Randomised controlled trial of a very brief intervention to promote physical activity when delivered as part of an NHS Health Check

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Background:
Physical inactivity is the 4th leading cause of premature mortality worldwide1-2 and in the UK costs the NHS £1.6 billion each year3. Only 6% of men and 4% of women meet current physical activity recommendations (according to objective accelerometer data)4. Very brief interventions (VBIs) (<5 minutes for physical activity) may have substantial public health impact when delivered as part of a NHS Health Check5. Need for scalable interventions that are cost-effective in primary care setting.

Aims: To assess the effectiveness and cost effectiveness of the Step It Up intervention when it is delivered in an NHS Health Check.

Method: 1:1 individual allocation evaluates Step It Up (delivered in a NHS Health Check) against the NHS Health Check alone among adults aged 40-74 years.

Follow up: 3 months by accelerometer and questionnaires.

Outcome: Objectively measured and self-reported physical activity, process measures and cost-effectiveness.

Step It Up: Intervention material

Step Chart

Step It Up Booklet:

- Feedback on PA
- PA recommendations
- How to use pedometer
- Steps/day goal
- How to self-monitor

Behaviour change techniques6

- 5.1 Information about health consequences
- 5.3 Information about social and environmental consequences
- 5.6 Information about emotional consequences

Step Chart

- 1.5 Goal setting (behaviour)
- 1.4 Action Planning
- 2.2 Feedback on behaviour
- 4.1 Instruction on how to perform the behaviour
- 8.7 Graded tasks
- 2.3 Self-monitoring of behaviour
- 12.5 Adding objects to the environment

Discussion:

We have recruited a cohort which is representative of the wider population attending NHS Health Checks.

- 23 GP practices in the East of England (mean deprivation score 17.05 (SD10.72) have recruited 1008 participants.
- The cohort is predominately white British.
- Male to female ratio is 2:3.
- Mean age 58 (SD9.0).
- 58% of the cohort are in work.
- Retention rates at 3 months follow-up are 80%.
- Follow-up will be complete by the end of March 2016.

References

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