



HEALTHY LONGFORD

**HEALTHY IRELAND ROUND 4 FUNDING
2024 PROJECT EVALUATIONS**

EXECUTIVE SUMMARY



Healthy
Longford

Healthy Longford Project Evaluations Executive Summary

A total of 14 projects were delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding. These included the 'Aurora Hall Physical Activity' project (Aurora Hall Development Association), 'Bridgeways Family Resource Centre (FRC)' project (Bridgeways FRC), 'Cuidiú's Humpty Dumpty's Baby and Toddler Group' project (Cuidiú - Longford-Roscommon Branch), 'Discovery Lough Ree' event (Lough Ree Access for All), 'Farm to Table' project (Longford Westmeath Down Syndrome), 'Health Screening' project (EDI Centre), 'Healthy Ireland at Your Library' project (Longford Libraries), 'Healthy Relationships' project (Longford Women's Link), 'Longford Primary Traveller Healthcare' project (Longford Community Resources), 'Longford Sports Partnership and Longford County Council Diversity and Inclusion' project (Longford Sports Partnership and Longford County Council), 'Longford Sports Partnership and Longford County Council' project (Longford Sports Partnership and Longford County Council), 'Movement Matters' project (Mental Health Ireland), 'Moving for Better Balance' project (Longford Sports Partnership), and 'Zenfit Health and Wellbeing' project (Lus Na Greine FRC).

These projects were aligned to one of the following Healthy Ireland Outcome Indicators, which were (1) to increase the percentage of adults and children meeting physical activity guidelines, and (2) to increase individual's level of positive mental health based on Energy and Vitality Index (EVI) scores (from the RAND SF-36 questionnaire). To follow, is an overview of the impact of the projects delivered in 2024 on each of these Healthy Ireland Outcome Indicators. Due to the lack of pre- and post-data available for the 'Health Screening' project, 'Healthy Ireland at Your Library' project, and the 'Longford County Council Diversity and Inclusion' project, the impact of these projects on the Healthy Ireland Outcome Indicators cannot be established and therefore, these projects are not included in the overall analysis detailed below.

Outcome Indicator 1: To increase the percentage of adults and children meeting physical activity guidelines.

To evaluate the impact of projects increasing the percentage of adults and children meeting the physical activity guidelines, the single-item measure (M1) physical activity participation question was completed pre- and post-programmes. The M1 question measures the number of days per week which an adult or child takes part in at least 30 minutes of moderate-intensity physical activity in the previous 7 days. An increase in the M1 score post-programme is

indicative of an increase in physical activity participation. The M1 question is a simple, valid, and reliable tool to evaluate changes in physical activity participation and thus, has been used in the analysis of funded projects as part of the Healthy Longford Healthy Ireland Round 4 Funding.

Individual Project Data

In total, 5 projects were aligned to outcome indicator 1. **Table 1** outlines the results of these projects and contains details of the total participant numbers included in the analysis, the pre- and post-programme M1 scores, and the actual and percentage change as a result of the individual projects.

Table 1: Results of all projects aligned to outcome indicator 1.

Project	Organisation	N	M1 Pre	M1 Post	Change	%Change
Bridgeways Family Resource Centre (FRC) Project*	Bridgeways FRC	79	3.8	4.9	↑1.1	↑29%
Longford Primary Traveller Healthcare Project	Longford Community Resources	54	2.9	4.3	↑1.4	↑48%
Longford Sports Partnership and Longford County Council Project*	Longford Sports Partnership and Longford County Council	219	3.4	3.7	↑0.3	↑9%
Moving for Better Balance Project	Longford Sports Partnership	46	4.5	4.7	↑0.2	↑4%
Zenfit Health and Wellbeing Project	Lus Na Greine Family Resource Centre	34	2.6	4.2	↑1.6	↑62%

*Individual projects with a target group of adults and children.

The 'Bridgeways FRC' project included 'Pilates for Adults', 'Yoga for Adults', 'Yoga for Children', and 'Movement through Music and Dance for Adults and Children' programmes. The

'Longford Primary Traveller Healthcare' project included 'Spin Classes', 'Indoor Cycling', 'Circuit Classes', and 'Boxercise Classes' for adults. The 'Longford Sports Partnership and Longford County Council' project included 11 different programmes for adults and children conducted throughout 2024 including the 'Boccia Disability Games League' programme, 'Disability Inclusion Training' Programme, 'Disabled People of Longford Chair-Based Exercise' programme, 'Handball' programme, 'Inclusive Athletics' programme, 'Inclusive Cycling' programme, 'Inclusive Gym' programme, 'Inclusive Kayaking Teen Summer Camp' programme, 'Irish Wheelchair Association Adult Day Services Chair-Based Exercise' programme, 'Tai Chi for Adults Living With Disabilities' programme, and 'Zumba for Irish Wheelchair Association School Leavers' programme. The 'Zenfit Health and Wellbeing' project included 3 different programmes including 'Seated Yoga' classes, 'Mindfulness' classes, and 'Gym' classes for adults.

From examining the pre- and post-programme M1 data of the individual projects, it is clear that there was increase in physical activity participation following the 'Bridgeways FRC' project (↑29%), 'Longford Primary Traveller Healthcare' project (↑48%), 'Longford Sports Partnership and Longford County Council' project (↑9%), the 'Moving for Better Balance' project (↑4%), and the 'Zenfit Health and Wellbeing' project (↑62%). Therefore, all the individual projects that were aligned to outcome indicator 1 increased physical activity participation in adults and children in county Longford and therefore, achieved their individual aims.

Collated Project Data

Adults (> 18 years of age)

All 5 projects aligned to Healthy Ireland outcome indicator 1 collected pre- and post-programme data relating to physical activity participation in adults over the age of 18 years. The specific programmes within these projects included the 'Moving for Better Balance' programme, the 'Spin Classes', 'Indoor Cycling', 'Circuit Classes', and 'Boxercise Classes' as part of the 'Longford Primary Traveller Healthcare' project, the 'Seated Yoga' classes, 'Mindfulness' classes, and 'Gym' classes as part of the 'Zenfit Health and Wellbeing' project, the 'Boccia Disability Games League' programme, 'Disability Inclusion Training' Programme, 'Disabled People of Longford Chair-Based Exercise' programme, 'Inclusive Gym' programme, 'Irish Wheelchair Association Adult Day Services Chair-Based Exercise' programme, 'Tai Chi for Adults Living With Disabilities' programme, and 'Zumba for Irish Wheelchair Association School Leavers' programme as part of the 'Longford Sports Partnership and Longford County Council' project, and the 'Movement through Music and Dance' (data for adults only), 'Pilates for Adults', 'Yoga for Adults' programmes as part of 'Bridgeways FRC' project. To evaluate the impact of these projects on increasing the percentage of adults meeting the physical activity

guidelines, the pre- and post-programme M1 data from the aforementioned projects was collated and analysed. **Table 2** contains the total participant numbers, the average group pre- and post-programme M1 score, and the actual and percentage change that occurred as a result of these projects.

Table 2: Results for changes in physical activity participation in adults following the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding.

Variable	N	Pre	Post	Change	%Change
M1	339	3.3	4.0	↑ 0.7	↑ 21%

The group average M1 was 3.3 days pre-programme and 4.0 days post-programme. This represents an increase in the group average M1 of 0.7 days following the programmes (**Figure 1**). Overall, there was **21% increase in physical activity participation in adults** following the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding.

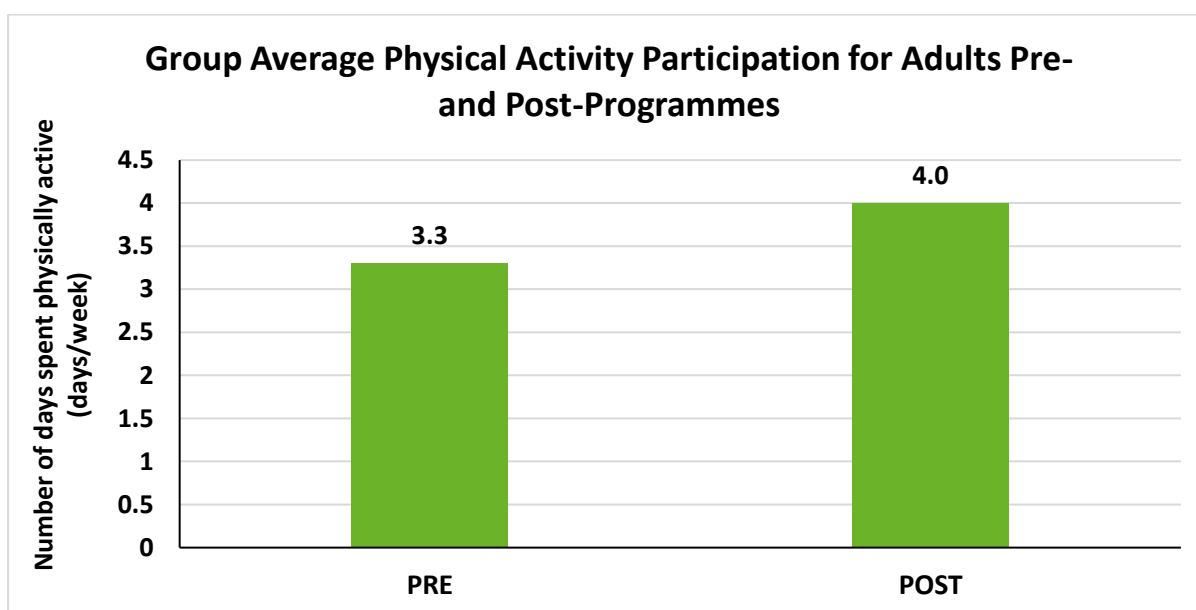


Figure 1: Group average M1 score before and after the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding specifically for adults (n = 339).

Children and Teenagers (< 18 years of age)

A total of 2 projects out of the 5 total projects aligned to Healthy Ireland outcome indicator 1 collected data relating to physical activity participation in children and teenagers under the age of 18 years. The specific programmes included the 'Handball' programme, 'Inclusive Athletics' programme, 'Inclusive Cycling' programme, and 'Inclusive Kayaking Teen Summer Camp' programme as part of the 'Longford Sports Partnership and Longford County Council' project, as well as the 'Yoga for Children', and the 'Movement through Music and Dance' (data for children only) as part of the 'Zenfit Health and Wellbeing' project. To evaluate the impact of these projects on increasing the percentage of children and teenagers meeting the physical activity guidelines, the pre- and post-programme M1 data from these specific projects was collated and analysed. **Table 3** contains the total participant numbers, the average group pre- and post-programme M1 score, and the actual and percentage change that occurred as a result of these projects.

Table 3: Results for changes in physical activity participation in children and teenagers following the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding.

Variable	N	Pre	Post	Change	%Change
M1	93	4.2	4.6	↑ 0.4	↑ 10%

The group average M1 was 4.2 days pre-programme and 4.6 days post-programme. This represents an increase in the group average M1 of 0.4 days following the programmes (**Figure 2**). Overall, there was **10% increase in physical activity participation in children and teenagers** following the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding.

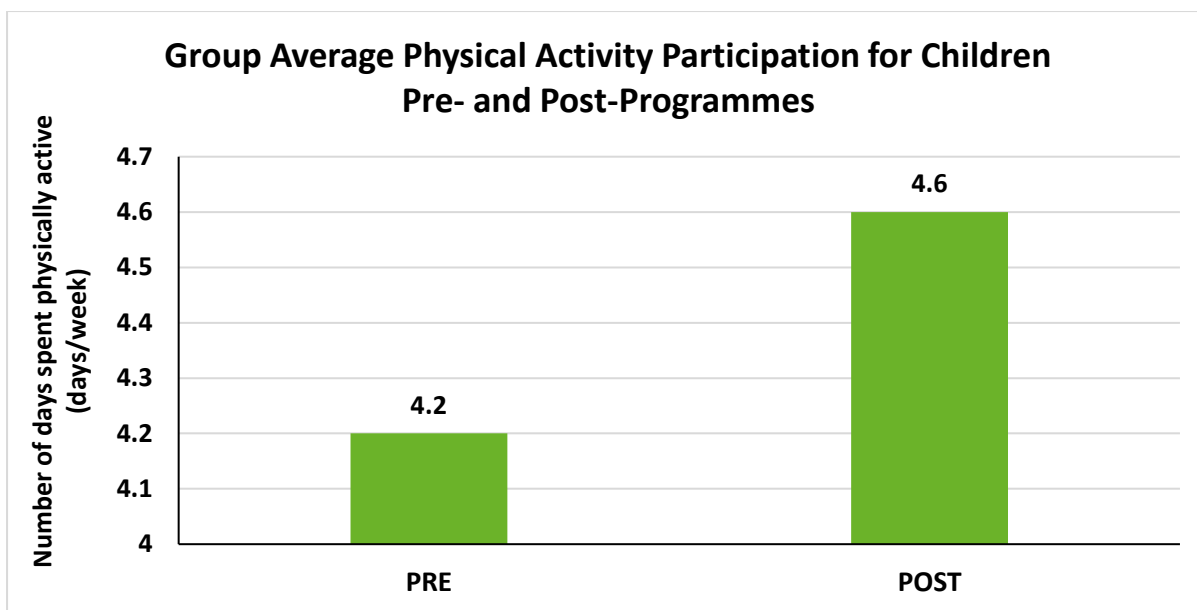


Figure 2: Group average M1 score before and after the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding specifically for children and teenagers (n = 93).

Outcome Indicator 2: To increase individual's level of positive mental health based on Energy and Vitality Index (EVI) scores (from the RAND SF-36 questionnaire).

To evaluate the efficacy of programmes in increasing individual's level of positive mental health, the Energy and Vitality Index (EVI) (from the RAND SF-36 questionnaire) was completed pre- and post-programmes. The Healthy Ireland survey consists of four questions which examine various aspects of wellbeing during the previous four weeks. The four questions are: (a) Do you feel full of life?, (b) Have you felt calm and peaceful?, (c) Do you have a lot of energy?, and (d) Have you been a happy person? A six-point Likert scale is used to answer these four questions, which ranges from "all of the time" to "none of the time". The six responses are given a score ranging from 0 to 100, with higher scores representing optimal levels of mental health. The response scoring is as follows: (a) "All of the time" = 100, (b) "Most of the time" = 80, (c) "A good bit of the time" = 60, (d) "Some of the time" = 40, (e) "A little of the time" = 20, and (f) "None of the time" = 0. A total score is then calculated.

Individual Project Data

In total, 6 projects were aligned specifically to outcome indicator 2. **Table 4** outlines the results of these projects and contains details of the total participant numbers included in the analysis,

the pre- and post-programme EVI scores, and the actual and percentage change as a result of each project.

Table 4: Group average EVI score results of all projects aligned to outcome indicator 2.

Project	Organisation	N	EVI Pre	EVI Post	Change	%Change
Aurora Hall Physical Activity Project*	Aurora Hall Development Association	17	299	348	↑49	↑16%
Cuidiú's Humpty Dumpty's Baby and Toddler Group Project*	Cuidiú - Longford-Roscommon Branch	18	197	244	↑47	↑24%
Discovering Lough Ree Event*	Lough Ree Access For All	80	279	370	↑91	↑33%
Farm to Table Project*	Longford Westmeath Down Syndrome	14	300	350	↑50	↑17%
Healthy Relationships Project	Longford Women's Link	65	267	236	↓31	↓12%
Movement Matters Project*	Mental Health Ireland	31	170	204	↑34	↑20%

*Individual projects with a target group including adults over the age of 18 years. Please note, the 'Aurora Hall Physical Activity' programme includes a target group of both adults and children (n = 15 adults and n = 2 children).

From examining the group average pre- and post-programme or event EVI score data from the individual projects and events, it is clear that there was increase in positive mental health following the 'Aurora Hall Physical Activity' project (↑16%), 'Cuidiú's Humpty Dumpty's Baby and Toddler Group' project (↑24%), the 'Discovering Lough Ree' event (↑33%), the 'Farm to Table' project (↑17%), and the 'Movement Matters' project (↑20%). However, a marginal decline in positive mental health was identified after the 'Healthy Relationships' project (↓12%). Despite this, 83% (5/6) of the projects and events that were aligned to outcome indicator 2 successfully increased positive mental health in adults and children living in county Longford and therefore achieved their respective aims.

Collated Project Data

Adults (> 18 years of age)

A total of 5 projects out of the 6 projects aligned to Healthy Ireland outcome indicator 2 collected data relating to positive mental health in adults over the age of 18 years. These included the 'Aurora Hall Physical Activity' project (n = 15 adults in the total data set), 'Cuidiú's Humpty Dumpty's Baby and Toddler Group' project, the 'Discovering Lough Ree' event, the 'Farm to Table' project and the 'Movement Matters' project. To evaluate the impact of these projects on increasing positive mental health in adults, the pre- and post-programme EVI data from these projects was collated and analysed. **Table 5** contains the total participant numbers, the average group pre- and post-programme EVI scores, and the actual and percentage change that occurred as a result of these projects.

Table 5: Results for changes in positive mental health in adults following the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding.

Variable	N	Pre	Post	Change	%Change
EVI	158	248	316	↑ 68	↑27%

The group average total raw score of the EVI score was 248 pre-programme and 316 post-programme. This represents an increase in group average total score of 68 (**Figure 3**). There was a **27% increase in the group average total score indicating an improvement in positive mental health in adults** following the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 funding specifically for adults.

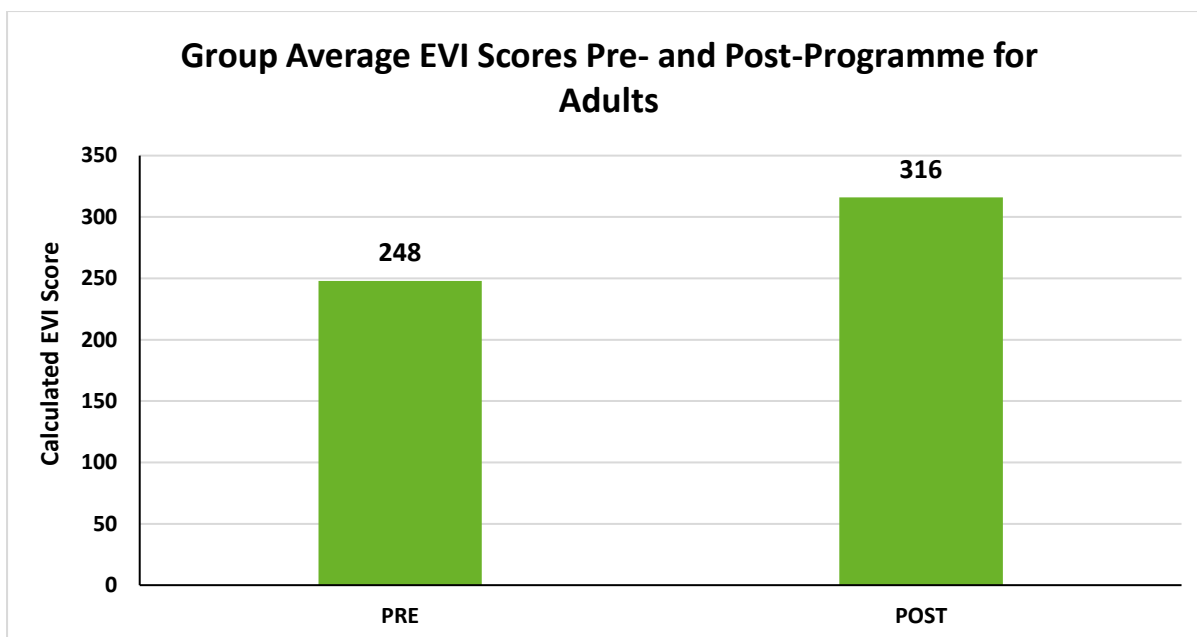


Figure 3: Group average EVI score before and after the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding specifically for adults (n = 158).

Children and Teenagers (< 18 years of age)

A total of 2 projects out of the 6 projects aligned to Healthy Ireland outcome indicator 2 collected data relating to positive mental health in children and teenagers under the age of 18 years. These included the 'Aurora Hall Physical Activity' project (n = 2 children in the total data set) and the 'Healthy Relationships' project. To evaluate the impact of these projects on increasing positive mental health in children and teenagers, the pre- and post-programme EVI data was collated and analysed. **Table 6** contains the total participant numbers, the average group pre- and post-programme EVI scores, and the actual and percentage change that occurred as a result of these programmes.

Table 6: Results for changes in positive mental health in children and teenagers following the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding.

Variable	N	Pre	Post	Change	%Change
EVI	67	270	241	↓ 29	↓ 11%

The group average total raw score of the EVI was 270 pre-programme and 241 post-programme. This represents a decrease in the group average EVI total score of 29 (**Figure 5**). This equates to an **11% decline in the group average EVI score showing a decline in positive mental health in children and teenagers** following the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 funding specifically for children and teenagers.

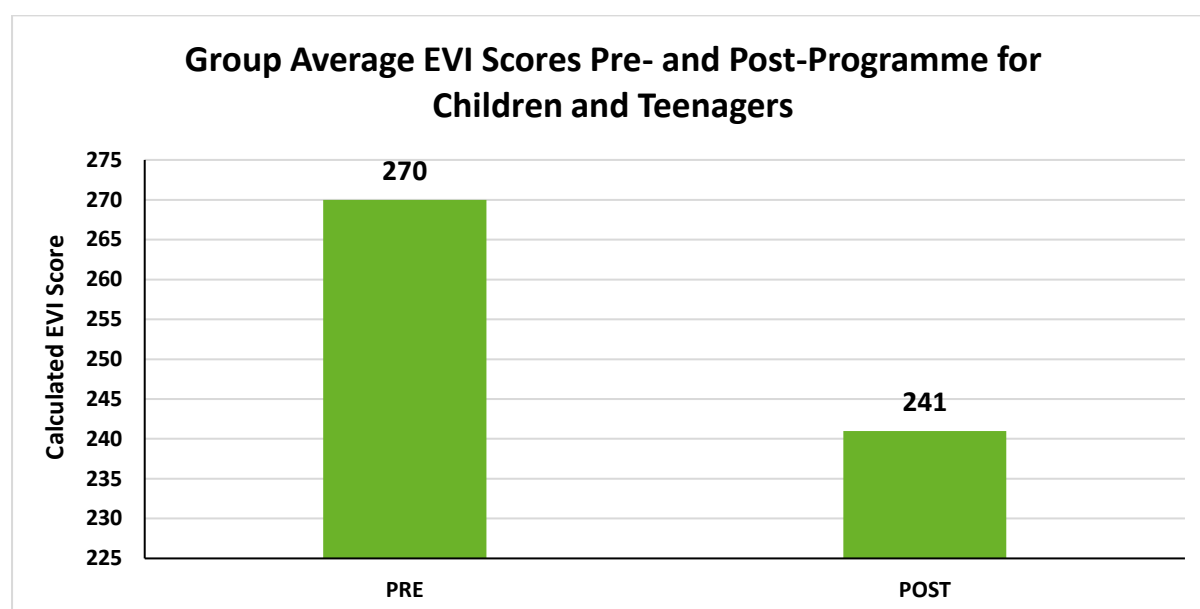


Figure 5: Group average EVI total score before and after the projects delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 Funding specifically for children and teenagers (n = 67).

Conclusion

All projects that were delivered in 2024 as part of the Healthy Longford Healthy Ireland Round 4 funding were aligned to one of two specified Health Ireland Outcome Indicators. These were (1) to increase the percentage of adults and children meeting physical activity guidelines, or (2) to increase individual's level of positive mental health based on EVI scores. Through examining individual project data, it is evident that **100% of projects that were aligned to Healthy Ireland Outcome Indicator 1 increased physical activity participation in adults and children** in county Longford and therefore achieved their individual aims. When the physical activity participation data was analysed from projects including adults only, there was a **21% increase in physical activity participation in adults** identified. When the physical activity participation data was analysed from projects including children and teenagers only, there was a **10% increase in physical activity participation in children and teenagers** found. In regard to changes in positive mental health, it is clear that **83% of projects that were aligned to Healthy Ireland Outcome Indicator 2 successfully increased individual's level of positive**

mental health based on EVI scores in adults and children in county Longford and thus, achieved their respective aims. When mental health data was examined from projects including adults only, there was a **27% increase in the EVI score in adults post-programmes**. When mental health data was examined from programmes including children and teenagers only, there was a **11% decline in children and teenagers post-programmes**.