

<b>Institution:</b> Brunel University London		
<b>Unit of Assessment:</b> 24 Sport and Exercise Sciences, Leisure and Tourism		
<b>Title of case study:</b> Improving health and well-being through evidence-led policy and practice in community sport		
<b>Period when the underpinning research was undertaken:</b> 2013-2019		
<b>Details of staff conducting the underpinning research from the submitting unit:</b>		
<b>Name(s):</b>	<b>Role(s) (e.g. job title):</b>	<b>Period(s) employed by submitting HEI:</b>
a) Louise Mansfield	a) Professor of Sport, Health and Social Sciences	a) 12/2011-present
b) Tess Kay		b) 09/2010-03/2019
c) Nana Anokye	b) Professor of Sport and Social Sciences	c) 09/2006-present
d) Julia Fox-Rushby	c) Reader in Health Economics	d) 12/2004-08/2017
e) Catherine Meads	d) Professor of Health Economics	e) 09/2012-11/2015
f) Christina Victor	e) Reader in Health Economics	f) 10/2009-present
	f) Professor of Gerontology and Public Health	
<b>Period when the claimed impact occurred:</b> August 2013-December 2020		
<b>Is this case study continued from a case study submitted in 2014?</b> N		

**1. Summary of the impact** (indicative maximum 100 words)

High-profile empirical evidence and media coverage of low physical activity levels has prioritised sport for health and well-being. It has also illustrated the need to build an evidence base regarding the effectiveness and costs of such prioritisation. Professor Mansfield's interdisciplinary research has (i) increased levels of physical activity in the least active, initiating Sport England to allocate 25% of its budget to tackling inactivity, (ii) changed national strategy and guidance on evaluating community sport (e.g. Sport England), (iii) transformed evaluation behaviours of community sport for health projects funded by Sport England (e.g. StreetGames, Diabetes UK, Macmillan, Essex Local Delivery Pilot), and (iv) informed UK Government strategy on sport for well-being through evidence-led decision making (e.g. Department Digital Culture Media and Sport [DCMS]).

**2. Underpinning research** (indicative maximum 500 words)

Evidence-led policy and practice in the sport sector is needed to avoid the risks of inaccurate decision making and poor implementation, and to maximise the investment that government organisations (Sport England and DCMS) are making. The research underpinning this case study is a body of published work [1-6], emphasising interdisciplinary approaches for investigating the role of community sport in achieving public health and well-being outcomes. The work has been led by Professor Louise Mansfield since 2013. It has been conducted nationally and is founded on three national strategic outputs for sport. First, the Sport England

review of research and practice on improving health through participation in sport (Cavill et al., 2012: 5) which identified a need for sports organisations to, “establish more robust systems for the evaluation of sports promotion projects, that enable an assessment of the effectiveness of the project in increasing participation in sport.” Second, the DCMS (2016) strategic priority for the sport sector to build and use evidence on its contribution to physical and mental well-being. Third, the launch of national funding from Sport England (2013) investing GBP13,800,000 in independently evaluated projects aimed at engaging inactive people in sport.

Professor Mansfield's work is significant as the first internationally to design an outcome, process and economic evaluation of a complex community sport intervention for increasing levels of physical activity; the Health and Sport Engagement (HASE) Project [1]. The methods bring interdisciplinary innovation to designing, implementing and evaluating community sport by emphasising stakeholder engagement, co-design and reciprocity in research-policy-practice partnerships. The conceptual framework for stakeholder methods in evidence-led sport strategy has been published [2], as has its targeted approach with end-user groups in community sport [3]. This aspect of the research uniquely positioned stakeholder engagement and rigorous evaluation as an effective approach for raising physical activity levels and evidencing health and well-being outcomes in community sport [4]. These methods have been extended to inform culture, sport and well-being strategy through the ESRC Culture, Sport, and Well-being evidence programme led by Professor Mansfield. The methods are significant in establishing national principles and parameters of systematic evidence reviews about sport and well-being [5]. Professor Mansfield and colleagues led and published the first systematic review of sport and dance interventions for young people to promote subjective well-being [6]. These studies have been widely used in national strategic approaches to community sport, health and well-being in the UK.

In summary, Professor Mansfield has led, conducted, and published an interdisciplinary programme of research since 2013 supported by interconnected research grants awarded from highly competitive funding organisations (Sport England, ESRC). These have attracted matched funding from UK Government Departments (DCMS including Sport England, the Arts Council for England, Historic England and the Ministry of Housing, Communities and Local Government [MHCLG]). The work reflects involvement, from the outset, in national developments in evidence-led policy and practice in community sport for health and well-being and has sustained significance. It has established partnership, stakeholder engagement, co-design and systematic reviews as central methods in building evidence. These methods are now used in national strategy for designing, delivering and evaluating community sport to improve public health and well-being.

### 3. References to the research (indicative maximum of six references)

- [1] **Mansfield, L.**, Anokye, N., Fox-Rushby, J., & Kay, T. (2015). The Health and Sport Engagement (HASE) Intervention and Evaluation Project: protocol for the design, outcome, process and economic evaluation of a complex community sport intervention to increase levels of physical activity. *BMJOpen*, 5(10), e009276
- [2] **Mansfield, L.** (2016). Resourcefulness, reciprocity and reflexivity: the three Rs of partnership in sport for public health research. *International Journal of Sport Policy and Politics*, 8(4), 713-729. doi:[10.1080/19406940.2016.1220409](https://doi.org/10.1080/19406940.2016.1220409)
- [3] **Mansfield, L.**, Kay, T., Anokye, N. and Fox-Rushby, J., (2019). Community sport and the politics of ageing: co-design and partnership approaches to understanding the embodied experiences of low-income older people. <https://doi.org/10.3389/fsoc.2019.00005>
- [4] Anokye, N., **Mansfield, L.**, Kay, T., Sanghera, S., Lewin, A., and Fox-Rushby, J (2018) The effectiveness and cost-effectiveness of a complex community sport intervention to

**Impact case study (REF3)**

increase physical activity: An interrupted time series design. *BMJOpen*, 8(12), p.e024132.

- [5] Daykin, N., **Mansfield, L.**, Payne, A., Kay, T., Meads, C., D'Innocenzo, G., Victor, C.(2017). What works for wellbeing in culture and sport? Report of a DELPHI process to support Coproduction and establish principles and parameters of an evidence review. *Perspectives in Public Health*, 137(5), 281-288. doi:[10.1177/1757913916674038](https://doi.org/10.1177/1757913916674038)
- [6] **Mansfield, L.**, Kay, T., Meads, C., Grigsby-Duffy, L.,and Victor, C. 2018. Sport and dance interventions for healthy young people (15–24 years) to promote subjective well-being: a systematic review. *BMJOpen*, 8(7), p.e020959.

**Grants**

- i. Louise Mansfield (PI) Sport England URN 2012021352), March 2013-July 2018, Get Healthy Get Active (GBP345,000)
- ii. Louise Mansfield (PI) Economic and Social Research Council (ES/N007321/1), March 2015–December 2020, Wellbeing Evidence Programmes Phase 1(GBP936,000) and Phase 2 (GBP195,000)
- iii. Louise Mansfield (PI) Macmillan Cancer Support, March 2015-March 2016, Physical Activity, Lifestyle, Cancer Evidence Reviews (GBP67,418)
- iv. Louise Mansfield (PI) Sport England, June 2018-December 2018 Sport Outcomes Evidence Review (GBP20,000)
- v. Louise Mansfield (PI) StreetGames, March 2017-March 2018, Safe Fit and Well Evidence Programme (GBP11,800)

**4. Details of the impact** (indicative maximum 750 words)**Increased national levels of physical activity in the least active and changed national investment strategies for tackling inactivity**

The work has significantly benefited the health and well-being of the least active people in England by raising physical activity levels through community sport design and implementation. The research has had national strategic impact on decisions about 'Tackling Inactivity', a key pillar in Sport England's strategy *Towards an Active Nation*. The HASE project is cited as an exemplar in Sport England's report on the Get Healthy Get Active funding stream. The research contributed to the development of *Tackling Inactivity: the design principles and checklist*. This is a national resource promoted for use by all Sport England funded projects and services which target and support inactive people to take part in sport. Andrew Spiers (Sport England Strategic Lead; Data, Research Evaluation) has described Professor Mansfield's work as "instrumental in our programme design and investment decisions for 'Tackling Inactivity'." The resource intends to maximise the impact and value for money of Sport England projects through effective design principles. Since 2013, this work has been significant in engaging 152,317 inactive people in regular community sport – at least 1 day a week for 30 minutes. It has influenced Sport England's decision to invest an initial GBP13,800,000 into projects to address inactivity and created a priority shift in investment aims, committing 25% of investment (GBP250,000,000 over 5 years) to tackling inactivity [E1].

**Changed national strategy and guidance on evaluating community sport**

The long-term national strategic impact of this work is in building more and better-quality evidence for informing strategy and practice decisions about community sport for health and well-being. Through her role as an invited member of the Sport England Advisory Group on

Evidence, expert assessor on the Sport England Outcomes Review of evidence and PI on the updated Sport England Outcomes Review of evidence, the work has national reach influencing the development and implementation of the Sport England *Evaluation Framework*. This resource provides guidance to all Sport England funded partners on effectively evaluating projects and maximising value from monitoring and evaluation. The work has played a central role in Sport England's overall strategic and investment decisions for the community sport sector in England, which represents a total investment portfolio of around GBP200,000,000 per year [E1].

### **Transformed evaluation behaviours of community sport for health projects funded by Sport England**

As a result of the sustained and national significance of this work, evaluation behaviours within Sport England-funded projects have been transformed. Professor Mansfield led the Sport England funded StreetGames' Safe, Fit and Well Programme research which identified the need for coaches and leaders to have core skills of first aid, safeguarding and mental health awareness to support the young people they work with. The work supported a national campaign to train 21,000 coaches in the Youth Mental Health First Aid course [E2]. The StreetGames Head of Health and Sport has commented that "We have no doubt that without Professor Mansfield's contributions we would not have been so successful in the area of sport and mental health and well-being." In addition, Professor Mansfield is a Co-Investigator and expert advisor on partnerships and evaluation methods for the Sport England funded (approximately GBP10,000,000) Essex Local Delivery Pilot Project. The project will evaluate strategies for a sustainable, value for money, system-wide approaches in physical activity and sport for health and well-being at a local authority level, reaching approximately 1,400,000 people. The Sport England National Lead for Health and Inactivity has noted, "Sport England has benefited from Professor Mansfield's work by deepening our understanding of evidence building, evidence quality and excellent insights about successful interventions in all our projects."

### **Influenced DCMS strategy and investment on sport for well-being through evidence-led decision making**

The research has had national impact on the evaluation approach within the DCMS 'Building Connections Fund.' This is a strategic investment of GBP11,500,000 to tackle loneliness and enhance well-being through community culture, arts and sports. Professor Mansfield was invited to partner with National Philanthropic Capital to advise on evaluation approaches with 126 voluntary, community and social enterprise organisations. The national strategic impact of the work involves direct stakeholder engagement alongside the UK's What Works Centre for Wellbeing (WWCW) with the UK Cabinet Office, the DCMS and the Ministry for Housing Communities and Local Government. Nancy Hey (Director, WWCW) stated that, "Professor Mansfield's work has had a central impact in ensuring high-quality evidence for UK Government strategic and investments decisions on sport, physical activity and well-being." Professor Mansfield and her colleagues have produced 13 evidence review and secondary data analysis reports since 2015. Over 25 outputs have been translated for policy makers and practitioners advising on national strategic decisions and investment on well-being sport and cultural activities. The collective work is curated on the WWCW website. The work provides a resource nationally for the dissemination and mobilisation of world leading evidence on culture, sport and wellbeing made useful and usable to diverse audiences [E3].

### **5. Sources to corroborate the impact** (indicative maximum of 10 references)

E1) Corroborating Letter from Sport England

E2) Corroborating Letter from StreetGames

E3) Corroborating Letter from What Works Centre for Wellbeing