

# BHF National Centre for Physical Activity and Health



BHF National Centre  
**physical activity+health**

**Translating research into practice  
for the promotion of physical activity**

# The BHF National Centre for Physical Activity and Health

## Putting physical activity and health into practice

Based at Loughborough University, the National Centre for Physical Activity and Health was established in 2000 with core funding from the British Heart Foundation. The Centre is co-directed by Professor Fiona Bull and Sonia McGeorge and comprises approximately 12 staff working across key areas for the promotion of physical activity including primary care, older adults, workplace and young people.

The Centre's primary agenda is the translation of research evidence to improve and extend the practice of promoting physical activity in the UK. In addition the centre is actively involved in research and evaluation to help further our understanding of what interventions are effective in increasing physical activity. Our work involves:

### Advocacy for physical activity

The Centre works with key government and third sector agencies to: raise the profile of physical activity and its benefits, call for greater investment in health promotion and physical activity; and improve the infrastructure and services provided to support more physically active lifestyles.

### Resources and guidelines

BHFNC produce resources and practical guidelines, often in association with other national organisations, which provide sport, leisure, health and physical activity professionals with practical tools to help promote participation in physical activity.

### Appraisal of current practice

BHFNC conducts regular reviews of physical activity, sport and health-related programmes across different sectors and settings in order to provide professionals with examples of best practice and shared learning.

### Research and evaluation

BHFNC staff are actively involved in evaluation and research projects. Examples include the national Well@Work programme, the Physical Activity Care Pathway and systematic reviews for the National Institute for Health and Clinical Excellence (NICE).

### Partnership Working

The Centre works in collaboration with a large number of regional, national and international organisations and groups with the common goal of increasing levels of physical activity and we are grateful for their support.

### Training and Development

The Centre provides training to support the dissemination and use of specific BHFNC resources as well as in key areas such as evaluation. In addition, on request BHFNC will provide training for specific groups of practitioners such as dietitians, physical activity co-ordinators, sports development officers, teachers and health care professionals.

### Annual Conference

The BHFNC is proud to run an annual national conference highlighting key themes and addressing contemporary issues. Previous conferences have focused on evaluation, older adults, active environments and the workplace setting. Attracting a diverse audience of practitioners from different fields as well as the research community, the conference is a major event on the annual calendar. Visit our website for a look at our conference archives and to find out the date and focus of our next conference.

# Health: Health onto everyone's agenda



## Information service – here to help you!

The BHFNC Information Officers provide professionals with up-to-date information on physical activity related research and practice across the UK and worldwide.

### Helpline

The Centre provides a helpline service to answer questions from professionals on physical activity. The most common questions are collated in a “FAQ” section on our website. Please contact the Centre with your questions and we will endeavour to assist you.

### Information update

Interested professionals and organisations registered with the BHFNC receive a monthly physical activity update which provides up to date information on: new research evidence, publications, resources, newsletters, funding opportunities, textbook reviews and more. For details on how to join our database please see overleaf.

### Website

[www.bhfactive.org.uk](http://www.bhfactive.org.uk) provides information and resources across the following core areas: young people, workplace, primary care, older

adults, evaluation and information services. Each section contains details of the BHFNC's current projects, along with a wealth of information, resources and links. The site is regularly updated so check it frequently to see all the latest developments.

### Fact sheets

The Centre produces fact sheets on a range of contemporary physical activity and health issues. The fact sheets can be used to make the case for physical activity interventions and provide professionals with an update on key areas and developments.

### Key document summaries

The Information Officers summarise key national documents, which are relevant to physical activity and health. Each summary provides an extract of the key information and its relevance to physical activity which professionals can access quickly.



## Join the BHFNC database

To register simply visit our website and complete the online registration form.

Once you have registered you will receive all the latest physical activity and BHFNC project news straight to your inbox.

If you have any queries or require further information please contact us at:

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