

16/41 Sedentary behaviour

Research Question(s)

- What are effective* interventions to reduce sedentary behaviour*?

There is evidence to suggest that sedentary behaviour is associated with increased risk for several long term health conditions and may have a negative effect on mental health and wellbeing.

The NIHR Public Health Research Programme wishes to commission research on the effectiveness** of interventions to reduce sedentary behaviour. Interventions may also address related health behaviours. Proposals must evaluate interventions and a primary outcome must be health related.

The following issues are of particular interest:

- Population level interventions
- Interventions to reduce sedentary behaviour, including environmental measures
- Interventions for different population groups and/or across different life stages
- Interventions in workplaces and schools
- Communication of health messages about sedentary behaviour
- Effect of intervention(s) on physical and mental health outcomes
- Effect of intervention(s) on health inequalities

For all proposals, applicants should clearly state the public health utility of the outcomes and the mechanisms by which they will inform future public health policy and practice. Details about the potential impact and scalability of interventions, if shown to be effective, should be provided.

Proposals should incorporate a mechanism for public involvement. Researchers should consider the impact of the intervention on health inequalities and how this might be assessed. Where relevant, research should include a health economic evaluation to inform public health decision makers.

*Sedentary behaviour has been defined by NICE in PH47 as follows: "Sedentary behaviour describes activities that do not increase energy expenditure much above resting levels. Sedentary activities include sitting, lying down and sleeping. Associated activities, such as watching television, are also sedentary."

**'Effectiveness' in this context relates not only to the size of the effect, but it also takes into account any harmful or negative side effects, including inequitable outcomes.

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.

The NIHR Public Health Research programme is unable to fund intervention costs. The affordability of the intervention, and at least an indication of the public health stakeholder(s) willing to fund the intervention, should be referenced within the outline application. At the full application stage, statements of support confirming stakeholder commitments to funding will be required.

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/>