

【Original Article】

**A Tool to Assess Population Approaches that Promote Physical Activity
— A Modified RE-AIM Model: PAIREM —**

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Abstract

Objectives: Community-based projects or population approaches undertaken by municipalities to promote physical activity comprise multistage dimensions, such as disseminating information about the project, enhancing its recognition, evaluating its effectiveness, and sustaining it. However, few comprehensive assessment tools have been utilized for such projects. This study aimed to develop a comprehensive assessment tool for municipal projects that promote physical activity.

Methods: Seventeen researchers reviewed the literature and constructed a model to assess the process and effectiveness of projects. The model divided the projects into multistage dimensions. Measurement items were developed for each dimension. The model was applied to existing projects in 6 municipalities.

Results: The RE-AIM model was adopted as the basis of the new model. A sixth dimension - Plan - was then added before Adoption (to form a modified RE-AIM model: PAIREM). The main items in the 6 dimensions were as follows: health goal and target population [Plan]; the proportion of administrative units adopting the project in a municipality [Adoption]; information, education, and support deliveries [Implementation]; the proportion of the target population that received information and education and recognized the project [Reach]; the status of achievement of the health goal [Effectiveness]; and long-term adoption and effectiveness [Maintenance]. The model and its items successfully assessed the projects conducted by the 6 municipalities.

Conclusion: A comprehensive assessment tool was developed for population approaches that promote physical activity. The model and its items will enable public health sectors to regularly evaluate the process and effectiveness of their projects.

Key words: frame, goal, process, outcome, translational research

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