Systematic, theory-based development of a workplace-based eating and physical activity behaviour change intervention targeted to nurses

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Effects of workplace-based dietary and/or physical activity interventions for weight management targeting healthcare professionals: a systematic review of randomised controlled trials

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Abstract

Background: The prevalence of overweight and obesity is high amongst healthcare professionals and there is growing interest in delivering weight loss interventions in the workplace. We conducted a systematic review to (i) examine the effectiveness of workplace-based diet and/or physical activity interventions aimed at healthcare professionals and to (ii) identify and describe key components of effective interventions. Seven electronic databases were systematically searched.

Results: Thirteen randomised controlled trials met the inclusion criteria, of which seven had data available for meta-analysis. Where meta-analysis was possible, studies were grouped according to length of follow-up (<12 months and ≥12 months) and behavioural target (diet only, physical activity only or diet and physical activity), with outcome data pooled using a weighted random effects model. Nine studies reported statistically significant (between-group) differences. Four studies reported being informed by a behaviour change theory. Meta-analysis of all trials reporting weight data demonstrated health professionals who received dietary and physical activity interventions lost significantly more body weight (~3.95 Kg, [95% CI: 4.96 to 2.95 Kg]) than controls up to 12 months follow up.

Conclusions: Workplace diet and/or physical activity interventions targeting healthcare professionals are limited in number and are heterogeneous. To improve the evidence base, we recommend additional evaluations of theory-based interventions and adequate reporting of intervention content.

Keywords: Workplace, Weight loss, Health Professionals, Systematic review, Diet, Physical activity
How?

Cane, O’Connor & Michie, 2012
What?

Workplace walking group

Pedometer

Exercise heart rate monitor

Online site

Workplace support group

Motivational interviewing

Environmental modifications
Thank you for your attention

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