

Workplace-based interventions to promote healthy lifestyles in the NHS workforce: a rapid scoping and evidence map

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Plain English summary

Promoting healthy lifestyles in NHS workforce

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Plain English summary

The health and well-being of staff working in the NHS is an important issue. We were asked by NHS England to identify research relevant to the promotion of healthy lifestyles among NHS staff. We looked for existing reviews of studies conducted in any workplace setting that examined the effects or value for money of different interventions or how they were viewed by staff or how they were delivered. We then produced a descriptive map of the available research evidence.

In total, we searched nine databases, checked over 8000 papers published since 2000 and found 408 potentially relevant reviews. As we found such a large number of potentially relevant reviews, it was necessary to produce the evidence map using information provided in the titles and abstracts of reviews only.

We found a large number of reviews focused on mental health, changing lifestyle behaviour such as physical activity, and on general workplace health/health promotion. Most of the reviews that focused just on health-care staff addressed mental health issues such as stress and burnout.

We do not believe that further synthesis work on this issue would be useful unless it addressed a clear need, and it was possible to identify either a focused research question or a specific gap in the literature. It may then be appropriate to focus on a smaller number of reviews and conduct a more detailed examination of the available evidence or, if necessary, undertake further literature searching and conduct a new evidence review.

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This report

The research reported here is the product of an HS&DR Evidence Synthesis Centre, contracted to provide rapid evidence syntheses on issues of relevance to the health service, and to inform future HS&DR calls for new research around identified gaps in evidence. Other reviews by the Evidence Synthesis Centres are also available in the HS&DR journal.

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