**LEICESTER LIFESTYLE AND HEALTH RESEARCH GROUP**

**Developing a sustainable physical activity pathway for communities with the highest risk of inactivity**

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**Section 2 – *Project Information***

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| **Project Title** | Developing a sustainable physical activity pathway for communities with the highest risk of inactivity |
| **Project Summary** | |
| **Project Highlights:**   |  |  | | --- | --- | | 1. | Undertake a programme of research at the interface of public health and academia to benefit those at highest risk of being inactive | | 2. | Develop skills in a diverse range of academic disciplines, including data science, implementation science and mixed methods. | | 3. | Provide a sustainable legacy of change within the community |     ***Aim***  To work with local councils and other local physical activity providers to embed and evaluate physical activity programmes within multi-ethnic communities within Leicester and Leicestershire.  ***Background***  Physical inactivity contributes to the development of over 20 chronic conditions and is a major burden to the NHS and society. The promotion of physical activity is consequently considered a vital part of public health. However, within England the promotion of physical activity is not a statutory obligation for public health teams working within local councils. Furthermore, there is a recognised translational gap between research and public health provision in relation to physical activity. Consequently, the promotion of physical activity is subject to mounting budgetary constraints and often lacks strategic engagement with research.  This PhD programme will be embedded within the public health team in Leicester City Council and require working across the Diabetes Research Centre, local councils and other local physical activity providers and partners to embed and evaluate a physical activity pathway aimed at multi-ethnic communities with the highest risk of inactivity such as South Asian women.  ***Methods***  The student will be embedded within the Let’s Get Moving project, that is working to develop a action plan for physical activity delivery with local stakeholders. The project will be based on three phases:  *Phase 1:* The student will work with local public health leads and physical activity providers to access local survey and surveillance data and conduct analyses to describe the epidemiology of physical activity locally to Leicester and Leicestershire, working to identify areas and groups at highest need of provision.  *Phase 2:* Working within the framework of the Let’s Get Moving project, the student will lead on developing a physical activity pathway for groups at highest risk of being inactive, such as South Asian women, focused on translating research into practice.  *Phase 3:* Working within an implementation science evaluation framework (e.g., RE-AIM), the student will then undertake a pilot evaluation of the pathway considering dimensions such as reach, efficacy, adoption, implementation.  ***Expected outcomes and impact***  The anticipated outcome of the studentship will be a sustainable physical activity pathway targeted at those with the highest risk of being inactive. If successful there is potential for the project to have an ongoing legacy of impact that will work to benefit those most at need. | |