

12/133 Which interventions maintain and/or increase physical activity in older people?

Research Need

The Public Health Research programme would like to commission research to investigate interventions that maintain and/or increase physical activity levels, as people move into older age. As well as reducing risks of many chronic diseases, such as heart disease, type 2 diabetes, stroke and some cancers, physical activity improves wellbeing and mental health. Keeping physically active is also important for older people to maintain muscle strength, balance and co-ordination, and decrease the risk of falls.

The Public Health Research programme is particularly interested in applications for research

- taking account of opportunities afforded by points of transition, such as ending paid employment, and moving to supported living.
- at a later life stage when independent living is becoming challenging. Issues relating to service delivery may further reinforce immobility. Consideration could be given to interventions for this life stage.

For this call:

- Research should seek to demonstrate which interventions would help maintain and/or increase physical activity in older people
- Proposals may wish to consider social, psychological, behavioural, and environmental factors.
- Primary research or evidence synthesis studies may be proposed. For primary research, a health related primary outcome measure must be specified.

Remit of Call:

All proposals submitted under this brief must fall within the remit of the Public Health Research programme. Please go to <http://www.phr.ac.uk/> for details.

General Notes:

The PHR programme evaluates public health interventions, providing new knowledge on the benefits, costs, acceptability and wider impacts of non-NHS interventions intended to improve the health of the public and reduce inequalities in health. The scope of the programme is multi-disciplinary and broad, covering a range of interventions that improve public health delivered in a non-NHS setting.

The forthcoming cross-Research Council Lifelong Health and Wellbeing (LLHW) programme call for Promoting Physical Activity in Older Age will seek to support basic, interdisciplinary research into the physiological effects and behaviours associated with physical activity and sedentary behaviour in the older population. Research funded under this call is expected to inform the future development of effective interventions to motivate and sustain activity in this target population. Further information about the LLHW programme call can be found at: <http://www.mrc.ac.uk/Ourresearch/ResearchInitiatives/LLHW/about/index.htm>

Please note that the PHR programme will not accept applications that are currently under consideration by another funding body.

Notes to Applicants

The NIHR Public Health Research programme is funded by the NIHR, with contributions from the CSO in Scotland, NISCHR in Wales, and HSC R&D, Public Health Agency, Northern Ireland.

Researchers in England, Scotland, Wales and Northern Ireland are eligible to apply for funding under this programme.

Applicants are recommended to seek advice from suitable methodological support services, at an appropriate stage in the development of their research idea and application. It is advisable to make contact at an early a stage as possible to allow sufficient time for discussion and a considered response.

The NIHR Research Design Service

(http://www.nihr.ac.uk/infrastructure/Pages/infrastructure_research_design_services.aspx) can advise on appropriate NIHR programme choice, and developing and designing high quality research grant applications.

Clinical Trials Units are regarded as an important component of any trial application and can advise and participate throughout the process from initial idea development through to project delivery and reporting. NETSCC CTU Support Funding (http://www.netscc.ac.uk/supporting_research/CTUs) provides information on the units receiving funding from the NIHR to collaborate on research applications to NIHR programmes and funded projects. In addition UKCRC CTU (<http://www.ukcrc-ctu.org.uk>) provides information and searchable information resource on all registered units in the UK.

Transparency agenda

In line with the government's transparency agenda, any contract resulting from this tender may be published in its entirety to the general public. Further information on the transparency agenda is at:

<http://transparency.number10.gov.uk/>

http://www.ogc.gov.uk/policy_and_standards_framework_transparency.asp

<http://www.contractsfinder.businesslink.gov.uk/>