>	<b>Returning users</b>	<b>Total</b>
Total Users	845	434	632	<b>1911</b>
<b>Chalkhill</b>	39	33	26	<b>98</b>
Gibbons Park	59	8	11	<b>78</b>
Roe Green Park	165	108	178	<b>451</b>
King Edwards Park	131	113	201	<b>445</b>
Gladstone Park	387	146	190	<b>723</b>
Tiverton	64	26	26	<b>116</b>
<b>Total</b>	<b>845</b>	<b>434</b>	<b>632</b>	<b>1911</b>

A total number of 1911 visits were recorded to be using the gym throughout the evaluation times. Across the sites and days, some gyms became extremely busy and it was difficult to ensure that everyone was approached and asked to complete a survey.

878 evaluation questionnaires were completed; more than the estimated count of 845, indicating that the attempts the health trainers made to count each user, is actually under-estimating use, and there are likely to have been more visits than this.



Simplified demographic Breakdown of non-responders

People who declined to complete a questionnaire, were recorded, and their gender and ethnicity recorded also. The demographic breakdown of non-responders is as below.

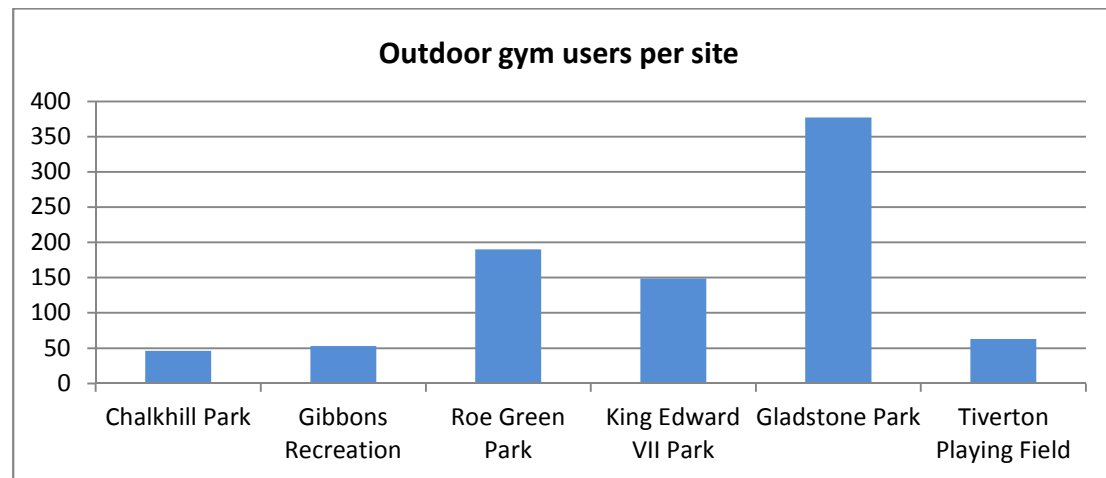
Demographic of non-responders						
		White	Black	Asian	Total	Total Users
All Parks	Male	79	27	106	212	434
	Female	105	11	106	222	
Chalkhill	Male	10	5	6	21	33
	Female	6	3	3	12	
Gibbons Park	Male	0	0	1	1	8
	Female	1	0	6	7	
Roe Green Park	Male	24	7	31	62	108
	Female	22	0	24	46	
King Edwards Park	Male	6	5	47	58	113
	Female	24	2	29	55	
Gladstone Park	Male	36	7	20	63	146
	Female	43	4	36	83	
Tiverton	Male	3	3	1	7	26
	Female	9	2	8	19	
<b>Total Users</b>		<b>184</b>	<b>38</b>	<b>212</b>		<b>434</b>

The reasons that 81 of the non-responders offered for not responding were recorded below.

Reasons of non responders	Number of Users
Not interested	15
Insufficient English skills	48
Time	13
Looking after kids	2
Prefer not say	3
<b>Total</b>	<b>81</b>

#### 4.2 Actual number of questionnaires completed per site

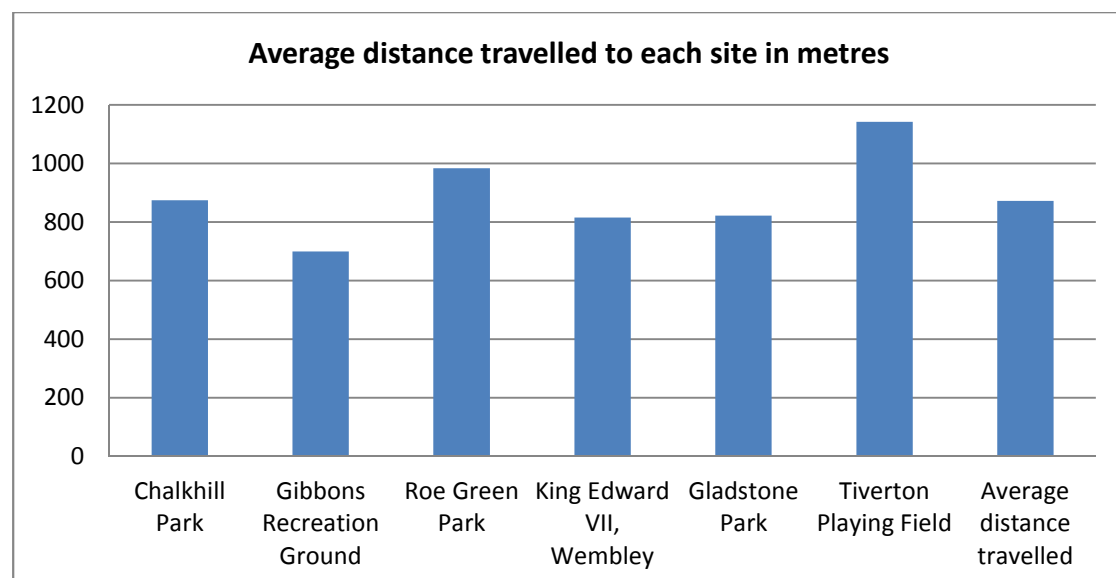
878 users completed the questionnaire; with the site breakdown across the parks as follows:



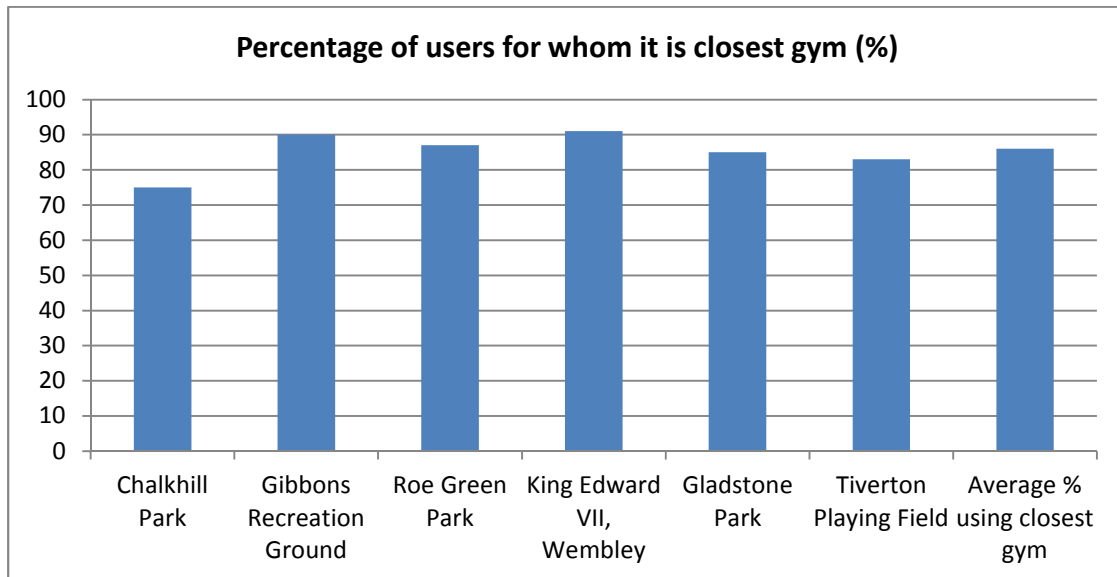
Outdoor gym use was extremely varied across the sites. Gladstone Park was the busiest, with 377 users, 43% of all use in Brent. Roe Green had 190 (22%) and King Edward VII, 149 (17%). The three bigger parks alone accounted for 82% of all outdoor gym use in Brent.

#### 4.3 Distance travelled

The average distance travelled to reach the gym by users was 872m, with people travelling the shortest distance to King Edward, 815m on average, and the furthest to Tiverton, 1142m on average.

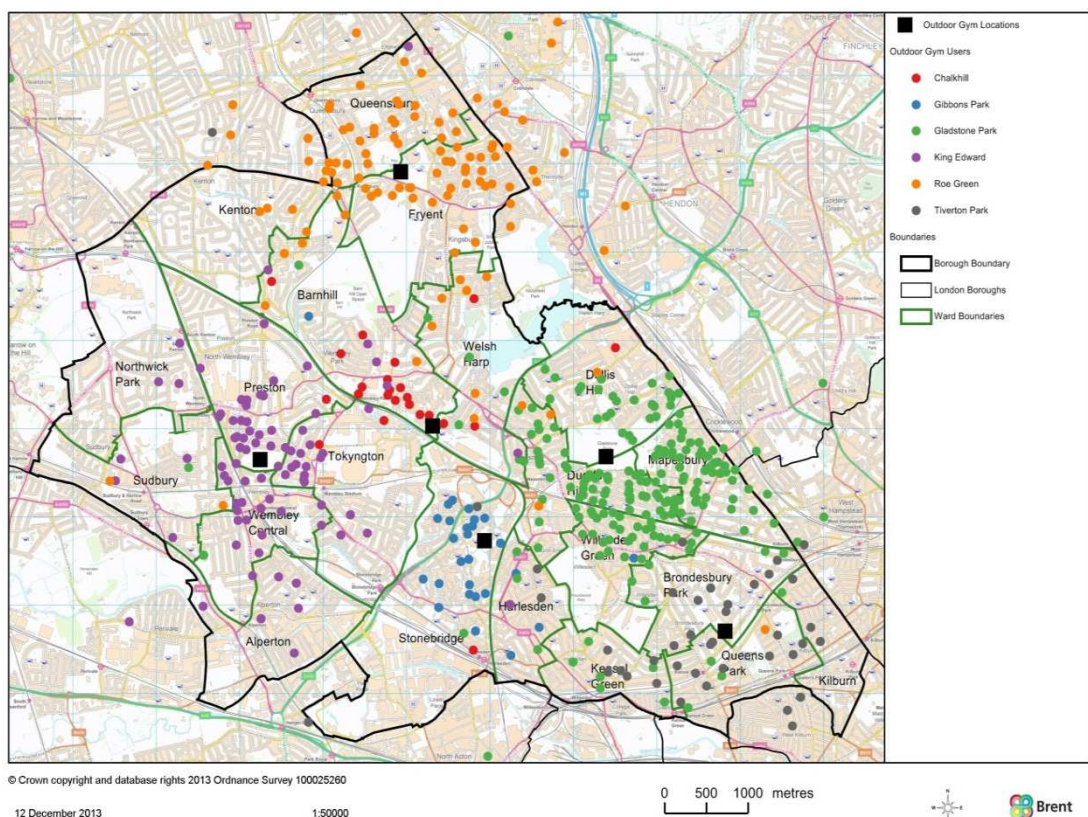


86% of users visited their closest gym in the borough and the average distance travelled for those who did was 574m, one third less than the average travelled for all users. There were a few users from other parts of England who completed the survey but their data was excluded from the distance travelled analysis.



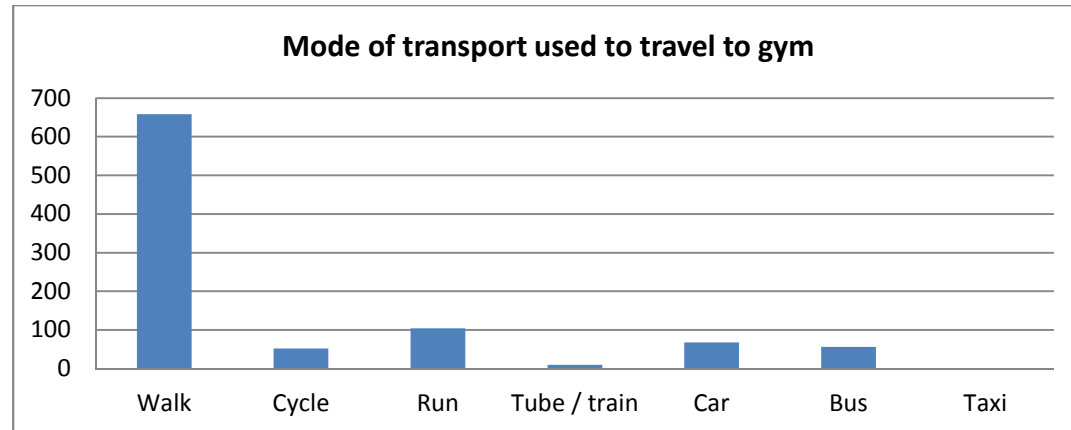
The map below shows the location of all gyms in the borough, mapped with postcode data of residents who use each gym. Location of gyms is clearly important as most users come from the area immediately surrounding the gyms, keeping travel distance to a minimum, although 14% of users appeared happy to travel further than their closest gym to reach their park of preference.

**Outdoor Gym Users**



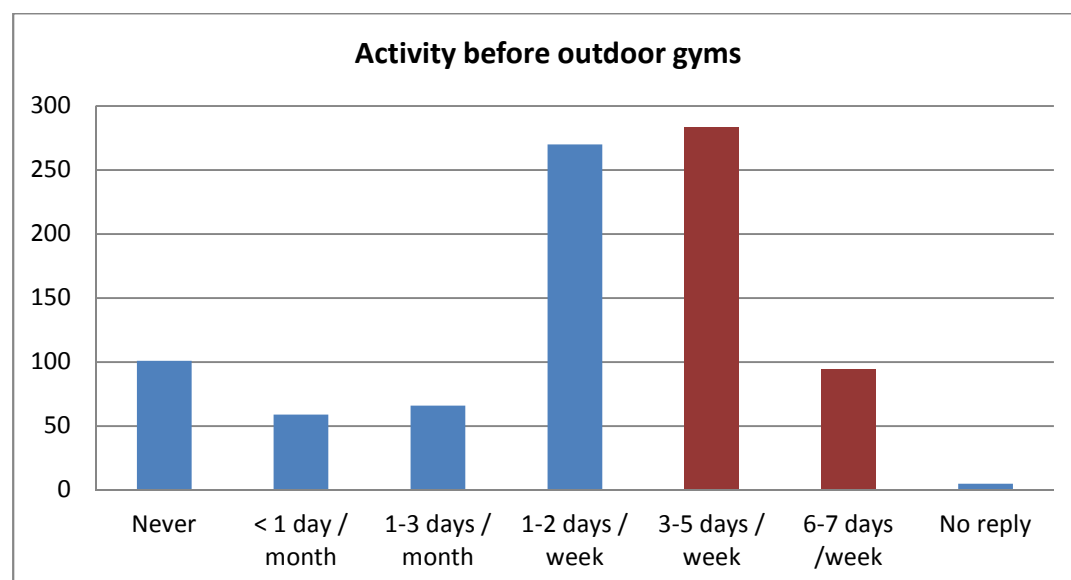
#### 4.4 Mode of transport

75% of people walked, and 12% of people ran, as a part of, or their complete, journey to the gym. Cycling and public transport were surprisingly uncommon methods of transport, accounting for only 6% and 7.5% of journeys respectively.



#### 4.5 Activity sessions per week

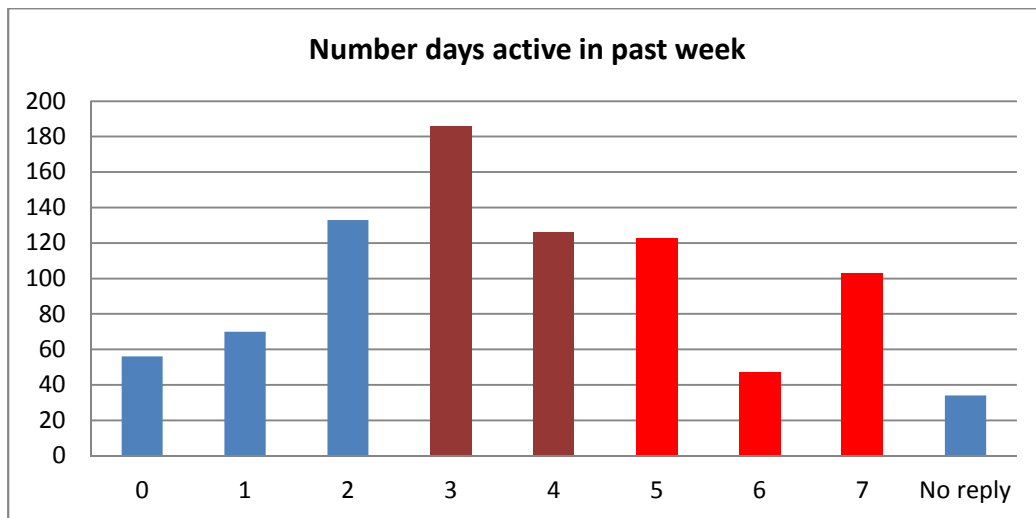
Prior to the outdoor gyms being installed, 377 (43%) users reported that they were active at least 3 days a week for 30 minutes at a time. 496 (57%) did not meet this level of activity, 226 (26%) were active less than three days a month and 160 users, (18%) were completely inactive (exercising never, or less than once a month).



Users were then asked about the number of days they had been active in the past week. 585 (70%) reported that they had been active more than three times a week for a least 30 minutes, an increase of 27%.



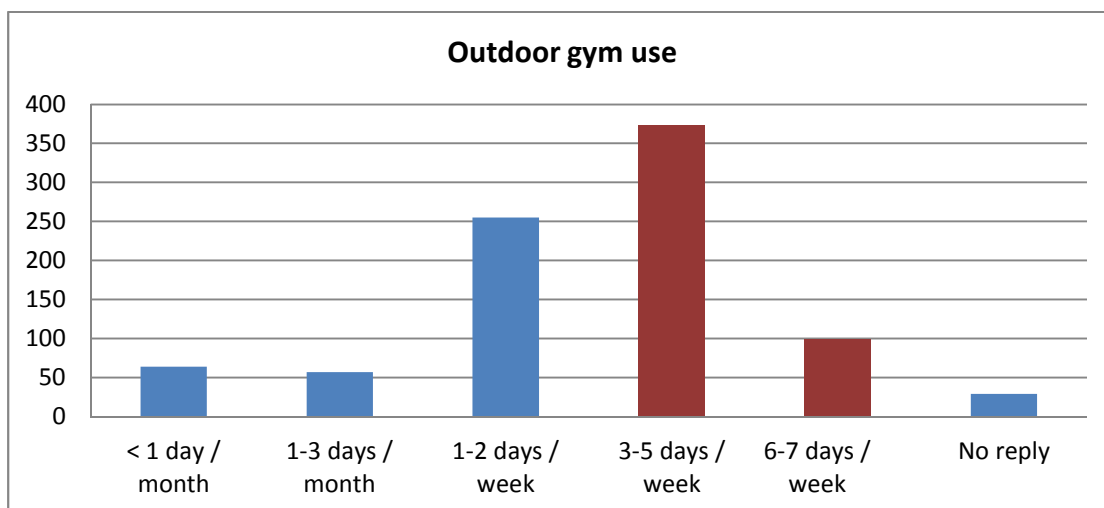
273 users (32%) had been active for at least 30 minutes a day at least 5 times in the last week, meeting the nationally recommended guidelines for physical activity.



#### 4.6 Weekly outdoor gym use

473 users (54%) use the outdoor gym on 3 or more days every week, meaning that using the outdoor gyms alone, they reach the 3 x 30 minute weekly activity session level.

A further 255 (29%) respondents reported using the gym at least once a week making 83% of those surveyed are regular users. Of those who are not regular users, it would have been interesting to note how many of these were first time or new users and whether they were considering becoming regular users, however this data was not collected.



#### 4.7 Change in activity levels pre and post installation

The table below compares activity levels pre and post outdoor gym installation. Activity completed prior to outdoor gym installation is shown down the left hand side, and across the top is the number of days of activity participated in the last week.

Respondents who fall to the right hand side of the green line, and shaded in green, are those who have increased activity levels since the installation of the gyms. Those shaded in red, have shown a decrease, and those cells which aren't coloured have shown no measureable change.

In total 348 participants (41%) have demonstrated increased activity levels in the past week compared to their activity before using the gyms, whilst only 66 (7.5%) reported decreasing activity levels.

Physical Activity comparison pre and post outdoor gym		In the past week, on how many days have you completed a total of 30 minutes or more of physical activity?								
		0	1	2	3	4	5	6	7	Increase
Before you started using the outdoor gyms, how much exercise did you do on average?	Never	25 24.8%	12 11.9%	11 10.9%	11 10.9%	8 7.9%	8 7.9%	6 5.9%	17 16.8%	73
	Less than 1 day a month	8 13.6%	7 11.9%	13 22.0%	7 11.9%	6 10.2%	8 13.6%	3 5.1%	5 8.5%	49
	1-3 days per month	6 9.1%	8 12.1%	9 13.6%	16 24.2%	18 27.3%	5 7.6%	0 0.0%	3 4.5%	59
	1-2 days per week	11 4.1%	36 13.3%	77 28.5%	67 24.8%	27 10.0%	20 7.4%	10 3.7%	12 4.4%	136
	3-5 days per week	4 1.4%	5 1.8%	18 6.4%	82 29.0%	64 22.6%	68 24.0%	13 4.6%	18 6.4%	31
	6-7 days per week	2 2.1%	2 2.1%	4 4.3%	3 3.2%	3 3.2%	14 14.9%	15 16.0%	47 50.0%	
	<b>TOTAL</b>	<b>56</b>	<b>70</b>	<b>132</b>	<b>186</b>	<b>126</b>	<b>123</b>	<b>47</b>	<b>102</b>	

Of the 348 users that had demonstrated increased activity levels since the installation of the outdoor gyms, these were spread across all parks, but with nearly a 20% discrepancy. The breakdown of those with increased activity levels by park is shown below.

Increase in activity per park	Count	Percent
Chalkhill Park	21	50
Gibbons Recreation Ground	20	38
Gladstone Park	163	45
King Edward VII Park, Wembley	45	31
Roe Green Park	75	41
Tiverton Playing Field	24	40
<b>TOTAL</b>	<b>348</b>	<b>41</b>

The table below shows the people who have gone from being active never, and active less than 3 days a month, to now meeting the 1x 30 minutes, 3 x 30 minutes and 5 x 30 minute participation levels.

These figures are cumulative and the 'never' are included in those who are active less than 3 days a month. It is extremely positive to see that out of the 220 (26%) people who were active less than 3 times a month, 82% of these are now active at least weekly, 55% active three times a week, and 25% active 5 times a week. So of those who were previously inactive (< 3 days a month), 25% now reach the recommended guidelines for physical activity.

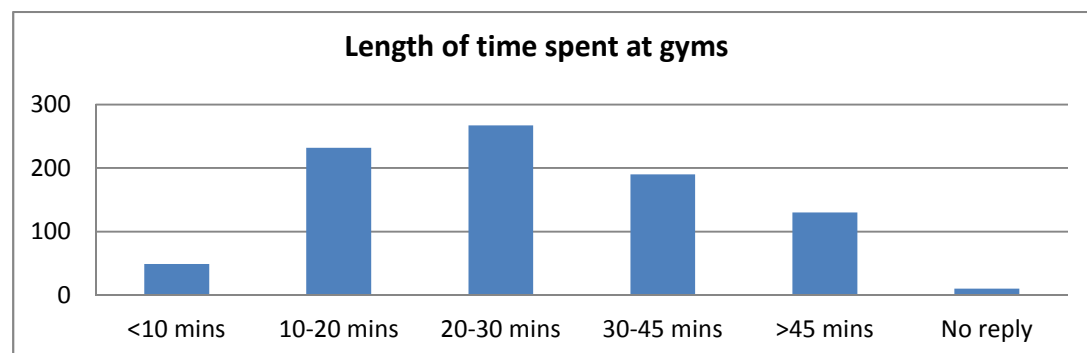
Of the 98 (12%) people who never participated in any activity, 51% of this group are now active three times a week, and 32% now meet the recommended national guidelines.

This is a difficult group to engage, and a group which stands to gain the most from increasing their physical activity levels, so is a really beneficial outcome of the scheme.

People moving from 'inactive' to participating in some activity since outdoor gym installation			Participation in activity in the previous week		
			1 x 30 mins	3 x 30 mins	5 x 30 mins
Participation in activity prior to outdoor gym installation	Less than 3 days a month	220	181 (82%)	121 (55%)	55 (25%)
	Never	98	73 (74%)	50 (51%)	31 (32%)

#### 4.8 Duration of outdoor gym visits

Duration of visits was roughly split in thirds; with 32% using the gym for less than 20 minutes, 31% exercising for 20 – 30 minutes, and 37% staying more than 30 minutes.



#### 4.9 Outdoor gyms influencing peoples activity choice

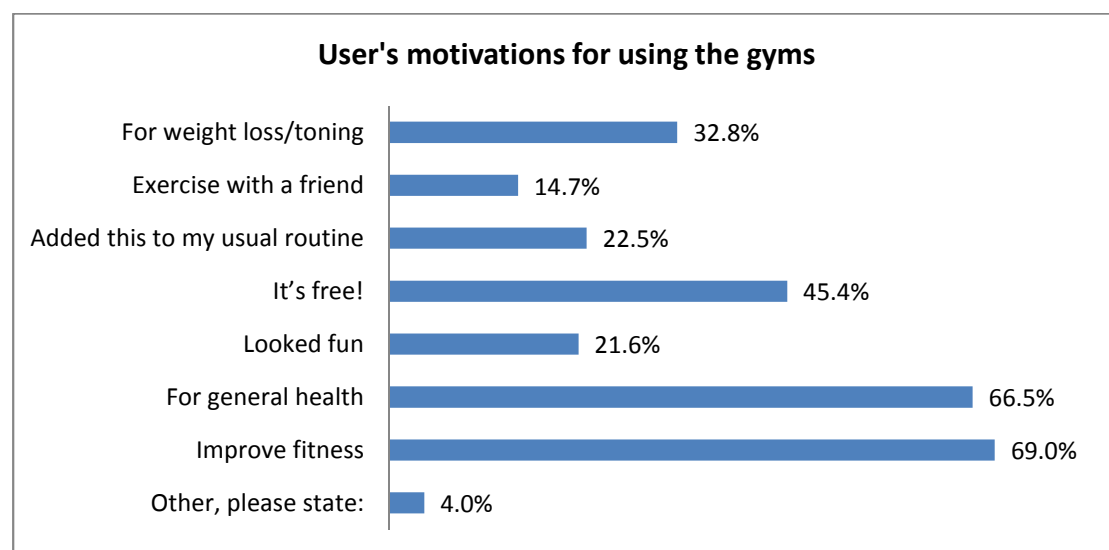
Just over 30% of respondents reported that the outdoor gyms had encouraged them to begin exercising, from being previously inactive. At least 45% of users use the outdoor gym in conjunction with other activities and facilities as part of their activity programme. 17.4% of respondents no longer walk or run and have replaced this with the outdoor gyms instead. Only 6.9% of people have stopped paying for indoor gym membership since the outdoor gyms were installed, and 7.3% continue to pay for their gym membership and now use both.

Response	Number	%
I did not exercise before; the Outdoor gyms have encouraged me to begin exercising	249	30.5
As well as using the Outdoor gym I also pay to use a leisure or fitness centre	60	7.3
I used to pay to use a leisure or fitness centre but I have replaced this with using the Outdoor gym	56	6.9
As well as using the Outdoor gym I attend a sports club e.g. football/hockey/netball	39	4.8
I exercise outdoors e.g. run, walking and have added using the Outdoor gym in my routine	271	33.2
I used to exercise outdoors e.g. run, walking and have replaced this with using the Outdoor gyms	142	17.4
<b>Total</b>	<b>817</b>	<b>100</b>

Of those who the outdoor gyms encouraged to begin exercising from previously being inactive, these people were evenly spread across all parks. The lowest percentage of new exercisers was 26% at Tiverton, and the highest was 37% at King Edward VII.

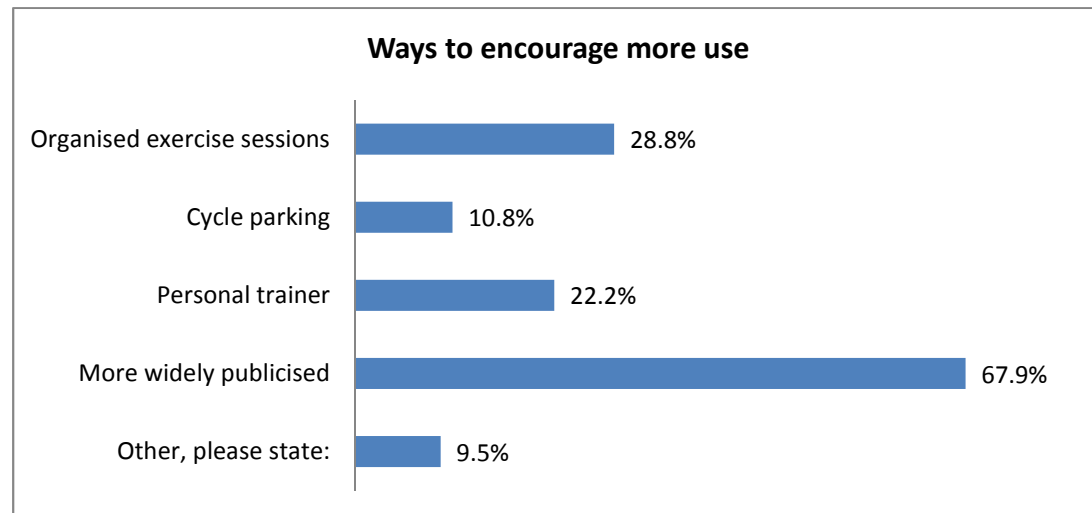
#### 4.10 Motivations for use

People's main motivations for using the outdoor gyms were for improved fitness, 69%, and general health and well being, 66.5%. Other popular reasons were that its free 45.4%, and for weight loss, 32.8%.



#### 4.11 Opportunities to increase use

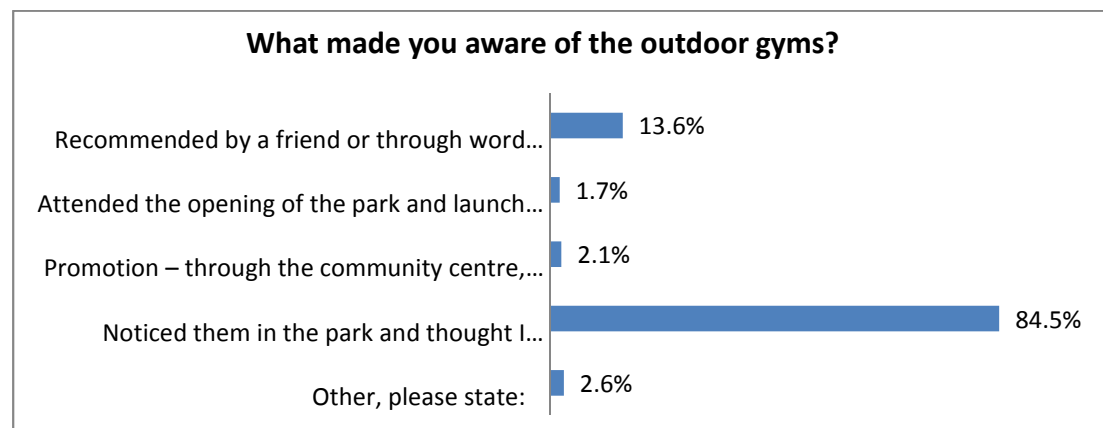
Participants were also asked what Brent council could do encourage further use of the equipment, and 68% of respondents stated that the gyms need to be more widely publicised. 85% of people using the gyms had just noticed them in the park, but had not seen them promoted elsewhere. Nearly 30% of respondents thought that having organised exercise sessions would be popular and would encourage more residents along.



22% of people thought that personal training sessions would be popular, although only 7% of people had actually attended a training session. 51% (447) of participants were unaware of the personal training led group exercise sessions, and of these, 94% (421) said they would go to a session now they knew about them.

	Yes	No
Have you attended a personal training session at the outdoor gym?	62	681
If you have not attended a personal training session because you didn't know they were available, will you attend one in the future?	421	26

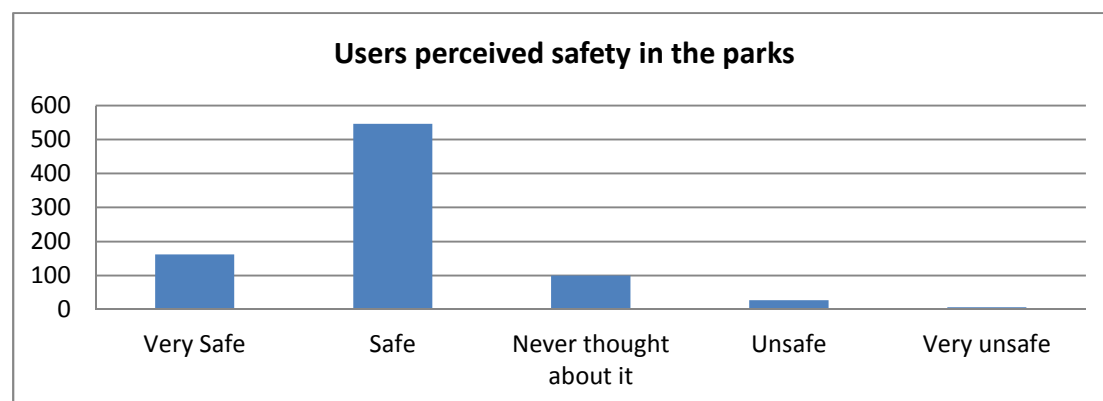
85% of people started using the gyms when they saw them in the park, and 14% found out through word of mouth. Only 2% of people learned about them through promotional initiatives.



98% of users said they would recommend the gyms to people they know, indicating extremely high levels of satisfaction.

#### **4.12 Safety in the parks**

708 users, 84%, felt either safe or very safe in the parks, compared to only 4% of users who felt unsafe or very unsafe. 12% of users had never thought about it.



Respondents reporting that the parks were either unsafe or very unsafe came from all parks, with the smaller less used parks such as Chalkhill and Tiverton receiving 2 and 3 counts respectively, and Gladstone with 10 people who felt this way. As a percentage though, Gladstone had only 2.6% of respondents who felt unsafe or very unsafe, with the highest percentage of respondents from Gibbons Recreation Ground at 9.4%.

The questionnaire then asked “*have you ever felt at risk of homophobic, religious or racial harassment at the outdoor gyms?*” to which 15 users, (1.7%) stated that they had.

The question then asked to detail the issue to which:

- 7 users then discussed non harassment issues such as the presence of dogs and children and general busyness of parks;
- 4 users stated they had felt at risk, 2 of which mentioned men staring at women; and
- 4 users did not complete this part of the question.

None of the four users who reported harassment as asked, detailed the incident in any depth, just completed it in a couple of words, and no formal complaints had been recorded.

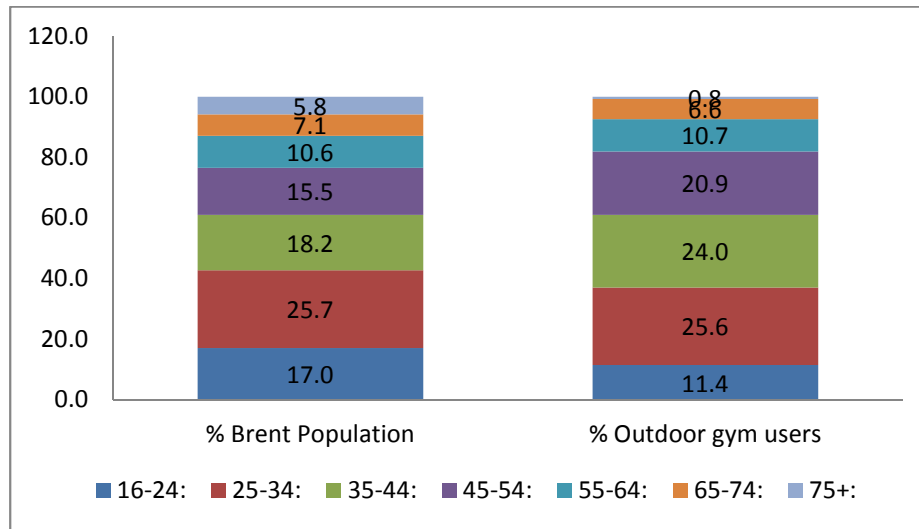
#### **4.13 The weather factor**

Over the five week period that data collection took place, rain was recorded for nearly 19 hours out of 282 hour collection period, 6.6% of the time. During these rain hours, only 19 visits (2.2%) were recorded, indicating that people are less likely to attend during periods of rain.

#### 4.14 Demographic breakdown of outdoor gym users compared to Brent's population

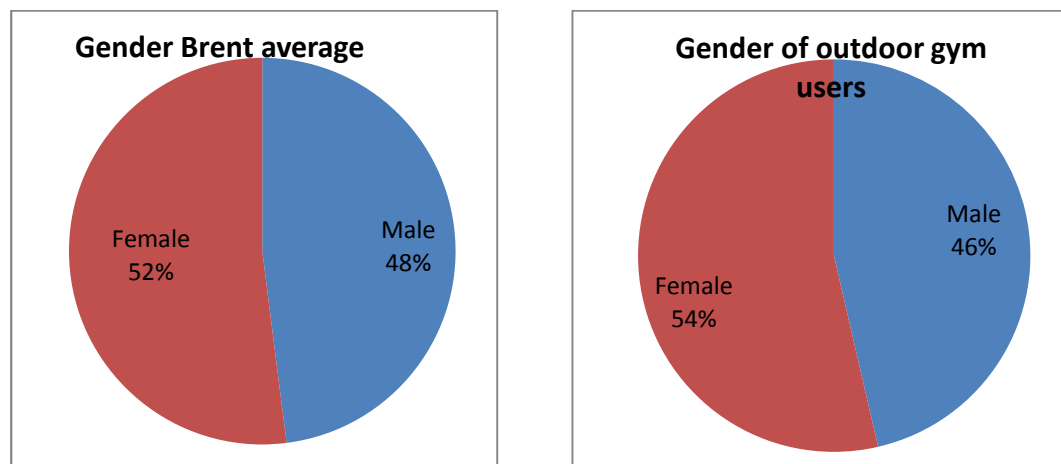
##### Age of outdoor gym users compared to Brent's population

There are fewer 16 – 24 year olds using the outdoor gyms compared to the average in the borough, 11.2% compared to 17%, and fewer over 75s than average. 35-44 year olds, and 45-54 year olds make up a large proportion of outdoor gym users, 44% compared to the borough average of 33.7%. 25-34, 55-64 and 65-74 year old users are all in line with the borough averages.



##### Gender of outdoor gym users compared to Brent's population

Both genders are well represented across the sites when considering total use, with females representing 54% of users compared to a 52% average in Brent population.



However, when looking at the sites individually, gender was not evenly spread across all sites. Roe Green had slightly more male users, and King Edwards, Gladstone having slightly more female users, with the majority of Tiverton users female.

<b>Parks</b>	<b>Male</b>	<b>Female</b>	<b>Male: Female ratio</b>
Chalk Hill	23	22	<b>51:49</b>
Gibbons	27	25	<b>52:48</b>
Roe Green	102	86	<b>54:46</b>
King Edwards	64	83	<b>43:57</b>
Gladstone	164	199	<b>45:55</b>
Tiverton	18	45	<b>28:72</b>
<b>Total</b>	<b>398</b>	<b>460</b>	<b>46:54</b>

*Ethnicity of outdoor gym users compared to Brent's population*

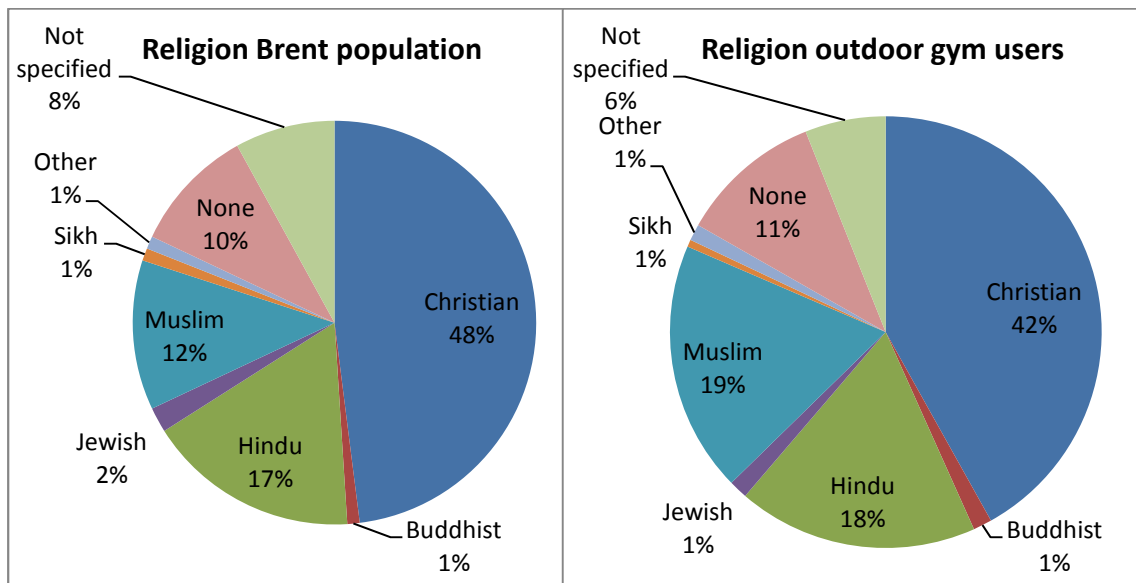
The table below shows the ethnicity of the Brent's average population compared to the outdoor gym users. The biggest differences are seen in the White British users are less than the average, although there are more White Other users which account for this. There are also more Asian Pakistani users than the Brent average. Most of the other ethnic groups have use which very closely relates to the average in the Brent population.

<b>Ethnicity</b>	<b>Brent average (%)</b>	<b>Outdoor gym users (%)</b>	<b>Difference</b>
White: British	18.0	13.2	-4.8
White: Irish	4.0	2.7	-1.3
White: Gypsy or Irish Traveller	0.1	0.1	-0.0
White: Other	14.3	21.2	6.9
Black or Black British: African	7.8	6.3	-1.5
Black or Black British: Caribbean	7.6	6.4	-1.2
Other Black	3.4	2.3	-1.1
Asian or Asian British: Indian	18.6	18.0	-0.6
Asian or Asian British: Pakistani	4.6	8.0	3.4
Asian or Asian British: Bangladeshi	0.6	0.6	0.0
Asian or Asian British: Chinese	1.0	2.1	1.1
Other Asian	9.2	9.2	0.0
Mixed/Dual Heritage: White & Black Caribbean	1.4	0.7	-0.7
Mixed/Dual Heritage: White & Black African	0.9	1.2	0.3
Mixed/Dual Heritage: White & Asian	1.2	1.0	-0.2
Mixed/Dual Heritage: Any other mixed background	1.6	1.2	-0.4
Other ethnic groups	5.8	5.8	0.0
<b>TOTAL</b>	<b>100</b>	<b>100</b>	

*Religion of outdoor gym users compared to Brent's population*

All religious groups were represented in the gym users, with the Muslim population being slightly over-represented, and the Christian population under-represented compared to the Brent average.

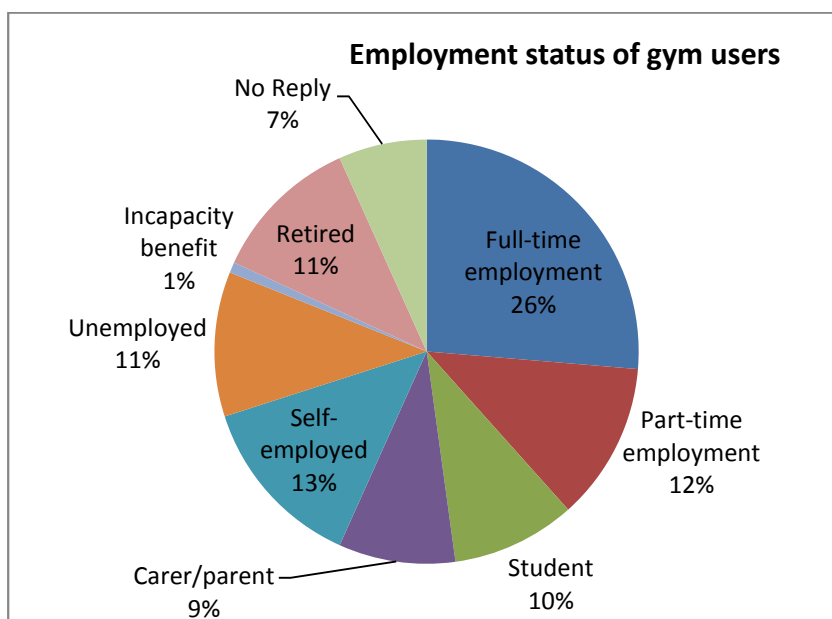




Age, ethnicity and religious demographic breakdown has been analysed by park, compared to the ward average where the parks are situated as Brent's population demographic make up differs significantly between the wards. There were a few differences recorded in a couple of categories, but no patterns emerged. This breakdown is included in Appendix Two.

Employment status of outdoor gym users compared to Brent's population

Employment status of the outdoor gym users is as below, and people from all employment status groups are accessing the gyms. There were less people using the gyms in full time employment than the borough average, 26.3% compared to 35.8%, and more unemployed people than the borough average, 11.0% compared to 5.8%.



Disability and long term condition status of outdoor gym users compared to Brent's population

Outdoor gym users were asked whether they suffered from any disabilities or long term health conditions.

<b>Response</b>	<b>Number</b>	<b>%</b>
No	745	84.9
No Reply	39	4.4
Yes - long term condition	76	8.6
Yes - did not specify disability or long term condition	14	1.6
Yes - disability	4	0.45

Of the 74 people who stated that they had a long term condition, 36 reported obesity and cardio vascular related illnesses.

## 5.0 Discussion

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### 5.1 Main findings

The purpose of the outdoor gyms is to encourage Brent's residents to be more physically active.

There were an estimated 1911 visits to the outdoor gym throughout the evaluation period, with 878 residents completing the questionnaire. 348 (41%) users, reported an increase in their activity levels since the installation of the gym.

In addition, of the 878, 273 (32%) are meeting the national guidelines of 150 minutes of activity weekly, and 585 (70%) reaching the 3 x 30 minutes weekly level, which is an increase of 27% from the 377 (43%) who met this level prior to the gym installation.

Of the 273 people meeting the 5 x 30 minutes national guidelines, 55 (20%) were previously active less than three times a month, and 31 (11%) said they never participated in any activity at all before they started using the gyms.

Of the 220 (26%) people who were previously active less than 3 times a month, 121 (53%) are now active at least 3 times a week, and 55(25%) are now active 5 times a week.

Furthermore, in question 7, 249 (30%) respondents positively to the statement "*I did not exercise before the Outdoor gyms have encouraged me to begin exercising*" which is supported by people's responses to the number of activity sessions they take weekly.

These are significant findings as "inactive" people make up the majority of Brent's population, and are traditionally a difficult group to engage with in terms of activity levels. Furthermore, this group has the greatest gains in terms of health benefits to be made from even a small increase in activity, from never to one thirty minute weekly session. So this is a really positive result, showing that outdoor gyms can be a successful tool in encouraging some people to take up physical activity, in the short term at least.

The London Borough of Camden undertook an evaluation after the implementation of outdoor gyms in March 2011 with similar results. Camden also had 26% of gym users reporting that they previously undertook no exercise and had a reported increase in activity level of 46%, compared to Brent's 41%. Brent however, had nearly twice as many people reaching the national guidelines of 150 minutes weekly at 32%, compared to Camden's 18%<sup>24</sup>.

728 (83%) people use the gym at least once a week and 473 (54%) use the gyms at least three times a week, as part of their activity routine, indicating a large number of returning

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<sup>24</sup> Camden Outdoor Gyms Evaluation Phase I; March 2011,  
<http://www.tgogc.com/images/files/Camden%20-%20PAC%20outdoor%20gym%20evaluation%20phase%20I%20Mar%202011.pdf>

users. 30% of people use the gym for between 20 – 30 minutes, 36% of people stay for more than 30 minutes.

42% of people use the outdoor gym in conjunction with other activities and facilities, 7.3% of whom use a leisure centre or gym as well, and 6.9% have stopped paying to use facilities since the outdoor gyms went in. Camden found that 19% of their participants continue to use leisure centres and gyms, and 15% had stopped paying for leisure centres in favour of the outdoor gyms so this is a marked difference in these categories.

User's main motivations are increased fitness (69%) and general health and wellbeing (66%). Also encouraging was that of the 74 people who stated they had a long term medical condition, 36 (48%) of these reported obesity and cardio vascular related illnesses. It is positive to see this group of people actively working towards better health.

98% of people said they would recommend the gyms to someone they know indicating extremely high levels of user satisfaction. Recommendation through word of mouth can translate into positive action more than the usual forms of advertising, and comes without further cost to the council. This is clearly already occurring as 14% of participants had found out about the gym through word of mouth, far more than the 2% who had seen some advertising about them. 84% of users had just seen them in the park and started using them, so ensuring that the equipment is well kept and ensuring positive recommendations continue seems a priority to increase use of the equipment.

29% of respondents also suggested that having organised exercise sessions would encourage more people to use them, and 22% thought some personal training sessions would also encourage use. Users also suggested that better facilities near the gyms such as toilets, provision of lights and shelter and fencing would increase use. Inclement weather impacted on use with rain recorded for 6% of the data collection hours, and only 2.2% of the visits.

On average, users travelled 872 m to their preferred gym, which is about one third further than the average travelled for the 86% of users who use their closest gym, which was 574m. Respectively, 75% and 12% of people included walking or jogging as part of their journey to the gym, and only 7.5% of people had come by public transport.

82% of all use was in three of the six gyms. The gyms are all in parks surrounded by residential areas with good access routes. The three parks which attracted users are much larger parks, and given that 85% of people started using them when they saw them, perhaps the discrepancy here is down to footfall through the parks. Perceived safety may have also been a factor in this. Gladstone Park had the least amount of people, 2.6%, say they felt unsafe or very unsafe, with the average across all parks being 4.8%. The big three parks were seen as safer with an average of 3.5% saying they felt unsafe or very unsafe, with the smaller three parks recording an average of 6.2%. However this was skewed by a reporting of 9.4% in Gibbons Recreational Ground, and whilst the smaller three parks had very few users comparatively, 43% of those that felt unsafe or very unsafe came from the smaller three parks. 84% of people reported feeling safe or very safe in the parks, which is reflected by the populations accessing the gyms, which spanned all ages, gender, ethnicity and employment status.

35-54 year olds made up 44% of the gym users, compared to the 34% expected in the borough. Gender use across the gyms was in line with Brent's average, although Tiverton

had 72% female use. One third of these visits were undertaken around school drop off and collection times so it might be that mothers are integrating this as part of their routine. The ethnicity of users varied by park, with some unexpected over and under representation, but overall, the gym users reflect the borough's ethnic diversity. Less Christians 42% used the gym than expected 48%, and more Muslims, 19% than expected, 12%. Again, some parks saw higher and lower representation compared to their ward data, and this data is shown in Appendix Two. 11% of users were unemployed compared to a borough average of 5.8%.

Camden also had their diverse population using the gyms, although these did differ from Brent's population. Camden had 65% male users, Brent 46%, with 70.3% users over 35, compared to Brent's 62%, higher levels of Black African and Caribbean and less White British than expected. Unemployed users were similar, Camden 12%, compared to Brent's 11%, both of these higher than the respective borough averages of 8% and 5.8%.

The majority of feedback in the 'any other comments box' were positive and nearly 20% of people mentioned how much they were enjoying using the facilities for fitness and overall health gain and also the community atmosphere which had been created since the gym installation and the pleasure people gained from getting to know their neighbours and fostering a closer community.

Examples of such comments are:

*"This is the best thing the Council has done to combat stress, anxiety, depression and obesity. Good socially too, as you get lots of retired people."*

*"It's very nice. I like this so much. I suggested this to all of my friends, so they will also get the benefit of this outdoor gym."*

*"The gym is well used by all sorts of people, young and old, majority are female. People speak to each other, it's very friendly. Exercising in the fresh air lifts people's moods. There are psychological benefits to exercise, especially outdoors."*

*"Great initiative! Many people that would otherwise stay at home and sit around are getting fit!"*

*"It is a very welcome addition to a lovely park and good to be something positive for the community."*

The lack of facilities near by was also mentioned by residents, 19% of people were concerned about lighting, particularly for safety and access during the winter time, and a shelter was also seen as important to 9% of residents. Other facilities which were requested at sites included access to toilets, drinking water, more rubbish bins and a wider range of equipment. There were a couple of concerns raised over the maintenance of the equipment (5%), the size of the gym area compared to available space, and there were requests for better signage to prevent children using the equipment both for their safety, and so adults wouldn't have to wait. Requests for gyms in other parks was also noted.

## 5.2 *Limitations*

There were a few of limitations to the evaluation.

It proved extremely difficult to count the number of actual users at the sites, especially when the gyms were busy. There were also large numbers of children using the equipment, some exercising, and younger ones using it as play equipment, even though there is clear signage warning its suitable for over 12s only, and there is a playground located near by in most venues. Health trainers were asked to monitor overall use, and it was recorded on the monitoring sheet that there were 845 people who agreed to complete the questionnaire. In fact, 878 evaluation questionnaires were completed, so the monitoring record underestimated this by about 4%. It could be therefore that the estimation of 1911 visits throughout the evaluation period is an underestimate also and using the figure of 4% would have increased the number of visits to 1985. Had health trainers not attempted to count the children using the equipment, and focused on adults only, it may be that these numbers could have been recorded more accurately.

Health trainers were obviously not able to be present at the gym for the whole week of the evaluation, so data collection hours were agreed for each site as explained. Regular early morning or later evening users will therefore not have been offered the opportunity to participate in the evaluation, especially for those that visit on weekends.

Brent is a diverse borough, and has a large population of people who can not speak English at all. Many people who declined to complete a survey did so due to their insufficient English skills, even when a health trainer offered to take them through it. As a result, we have no feedback from people who couldn't speak English, and their views on the outdoor gyms, as well as their activity levels have not have been recorded.

It would have been good for analysis and comparison purposes to have a more detailed questionnaire that allowed for greater analysis, however, the questionnaire was deliberately kept brief in an effort to increase the response rate and get the views of as many users as possible.

## **6.0 Recommendations**

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### Recommendation one

Evaluation should be repeated in 2014 to determine whether this level of use is sustained, increases or decreases over time. This would also help to determine whether people are repeat users and regularly return over a period of a year, or if the outdoor gyms continually attract new people and established users fail to return.

### Recommendation two

It's clear from the evaluation that the council needs to do more to promote the presence of outdoor gyms, as 84% of users had noticed them in the parks. More promotion in general needs to be done. This could be targeted either at local residents, under represented demographic groups in each park, or groups of people such as mothers dropping children off at near by school, or promoting to those currently inactive, as this evaluation has shown that outdoor gyms can be a tool to increase activity in these groups. 14% of users had already found out through word of mouth, so its vital the facilities are well kept so that this form of promotion continues.

### Recommendation three

There is also the opportunity to promote the gyms through other schemes such as the exercise referral scheme, and ensure that health professionals in the borough are aware of them and can recommend them to people.

### Recommendation four

The led group exercise sessions received popular feedback about the idea, and users responded positively to the question of attending one of the personal training sessions now they had been informed they were on. It is clear therefore that the council needs to look at promoting these services better to residents to maximise awareness and uptake in the community. The idea of group led exercise sessions were more popular than personal training sessions, so the promotional message around these needs to be about group sessions, participation and promoting health and wellbeing and correct use of equipment rather than traditional "harder" personal training messages. Many respondents also commented on the sense of community that had been built in the sites, so this could also be a key message of future promotions.

### Recommendation five

Other facilities such as lack of access to proper lighting, fencing, shelter and toilets were highlighted as barriers to use, as well as the number of children and dogs in the actual gym area. Improving these facilities, whilst costly, could increase use. Alternatively, improving signage to include information about the closest toilets, and more obviously stressing that dogs and children and prohibited, could be a cost effective manner of mitigating these issues.

### Recommendation six

Overall the scheme received a lot of positive feedback, and had encouraged many users to exercise more, and indeed some users who were completely inactive to begin to exercise. The installation of new outdoor gyms in other parks in the borough, could encourage more inactive people to take up exercise, or facilitate increased activity levels in those who already participate in some activity. However, further work would need to be undertaken looking for reasons behind the popularity of the gyms in the three big parks, compared to the remaining three, to ensure that any future outdoor gym investment was placed in parks that would receive high numbers of resident use to maximise impact.



## Appendix One: Evaluation Questionnaire

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### Brent Outdoor Gym Evaluation

During the summer of 2013, outdoor gyms were installed in 6 parks within Brent to encourage physical activity, and help to combat the rising levels of obesity and diabetes in the borough. We are evaluating the outdoor gyms to determine the levels of use by residents initially, and we will repeat the evaluation in 12 months time. Your views are important to Brent council so thank you for taking the time to complete this. All information will be kept confidential. Your feedback will be used to improve our services.

**Outdoor Gym Site:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

#### Outdoor Gym User

**Q1. What mode of transport did you use to get here today? Please tick all that apply.**

- |                                       |                                                       |
|---------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Walk         | <input type="checkbox"/> Car                          |
| <input type="checkbox"/> Cycle        | <input type="checkbox"/> Bus                          |
| <input type="checkbox"/> Run          | <input type="checkbox"/> Taxi                         |
| <input type="checkbox"/> Tube / train | <input type="checkbox"/> Other, please specify: _____ |

**Q2. How many days in the last 4 weeks have you done at least 30 minutes of physical activity? Please tick one box.**

- |                                                                  |                                                      |
|------------------------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Every day                               | <input type="checkbox"/> Every day at weekends       |
| <input type="checkbox"/> Every weekend                           | <input type="checkbox"/> One day every weekend       |
| <input type="checkbox"/> Every other day                         | <input type="checkbox"/> Don't know / can't remember |
| <input type="checkbox"/> Other - enter the number of days: _____ |                                                      |

**Q3. Before you started using the Outdoor gyms, how much exercise did you do on an average? Please tick one box.**

- |                                            |                                                    |
|--------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> 1-2 days per week | <input type="checkbox"/> 1-3 days per month        |
| <input type="checkbox"/> 3-5 days per week | <input type="checkbox"/> Less than 1 day per month |
| <input type="checkbox"/> 6-7 days per week | <input type="checkbox"/> Never                     |

**Q4. In the past week, on how many days have you completed a total of 30 minutes or more of physical activity per day, which was enough to raise your heart and breathing rate? (Physical activity may include sport, exercise, brisk walking or cycling, active travel between places) Please circle one.**

0      1      2      3      4      5      6      7

**Q5. On average, how often do you use the Outdoor gym? Please tick one box.**

- |                                            |                                                    |
|--------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> 1-2 days per week | <input type="checkbox"/> 1-3 days per month        |
| <input type="checkbox"/> 3-5 days per week | <input type="checkbox"/> Less than 1 day per month |
| <input type="checkbox"/> 6-7 days per week |                                                    |

**Q6. During a session, how long on average will you spend at the Outdoor gym? Please tick one box.**

- |                                               |                                               |
|-----------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Less than 10 minutes | <input type="checkbox"/> 30-45 minutes        |
| <input type="checkbox"/> 10-20 minutes        | <input type="checkbox"/> More than 45 minutes |
| <input type="checkbox"/> 20-30 minutes        |                                               |

**Q7. Which of one these statements best describes your current exercise participation? Please tick one box.**

- I did not exercise before; the Outdoor gyms have encouraged me to begin exercising
- As well as using the Outdoor gym I also pay to use a leisure or fitness centre
- I used to pay to use a leisure or fitness centre but I have replaced this with using the Outdoor gym
- As well as using the Outdoor gym I attend a sports club e.g. football/hockey/netball
- I exercise outdoors e.g. run, walking and have added using the Outdoor gym in my routine
- I used to exercise outdoors e.g. run, walking and have replaced this with using the Outdoor gyms.

**Q8. Have you attended a personal training session at the Outdoor gym? (If yes, please go to question 10)**

- Yes – Why? \_\_\_\_\_
- No – Why not? \_\_\_\_\_
- Not applicable

**Q9. If you have not attended a personal training session because you didn't know they were available, will you attend one in the future?**

- Yes
- No – Why not? \_\_\_\_\_
- Not applicable

**Q10. What made you aware of the Outdoor gyms? Please tick all that apply.**

- Noticed them in the park and thought I would just start using them.
- Promotion – through the community centre, council, leaflets etc.
- Attended the opening of the park and launch event.
- Recommended by a friend or through word of mouth.

Other, please state: \_\_\_\_\_

**Q11. What are your reasons/motivations to use the Outdoor gym? Please tick all that apply.**

- |                                             |                                                         |
|---------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Improve fitness    | <input type="checkbox"/> Added this to my usual routine |
| <input type="checkbox"/> For general health | <input type="checkbox"/> Exercise with a friend         |
| <input type="checkbox"/> Looked fun         | <input type="checkbox"/> For weight loss/toning         |
| <input type="checkbox"/> It's free!         | <input type="checkbox"/> Other, please state: _____     |

**Q12. What do you think could be done to encourage other people to use the Outdoor gym?** *Please tick all that apply.*

- |                                                     |                                                      |
|-----------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> More widely publicised     | <input type="checkbox"/> Cycle parking               |
| <input type="checkbox"/> Personal trainer           | <input type="checkbox"/> Organised exercise sessions |
| <input type="checkbox"/> Other, please state: _____ |                                                      |

**Q13. Would you recommend using the Outdoor gyms to people you know?**

- Yes – Why? \_\_\_\_\_
- No – Why not? \_\_\_\_\_

**Q14. Have you ever felt at risk of homophobic, religious or racial harassment at the outdoor gym?**

- No
- Yes – please explain: \_\_\_\_\_

**Q15. How safe do you feel in the park/open space?** *Please tick one box.*

- |                                                 |                                      |
|-------------------------------------------------|--------------------------------------|
| <input type="checkbox"/> Safe                   | <input type="checkbox"/> Unsafe      |
| <input type="checkbox"/> Very Safe              | <input type="checkbox"/> Very unsafe |
| <input type="checkbox"/> Never thought about it |                                      |

**Q16. Would you be happy for us to contact you in 6 or 12 months time to see how your outdoor gym use is going?**

- Yes - Email address \_\_\_\_\_
- No

**Q17. Please list any other comments you may have in regards to the outdoor gyms.**

**Q18. What is your home postcode?** \_\_\_\_\_

**Q19. Please indicate your sex:** *Please tick one box.*

- Male
- Female
- Prefer not to say

**Q20. What is your age?** *Please tick one box.*

- |                                |                                            |
|--------------------------------|--------------------------------------------|
| <input type="checkbox"/> 16-24 | <input type="checkbox"/> 55-64             |
| <input type="checkbox"/> 25-34 | <input type="checkbox"/> 65-74             |
| <input type="checkbox"/> 35-44 | <input type="checkbox"/> 75+               |
| <input type="checkbox"/> 45-54 | <input type="checkbox"/> Prefer not to say |

**Q21. What is your current employment status? Please tick one box.**

- |                                               |                                             |
|-----------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Full-time employment | <input type="checkbox"/> Self-employed      |
| <input type="checkbox"/> Part-time employment | <input type="checkbox"/> Unemployed         |
| <input type="checkbox"/> Student              | <input type="checkbox"/> Incapacity benefit |
| <input type="checkbox"/> Carer/parent         | <input type="checkbox"/> Retired            |

**Q22. Do you consider yourself to have a health problem, long-term illness or disability which limits your daily activities?**

- No
- Yes – how would you describe your disability? \_\_\_\_\_

**Q23. Please state your ethnicity. Please tick one box.**

<input type="checkbox"/> White: British / English / Welsh / Scottish / Northern Irish	<input type="checkbox"/> Asian or Asian British: Pakistani
<input type="checkbox"/> White: Irish	<input type="checkbox"/> Asian or Asian British: Indian
<input type="checkbox"/> White: Traveller of Irish Heritage	<input type="checkbox"/> Asian or Asian British: Chinese
<input type="checkbox"/> White: Gypsy Roma	<input type="checkbox"/> Asian/Asian British/Other Asian background
<input type="checkbox"/> White: Other	<input type="checkbox"/> Mixed/Dual Heritage: White & Black Caribbean
<input type="checkbox"/> Black or Black British: African	<input type="checkbox"/> Mixed/Dual Heritage: White & Black African
<input type="checkbox"/> Black or Black British: Somali	<input type="checkbox"/> Mixed/Dual Heritage: White & Asian
<input type="checkbox"/> Black or Black British: Caribbean	<input type="checkbox"/> Mixed/Dual Heritage: Other mixed background
<input type="checkbox"/> Black/Black British/Other Black Background	<input type="checkbox"/> Other Ethnic Groups: Eastern European
<input type="checkbox"/> Other Ethnic Groups: Afghan	<input type="checkbox"/> Other Ethnic Groups: Turkish
<input type="checkbox"/> Other Ethnic Groups/Any other Groups	<input type="checkbox"/> Prefer not to say

**Q24. What is your religion/belief? Please tick one box.**

- |                                                       |                                            |
|-------------------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Agnostic                     | <input type="checkbox"/> Buddhist          |
| <input type="checkbox"/> Christian                    | <input type="checkbox"/> Hindu             |
| <input type="checkbox"/> Humanist                     | <input type="checkbox"/> Jewish            |
| <input type="checkbox"/> Muslim                       | <input type="checkbox"/> Sikh              |
| <input type="checkbox"/> No religious belief          | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> Other, please specify: _____ |                                            |

**Thank you for taking your time to complete this questionnaire.**

Results of the questionnaire will be published on our website in November:

<http://brent-consult.objective.co.uk/portal>

## Appendix Two: Demographic breakdown by ward and park

Age group	Fryent / Queensbury	Roe Green Park	Difference	Wembley & Preston	King Edwards Park	Difference	Barnhill	Chalkhill Park	Difference
16-24:	15.8	15.3	-0.4	16.5	7.4	-9.1	16.0	6.5	-9.5
25-34:	23.1	25.9	2.8	27.6	29.7	2.1	24.4	28.3	3.9
35-44:	17.5	14.3	-3.3	16.5	23.0	6.4	16.7	23.9	7.2
45-54:	16.1	16.4	0.3	16.3	18.9	2.6	15.6	26.1	10.5
55-64:	12.3	16.4	4.1	11.1	10.8	-0.3	11.8	8.7	-3.1
65-74:	8.2	10.6	2.4	6.5	9.5	3.0	8.0	6.5	-1.5
75+:	7.0	1.1	-5.9	5.4	0.7	-4.7	7.5	0.0	-7.5
	100	100		100	100		100	100	

Age group	Stonebridge	Gibbons Park	Difference	Mapesbury / Dudden Hill / Dollis Hill	Gladstone Park	Difference	Brondesbury Park	Tiverton Park	Difference
16-24:	20.1	17.3	-2.8	15.9	11.0	-4.9	13.5	9.7	-3.8
25-34:	20.2	13.5	-6.7	27.2	26.4	-0.8	27.9	17.7	-10.1
35-44:	19.0	32.7	13.7	19.2	26.7	7.6	18.9	32.3	13.4
45-54:	18.5	23.1	4.5	15.1	21.8	6.6	14.6	29.0	14.4
55-64:	10.1	9.6	-0.5	10.4	8.8	-1.6	10.6	6.5	-4.1
65-74:	7.2	3.8	-3.3	6.8	4.1	-2.7	7.4	4.8	-2.5
75+:	4.9	0.0	-4.9	5.4	1.1	-4.3	7.2	0.0	-7.2
	100	100		100	100		100	100	0.0

Ethnicity	Fryent /Roe Green			King Wembley & Edwards			Chalkhill		
	Queensbury Park		Difference	Preston Park		Difference	Barnhill Park		Difference
White: British	19	9	-10	6	4	-2	16	9	-7
White: Irish	7	2	-5	2	2	0	3	0	-3
White: Gypsy or Irish Traveller	0	0	0	0	0	0	0	0	0
White: Other	14	12	-2	7	19	11	14	16	2
Black or Black British: African	4	5	0	4	5	1	7	14	7
Black or Black British: Caribbean	4	5	0	7	9	1	7	7	0
Other Black	1	2	1	2	0	-2	3	7	4
Asian or Asian British: Indian	23	38	15	48	25	-23	22	20	-2
Asian or Asian British: Pakistani	5	6	1	5	9	3	5	11	7
Asian or Asian British: Bangladeshi	1	2	1	1	0	-1	1	0	-1
Asian or Asian British: Chinese	2	2	0	1	3	2	2	2	0
Other Asian	10	12	1	12	15	3	9	5	-4
Mixed/Dual Heritage: White & Black Caribbean	1	0	-1	1	0	-1	1	0	-1
Mixed/Dual Heritage: White & Black African	0	2	1	0	1	1	1	2	2
Mixed/Dual Heritage: White & Asian	1	0	-1	1	1	0	1	2	1
Mixed/Dual Heritage: Any other mixed background	1	0	-1	1	0	-1	1	2	1
Other ethnic groups	5	5	-1	3	8	5	8	2	-6
	100	100		100	100		100	100	

Ethnicity	Gibbons Park			Mapesbury / Dudden Hill / Dollis Hill			Gladstone Park			Brondesbury Park			Tiverton Park		
	Stonebridge	Park	Difference	Hill	Park	Difference	Park	Difference	Park	Difference	Park	Difference	Park	Difference	
White: British	13	10	-3	16	16	0	34	33	-1						
White: Irish	4	2	-1	10	4	-6	5	0	-5						
White: Gypsy or Irish Traveller	0	0	0	0	0	0	0	0	0						
White: Other	9	10	1	15	29	14	20	25	5						
Black or Black British: African	19	20	1	8	5	-3	5	7	2						
Black or Black British: Caribbean	18	16	-2	7	5	-2	5	5	1						
Other Black	8	4	-4	3	2	-1	1	5	4						
Asian or Asian British: Indian	7	16	9	14	8	-6	7	4	-3						
Asian or Asian British: Pakistani	3	0	-3	8	10	2	4	7	3						
Asian or Asian British: Bangladeshi	1	0	-1	1	1	0	0	0	0						
Asian or Asian British: Chinese	0	0	0	1	2	2	1	2	0						
Other Asian	7	2	-4	8	8	0	5	2	-3						
Mixed/Dual Heritage: White & Black Caribbean	2	6	4	1	1	0	1	2	1						
Mixed/Dual Heritage: White & Black African	1	0	-1	1	1	0	1	2	1						
Mixed/Dual Heritage: White & Asian	1	4	4	1	1	0	1	0	-1						
Mixed/Dual Heritage: Any other mixed background	1	6	5	1	1	0	2	2	0						
Other ethnic groups	6	2	-4	6	7	0	8	5	-3						
	100	100		100	100		100	100							

<b>Ethnicity</b>	<b>Fryent Queensbury</b>	<b>Roe Green Park</b>	<b>Difference</b>	<b>Wembley &amp; Preston</b>	<b>King Edwards Park</b>	<b>Difference</b>	<b>Barnhill</b>	<b>Chalkhill Park</b>	<b>Difference</b>
Christian	37	31	-5	30	37	7	38	48	9
Buddhist	2	5	3	2	6	4	2	0	-2
Hindu	28	29	1	35	28	-8	19	23	4
Jewish	1	1	0	2	1	-1	2	2	0
Muslim	19	19	0	18	19	1	23	23	-1
Sikh	0	2	1	1	1	0	1	0	-1
Any other religion	2	2	0	2	3	1	1	0	-1
None	5	6	1	5	2	-3	7	0	-7
Not specified	6	5	-1	6	3	-2	6	5	-2
	100	100		100	100		100	100	

<b>Ethnicity</b>	<b>Stonebridge</b>	<b>Gibbons Park</b>	<b>Difference</b>	<b>Mapesbury / Dudden Hill / Dollis Hill</b>	<b>Gladstone Park</b>	<b>Difference</b>	<b>Brondesbury Park</b>	<b>Tiverton Park</b>	<b>Difference</b>
Christian	50	52	2	45	44	-1	42	38	-4
Buddhist	0	0	0	2	2	1	1	3	2
Hindu	6	15	9	7	8	1	5	0	-5
Jewish	0	0	0	2	2	0	5	0	-5
Muslim	28	15	-13	23	19	-4	17	15	-2
Sikh	0	0	0	0	0	0	0	2	1
Any other religion	0	4	3	1	6	5	1	15	14
None	7	6	-1	13	12	-1	20	13	-7
Not specified	8	8	0	7	6	-1	9	13	4
	100	100		100	100		100	100	



