

## **13/90 Interventions to Maintain or Increase Physical Activity in Adolescents**

### **Research Question(s)**

- **What are the effective\* and cost-effective interventions to maintain or increase physical activity in adolescents?**
- **Population:** Adolescents\*\* or targeted groups of adolescents, particularly those who are least likely to be physically active, or those most likely to reduce their physical activity over time. Researchers to specify and justify.
- **Intervention (non-NHS):** Interventions which aim to maintain or increase physical activity. Consideration should be given to possible adverse or unintended consequences.
- **Comparator:** Non provision/usual practice.
- **Outcomes:** Measures of total physical activity. 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. Researchers to specify and justify.
- **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.

\*\* The World Health Organisation defines adolescents as young people between the ages of 10 and 19 years.

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

The participation of adolescents in physical activity is important for their healthy growth and development. It can reduce the risk of long term conditions and improve their general health and wellbeing. Most adolescents in the UK do not reach the recommended levels of physical activity, and physical activity declines with age.

There is currently a lack of good quality research in the UK in this area. Physical activity may arise from structured or unstructured opportunities, and take place in different settings. Consideration should be given to whether interventions increase total physical activity, or displace other types of physical activity. Sustaining change and longer term effects is of importance.

### **Remit of Call:**

All proposals submitted under this brief must fall within the remit of the Public Health Research programme. Please go to [www.nets.nihr.ac.uk/programmes/phr/remit](http://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 stage as possible to allow sufficient time for discussion and a considered response.

The NIHR Research Design Service

([www.nihr.ac.uk/infrastructure/Pages/infrastructure\\_research\\_design\\_services.aspx](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 ([www.nets.nihr.ac.uk/programmes/ctu](http://www.nets.nihr.ac.uk/programmes/ctu)) 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 ([www.ukcrc-ctu.org.uk](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/>

[www.ogc.gov.uk/policy\\_and\\_standards\\_framework\\_transparency.asp](http://www.ogc.gov.uk/policy_and_standards_framework_transparency.asp)

[www.contractsfinder.businesslink.gov.uk/](http://www.contractsfinder.businesslink.gov.uk/)