

Weight loss services for men

Research Question(s)

- What are the effective* interventions for weight management for men and how are men best engaged with effective weight management interventions?
 - **Population:** Overweight or obese men. Sub-populations may be studied, for example men with a low income or from different ethnic groups.
 - **Intervention (non-NHS):** Interventions (which may be universal or targeted only at men) to help men achieve and maintain a healthy weight. Interventions may also address other health behaviours, such as alcohol consumption.
 - **Comparator:** Non provision/usual practice.
 - **Outcomes:** Measures of healthy weight. Other outcomes might include measures of physical activity, diet, behaviour change, wellbeing and engagement with the intervention. Differential engagement and effectiveness is of interest, for example, related to socioeconomic status, ethnicity, and in relation to BMI at baseline. Researchers to specify and justify.
 - **Duration of follow up:** Researchers to specify and justify. Researchers should also indicate how long term impact might be assessed.
 - **Impact on inequalities:** Research should consider the impact of the intervention on health inequalities.
 - **Design:** Primary research, including a health economic evaluation, where relevant.
 - **Setting:** Researchers to specify and justify.
 - **Public engagement:** Proposals should incorporate a mechanism for public involvement.

*‘Effectiveness’ in this context relates not only to the size of the effect, but it also takes into account any harmful/negative side effects.

Background to commissioning brief:

The increase in the number of overweight or obese people in the UK is a major public health challenge. Evidence shows that more men than women are overweight or obese and this difference is projected to continue. Men are more likely than women to misperceive their body weight as a risk for health but can be motivated to lose weight once they become aware that their weight is a health problem.

Men are currently under-represented in studies of weight-loss services. The current evidence shows that initial motivation to engage men in a weight loss programme is an issue; however, once they enrol they are less likely to drop out. There is a need to engage men in weight loss services, (which may be universal or targeted only at men) to help them to achieve and maintain a healthy weight.

Remit of Call:

All proposals submitted under this call must fall within the remit of the Public Health Research programme. Please go to www.nets.nihr.ac.uk/programmes/phr/remit 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.

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/research/Pages/ResearchDesignService.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 many trial applications however, they are not essential for all types of studies to the PHR programme. The CTUs can advise and participate throughout the process from initial idea development through to project delivery and reporting. NIHR CTU Support Funding (http://www.netscc.ac.uk/supporting_research/CTUs) provides information on units receiving funding from the NIHR to collaborate on research applications to NIHR programmes and funded projects. In addition, the UKCRC CTU Network (<http://www.ukcrc-ctu.org.uk>) provides a searchable information resource on all registered units in the UK, and lists key interest areas and contact information.

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/>