

Lifestyle medicine working group

Lifestyle and environmental factors are leading causes of non-communicable diseases, including diabetes, cardiovascular disease, obesity, and liver disease, which could be prevented or better treated through addressing diet, physical inactivity, smoking, alcohol consumption and psychosocial factors.

There is an urgent need to reduce the growing burden of lifestyle related diseases, which cost the NHS billions every year. Several initiatives are currently underway to help the impact of primary care in tackling the problem, including the Royal College of General Practitioners (RCGP) Clinical Priority in Physical activity and Lifestyle running from 2016-2019, which aims to support GPs and their teams to help manage their patients' physical health, and ultimately reduce long-term pressure on the health service. Members of this working group are also on the steering committee of the RCGP priority with the scope and potential for collaboration and seamless dissemination of research outputs.

The purpose of this group will be to encourage and foster collaborations across SPCR schools. Our objectives will be to:

1. Bring together SPCR members interested in researching lifestyle factors underpinning non-communicable and chronic disease prevention and management in primary care, for example to:
 - a. Discuss the research priorities in this area
 - b. Explore, examine and decide on the appropriate methodological approaches to meet the key priorities identified in a.
 - c. Collaborate to develop and submit competitive funding applications
2. Involve patients and members of the public as partners to help us focus, develop and deliver our research and shape its potential impact
3. Build stronger partnerships with stakeholders such as the NHS, the RCGP and the NHS Clinical Commissioning Groups to ensure work remains relevant and informs practice

Ours is an overarching topic and we are aware there may be overlap with existing working groups. We welcome discussions with these groups to identify areas of similarity and potential for wider collaboration.

The working group is open to any SPCR researchers who are interested in helping us meet our objectives. If you are, please contact any of the leads:

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