

# A workplace-based intervention to increase levels of daily physical activity: the Travel to Work cluster RCT

Suzanne Audrey,<sup>1\*</sup> Harriet Fisher,<sup>1</sup> Ashley Cooper,<sup>2,3</sup> Daisy Gaunt,<sup>4</sup> Chris Metcalfe,<sup>4</sup> Kirsty Garfield,<sup>4</sup> William Hollingworth,<sup>4</sup> Sunita Procter,<sup>1</sup> Marie Gabe-Walters,<sup>5</sup> Sarah Rodgers,<sup>5</sup> Fiona Gillison,<sup>6</sup> Adrian Davis<sup>7</sup> and Philip Insall<sup>8</sup>

<sup>1</sup>Population Health Sciences, Bristol Medical School, University of Bristol, Bristol, UK

<sup>2</sup>Centre for Exercise, Nutrition and Health Sciences, School for Policy Studies, University of Bristol, Bristol, UK

<sup>3</sup>National Institute for Health Research Bristol Biomedical Research Centre, University Hospitals Bristol NHS Foundation Trust, Bristol, UK

<sup>4</sup>Bristol Randomised Trials Collaboration, Population Health Sciences, Bristol Medical School, University of Bristol, Bristol, UK

<sup>5</sup>Swansea University Medical School, Swansea University, Swansea, UK

<sup>6</sup>Department for Health, University of Bath, Bath, UK

<sup>7</sup>Faculty of Business and Law, University of the West of England, Bristol, UK

<sup>8</sup>Insall & Coe, Bristol, UK

\*Corresponding author [suzanne.audrey@bristol.ac.uk](mailto:suzanne.audrey@bristol.ac.uk)

**Declared competing interests of authors:** Suzanne Audrey is a member of the National Institute for Health Research (NIHR) Public Health Research (PHR) Research Funding Committee (2017 to present). Chris Metcalfe is co-director of the Bristol Randomised Trials Collaboration. William Hollingworth is a member of the NIHR Health Technology Assessment Clinical Trials Board (2016 to present). Philip Insall is a member of the NIHR PHR Programme Prioritisation Committee (2014 to present).

Published May 2019

DOI: 10.3310/phr07110

## Plain English summary

### The Travel to Work cluster RCT

Public Health Research 2019; Vol. 7: No. 11

DOI: 10.3310/phr07110

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## Plain English summary

Adults are recommended to do at least 150 minutes of moderate-intensity physical activity in bouts of at least 10 minutes throughout the week. One way to achieve this is through brisk walking during the journey to work. This could be the whole journey, or part of a journey if people live further away and combine walking with public transport or drive part of the way. The aim of this study was to find out if a 10-week programme, based in different workplaces, could increase employees' physical activity levels and encourage more people to walk to work. The study took place in south-west England and south Wales, and involved 87 workplaces and 654 employees. At the beginning of the study, the activity levels of people who were taking part were measured using activity monitors, GPS (Global Positioning System) receivers and questionnaires. It was found that people who walked to work and people who used public transport were much more likely to meet the government guidelines for physical activity. Then, in half of the workplaces a Walk to Work promoter was trained and given booklets, newsletters and optional pedometers to give to people in their workplaces who were taking part in the study. Booklets were also given to employers with ideas about how they could support people who wanted to increase walking in their journey to work. The other half of the workplaces did not take part in the programme and carried on as usual. After 12 months, physical activity levels were measured again. There was no evidence that the programme increased people's physical activity levels or encouraged more people to walk to work. The length of journey, child-care responsibilities, the availability and reliability of public transport and whether or not there was car parking were important factors influencing the way people travel to work.

# Public Health Research

ISSN 2050-4381 (Print)

ISSN 2050-439X (Online)

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## This report

The research reported in this issue of the journal was funded by the PHR programme as project number 13/117/01. The contractual start date was in November 2014. The final report began editorial review in January 2018 and was accepted for publication in August 2018. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The PHR editors and production house have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the final report document. However, they do not accept liability for damages or losses arising from material published in this report.

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