

Physical Activity

Articles

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Report

[Social value of sport and physical activity](https://www.sportengland.org/research-and-data/research/social-value-sport-and-physical-activity)

Sport England; 2024.

<https://www.sportengland.org/research-and-data/research/social-value-sport-and-physical-activity>

[We've calculated the annual social value of community sport and physical activity to be more than £100 billion. This figure represents both primary value - the wellbeing benefits that individuals experience from being active - and secondary value, which reflects the cost savings to public services like healthcare.]

Freely available online

Systematic Review / Meta-Analysis

Comparative efficacy of various exercise types and doses for depression in older adults: a systematic review of paired, network and dose-response meta-analyses.

[\[Abstract\]](#)

Tian S. *Age and Ageing* 2024;53(10):afae211.

[Check for full-text availability](#)

[Our study determined the effectiveness of different exercises in improving levels of older adults and found that resistance exercise and MBE were more effective adjunctive treatments. By providing the most effective treatments, older adults can reap the benefits of improving depression in older adults at doses lower than the World Health Organization guidelines.]

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Evidence-Based Summary

Evaluating 'making every contact count' programmes.

Carried out by Stephen Reid from NELFT on 1/11/2024

https://www.knowledgeshare.nhs.uk/index.php?PageID=literature_search_request_downloader&RequestID=53384

[This evidence search report includes an evaluation guide for MECC programmes from Public Health England, and an evaluation report of the Wessex Making Every Contact Count (MECC) Pilot; these may offer the most practical evidence. The guidance from NICE on evaluating behaviour change interventions may be of value in a more general way.

The scoping review and small number of original studies offer further contextual evidence of the ways in which MECC has been evaluated within different settings.]

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