

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 world wide^{1,2} 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)².

Very brief interventions (VBIs) (<5 minutes) for physical activity (PA) may have substantial public health impact when delivered as part of a NHS Health Check⁴.

Need for scalable interventions that are cost-effective in primary care setting.

We have developed and assessed 4 VBIs for acceptability, feasibility and efficacy⁵ and Step It up was found to have the most potential for increasing PA.

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

Walk
Swim
Dance
Run
Stretch
Cycle
Step It Up!

10,000
9,000
7,000
5,000
4,000
3,000

Step It Up

Your Current Physical Activity Level:

You're already active, well done! Keep up the good work!

You could benefit from increasing your physical activity.

VBI VERY BRIEF INTERVENTIONS
University of Cambridge, University of East Anglia, King's College London, MRC Epidemiology Unit

Step Chart

Step Goal	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Steps & Miles Walked This Week
Week 1 This week I will try to walk steps a day	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Steps walked this week: Miles walked this week:
Week 2 This week I will try to walk steps a day	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Steps walked this week: Miles walked this week:
Week 3 This week I will try to walk steps a day	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Steps walked this week: Miles walked this week:
Week 4 This week I will try to walk steps a day	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Today I <input type="checkbox"/> walked steps	Steps walked this week: Miles walked this week:

Closed **Open**

Front Back

Display number of steps
RESET button
Table of calorie consumption

Behaviour change techniques⁶

Face-to-face discussion:

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

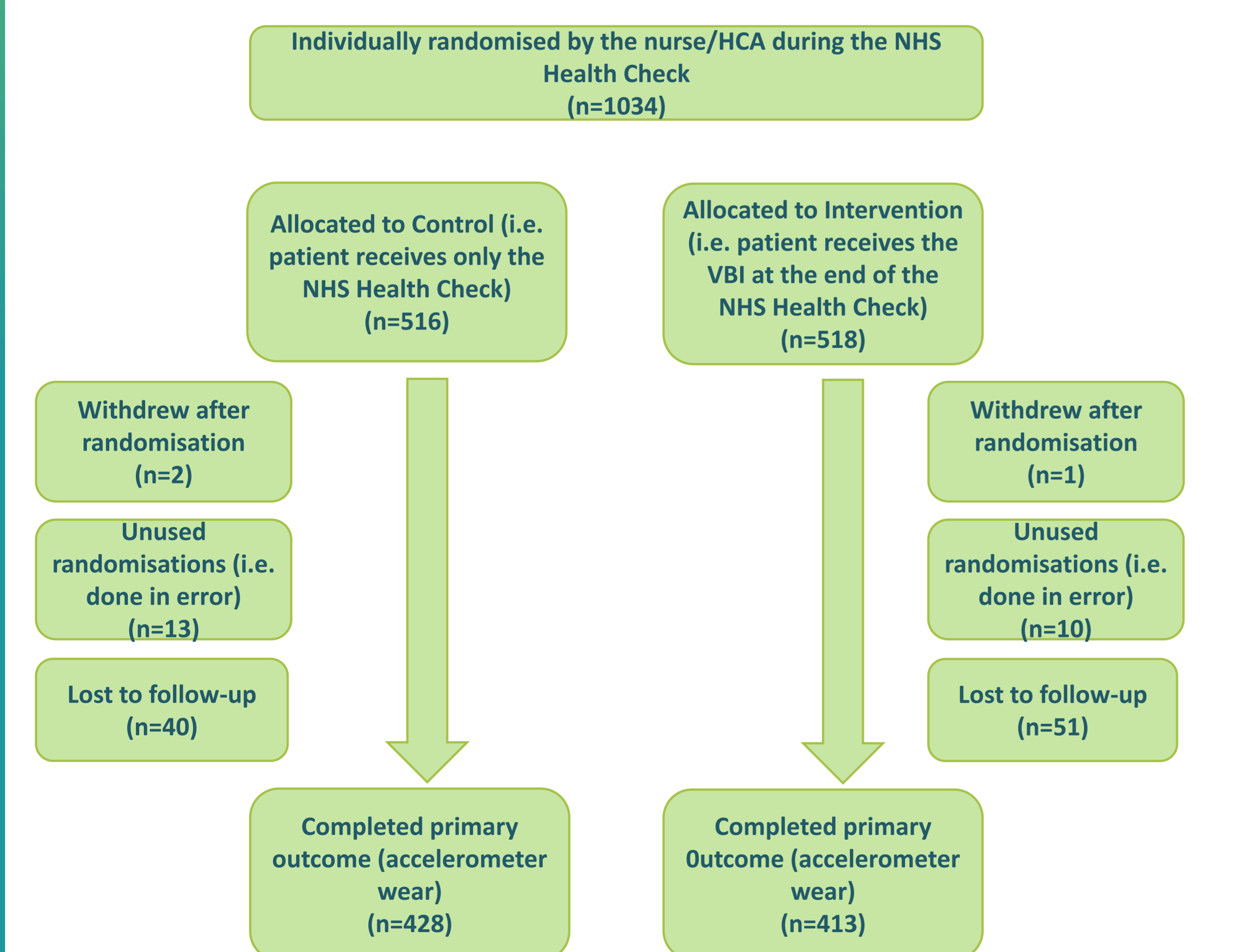
Step It Up Booklet:

- Feedback on PA
- PA recommendations
- How to use pedometer
- Steps/day goal
- How to self-monitor
- Benefits of PA
- Tips for increasing PA
- Local resources info

Pedometer & Step Chart

5.1 Information about health consequences
5.3 Information about social and environmental consequences
5.6 Information about emotional consequences
1.1 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

Trial Recruitment:



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.

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