

31. Health and wellbeing

Organisation: University of Bristol

Client Description - Please describe yourself.

We are the University's Sport, Exercise and Health Division. We provide opportunities for students, staff and the local community to take part in sport and physical activity to support their physical and mental health and to improve their student experience.

The project team would be working with representatives from the Sport and Physical Activity Team and the Business Development Team from within the division. Our main strategic aim is to get more students and staff active to gain the multiple and significant benefits on offer from doing this.

Motivation - What is the opportunity/problem that you have identified?

Measuring our desired increase in participation levels and getting more detailed information on the lived, human experience of participation is a big challenge for us. Many of our programmes and activities take place outside of our own managed facilities and as such it is hard for us to monitor and evaluate our impact in these ventures. In the B:Active Residences programme for example, we often have to utilise paper registers or in worst cases a head count to capture attendance and are not able to gather acute or longitudinal qualitative data on user experience.

Solution - What do you think the solution might look like? Just set a frame that allows for a variety of solutions. Part of the project is to find the best among several alternative solutions.

We think a software solution that performed some or all of the following functions could help with this;

Step tracking using accelerometers

GPS location Member interaction platform (social media for activity akin to Strava) Administrator registration and communication (to member) functionality File sharing with pictures and videos Chat function

In a worked example of B:Active residences a solution that performed the above could achieve the following;

Increase awareness and participation on our programmes by enabling better communication direct to app users about what's on offer including; last minute promotion, campaign work and cancellation notices.

Use prompts and nudges to support healthy activity choices

Enhance active behaviour reinforcement by enabling an online peer supported community with picture uploading, 'like' functions and feedback and chat functions

Enable us to see the impact our programmes are having in wider context of health using step count at baseline, during activity and more long term.

Accurately track participation numbers and gain vital insight on what the experience was like to allow us to improve our service and make any necessary changes.

Constraints - Are there any constraints that the students should be aware of?

If possible we'd like the application to communicate with, or report to our leisure management system Legend. With potential for abuse it may need moderators and monitoring capabilities

IP - by default solutions will be made open-source and the students will retain the IP. If this is not the case for you project, please indicate so in the brief.

So long as all GDPR is adhered to, particularly if there is potential for an API between the potential app and our Leisure Management System Legend as there are already APIs with other University systems