

11/3001 Outdoor community activity programmes

Research Question(s)

- What is the effectiveness and cost-effectiveness of outdoor community activity programmes in improving health and wellbeing?
 - **Population:** General population. The programme is particularly interested in interventions aimed at vulnerable groups.
 - **Intervention (non-NHS):** Active participation with outdoor community activity programme.
 - **Comparator:** Could be no intervention (which might mean 'usual practice') or be a group composed of those without access to the experimental intervention; or participating in another activity such as in an indoor activity programme. Researchers to specify and justify.
 - **Outcomes:** Primary outcomes may include the following: improved and sustained activity levels (intensity, duration, frequency); BMI; cardiovascular fitness; improved mental well-being; reduction in prescription drugs; cost-effectiveness of intervention, including cost-effectiveness of outdoor programmes compared to indoor programmes. Secondary outcomes may include: (un)willingness to participate in intervention; sustainability of participation in intervention; adverse events; healthier lifestyles including outcomes relating to social capital, connectedness to nature, environmentally friendly behaviours. Researchers to specify and justify.
 - **Duration of follow up:** For interventions with a definite end point we'd like to see follow up of at least a year. For continuing interventions please select a measurement point for your primary outcome, and justify that choice.
 - **Impact on inequalities:** Research should consider the impact of the intervention on health inequalities. Researchers to specify and justify.
 - **Design:** Primary research, researchers to specify and justify.
 - **Setting:** The community.
 - **Public engagement:** Proposals should incorporate a mechanism for public involvement.

Background to commissioning brief:

Physical and mental health and wellbeing can be improved by physical activity programmes. Increasingly, the outdoor environment is recognised as an important setting for such interventions. Research shows that access to green space can help reduce socioeconomic health inequalities.

Outdoor community activity programmes enable individuals to exercise outdoors with others while performing a task, such as conservation. There is a lack of high quality evidence evaluating the efficacy of such interventions.

Notes to Applicants

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