

Appendix 3 – answers to the questions that were not described in the results section (question 13 & 15).

Who in your department does refer patients in the context of an active lifestyle?

	Amsterdam UMC (n=12)	UMCG (n=33)
Who in your department does refer patients in the context of an active lifestyle? (multiple answers possible)		
Medical physicians	92%	82%
Specialist registrars	92%	76%
Nursing specialists	42%	52%
Physician assistants	25%	52%
Physiotherapist	67%	48%
Lifestyle coach	0%	12%
Nurse	0%	0%
Medical administrative staff	0%	0%
I don't know	8%	15%
Other	0%	3%
Who in your department does refer patients in the context of an active lifestyle? (multiple answers possible)		
I have no insight into the referral / exercise options for my patients	0%	9%
Regular physical activity options (fitness center or (un)organized sports)	67%	67%
Low-threshold physical activity options (elderly gymnastics or walking groups in the area)	42%	24%
Specific referral to a physiotherapist and / or an exercise program at the physiotherapist	83%	52%
A "exercise broker" (such as Sports and exercise counter of a rehabilitation center, a neighborhood sports coach or combination officer)	8%	33%
A combined lifestyle intervention (Exercise cure, COOL, SMARTER!)	8%	0%
Self-organized physical activity (such as walking, jogging, but also gardening, walking (with the dog) or cycling) in free time	67%	61%
Active commuting	33%	21%
Lifestyle consultant within the department or in the hospital (for example the Lifestyle Guide within the Sport Medical Center within UMCG)	NA	30%
A sports physician / sports medical institution for exercise diagnostics / risk analysis in combination with personalized exercise / training advice.	8%	12%
the Exercise Coach + (only at UMCG)	NA	12%
Physiotherapist within the hospital	25%	0%
Other	8%	3%