RANDOM ALLOCATION

N=993

(Participants informed of allocation by telephone)

Excluded (pre-screening questionnaire)

N=1020 (approx 10%). Not meeting inclusion criteria: living in care home, housebound, terminal illness, dementia, psychotic illness etc.

NOT ASSESSED BY SCREENING QUESTIONNAIRE

N= 1880 (more if response rate to trial higher)

NOT ENROLLED

1800 (approx 25%) either too fit or contraindications to increasing physical activity as assessed by screening questionnaire
4400 refuse to participate (80% of eligible)

BASELINE ASSESSMENT

Confirm eligibility, informed consent, questionnaires, anthropometric measures, 7 day accelerometer and blinded pedometer monitoring of usual PA levels

ENROLLED

N=total 1100 patients (approx 680 households)

FOLLOW-UP ASSESSMENTS 3 & 12 MONTHS

3 month postal assessment; questionnaires, 7 day accelerometer monitoring of usual PA levels
12 month assessment at practice with RA questionnaires, anthropometric measures, 7 day accelerometer monitoring of usual PA levels
Offered PA consultation with nurse & pedometer at end of trial.

FOLLOW-UP ASSESSMENTS AT 3 & 12 MONTHS

3 month postal assessment; questionnaires, 7 day accelerometer monitoring of usual PA levels
12 month assessment at practice with RA questionnaires, anthropometric measures, 7 day accelerometer monitoring of usual PA levels

DATA ANALYSIS

Assume 15% attrition 12 months n= 281