

Evaluating the impact of new residential environments on active living and well-being: scoping, feasibility and pilot study

Rationale

- NICE guidance (2008) drew attention to the limited available evidence on the physical activity impacts of changes to the built and natural environment
- A logical next step is to examine the effects of moving into new residential environments specifically designed to support a more active and sustainable lifestyle

Scoping study

Objective: To identify forthcoming opportunities and locations for studies of new towns or new neighbourhoods to identify the most promising opportunities for evaluative research

Methods:

- Consultation with key informants
- Document analysis, 'due diligence' and field visits to clarify timetable and nature and size of anticipated impacts
- **Option appraisal** to identify most promising site(s)



Feasibility study

Objective: To compare the feasibility of two alternative protocols for recruiting participants for baseline data collection in advance of relocation and an unexposed control group of participants' who remain in their original neighbourhoods

Methods:

- Consultation with gatekeepers and key informants
- **Randomised controlled trial** comparing two alternative methods of recruitment and baseline data collection



Pilot study

Objective: To develop and test a coherent set of self-reported and objective measures of environmental exposures and appropriate outcome measures and to refine a set of hypotheses to be tested in the main study

Methods:

- Literature review and expert consultation
- **Pilot testing** of study methods in a population sample
- **Pilot qualitative interviews** with a sample of respondents



Outputs

- **Clearer understanding** of aspects of study implementation and potential causal pathways
- Application for substantial **grant funding** for a large-scale study
- Academic publications and conference presentations reporting **methodological contributions**
- A **workshop** for participants from across the School and other non-academic stakeholders to share emerging findings

Longer term aim

To design and implement an evaluative study of the impact of relocation to new residential environments on active living and individual and social wellbeing

Project partners

This project is led by **David Ogilvie** (MRC Epidemiology Unit and UKCRC Centre for Diet and Activity Research (CEDAR), Institute of Public Health, Cambridge) in collaboration with **Fiona Bull** (Centre for the Built Environment and Health, University of Western Australia); **Felicia Huppert** (Well-being Institute, University of Cambridge), **Andy Jones** (Norwich Medical School, University of East Anglia and CEDAR); **Nick Osborne** (European Centre for Environment and Human Health, Peninsula College of Medicine and Dentistry) and **Jenna Panter** (MRC Epidemiology Unit and CEDAR, Cambridge) and is funded by The National Institute for Health Research's School for Public Health Research. The School is a partnership between the Universities of Sheffield, Bristol, Cambridge, UCL; The London School for Hygiene and Tropical Medicine; The Peninsula College of Medicine and Dentistry; the LiLaC collaboration between the Universities of Liverpool and Lancaster and Fuse; The Centre for Translational Research in Public Health, a collaboration between Newcastle, Durham, Northumbria, Sunderland and Teesside Universities. This is an outline of independent research funded by the NIHR SPHR. The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.