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Research on environmental and health behaviours: an overview

Hilary Graham

Behaviours and lifestyles

- **Public health – long-standing research & policy focus on risk behaviours, typically single behaviours (physical inactivity, unhealthy diet, smoking, harmful drinking); recent broadening to ‘multiple risk behaviours’**
- **....and to environmental and health behaviours. Scoping review of studies from 1969-2014; 130 studies – all bar one published since 2003; main focus on active travel and physical activity/sedentary behaviour**

Behaviours and lifestyles - interventions

- **Broad lesson from intervention evidence: behaviours are habitual & embedded in people's everyday lives.**
- **Intervention evidence ('gold-standard' from trials) for multiple health behaviours: majority based on education & skills training techniques & have modest effects**
- **Change hard & hard to sustain: connecting with core values is important & multilevel approaches are most effective**



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