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

Gary Raine,* Sian Thomas, Mark Rodgers, Kath Wright and Alison Eastwood

Centre for Reviews and Dissemination, University of York, York, UK

*Corresponding author  gary.raine@york.ac.uk

Declared competing interests of authors: none

Published April 2020
DOI: 10.3310/hsdr08180

Plain English summary

Promoting healthy lifestyles in NHS workforce
Health Services and Delivery Research 2020; Vol. 8: No. 18
DOI: 10.3310/hsdr08180

NIHR Journals Library www.journalslibrary.nihr.ac.uk
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.
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.

The research reported in this issue of the journal was funded by the HS&DR programme or one of its preceding programmes as project number 16/47/11. The contractual start date was in November 2018. The final report began editorial review in August 2019 and was accepted for publication in November 2019. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HS&DR 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.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HS&DR programme or the Department of Health and Social Care. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HS&DR programme or the Department of Health and Social Care.

© Queen’s Printer and Controller of HMSO 2020. This work was produced by Raine et al. under the terms of a commissioning contract issued by the Secretary of State for Health and Social Care. This issue may be freely reproduced for the purposes of private research and study and extracts (or indeed, the full report) may be included in professional journals provided that suitable acknowledgement is made and the reproduction is not associated with any form of advertising. Applications for commercial reproduction should be addressed to: NIHR Journals Library, National Institute for Health Research, Evaluation, Trials and Studies Coordinating Centre, Alpha House, University of Southampton Science Park, Southampton SO16 7NS, UK.

Published by the NIHR Journals Library (www.journalslibrary.nihr.ac.uk), produced by Prepress Projects Ltd, Perth, Scotland (www.prepress-projects.co.uk).
Editor-in-Chief of *Health Services and Delivery Research* and NIHR Journals Library

**Professor Ken Stein**  Professor of Public Health, University of Exeter Medical School, UK

NIHR Journals Library Editors

**Professor John Powell**  Chair of HTA and EME Editorial Board and Editor-in-Chief of HTA and EME journals. Consultant Clinical Adviser, National Institute for Health and Care Excellence (NICE), UK, and Senior Clinical Researcher, Nuffield Department of Primary Care Health Sciences, University of Oxford, UK

**Professor Andrée Le May**  Chair of NIHR Journals Library Editorial Group (HS&DR, PGfAR, PHR journals) and Editor-in-Chief of HS&DR, PGfAR, PHR journals

**Professor Matthias Beck**  Professor of Management, Cork University Business School, Department of Management and Marketing, University College Cork, Ireland

**Dr Tessa Crilly**  Director, Crystal Blue Consulting Ltd, UK

**Dr Eugenia Cronin**  Senior Scientific Advisor, Wessex Institute, UK

**Dr Peter Davidson**  Consultant Advisor, Wessex Institute, University of Southampton, UK

**Ms Tara Lamont**  Director, NIHR Dissemination Centre, UK

**Dr Catriona McDaid**  Senior Research Fellow, York Trials Unit, Department of Health Sciences, University of York, UK

**Professor William McGuire**  Professor of Child Health, Hull York Medical School, University of York, UK

**Professor Geoffrey Meads**  Professor of Wellbeing Research, University of Winchester, UK

**Professor John Norrie**  Chair in Medical Statistics, University of Edinburgh, UK

**Professor James Raftery**  Professor of Health Technology Assessment, Wessex Institute, Faculty of Medicine, University of Southampton, UK

**Dr Rob Riemsma**  Reviews Manager, Kleijn Systematic Reviews Ltd, UK

**Professor Helen Roberts**  Professor of Child Health Research, UCL Great Ormond Street Institute of Child Health, UK

**Professor Jonathan Ross**  Professor of Sexual Health and HIV, University Hospital Birmingham, UK

**Professor Helen Snooks**  Professor of Health Services Research, Institute of Life Science, College of Medicine, Swansea University, UK

**Professor Ken Stein**  Professor of Public Health, University of Exeter Medical School, UK

**Professor Jim Thornton**  Professor of Obstetrics and Gynaecology, Faculty of Medicine and Health Sciences, University of Nottingham, UK

**Professor Martin Underwood**  Warwick Clinical Trials Unit, Warwick Medical School, University of Warwick, UK

Please visit the website for a list of editors: www.journalslibrary.nihr.ac.uk/about/editors

**Editorial contact:** journals.library@nihr.ac.uk