

Healthy Hike

The Trust launched an initiative to promote a healthy workplace with dedicated walking routes around the Hospitals using signs to provide information on step count, distance, time and calories burned.

Barking, Havering and Redbridge University Hospitals NHS Trust (BHRUT)

Behaviour Change



What was the issue being addressed?

The Trust – through the Occupational, Health & Wellbeing team - sought to address the corporate objectives to promote healthy living. In addition the Trust has sustainability objectives to promote Sustainable Travel initiatives.

What action was taken to overcome the issue?

It was identified that there are walking/cycling pathways around the Hospitals sites.

The Health and Wellbeing and Sustainability teams worked together to develop Healthy Hike, which identified walking/cycling routes around its Hospital sites which could be used by staff.

The teams designed and put in place extra signage, information and other resources to encourage staff participation.



(Staff meet before starting their Healthy Hike)

Both Hospitals now have signposts indicating start and end points of routes - with a choice of short, long or walk to shuttle bus routes. All posts have a route map with location, step count, time, distance and calories burned.

Leaflets were produced to advertise the routes and the Trust produced a short ['explainer video'](#).

What was the impact?

The initial launch on 18th March 2016 was done by the CEO at Queen's Hospital, Romford brought a great deal of attention and they became very popular.

Departments made their own walking groups with one even including wildlife bingo.

Lessons learned / success factors?

Realising the immediate positive engagement it was agreed to expand the programme to King George Hospital . The routes there were launched on 27th September 2016.

The programme was also very well recognised externally by local councils and London Healthy Workplace Charter.



(A Healthy Hike sign along the Queen's walk and cycle route)

“Healthy Hike is really a good option to engage staff to take their Healthy Mile after a meal”.

*--- Sue Kennard,
Head of Employee Wellbeing.”*

Scaling up

With the noted success, the Health and Wellbeing team are now promoting these walking routes widely through their campaigns.

Following this success the team has recently launched 'Step Jockey' to encourage staff to take steps instead of lifts. This is an interactive tool which works through a mobile app programme with sign posts at entry and exit points of staircases.

More info on Healthy Hikes [here](#)

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