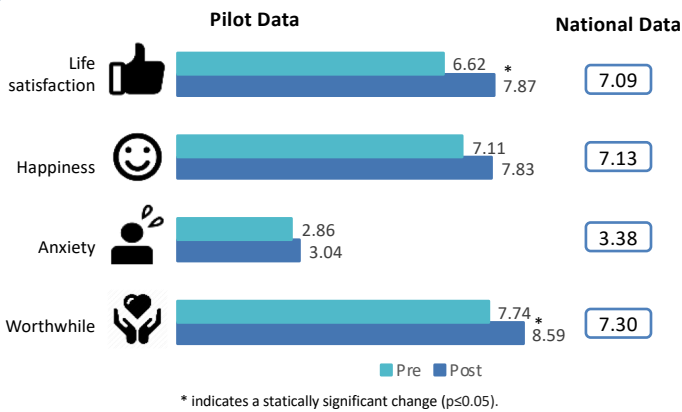


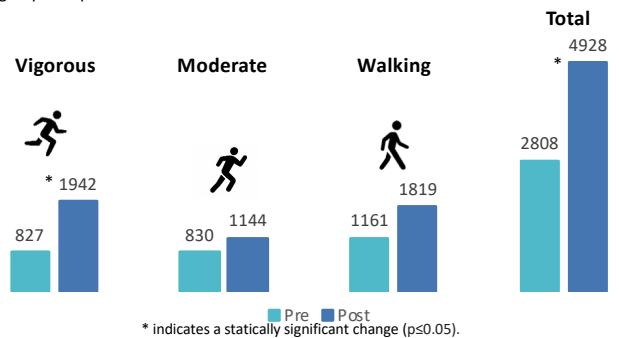
Mental Wellbeing



- Life satisfaction, happiness, and worthwhile increased from pre to post.
- All scores were better than the UK national averages after Golf on Referral.
- Although anxiety increased, it remained under the UK average.

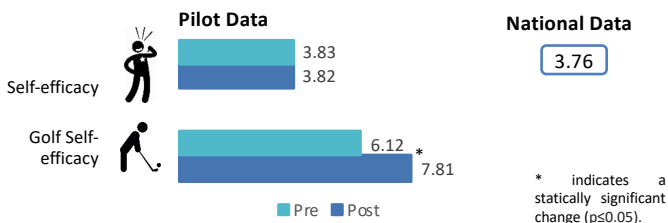
Physical Activity Levels

MET-minutes per week for the different types of physical activity are shown below for the golf participants.



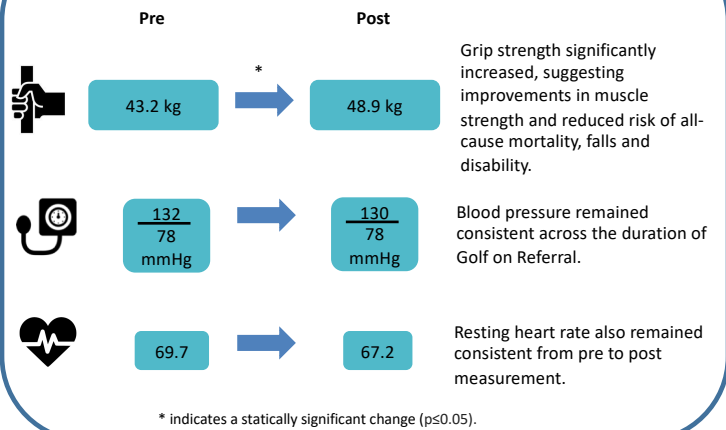
- Total MET minutes of activity per week significantly increased for vigorous and total physical activity levels, showing overall improvements.

Self-efficacy



- Golf self-efficacy significantly increased from from pre to post.
- Self-efficacy remained constant and above the UK national average.

Physiological Findings

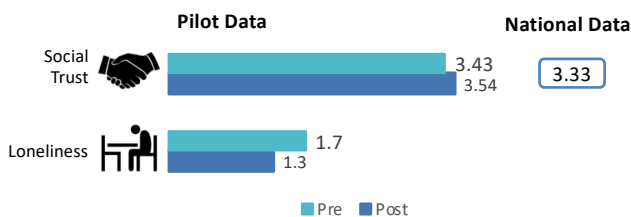


Grip strength significantly increased, suggesting improvements in muscle strength and reduced risk of all-cause mortality, falls and disability.

Blood pressure remained consistent across the duration of Golf on Referral.

Resting heart rate also remained consistent from pre to post measurement.

Social Trust



- Social increased slightly, but not significantly, however remained greater than the UK national average.
- Feelings of loneliness reduced from pre to post measurement.

Recommendations

- The current delivery team structure model be maintained, which takes into account the need for a supportive, engaging and relevant tutor who uses both the golf and behaviour change toolkits.
- It is recommended that the golf clubs provide support outside of the structured sessions for participants.
- All session leaders are fully equipped to deliver Golf on Referral and provided appropriate training and support.
- Two sessions a week for six weeks is feasible and liked by participants. Exercise referral findings suggest long term schemes are more successful, therefore it is recommended that this model should be compared to one session a week for 12-weeks, more traditional referral pathways, and a control group.
- Data can be used to demonstrate the outcomes of Golf on Referral and support it is recommended that ongoing data collection should be incorporated into the delivery. Research should incorporate best practice for data collection in line with recommended collection methods and outcomes linked to exercise referral.