

National Institute for Health and Clinical Excellence

**PUBLIC HEALTH INTERVENTION – WORKPLACE PHYSICAL ACTIVITY**  
**Consultation on the Synopsis of the Evidence from 24<sup>th</sup> August to 21<sup>st</sup> September 2007**  
**Comments and additional evidence to be submitted by 5pm at the very latest on Friday**  
**21<sup>st</sup> September 2007**

**Stakeholder Comments Form**

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4. Please remember to insert your name and the organisation's name on the first page

<b>Name:</b>		<b>Dr Rachel Hughes</b>	
<b>Organisation:</b>		<b>Sports Council for Wales</b>	
<b>Document Name and Number</b>	<b>Section number</b>	<b>Page Number</b>	<b>Comments</b>
<i>(e.g. Evidence review Economic Review, etc)</i>	<i>Indicate <b>section number</b> or '<b>General</b>' if your comment relates to the whole document</i>		<i>Please insert each new comment in a new row.  Please specify if it is for the Effectiveness review or Economics or both</i>
<b>Economic Review</b>	<b>General</b>		<b>There does not appear to be any standard methodology for measuring the economic benefits of workplace interventions that promote physical activity. We suggest that this ought to be investigated.</b>
			<b>It is difficult to compare study results as each study uses different outcome measures. This means that the reported interventions cannot be ranked by their cost-effectiveness.</b>
			<b>None of the reported studies took place in the UK. We need to be mindful that other countries have different health care systems to that of the UK.</b>
			<b>Most of the interventions were conducted in large commercial companies; there will therefore be issues of generalisability.</b>
			<b>The difference between cost-effectiveness between sub-groups was not addressed.</b>
			<b>NICE needs to be mindful about the ability to draw effective conclusions about projects that contain multiple interventions.</b>
			<b>We suggest that since there is little economic evidence for workplace interventions, there needs to be a programme of research that fills this research gap.</b>

Please add extra rows as needed

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<b>Evidence Review</b>	<b>General</b>		<p><b>There are a number of gaps in the evidence:</b></p> <ul style="list-style-type: none"> <li>• <b>There were no studies which compared different types of workplaces and whether this has an effect on how successful physical activity interventions were;</b></li> <li>• <b>None of the studies presented any evidence which compared the effectiveness of physical activity interventions on gender, ethnicity, temporary/casual workers;</b></li> <li>• <b>There weren't any studies which looked at how the employers viewed an intervention;</b></li> <li>• <b>There weren't many studies which concentrated on qualitative data to assess the effectiveness of physical activity interventions;</b></li> <li>• <b>Motivations and barriers of both employers and employees were also not addressed.</b></li> </ul>

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			<b>We were concerned about the quality of the studies detailed within the review, particularly in terms of:</b> <ul style="list-style-type: none"> <li>• The very small sample sizes of some studies;</li> <li>• Little follow-up to assess 'success' and/or effectiveness;</li> <li>• Hard to disaggregate the effectiveness of the physical activity component within a wider 'well-being' intervention.</li> </ul>
			<b>We are also concerned that guidance for implementing a physical activity intervention within the workplace will be produced on insufficient evidence.</b>
<b>Sports Council for Wales (SCW)</b>	<b>General</b>		<b><u>For information:</u></b> <b>SCW launched its Active Workplaces programme in April 2007. Recognising the major part an active workplace can play in enhancing business performance and employee health and wellbeing, the SCW is encouraging businesses to capitalise on the £2m of Welsh Assembly Government and Lottery funding to introduce facilities and programmes in the workplace to ultimately increase people's physical activity.</b>

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			<p><b>SCW's Research and Evaluation department are undertaking a thorough evaluation of the funding. Funding has been made subject to the collection of base line data. Data is captured through an online questionnaire administered by SNAP online (attached with email). Types of data captured are current physical activity levels, motivations and barriers to physical activity, current sickness absence, active travel patterns, a need analysis and demographics.</b></p> <p><b>Further to capturing base line data, we propose to do case study evaluations of a representative sample of workplaces, involving both small and large companies, public and private, a range of facilities and programmes and regional differences. Data captured at base line will then be followed up after the programme or facility has been implemented and used.</b></p>

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			<b>Additionally to the project evaluation; a process evaluation is also being carried out with those who were responsible for the delivery of the programme as well as those with first hand knowledge of applying for funding and the process of grant receipt.</b>

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