
 **60 communities across New South Wales, SA & WA**  
Baseline survey on all participants

 **Randomisation occurs**  
Sites are randomised so that there is roughly the same spread of participants (age, gender, locations) in each of the two programs. This reduces bias and allows us to compare similar groups of people across the two programs (apples with apples). The randomisation is done by a computer.

**1. STANDING STRONG PROGRAM**  
(Exercise based program)

**2. HEALTHY COMMUNITY PROGRAM**  
(Social program)

**End of 12 month trial**

**Final data collection**

By agreeing to participate in the trial, you are also agreeing to be allocated into ONE of the two programs. You will NOT be able to choose as this would make the results of the research biased.

If your group is allocated to the Healthy Community program, you can still do the Standing Strong Program for 6 months after the trial is finished.

**6 MONTHS OF STANDING STRONG PROGRAM**