

School for Public Health Research (SPHR)

Project Title	<i>Transforming the ‘foodscape’: development and feasibility testing of interventions to promote healthier take-away, pub or restaurant food</i>
Project ID	SPHR-FUS-PH1-FOS
Lead Researcher	Prof Ashley Adamson, Fuse (Newcastle)
SPHR Collaborators	Prof Charles Abraham, (Exeter Medical School) Dr Jean Adams, Fuse (Newcastle) Dr Vera Araujo-Soares, Fuse (Newcastle) Dr Amelia Lake, Fuse (Durham) Dr Helen Moore, Fuse (Durham) Prof Carolyn Summerbell, Fuse (Durham) Prof Martin White, Fuse (Newcastle)
Start Date	1 st October 2013
End Date	30 th June 2016
Outline	<p>Tackling obesity is one of today’s foremost public health challenges in England and the UK, and many other high and middle income countries. Changing eating behaviours is central to this endeavour. The proposed research will contribute to the NIHR SPHR aim to increase the evidence base for effective public health practice, with a focus on population level interventions to promote a healthier diet. A range of interventions attempting to change the out of home ‘foodscape’ (ready-to-eat food provision in out of home food outlets (OHFOs), including restaurants or take-away facilities) have been developed, but none have been rigorously evaluated.</p> <p>Qualitative research has also been commissioned by the Department of Health (DH) to develop an understanding of issues relevant to this proposal across a range of OHFO types. Although this work is not in the public domain, we have been granted access to reports on this research by DH. Working closely with relevant commercial and public sector partners, the research proposed here aims to identify potentially effective interventions or intervention components, based on current theory and evidence, and test them for feasibility and acceptability, leading to pilot testing of effectiveness and, ultimately, the development of protocols for definitive outcome evaluations. The work will be undertaken in six work packages (WPs):</p> <p>WP1: Systematic review, collating published evidence of effectiveness and cost-effectiveness of interventions targeting OHFOs, as well as observational studies of relevant interventions, including process evaluations</p> <p>WP2: Systematic assessment of candidate interventions, identified from WP1 and searches of publicly accessible information, to determine their methods, components and content, basis in theory and evidence, and costs and benefits (where available)</p> <p>WP3: Analysis of the latest data from the National Diet and Nutrition Survey (NDNS) to determine key target groups using different types of OHFOs.</p> <p>WP4: Qualitative research to further develop understanding of food preparation and production processes, including business models used in key OHFO types, as well as in-principle feasibility and acceptability of a range of intervention approaches to relevant stakeholders (including proprietors, managers, food service and other staff, and the public). Small scale quantitative assessments of knowledge, skills and attitudes in relation to healthy eating.</p> <p>WP5: Evidence and theory based development of a limited number of interventions with high potential for impact on population diet, tailored to specific OHFO types and population groups.</p>



**National Institute for
Health Research**

School for Public Health Research (SPHR)

	WP6: Pragmatic pilot evaluation of chosen interventions to determine feasibility, acceptability, suitable outcome and process measures, study designs and likely effect sizes. Development of protocols for definitive outcome evaluations. WP 1-3 will take place in first 12 months of the project, WP 4-6 are sequential and each builds on the findings of the preceding WPs.
Findings	<i>To follow...</i>
Publications / Outputs	<i>To follow...</i>
Impact	<i>To follow...</i>
Funding	£446,646
Further information	Prof Ashley Adamson E: Ashley.Adamson@newcastle.ac.uk T: +44 (0)191 222 5276



**National Institute for
Health Research**