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Re-prioritising health in urban development decision-making to prevent non-communicable disease

Submission date
26/02/2021

Recruitment status
No longer recruiting

Registration date
30/03/2021

Overall study status
Completed

Last Edited
02/09/2025

Condition category
Other

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol

Background and study aims
There is a large amount of evidence that links our urban environments with non-communicable disease (NCD, e.g. heart disease, mental health, diabetes). Alongside this evidence, there are more and more people who are diagnosed with some sort of NCD. We are trying to use the existing evidence of the impact of the quality of urban environments on health, to change the way decisions are made at the early stages of urban development. Eventually, we hope these changes to the decision-making process will make our communities healthier, by decreasing the number of people who have NCDs.

Our research aims to firstly map out the decision-making system for creating urban developments. We then plan to work with decision-makers to identify where changes could be made to prioritise health in urban developments. Alongside this, we are working to develop a way to calculate the monetary cost of the effect of the urban environment on health and who foots this bill (e.g. employers, NHS, individuals). We are also working with members of the public to find creative ways to tell decision-makers how living in a poor-quality urban environment has an impact on individuals' health.

Who can participate?
The research includes working with professionals who work in urban development and members of the public.

What does the study involve?
We will work with study participants to identify how health is currently considered when making urban development decisions. We will use the information to map out the current decision-making system. We will then work with professionals in the field to identify potential points where we can influence and change the decision-making system to make long-term health a priority. Participants will be interviewed and/or invited to take part in focus groups/workshops. Each interview is expected to last around 1 hour, participants will take part in 2-3 interviews over the 5-year research programme. Focus groups/workshops are expected to last 2-4 hours (timings will depend on topics covered and the number of participants).

What are the possible benefits and risks of participating?
We do not anticipate any risks from participating in the research. Participants may benefit from knowing that their contribution could improve our urban environments to increase the health and well-being of society in the future.

Where is the study run from?
The study is a consortium of 5 universities: University of Bristol (lead), University of Bath, University of Manchester, University of Reading, University of the West of England (UK)

When is the study starting and how long is it expected to run for?
October 2019 to September 2025

Who is funding the study?
National Institute for Health Research (NIHR) (UK)
UK Prevention Research Partnership

Who is the main contact?
Dr David Williams, truud-research@bristol.ac.uk

Contact information

Type(s)
Scientific

Contact name
Dr David Williams

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Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

ClinicalTrials.gov (NCT)
Nil known

Protocol serial number
CPMS 47460

Study information

Scientific Title

TRUUD: Tackling Root Causes Upstream of Unhealthy Urban Development

Acronym
TRUUD

Study objectives
Providing evidence to key decision-makers of health outcomes using economic valuation, alongside understanding of potential barriers and solutions, can lead to changes in policy and practice that may lead to substantial decreases in the incidence of non-communicable disease linked to urban planning, development and management in the future.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 09/09/2020, University of Bristol Faculty of Health REC (First Floor South, Senate House, Tyndall Avenue, Bristol, BS8 1TH, UK; +44 (0)117 331 8197; Liam.McKervey@bristol.ac.uk), ref: 94162

Study design
Non-randomized; Both; Design type: Prevention, Complex Intervention, Qualitative

Primary study design
Observational

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Public Health

Interventions
Participants will be interviewed and/or invited to take part in focus groups/workshops. They will be asked about the decision-making systems for urban developments. For participants in focus groups/workshops, there will also be an opportunity for participants to discuss and debate information provided by other participants and/or the research team. Each interview is expected to last around 1 hour, participants will take part in 2-3 interviews over the 5-year research programme. Focus groups/workshops are expected to last 2-4 hours (timings will depend on topics covered and number of participants).

In addition, there are embedded researchers in two local authorities, who will be conducting participant-observer research through working within local authority teams and attending relevant meetings. For this work, participation will be on an opt-out basis.

Intervention Type
Other

Primary outcome(s)
Interviews and focus groups/workshops conducted at 3 time points over 5 years will be used to gather data in 3 phases:
Phase One:

1. Systems map providing detail on the system of decision making by actors who operate upstream
2. Key areas for intervention in this system, using a qualitative multi-method design including participant co-production
3. Contextual factors of importance in case studies, using a participant-observer approach
Phase Two:
4. Set of interventions, designed specifically for intervention points identified in Phase One, using a qualitative multi-method design including participant co-production
5. Efficacy of interventions, using qualitative multi-method design including participant co-production
Phase Three:
6. Revised interventions, using qualitative multi-method design including participant co-production
7. Efficacy of interventions in short term, using qualitative multi-method design including participant co-production

Key secondary outcome(s))
There are no secondary outcome measures.

Completion date
30/09/2025

Eligibility

Key inclusion criteria
1. Professionals in the field of urban development with influence:
1.1. Formal position
1.2. Part of the process in which relevant decisions are being made
1.3. Causation/ centrality to the decision making process upstream
2. Individuals who have an understanding of the system

Participant type(s)
Other

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
Individuals deemed to be mid- or downstream actors

Date of first enrolment
20/04/2020

Date of final enrolment

30/05/2025

Locations

Countries of recruitment
United Kingdom

England

Scotland

Study participating centre
University of Bristol
Bristol Medical School
1-5 Whiteladies Road
Bristol
United Kingdom
BS8 1NU

Study participating centre
University of Bath
Claverton Down
Bath
United Kingdom
BA2 7AY

Study participating centre
University of Manchester
Oxford Rd
Manchester
United Kingdom
M13 9PL

Study participating centre
University of Reading
Reading
United Kingdom
RG6 6BZ

Study participating centre

University of West of England
Coldharbour Ln
Bristol
United Kingdom
BS16 1QY

Study participating centre
University of Stirling
Stirling Campus
Stirling
United Kingdom
FK9 4LA

Sponsor information

Organisation
University of Bristol

ROR
https://ror.org/0524sp257

Funder(s)

Funder type
Government

Funder Name
NIHR Central Commissioning Facility (CCF); Grant Codes: MR/S037586/1

Funder Name
National Institute for Health Research (NIHR) (UK)

Alternative Name(s)
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type
Government organisation

Funding Body Subtype

National government

Location
United Kingdom

Funder Name
UK Prevention Research Partnership

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article		10/02/2021	15/03/2021	Yes	No
Other publications	Development and optimisation of intervention	26/04/2025	28/04/2025	Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes