



PAHRC Annual Report 2015

Physical Activity for Health Research Centre
Institute of Sport, Physical Education & Health Sciences
Moray House School of Education & Sport

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Message from the Director: Prof Nanette Mutrie



Welcome to our annual report for the Physical Activity for Health Research Centre (PAHRC). Since forming our research centre in January 2013, we have continued to grow with the appointment of new staff, the award of several research grants and active dissemination of research findings to academic, policy and practitioner audiences.

This year started in celebration as I was awarded an MBE in the Queen's New Year Honours List for services to Physical Activity for Health in Scotland. While no one ever knows who nominated them for such awards, I am certain that PAHRC's activities at the University of

Edinburgh were reasons for the nomination. I therefore feel that PARHC and its members should take a bow!

During 2015 we appointed a lecturer, Dr Paul Kelly, two honorary professors, Professor Marie Murphy (University of Ulster) and Professor Chris Oliver (Surgeon at Royal Infirmary of Edinburgh). We also appointed four research associates (Victoria Palmer, Sarah Nicholson, Tasneem Irshad and Hayley Connell) on a variety of grant-funded projects and three new PhD students with funded scholarships (Divya Sivaramakrishnan, Andrew Murray and Helen Weavers).

This year we have been awarded 5 new grants and currently collaborate in 16 grants totalling £935,994 to the University of Edinburgh. We have published 21 papers, one book, several chapters, and made over 40 oral and poster presentations.

We continue to ensure that knowledge exchange, creating impact and advocacy are all key aspects of our work and this year have collaborated and led work to train future health care professionals in physical activity for health. We have also been involved in the development of a Massive Open Online Course [MOOC] called Sit Less, Get Active to be launched in June 2016 which we hope will encourage those who register for the MOOC to become more active and share their knowledge.

We are also working hard on our ethos of how to construct a good working week with balance for other activities. We follow the recommendations of not holding meetings too early or too late; we try to keep one day free of meetings [Fridays]; we positively encourage our students to engage with our activities; we take short active break to play table tennis, complete a couple of pieces of jigsaw or do walk and talk meetings. We would love our visitors to also take part in these activities. Please come and visit!

If you are interested in physical activity for health, please do get in touch as we develop our networks across and beyond the University.

Nanette

PAHRC's Objectives

The main focus of PAHRC is to develop, test and implement interventions which encourage people of all ages to 'sit less and walk more'.

In December 2012, our strategy for the development of PAHRC identified five key objectives:

- I. To attract external funding to support our research (see section 5).*
- II. To publish in esteemed peer reviewed journals (see section 6).*
- III. To actively participate in the research community (see sections 7 and 8).*
- IV. To actively participate in the wider physical activity and health community to facilitate knowledge exchange (see section 8).*
- V. To support the development of all group members through an inclusive and mentoring environment (see section 2).*

The progress towards each of these goals is discussed throughout this document.

2. About the Research Centre

PAHRC is based within the Institute of Sport, Physical Education and Health Sciences in the Moray House School of Education and Sport and has members from across the University.

Our membership structure of core, associate and external members of PAHRC facilitates interdisciplinary collaboration and knowledge exchange.

There are currently 23 core members of PAHRC whose activities are summarised in this report. Core members are staff, honorary staff or doctoral research students at the University of Edinburgh for whom physical activity for health is their main area of research. We have 34 associate members from across the University, who are staff and research students for whom physical activity for health research is one aspect of their work (e.g. colleagues in geography, landscape architecture or medicine).

External members are considered as 'friends of PAHRC' and this group consists of academics, practitioners or policy makers who are interested in keeping up to date with our work and/or collaborating with us. We currently have 75 'friends of PAHRC'.

We have weekly research meetings to which core and associate members of PAHRC are invited to attend. Many of

these meetings are also open to 'friends'. These meetings allow the team to build and to learn from each other which nurtures the supportive and mentoring environment we want for PAHRC.

Topics this year have included journal club activities on key sources; responses to policy documents; rehearsal of presentations; interpretations of results; proposal ideas; and research skills sessions such



PAHRC Walk and Talk, Nov 2015

as data storage, systematic review training, and social media. We have also welcomed nine external speakers on related topics.

A final aspect of our style of working, is that we endeavour to practice what we preach in terms of sitting less and walking more. We do this by incorporating standing breaks to our meetings; having 'standing ovations' or

'active applause' after speakers; and engaging in 'walk-and-talk' meetings which are all designed to limit time spent sitting down and incorporate physical activity into discussions. We also try to influence others to adopt similar practices when working across and beyond the University. Our social

and meeting area is designed to encourage standing and facilitate active breaks with a table tennis table, golf putting practice, a balance board, jigsaws and lego. We have recently received a standing desk from Ergotron which we use as a hot desk for those who wish to use it.



PAHRC Activity Breaks

3. Research Themes

While we know the epidemiological risks of inactivity and the patterning of inactivity across the population, there is much less known about how to successfully change behaviour and create more active lifestyles across all ages. The main focus of PAHRC is to develop, test and implement interventions which encourage people of all ages to 'sit less and walk more'. We are interested in all segments of the population, but our current priorities reflect the Scottish Government's target groups of adolescent girls and older adults and others who are at risk of low physical activity.

Our research planning follows established frameworks including: acknowledgement of the social-ecological framework that influences health; the MRC guidance on developing and evaluating complex interventions; and the 'seven investments that work' recommended by the Toronto Charter for Physical Activity.

Across the settings suggested by the 'seven investments that work' statement and the Scottish Government's current target priorities of older adults and adolescent girls, there are a number of key themes that we are currently involved with and recent progress in each is now discussed.

Promotion of walking

We have built upon our internationally recognised track record in developing and testing interventions to promote walking by applying our learning to new contexts and populations such as adults with intellectual disabilities, older adults and ethnic minority groups.

We have implemented findings in a previous grant led at the University of Glasgow in which football fans are encouraged to walk as part of a healthy lifestyle approach to losing weight (Football Fans in Training (FFIT), funded by the NIHR). This 'social innovation' of using football clubs to promote the healthy lifestyles of their fans has been developed further in a large European grant (Euro-FIT) and in new contexts of prisons (Secure-FIT), and rugby (RUFIT). We have also formalised links with Paths for All (Scotland's main delivery agent of health walks) via a PhD scholarship (Laing) and UoE KE and impact funding (Niven) and collaboration on funding applications. Nanette Mutrie was involved in the development of the Scottish Walking Strategy and Ailsa Niven is a member of the implementation group for this strategy. These appointments reflect our acknowledged expertise in the promotion of walking.

Changes to the physical environment can also have an impact on walking and cycling. We (Mutrie & Baker) have previously worked on an EPSRC project, iConnect, which investigated impacts of physical infrastructure on active travel behaviours and

Nanette Mutrie currently collaborates on an evaluation of the health and wellbeing effects of the completion of the extension of the M74 motorway through Glasgow (led by Dr David Ogilvie, MRC Unit, Cambridge).

Reducing sedentary time

This is a novel area of research which we have explored in recent years. We have used our knowledge of behaviour change in walking to guide the development of interventions which might influence sitting. Dr Claire Fitzsimons (Chancellor's Fellow) now leads this area of research and has a particular interest in sedentary time amongst older adults and stroke survivors.

Dr Claire Fitzsimons and Prof Nanette Mutrie are co-investigators on a project exploring determinants of sedentary behaviour amongst older adults (Seniors USP, funded by the MRC). Sedentary behaviour has distinct deleterious health outcomes, yet there is no consensus on best practice for measurement. Together with colleagues at Glasgow Caledonian University, Fitzsimons has been working on behalf of the Seniors USP consortium on the identification of the optimal tool for population surveillance of SB, using a systematic framework.

A framework, Taxonomy of Self-report SB Tools (TASST), was developed based on a systematic inventory of existing tools. The inventory was achieved through a systematic review of studies reporting SB and tracing back to the original description. Despite the limited evidence, mapping existing SB tools onto the TASST framework has enabled informed recommendations to be made about the most promising features for a SB surveillance tool, and to identify the aspects on which future research and development should focus.

In collaboration with colleagues in Geriatric Medicine, Dr Claire Fitzsimons is leading on two grants exploring patterns of sedentary behaviour in stroke patients (CSO, ELHF).

As part of a collaborative European FP7 funded grant (Euro-FIT), Prof Nanette Mutrie and Dr Anne Martin have been working on the sedentary behaviour element of this large project. Informed by a systematic review, Dr Anne Martin led the Sit less and Step More study: a Pilot randomised

controlled trial (RCT), to test a simple intervention, incorporating behaviour change techniques, supported by self-monitoring feedback from the novel SitFIT device, to reduce sedentary behaviour and increase physical activity amongst adults.



Physical Activity across the lifespan

We believe people of all ages can benefit from becoming more active and so our research takes a life course approach, however we are particularly interested in key target groups. Concerned with a younger age group, Dr Anne Martin (graduated with PhD in 2015) completed her thesis exploring the connections between childhood obesity and school achievement (supervised by Saunders, Sproule and McGeown). 'Better Movers and Thinkers' is a related project led by Andy Dalziell (supervised by Mutrie,). His thesis investigates how teaching Physical Education in a particular way, which emphasises co-ordination, influences short term cognitive improvements in primary school children and he successfully defended his thesis at his viva in 2015.

Dr Sam Fawkner and Dr Ailsa Niven have a research interest in investigating physical activity amongst adolescent girls. They are currently supervising Yvonne Laird who is in her final year of her PhD research exploring how social support influences physical activity amongst this group. Sam also supervises Helen Weavers with Dr Josie Booth, an associate member of PAHRC whose research is concerned with muscle conditioning physical activity amongst children and young people.

Older adults are also at risk of low activity and we are exploring physical activity in this age group via two PhD projects. Nicky Laing (supervised by Niven and Fawkner) is exploring why older people start and continue to walk with group led walks, such as those led by Paths for All. Divya Sivaramakrishnan (supervised by Mutrie and Fitzsimons) has a

research interest in the use of yoga as a mechanism to support strength and balance amongst older adults.



Photo: Paths for All

Physical activity for people with medical conditions

Dr Dave Saunders and colleagues have produced highly cited systematic reviews of the role of physical fitness training in stroke rehabilitation and shown the effectiveness of physical training on this population. These important studies have influenced the clinical guidelines currently used for UK stroke care.

Prof Nanette Mutrie has continued a research interest in physical activity and breast cancer, following on from a collaborative grant with Professor Annie Anderson in Dundee to pilot the use of a breast screening service as a vehicle for providing women with physical activity advice in relation to prevention (ActWELL, led by

Anderson, CSO). We are now considering how to move this research to the next stage of development. Prof Nanette Mutrie is also Co-I on two grants exploring how physical activity can support those undergoing treatment for cancer or as 'pre-hab' for cancer related surgery (Rex Trial, led by Moug, CSO and CRIB led by Hubbard, NIHR).

In a related area, Prof Nanette Mutrie, Dr Chloe McAdam and Hayley Connell are part of a research team led by Plymouth University Peninsula Schools of Medicine and Dentistry (including colleagues from Exeter, Birmingham, Southampton, Brunel, Edinburgh, Marjon and the NHS in Cornwall) which has been awarded over £1.3M by the National Institute for Health Research Programme Health Technology Assessment (NIHR HTA) for the eCoachER study. The team are working on a multi site RCT exploring the potential of adding web based behavioural change support to traditional exercise referral scheme as a way to increase uptake and sustained physical activity by patients. The eCoachER trial is interested in patients with long term conditions (obesity, hypertension, type 2 diabetes, osteoarthritis, or a history of depression) who are referred to services to help them become more physically active and will last for 37 months.

Measurement & Surveillance

Appropriate and high quality measurement of physical activity (PA) and sedentary behaviour (SB) is fundamental to research, policy and practice; whether monitoring population trends, understanding sub-populations and high-risk groups, assessing correlates and determinants, or testing intervention effects and economics. Thus, this work is an over-lapping and integral component of the research conducted across all of PAHRC's key theme. We are interested in how we can improve our understanding and selection of available methods and develop new and refine existing approaches. Kelly, Fitzsimons and Baker are working on a Framework on Validity and Reliability to inform these processes. We (Baker, Kelly, Strain) received an internal Seedcorn Grant to further develop the Framework as applied to the PA and SB questions contained within the Scottish Health Survey. Baker and Kelly are collaborating with Prof Judy Robertson (Education, Teaching and Leadership, MHSE) to develop a comprehensive measurement system based on mobile "smart" phones.

Surveillance is a core aspect of our measurement work. It has an important role to play in national policy. Strain (studying for a PhD in this topic) recently published a key paper on PA profiles in Scotland using our National Surveillance measure (the Scottish Health Survey). This was well-received and subject to national media

coverage. We have two papers on surveillance of muscle strengthening activities and SB in preparation.

We are also involved in the Lancet Physical Activity Observatory country card project that provides a global comparison of PA surveillance, policy, and research indicators across countries. Prof Nanette Mutrie is the country lead for Scotland; Dr Paul Kelly and Tessa Strain contributed to the collation and dissemination of the results.

The Team

PAHRC currently has 23 core members (including 2 honorary professors) whose research focuses on physical activity for health. We have 34 associate members from across the University for whom physical activity is an aspect of their work.



Dr Graham Baker
Chancellor's Fellow

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Graham has a background in exercise psychology and his principle interest is in the development and evaluation of interventions to promote lifestyle physical activities. He has a particular interest in how successful interventions could be adapted for other groups such as those from ethnic minority populations and those with physical impairments.



Hayley Connell
Research Assistant

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Hayley is an RA on the e-CoachER project- a randomised controlled trial investigating whether the addition of a web-based resource can enhance the outcomes of traditional exercise referral. Hayley is also completing her PhD on increasing physical activity and reducing sedentary behaviour in stroke survivors using a personalised behavioural intervention.



Thelma Dugmore
Research Secretary

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Thelma provides administrative support for the research centre.



Andy Dalziell
PhD Student

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Andy has worked in the professional field of special educational needs for 12 years as a developmental practitioner. His PhD research explores "Better Movers and Thinkers (BMT)": An Innovative Approach to Physical Education, Physical Activity and Sport.

Dr Sam Fawkner

Senior Lecturer in Physical Activity and Health

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Sam is a pediatric physiologist, with a focused interest on the role of growth and maturation on health and well-being and in particular on changes in physical activity behaviour during childhood and adolescence.



Dr Claire Fitzsimons

Chancellor's Fellow

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Claire has a background in exercise physiology and her current research fellowship focuses on sedentary behaviour, specifically how older people perceive sedentary behaviours, the health risks and testing out possible interventions.



Dr Tasneem Irshad

Research Associate

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Tasneem has a background in ethnicity and health and is currently involved in an MRC funded project to develop a culturally adapted walking intervention in South Asians. Tasneem's research interests have included exploring end of life care needs in South Asians, exploring experiences of diagnostic testing for people with perceived allergic problems, the experience of cancer in South Asian children and their families and bladder control in people with MS.



Dr Paul Kelly

Lecturer in Physical Activity for Health

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Paul's interests are physical activity epidemiology, measurement of health behaviours, walking, cycling and active travel benefits. His current research focuses on the health benefits (physical and mental) of walking and cycling using data from large cohort studies and also RCTs

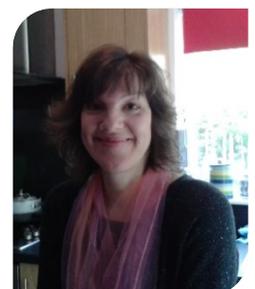


Nicky Laing

PhD Student (Funded by Paths for All)

nicky.laing@ed.ac.uk

In 2010, Nicky completed a Masters in Public Health Practice at Queen Margaret University. Since then, Nicky worked with our research group as an RA for over 2 years before embarking on a PhD that is focused on understanding determinants of walking for health in older adults.





Yvonne Laird (Funded by ESRC)

PhD Student

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Yvonne has a research interest in the psychological determinants of physical activity with a particular focus on adolescent girls. Her PhD focuses on the effect of social support on physical activity in this group.



Dr Chloe McAdam

Research & Knowledge Exchange Coordinator

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Chloe has a background in physical activity research and has an interest in knowledge exchange and creating impact from research by working closely with policy and practice.



Anne Martin

Research Assistant: Systematic reviewing

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Anne has a background in physiotherapy and nutrition and is currently an RA with EuroFIT conducting a systematic review on interventions to reduce sedentary behaviours.



Professor Marie Murphy

Honorary Professor, PAHRC

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Marie is Professor of Exercise and Health and leads the Centre for Physical Activity and Health Research (CPAHR) at the University of Ulster. Marie's research interests include the role of exercise, in particular walking, on health. Current research includes outcome measures ranging from the behavioural to the biochemical and she embraces a multidisciplinary approach to physical activity and exercise research questions.



Dr Andrew Murray

PhD Student

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Andrew is dual qualified in Sport and Exercise Medicine and General Practice and works at Fitness Assessment and Sports Injuries Centre (FASIC). He also works with the European Tour Golf, the SportScotland Institute of Sport and the Scottish Rugby Union. His PhD focusses on golf and health.

Prof Nanette Mutrie

Chair in Physical Activity for Health/Director, PAHRC
nanette.mutrie@ed.ac.uk Twitter [@nanettemutrie](https://twitter.com/nanettemutrie)

Nanette is an exercise and sport psychologist with over 20 years of research in designing and testing interventions to help people to walk more. She has particular interest in the role of walking to promote mental health and walking for those with medical conditions.



Sarah Nicholson

Research Assistant

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Sarah is currently working on a Chief Scientist Office project: Too much sitting in extended bouts in stroke survivors: a qualitative study to inform novel interventions. Sarah is also completing her PhD on the development of a behaviour change intervention to increase physical activity after stroke.



Dr Ailsa Niven

Senior Lecturer in Physical Activity and Health

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Ailsa's background is in sport and exercise psychology and her research focuses on the psychological determinants and consequences of physical activity within a range of groups, including adolescent girls, adults and older adults.



Professor Chris Oliver

Honorary Professor, PAHRC

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Chris is an NHS Consultant Orthopaedic Trauma Surgeon at Royal Infirmary Edinburgh. His main interests are: Active Travel, Obesity, Cycling, Kayaking, 20mph, development and promotion of undergraduate medical education in Physical Activity in UK.



Victoria Palmer

Research Assistant

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Victoria has an interest in researching physical activity and sedentary behaviour using qualitative and mixed methods approaches. Her previous research drew on the large body of physical activity research from the sport and exercise sciences, as well as sociological theory to capture negotiations of physical activity in three generational families. She is currently working as an RA with the Seniors USP project conducting qualitative interviews with older adults about sedentary behaviour.





Dr Dave Saunders
Senior Lecturer in Exercise Physiology
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Dave is an exercise physiologist and leader of the BSc Applied Sport Science degree at Edinburgh. His research involves use of systematic review methodologies to examine the role of exercise in patient groups, particularly stroke.



Divya Sivaramakrishnan
PhD Student
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Divya's PhD topic is evaluating the health benefits of incorporating yoga into the physical activity plan of older adults. Divya's research interests are physical activity promotion, implementation of interventions and adherence, evaluation of physical activity regimes across the life span, studying the effects of physical activity on chronic diseases and understanding the effects of yoga.



Tessa Strain
PhD Student
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Tessa has an MSc in exercise physiology and has experience working with large datasets. She is currently undertaking a PhD using Scottish Health Survey data to explore the physical activity behaviours of adults in Scotland.



Helen Weavers
PhD Student
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Helen's PhD focuses on the effect of a resistance training on physical activity in youths. In particular she is interested in the impact of resistance training on fundamental movement skills, 'the self' and weight status which, in turn, may have a positive effect on physical activity levels.

Projects and Grants

In 2015 PAHRC has collaborated in 16 projects with associated research grants.



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1. The use of cardiac rehabilitation services to aid the recovery of colorectal cancer patients: A pilot randomised controlled trial with embedded feasibility study.

Led by Hubbard, University of Stirling. (Co-I Mutrie)

1/06/13 - 28/02/15

Total to MHSE, UoE £1,956. Funded by NIHR.

2. Paths for All – £45K - PhD studentship Walking for health in older adults

PI – Niven (Co-I Fawkner)

01/10/13 – 30/09/16

Total to MHSE, UoE, £45,000. Funded by Paths for All.

3. Seniors USP (Understanding Sedentary Patterns)

Led by Skelton, Glasgow Caledonian University. (Co-Is Mutrie and Fitzsimons)

01/05/14 – 30/04/17

Total to MHSE, UoE £309,513. Funded by MRC

4. Social innovation to improve physical activity and sedentary behaviour through elite European football clubs: European Fans in Training (Euro-FIT)

Led by Wyke, University of Glasgow. (Co-I Mutrie) 01/11/13 – 30/10/18

Total to MHSE, UoE £39,838. Funded by European Commission FP7

5. Sharing learning with Paths for All on walking for health

PI Niven

01/02/14 – 01/02/15

Total to MHSE, UoE - £2,000. Funded by College of Humanities and Social Science Knowledge Exchange Fund, UoE.

6. A pilot study of the feasibility and patient-related outcomes of performing a walking intervention in patients undergoing treatment for rectal cancer: The Rex Trial)

Led by Moug, Royal Alexandria Hospital. (Co-I Mutrie)

01/02/14 – 31/01/16

Total to MHSE, UoE - £7,296. Funded by CSO

7. Development of a culturally adapted walking intervention for South Asian adults in Scotland PI -Baker (Co-Is - Mutrie, Niven & Sheikh) 1/09/15 → 31/01/17
£136,438, MRC

8. LivingWell – a feasibility study to assess the impact of a lifestyle intervention in people attending family history clinics with an increased risk of colorectal and breast cancer
Led by Anderson, University of Dundee (Co-I Mutrie)
1/05/15 → 31/10/16
Total to MHSE, UoE - £1,411. Funded by CSO.

9. Long-term weight loss trajectories in participants in a randomised controlled trial of a weight management and healthy lifestyle programme for men delivered through professional football clubs: the Football Fans in Training follow up
Led by Gray, University of Glasgow (Co-I Mutrie).
1/01/15 → 31/01/17
£2,788, Other

10. HS&DR Project: 12/5001/09 - The use of cardiac rehabilitation services to aid the recovery of colorectal cancer patients: A pilot randomised controlled trial with embedded feasibility study
Mutrie, N.
1/06/13 → 28/02/15
£1,956, Other

11. The M74 study: longitudinal follow-up of the health effects of a new urban motorway
Led by Oglivie, University of Cambridge. (Co-I Mutrie)
1/01/13 → 31/01/17
Total to MHSE, UoE - £26,011. Funded by

NIHR PHR

12. Football Fans in Training (FFIT): a randomized controlled trial of a gender-sensitive weight loss and healthy living programme delivered to men aged 35-65 by Scottish Premier League (SPL) football clubs.

Mutrie, N.
1/06/11 → 30/07/15
£19,747, Other

13. Exercise referral to fitness centre or cardiac rehabilitation among breast cancer survivors: Pilot single-arm trial with embedded process evaluation

Led by Hubbard, University of Stirling
Funded by Breast Cancer Campaign

14. Ffit- secure translating football fans in training methods to prisoners and staff in secure units

Led by Gray and Hunt, University of Glasgow (Co-I Mutrie)
Total to MHSE, UoE £9,172, CSO

15. e-CoachER: A multi-centred RCT of an augmented exercise referral scheme using web-based behavioural support in individuals with metabolic, musculo-skeletal and mental health conditions

Led by Taylor, University of Plymouth (Co-I Mutrie)
01/01/15-31/01/18
Total to MHSE, UoE £161,940. Funded by NIHR HTA

16. Too much sitting in extended bouts in stroke survivors: a qualitative study to inform novel interventions

PI – Fitzsimons (Co-I Mutrie)
01/06/15-31/03/17
Total to MHSE, UoE £170,928. Funded by CSO

6. Publications

- Biddle, S. J. H., **Mutrie, N.** & Gorely, T. 2015. Psychology of Physical Activity: Determinants, Well-Being and Interventions. 3rd ed. Oxon: Routledge. 434 p
- Bill, E., Baker, G., Ferguson, N. S., Drinkwater, D. & **Mutrie, N.** 2015. Representing active travel: a formative evaluation of a computer visualisation tool demonstrating a new walking and cycling route. *Environment and Planning B: Planning and Design* . 42, 18 p.
- Brookfield, K., **Fitzsimons, C.**, Scott, I., Mead, G., Starr, J., Thin, N., Tinker, A. & Ward Thompson, C. 2015. The home as enabler of active lifestyles among older people. *Building Research and Information*.
- Bryn, S., **Murray, A.**, Weiler R. 2015. Is general practice engaged with physical activity promotion? *British Journal of General Practice*
- Calderwood, C., **Murray, A.**, & Stewart, W. 2015. Turning people into couch potatoes is not the cure for sports concussion. *British Journal of Sports Medicine*
- Cowburn, G., Matthews, A., Doherty, A., Hamilton, A., **Kelly, P.**, Williams, J., Foster, C. & Nelson, M. 2015. Exploring the opportunities for food and drink purchasing and consumption by teenagers during their journeys between home and school: a feasibility study using a novel method. *Public Health Nutrition*. p. 1-11 11 p
- Dalziell, A.**, Boyle, J. & **Mutrie, N.** 2015. Better Movers and Thinkers (BMT): An Exploratory Study of an Innovative Approach to Physical Education. *Europe's Journal of Psychology*. 11, 4
- Gibson, N., Mahony, B., Tracey, C., **Fawcner, S. & Murray, A.** 2015. Effect of ischemic preconditioning on repeated sprint ability in team sport athletes. *Journal of Sports Sciences*. 33, 11, p. 1182-1188 7 p.
- Kelly, P.**, Baker, G., **McAdam, C.**, Milton, K., Richards, J., Foster, C., Murphy, M. & **Mutrie, N.** 2015. Critique of 'The physical activity myth' paper: discussion of flawed logic and inappropriate use of evidence. *British Journal of Sports Medicine*
- Kelly, P.**, Thomas, E., Doherty, A., Harms, T., Burke, O., Gershuny, J. & Foster, C. 2015. Developing a Method to Test the Validity of 24 Hour Time Use Diaries Using Wearable Cameras: A Feasibility Pilot. *PLoS One*. 10, 12, e0142198
- Macmillan, F., Kirk, A., **Mutrie, N.**, Moola, F. & Robertson, K. 2015. Building physical activity and sedentary behavior support into care for youth with type 1 diabetes: Patient, parent and diabetes professional perceptions. *Pediatric Diabetes*
- MacMillan, F., Kirk, A., **Mutrie, N.**, Moola, F. & Robertson, K. 2015. Supporting participation in physical education at school in youth with type 1 diabetes: Perceptions of teachers, youth with type 1 diabetes, parents and diabetes professionals. *European Physical Education Review*. 21, 1, p. 3-30 28 p.

Martin, A., Fitzsimons, C., Jepson, R., Saunders, D. H., van der Ploeg, H. P., Teixeira, P. J., Gray, C. M., **Mutrie, N.** & EuroFIT Consortium. 2015. Interventions with potential to reduce sedentary time in adults: systematic review and meta-analysis. *British Journal of Sports Medicine*. 49, 16, p. 1056-63 10 p

Martin, A., Bland, R. M., Connelly, A. & Reilly, J. J. 2015. Impact of adherence to WHO infant feeding recommendations on later risk of obesity and non-communicable diseases: systematic review. *Maternal & child nutrition*.

Melville, C. A., Mitchell, F., Stalker, K., Matthews, L., McConnachie, A., Murray, H. M., Melling, C. & **Mutrie, N.** 2015. Effectiveness of a walking programme to support adults with intellectual disabilities to increase physical activity: walk well cluster-randomised controlled trial. *International Journal of Behavioral Nutrition and Physical Activity*. 12, 11 p., 125

Metcalfe, R. S., **Fawcner, S.** & Volvaard, N. B. J. 2015. No acute effect of reduced-exertion high intensity interval training on insulin sensitivity. *International Journal of Sports Medicine*. p. 1-15 15 p

Oja, P., Titze, S., Kokko, S., Kujala, U. M., Heinonen, A., **Kelly, P.,** Koski, P. & Foster, C. 2015. Health benefits of different sport disciplines for adults: systematic review of observational and intervention studies with meta-analysis. *British Journal of Sports Medicine*. 49, 7

Oliver, C. (ed.) & Gates, A. 2015. Training tomorrow's doctors, in exercise medicine, for tomorrow's patients. *British Journal of Sports Medicine*, 49, p. 207-208 3 p.

Richards, J., Jiang, X., **Kelly, P.,** Chau, J., Bauman, A. & Ding, D. 2015. Don't worry, be happy: cross-sectional associations between physical activity and happiness in 15 European countries. *BMC Public Health*. 15, 8 p., 53

Tieges, Z., Mead, G., Allerhand, M., Duncan, F., van Wijck, F., **Fitzsimons, C.,** Greig, C. & Chastin, S. 2015. Sedentary behaviour in the first year after stroke: a longitudinal cohort study with objective measures. *Archives of Physical Medicine and Rehabilitation*. 96, 1, p. 15–23 9 p

Williamson, W., Reid, H., Boardman, H., Lewandowski, A. J., **Kelly, P.,** Roberts, N., Foster, C and Leeson, P. 2015. The effectiveness of physical activity interventions to reduce blood pressure in young adults with increased cardiovascular risk: a systematic review and meta-analysis. *Heart*. 101, p. A89-A89 1 p

Wahid, A. A., Manek, N., Nichols, M., **Kelly, P.,** Foster, C., Webster, P., Kaur, A., Smith, C. F. & Scarborough, P. 2015. Quantifying the association between physical activity and cardiovascular disease: a meta-analysis. *Cardiology in the young*. 131, p. 92-92 1 p

Presentations and Posters

Presentations

Baker

Active Travel Event hosted by Glasgow Centre for Population Health (Invited discussant), January 2015

Fitzsimons

“Validity and sensitivity to change of self-report and objective measures of sedentary behaviour in adults and older adults.” Philippa Dall, **Claire Fitzsimons**, Elaine Coulter, Dawn Skelton, Sebastien Chastin. Symposia Presentation, ISBNPA, June 2015

Kelly

“Have wearable cameras taught us anything about measuring physical activity”. (Oral presentation) Fourth Fuse Physical Activity Workshop: New Frontiers in Measuring Physical Activity, May 2015

“Reframing how we measure physical activity” (Oral presentation) International Society for Behavioural Nutrition and Physical Activity, June 2015

“SenseCam and the missing peach: exploring the use of digitally captured images to prompt dietary recall.” Frances Hillier-Brown, Helen Moore, **Paul Kelly**, Aiden Doherty, Alex Hamilton, Charlie Foster. Short Oral Presentation, ISBNPA, June 2015

“Is walking the nearest activity to perfect exercise? Associations, prevalence and patterns of walking across the life-course” Charlie Foster, David Roberts, Sarah Payne, Nicholas Townsend, **Paul Kelly** . Symposia Presentation, ISBNPA, June 2015

“Capturing food and drink purchasing and consumption amongst young people on their journeys to and from school: can wearable cameras help?” Gill Cowburn, Anne Matthews, Aiden Doherty, Alexander Hamilton, **Paul Kelly**, Julianne Williams, Charlie Foster, Michael Nelson. Symposia Presentation, ISBNPA, June 2015

“Reframing how we measure physical activity” (Seminar) Centre for Hip Health and Mobility, University of British Columbia, June 2015

“Economic benefits of active travel’ (Oral Presentation) Scottish Transport Emissions Partnership (STEP) Conference 2015: Cleaner Air, Healthier Places, November 2015

“Investigating the effect of population level walking and cycling on all-cause mortality” (Oral presentation) School for Policy Studies, University of Bristol, December 2015

Laing

Presentation on PhD research about recruitment and retention of walkers. Paths for All’s Volunteer workshop and networking event, January 2015

Video presentation for Paths for All PhD, March 2015

Poster for Interweaving Conference, September 2015

Mutrie

“Be Active – Why and How” (Keynote speaker) Scottish Cancer Prevention Network Conference, February 2015

'Sport Participation, Health and Wellbeing', Plymouth City Sport Summit (Keynote speaker), February 2015

"That pedometer – it's an amazing wee device". Is self-monitoring the best bet for physical activity behaviour change?' (Keynote speaker) Scottish branch of British Psychological Society's Annual Scientific Meeting, February 2015

"That pedometer – it's an amazing wee device". Is self-monitoring the best bet for physical activity behaviour change?' (Keynote speaker) Northern Ireland branch of British Psychological Society's Annual Scientific Meeting, April 2015

"Outcomes of a randomised controlled trial of the Walk Well intervention" Fiona Mitchell, **Nanette Mutrie**, Kirsten Stalker, Lysay Matthews, **Louise Bleazard**, Chris Melling, Heather Murray, Craig Melville. Symposia Presentation, ISBNPA, June 2015

Collaboration and intersectoral approaches to promote physical activity and active living, (Oral presentation) HEPA Europe Annual Conference, October 2015

"Walking for a happier, healthier Scotland". Expert Panellist, Paths for All Seminar, October 2015

Holyrood Policies Physical Activity in Scotland Event, Chair, November 2015

Niven

"Using self-determination theory to understand walking behaviour". Invited departmental seminar at Physical Activity Group, University of Strathclyde, March 2015

"Is too much sitting bad for your mental health" (Oral presentation) Division of Sport and Exercise Psychology, British Psychological Society, December 2015

"A self-determination perspective on walking for health" (Oral presentation) Division of Sport and Exercise Psychology, British Psychological Society, December 2015

Oliver

"Cycling Surgeon - cycling to global physical activity" (Keynote speaker) Scottish Orthopaedic & Trauma Club Meeting, Crieff. January 2015

"Physical Activity LEGO Playtime" (Oral presentation) Science and Medicine in Sport & Physical Activity Networking Event, University of Edinburgh. January 2015

Health and Wellbeing Lecture (Keynote speaker) St Ninian's School, Giffnock Glasgow, November 2015

Posters

Mhairi MacDonald, **Samantha Fawcner**, **Ailsa Niven**. *“How much walking should be advocated for good health in adolescent girls?”* ISBNPA, June 2015

Graham Baker, **Anne Martin**, Ruth Jepson, **Nanette Mutrie**.

“Physical activity research with ethnic minority groups in the UK; a scoping review” ISBNPA, June 2015

Mojisola Oluwasanu, **Graham Baker**, Ruth McQuillan. *“A systematic review of the factors associated with active commuting.”* ISBNPA, June 2015

Yvonne Laird, **Ailsa Niven**, **Paul Kelly**, **Samantha Fawcner** and Lily McNamee. *“The relationship between social support and physical activity in adolescent girls: a systematic review of cross-sectional and longitudinal research.”* ISBNPA, June 2015

Niamh O’Connor, Justine Geyer, **Claire Fitzsimons**, **Tessa Hill**, **Nanette Mutrie**. *“Five x 30 versus 150 minutes: factors associated with meeting the old and current physical activity guidelines in Scotland.”* ISBNPA, June 2015

Anne Martin, **Claire Fitzsimons**, **Graham Baker**, **Ailsa Niven**, **Paul Kelly** and **Nanette Mutrie**. *“What are the behaviour change techniques used in interventions with the potential to reduce sedentary time? Findings from a systematic review.”* ISBNPA, June 2015

Abdulaziz Farooq, **Anne Martin**, Mathew G Wilson, John J Reilly

“Objectively measured declines in MVPA are greater in boys than girls: systematic review and evidence appraisal.” ISBNPA, June 2015

Peter von Philipsborn, Jan Stratil, Dennis Küppers, Franziska Hommes, Charlotte Sauter, Phillippa Seika, Mandy Kim Rau, **Anne Martin**. *“The food environment and choice architecture of German university and hospital canteens: Findings from a multi-method cross-sectional study”* ISBNPA, June 2015

Emma Thomas, Karen Milton, **Paul Kelly**, Aiden Doherty, Teresa Harms, Jonathan, Gershuny, Charlie Foster. *“Improving methods to measure physical activity: using accelerometry, wearable cameras and interviews to reconstruct time use.”* ISBNPA, June 2015

Pekka Oja, Sylvia Titze, Sami Kokko, Urho Kujala, Ari Heinonen, **Paul Kelly**, Pasi Koski, Charlie Foster. *“Health benefits of different sport disciplines for adults: systematic review of observational and intervention studies with meta-analysis.”* ISBNPA, June 2015

Susan Moug, Laura Rooney, Graham Mackay, Sarah Barry, Carole Buchan, Robert Steele, Annie Anderson, **Nanette Mutrie**

“Initial findings of The REx Trial: a study of the feasibility of performing pre-habilitation in patients undergoing treatment for rectal cancer.” ISBNPA, June 2015

Lynsay Matthews, Alison Kirk, **Nanette Mutrie**. *“Recommendations for the translation, implementation and evaluation of physical activity interventions within routine diabetes care”* ISBNPA, June 2015

Chris Bunn, Cindy Gray, Kate Hunt, **Nanette Mutrie**, Sally Wyke, on behalf of the EuroFIT Consortium. *“How to engage people in physical activity, sedentary behaviour and dietary change through*

existing allegiances and loyalty to community-based organisations: a scoping review” ISBNPA, June 2015

Mutrie, N., Strain, T., Fitzsimons, C. and Kelly, P. (2015) Domain-specific physical activity data from the Scottish Health Survey to inform policy and practice. *Journal of Sports Sciences*, Vol. 33, Suppl. 1, s91
<http://dx.doi.org/10.1080/02640414.2015>

[.1110333](#) (Conference Abstract, British Association of Sport and Exercise Sciences, December 2015).

Ailsa Niven, Matthew Pearce, Mhairi Macdonald and Carl Greenwood.

“An 8-week workplace walking intervention increases physical activity behaviour and reduces sitting time.”
ISBNPA, June 2015

Knowledge Exchange and Other Activities

Events Hosted

International Society for Behavioral Nutrition and Physical Activity (ISBNPA) Annual Conference 2015

Prof Nanette Mutrie was co-chair along with Professor Annie Anderson of Dundee University of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA)'s annual conference which we hosted in June 2015 at the Edinburgh International Conference Centre (EICC). UoE 's Principal offered delegates a warm welcome at the opening ceremony and highlighted some of the University's achievements in sport, physical activity and exercise science. The 2015 conference was the biggest ISBNPA conference to date, attracting over 1200 delegates from 44 countries with a jam-packed programme including over 1000 abstracts and up to nine parallel sessions.



We managed to inject some Scottish flair into the proceedings by showcasing some of Wendy Timmon's dance students in the opening ceremony. Wendy and her students also kindly helped to teach Scottish Country dance steps to delegates during the breaks so they could participate in the ceilidh at the conference dinner.

It was important to us that we practiced what we preach at this conference and so wanted to design a healthy event. Some of the novel aspects of the conference designed to reduce the time delegates spent sitting down were the introduction of standing areas in all rooms, including high 'bistro' tables for taking notes; the removal of sofas and soft seating in the foyer areas; signs to encourage stair walking; removal of 25% of seats in workshop rooms; standing ovations/active applause; morning and evening physical activity options; and reduced entry cost to the University's sport and recreation facilities. The catering at the conference was designed to meet the Scottish Cancer Prevention Network's healthy meeting scorecard whilst using local, delicious produce.

<http://www.cancerpreventionscotland.org.uk/what-we-do/healthy-meetings/scorecard/online-scorecard/>

Hosting the conference gave us the opportunity to showcase PAHRC and the University of Edinburgh as an emerging centre for excellence in physical activity for health, as well as make links with international researchers and students.

In hosting the event, we attracted four internationally renowned academics to visit us as part of their travel to Scotland and a number of others have scheduled future visits:

- Professor Grace Gomes , Federal University of São Carlos , Brazil.
- Prof Jo Salmon, Deakin University, Australia.
- Prof Marie Murphy, University of Ulster, Northern Ireland. (Now an Honorary Professor of PAHRC).
- Prof Billie Giles-Corti, University of Melbourne, Australia.



PAHRC Seminars

We have hosted a wide range of external speakers during our weekly Wednesday seminars at PAHRC:

Professor Grace Gomes, Federal University of São Carlos, Brazil. Delivered a seminar: 'Physical activity interventions in primary health care in Brazil' on 1st June 2015

Prof Jo Salmon, Deakin University, Visiting Scholar. Delivered a seminar "Moving children along the activity spectrum: the Transform-Us! and FAST projects" on 13th May and 'Encouraging less sitting and more 'walkabout': An Australian perspective on physical activity promotion' on 17th June

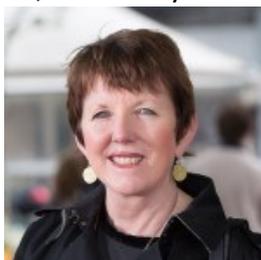
Prof Marie Murphy, University of Ulster, Visiting Scholar. Delivered a seminar: 'Walking for health & Opportunities for collaboration with CPAHR at Ulster' on 13th May 2015

Prof Billie Giles-Corti, University of

Melbourne

'Drawing attention to the social determinants of health through the concept of 'liveability':

work in progress from Australia' (10 June 2015)



Professor Billie Giles-Corti

In addition, we have welcomed presentations from associate and external members of PAHRC on their work and others from the University and beyond on

various aspects of physical activity for health:

Dr Ann-Marie Knowles (Strathclyde University): 'Consultancy work to develop and evaluate a school-based intervention to increase physical activity in Qatar – reflections and practical considerations' (28 January 2015)

Dr Paul Kelly (University of Edinburgh): 'What is the evidence for sport as a Health Enhancing Physical Activity?' (28 January 2015)

Dr Stelios Psycharakis (University of Edinburgh): "The WATER project: Which AquaTic ExeRcises work best? Identifying muscle recruitment for aquatic exercises used in interventions for core strengthening and rehabilitation from musculoskeletal disorders" (4 February 2015)

Niamh Martin (PAHRC KE Fellow, Sustrans) (25 February 2015)

Avril Copeland: Tickerfit - platform for health professionals to 'prescribe' PA (11 March 2015)

Dr Anne Martin (Research Associate, PAHRC): 'Systematic Review Training: Search Strategies & Early Stages' (24 March 2015)

Dr Graham Baker (Chancellor's Fellow) and Prof Judy Robertson (Chair in Digital Learning): 'Physical Activity BCTs: A taster

workshop of behaviour change technology and techniques' (6 May 2015)

Kahar Abula, Visiting student from Technical University of Munich (17 June 2015)

Professor Jo Salmon, Deakin University, Melbourne: 'Encouraging less sitting and more 'walkabout': An Australian perspective on physical activity promotion' (24 June 2015)

Helen Ryall (Healthy University Project Coordinator, Centre for Sport and Exercise) 'What do we know about students health and lifestyle? The results from a Healthy University Project survey' (29 July 2015)

Tessa Hill (PhD Student, PAHRC): "First Year Review practice - Using health survey monitoring data to inform physical activity policy and practice in Scotland" (26 August 2015)

Dr Cuna Ekmekcioglu (Senior Research Data Officer, University of Edinburgh) 'Data Storage and Archiving' (9 September 2015)

Andy Dalziell (PhD Student, PAHRC) 'Better Movers and Thinkers (BMT) - Main Study Results' (23 September 2015)

Dr Paul Kelly 'Reframing how we think about physical activity measurement' (30 September 2015)

Dr Andrew Manches (Chancellor's Fellow, Education, Community and Society (ECS)) 'Something sport and maths have in common: the role of the body in learning' (14 October 2015)

Professor Chris Oliver 'Slide set review: General Discussion on PA in Medical Curriculum' (21 October 2015)

Nicky Laing (PhD Student, PAHRC): 'First year review practice: Monitoring and understanding the walking behaviour of older adults who attend Paths for All walking groups' (21 October 2015)

Dr Kaivo Thomson (Visiting Scholar, Tallinn University): 'Psychomotor domain in performance' (4 November 2015)

Nanette Mutrie and Chris Oliver: 'Altmetrics, Bibliometrics and Research Gate - Introduction and Discussion' (18 November 2015)

Visiting Scholars

We welcomed the following visiting scholars during 2015: Professor Marie Murphy, University of Ulster (May), Professor Jo Salmon, Deakin University, Melbourne (May-July), Kahar Abula, PhD student from Technical University of Munich, Germany (June-August), Dr Kaivo Thomson, Tallinn University, Estonia (October-November). These visits have allowed us to share practice and consider future collaboration and research opportunities.



Professor Jo Salmon

Training Delivered

Pragmatic Evaluation Course, ISPAH accredited.

Dr Paul Kelly led on the development and hosting of the first European ISPAH (International Society for Physical Activity and Health) accredited training course in Evaluation for Physical Activity and Public Health. The course was co-led by Dr Justin Richards (Sydney University) and Dr Karen Milton (Oxford University). Delegates



Pragmatic Evaluation Course, Edinburgh 2015

were a mix of 30 practitioners and academics from 10 different countries. The faculty is comprised of world leading experts in evaluation and physical activity. The course lasted 2.5 days and was supported by ISPAH, The International Society for Behavioural Nutrition and Public Health (ISBNPA) and HEPA Europe. PAL Technologies were the official sponsor. The next evaluation course will be held in June 2016 at the time of ISNBPA in Cape Town.

‘Retire Active’ Project, Northern Ireland Civil Service

Dr Claire Fitzsimons delivered two seminars to Northern Ireland Civil Service for the ‘Retire Active’ project in collaboration with Professor Marie Murphy, University of Ulster in January and February 2015. These used imminent retirement as a ‘teachable moment’ for staff who were due to finish work. By using a physical activity consultation techniques Claire discussed how people could sit less and move more during retirement.

Sedentary Behaviour after Stroke: A major emerging risk factor, UK Stroke Forum

On 1st December 2015, together with colleagues from Glasgow Caledonian University, Dr Claire Fitzsimons delivered two workshops on “Sedentary



Photograph: Paths for All

behaviour after stroke: a major emerging risk factor" to the

UK Stroke Forum Conference in Liverpool. The UK Stroke Forum is a multi-disciplinary conference attended by a range of health professionals, academics, charities, special interest groups, professional bodies and stroke survivors. Due to the level of interest, the workshop ran twice and was heavily over-subscribed. Following a presentation on sedentary

behaviour, workshop participants were invited to discuss the

determinants of sedentary behaviour in stroke survivors and potential strategies to reduce/alter sedentary behaviours. This information is currently being used to inform future funding directions via discussions with relevant funding bodies and the development of novel funding applications.

Better Movers and Thinkers, Education Scotland

Following positive results on cognitive development from an evaluation of a novel approach to PE (Better Movers and Thinkers), Andrew Dalziell, PhD student, has helped to develop resources for teachers which are now available on the Education Scotland website. This resource will be used to help Scotland deliver quality PE experiences for all school-aged children.

<http://www.educationscotland.gov.uk/resources/b/bmt/introduction.asp?strReferringChannel=educationscotland&strReferringPageID=tcm:4-615801-64&class=l1+d86716>

Sit Less, Get Active MOOC

The Sit Less, Get Active MOOC (Massive Open Online Course) is led by Dr Danijela Gasevic (Centre for Population Health Sciences, University of Edinburgh, PAHRC associate member), which also involves PAHRC core members (Graham Baker, Andrew Murray, Chris Oliver) and Helen Ryall from Sport and Exercise (University of Edinburgh, PAHRC associate member).



MOOCs are online courses that can be taken by anyone from any part of the world as long as the person has access to the Internet. The main goal of this 3-week MOOC, starting in May 2016, is to empower and enable people to sit less and move more in various settings such as their

neighbourhood, home, work, or school. Various practical examples on how to sit less and be more active will be presented, such as helping people learn how to monitor their activity, setting realistic goals and providing suggestions for how to make activity a habit. Embedded within the course is a pragmatic evaluation of the impact of the MOOC on learner's physical activity and sedentary behaviour and associated health outcomes.

Links with Medical Curriculum

Stemming from IAD Medicine and Science in Sport and Exercise grant, we have collaborated in implementing learning on physical activity for health within the medical curriculum. We surveyed the medical students' knowledge of the CMO physical activity guidelines, and the students' interest in gaining more instruction on the importance of combatting physical inactivity. Students have identified an area they would like further input into, and we are collaborating with colleagues in medicine to respond to their feedback.

The following initiatives have been developed:

- With our students, we created an Edinburgh University PA for Health resource. This has been very well received, with good feedback, and frequent access (<https://www.eemec.med.ed.ac.uk/pages/the-university-of-edinburgh-physical-activity-resource>).
- We delivered a lecture to the 2nd years, with 95% requesting more teaching about physical activity for health
- We participated in a lecture to the 1st years which included mention of PA for health, and was very well received
- A student led event, is planned in April 2016 to collaborate further with students and staff.
- We continue to work up plans to support an intercalated PA for health option

Media Coverage

Members of PAHRC and their research are often highlighted in the media. Listed below are some of the activities for 2015 which have caught the media's attention:

Oliver

Cyclists to sue Edinburgh over tramline accidents. Scotsman. Jan 2015.

<http://www.scotsman.com/news/transport/cyclists-to-sue-edinburgh-over-tramline-accidents-1-3669916>

University of Edinburgh Media Announcement Chris Oliver has been made an Honorary Professor in the College of Humanities & Social Science. University of Edinburgh, Staff News May 2015

<http://www.ed.ac.uk/news/staff/appointments-awards/2015/chris-oliver-120615>

Weight Loss Surgery - The Kaye Adams Programme. BBC Radio Scotland. 23/12/2015

<http://www.bbc.co.uk/programmes/b06s2b30>

Baker

Dr Graham Baker assesses value of fitness apps for phones
24/01/15: (Edinburgh Evening News)

Mutrie

Prof Nanette Mutrie says exercise figures since Commonwealth Games are

disappointing

23/09/15: (The Daily Star) (Daily Express)

On 31 October, Professor Nanette Mutrie took part in the BBC Radio Scotland Outdoor Programme to talk about the importance of encouraging people to start gently with any new activity.

Prof Nanette Mutrie finds adults in Scotland are more active than in rest of UK

Nanette Mutrie on Australian TV

4/12/15: (BBC News) (The Herald) (ForeignAffairs.co.nz)

Murray

Dr Andrew Murray, PhD student, wrote an article which appeared in The Herald on 25 September – 'Walking back to happiness and better health'
<http://www.heraldsotland.com/opinion/13779636.display/>

Martin

Dr Anne Martin finds obesity affects ability to learn in boys under five
14/12/15: (Daily Mail)

Influencing policy and practice

Paths for All

We continue to work closely with Paths for All on a number of projects. Laing is a PhD student who is funded by Paths for All to examine the determinants of older adults starting and continuing to walk with walking groups. Niven has continued work focused on the Paths for All's Workplace Step Count Challenge that has included supervising student projects, producing academic and outward facing outputs and collaborating on grant applications. Baker is leading a MRC-funded research project aiming to adapt current Paths for All walking materials for ethnic minority populations, in which Paths for All are active collaborators. Mutrie and Niven both contribute to the National Walking Strategy Delivery forum, which is led by Paths for All. Finally, Paths for All also contributed to a practitioner-link session with our MSc Physical Activity for Health students.

Local, National and International Policy Making

Part of our work as academics is advocacy and trying to inform policy and practice and support the use of best available evidence. We are involved in a number of activities in this area in Scotland, UK and globally:

- CMO Infographic
- National Strategic Oversight Group for Physical Activity at Scottish Government
- Health and Social Care Deliver Group at Scottish Government
- Active Scotland Outcome and monitoring framework
- Scottish National Walking Strategy and Action plan
- WHO HEPA – Europe Steering Committee
- Golf for Health Project, World Golfing Federation, Steering Committee
- NHS Health Scotland Physical Activity Special Interest Group

Other Activities

Many of our team are active members of professional bodies (e.g. British Association of Sport and Exercise Scientists (BASES), British Psychological Society (BPS) and The International Society for the Advancement of Kinanthropometry (ISAK)).

We continue to participate in the wider research community by reviewing journal articles, examining PhD theses and participating in networking and career development events.

We hope you have enjoyed reading our annual report and can perceive that we are growing from strength to strength in our mission to encourage people to 'sit less and walk more'

Please contact us for any further information you would like

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