

## 10/3001 Walking & cycling to work

### Employer schemes to encourage walking or cycling to work

#### Research Question(s)

- Do employer schemes to encourage employees to walk or cycle to work increase employees overall level of physical activity? Which components of schemes are predictive of success?
  - **Population:** Employees in organisations where schemes are available.
  - **Intervention (non-NHS):** Employer schemes to encourage walking or cycling to work.
  - **Comparator:** Employees in organisations without schemes.
  - **Outcomes** Increase in overall level of physical activity. Applicants are invited to suggest other measures (in addition to overall physical activity), including cost effectiveness.
  - **Duration of follow up:** At least 1 year.
  - **Impact on inequalities:** Research design 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 workplace and community.
  - **Public engagement:** Proposals should incorporate a mechanism for public involvement.

#### **Background to commissioning brief:**

*NICE public health guidance 13 'Workplace Health Promotion: How to Encourage Employees to be Physically Active', outlines the importance of encouraging increased physical activity for better health. A range of schemes exist to encourage employees to walk or cycle to work but little is known about their impact. These schemes may help change lifestyles, reduce disease and benefit the environment. Research proposals examining the effect of schemes in large, medium, and small sized businesses, and which recognise health inequalities within the workplace, would be welcome. Employer schemes may be delivered in the workplace but can be formulated in conjunction with external agencies such as local authorities (examples include promotions which provide tax relief on bicycle purchases).*

*Research is needed to address the questions:*

- *What is the effectiveness and cost effectiveness of employer walking and cycling schemes in promoting physical activity?*
- *What are the potentially harmful and beneficial effects of such schemes?*
- *What environmental conditions help / hinder implementation of schemes (e.g. location of worksite, size and nature of employer access to footpaths / cycle lanes, access to changing and showering facilities, internal promotion of Cycle to Work Schemes)?*
- *How are the views of employers / employees incorporated into walking and cycling schemes?*