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Parkrun, activity and health: The public health potential of parkrun

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Public health outcomes of parkrun: a prospective 12-month study

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\section*{BACKGROUND}
Mass participation sports events are recognised as a way of engaging low active individuals in health-enhancing physical activity. One example of a mass participation event that takes place on a frequent basis is parkrun: a global network of free weekly 5km run/walks in outdoor public spaces. Cross-sectional studies have identified perceived health and wellbeing benefits of parkrun participation\textsuperscript{4-5}, but there is a need to assess sustained behaviour and health outcomes.

\section*{AIM}
To examine changes in self-reported physical activity, body mass index, and psychological wellbeing over 12 months among participants of parkrun.

\section*{METHODS}

\textbf{DESIGN:} Prospective cohort study with a 12 month follow up.

\textbf{SAMPLE:} 354 new adult registrants of a UK parkrun.

\textbf{MEASURES:} Self-reported measures of physical activity (International Physical Activity Questionnaire short form\textsuperscript{3}), weight and height, happiness (Short Depression and Happiness Scale\textsuperscript{6}), and stress (Perceived Stress Scale\textsuperscript{7}), were completed at registration, 6 months and 12 months.

Objective data on attendance and fitness (i.e. run dates and finishing times) for the 12-month study period were obtained from the parkrun database.

\section*{RESULTS}

\textbf{Changes in self-reported outcomes}

\begin{figure}[h]
\centering
\includegraphics[width=\textwidth]{chart.png}
\caption{Physical activity and body mass index changes over 12 months.}
\end{figure}

- \textbf{Physical activity} increased by 76.9 min/w at 6 months and 39.4 min/w at 12 months. The low active sub-group (n = 31) the increase at 12 months was 194.2 min/w.
- \textbf{Body mass index} decreased with a relative weight loss of 1.1% at 12 months.

\textbf{Changes in objectively measured outcomes}

- \textbf{Run times} over 12 months was improved by 12.0% in the overall sample, and by 15.8% among initial non-runners (n = 110).

\textbf{Physical activity increased by} 76.9 min/w at 6 months and 39.4 min/w at 12 months. For the low active sub-group (n = 31) the increase at 12 months was 194.2 min/w. Body mass index decreased with a relative weight loss of 1.1% at 12 months. For the overweight/obese sub-group (n = 138) relative weight loss was 2.4%.

\section*{CONCLUSIONS}
Small significant positive changes were recorded in physical activity, body mass index, fitness, and wellbeing outcomes for the overall sample, with greater gains for those who were inactive, overweight, or depressed at baseline. Based on the principle that significant public health benefit can be achieved through small changes for many people, or large improvements for fewer individuals, parkrun appears to have considerable potential impact on population health.

\section*{REFERENCES}
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SAMPLE: 354 new adult registrants of a UK parkrun.
MEASURES: Self-reported measures of physical activity (International Physical Activity Questionnaire short form5), weight and height, happiness (Short Depression and Happiness Scale6), and stress (Perceived Stress Scale7), were completed at registration, 6 months and 12 months. Objective data on attendance and fitness (i.e. run dates and finishing times) for the 12-month study period were obtained from the parkrun database.

DATA ANALYSIS: Analysis of variance (ANOVA) was used to assess changes in self-reported outcomes between baseline, 6-months and 12-months. Linear regression was used to identify predictors of fitness change over 12 months.

ETHICAL APPROVAL: Approval was granted by the Loughborough University Ethics Approvals (Human Participants) sub-committee.

RESULTS

Physical activity increased by 76.9 min/w at 6 months and 39.4 min/w at 12 months. For the low active sub-group (n = 31) the increase at 12 months was 154.2 min/w.

Body mass index decreased with a relative weight loss of 1.1% at 12 months.

Happiness increases and stress reductions at 6 months were maintained at 12 months.

CONCLUSIONS
Small significant positive changes were recorded in physical activity, body mass index, fitness, and wellbeing outcomes for the overall sample, with greater gains for those who were inactive, overweight, or depressed at baseline.

Based on the principle that significant public health benefit can be achieved through small changes for many people, or large improvements for fewer individuals, parkrun appears to have considerable potential impact on population health.

REFERENCES

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