

## **Supplemental File 6: Lay summary**

### ***Background***

Performing enough physical activity and reducing sedentary behaviour is associated with a array of positive health and wellbeing outcomes and helps to reduce the risk of many negative health conditions including obesity, diabetes, and heart disease. Physical activity is any bodily movement (including, but not limited to, exercise) that uses energy substantially above that required at rest. Sedentary behaviour involves sitting or lying down during waking hours, where the energy being expended is very low. An estimated 1.4 billion adults worldwide are not active enough and people are becoming increasingly sedentary. Healthcare settings can act as a catalyst for movement behaviour promotion, given health professionals tend to have regular contact with patients, work across a variety of places, and are trusted to provide accurate health information.

### ***Why was this study done?***

Increasing population levels of physical activity and reducing sedentary behaviour is seen as a global health priority and health professionals are well placed to promote healthy movement behaviours. It is important that all health professionals play a role and help to support patients to change their movement behaviours. Therefore, identifying the minimum knowledge and skills required by health professionals to provide movement behaviour change support in their practice has the potential to improve patient behaviours and enhance their overall health and wellbeing. In this study, researchers aimed to identify the knowledge and skills needed by all health professionals to support individuals to change their movement behaviour (specifically, physical activity and sedentary behaviour), using a well-established approach (Delphi method) with international experts who have substantial education, training and experience in promoting movement behaviours.

### ***What did the researchers do and find?***

The researchers asked experts from 11 countries what they think all health professionals should know about movement behaviour change. The study included three rounds and data were collected using surveys, with each survey building off the findings from the previous round. At the end of this process, 11 items were created outlining what minimum level of knowledge and skills are required by all health professionals to help patients change their movement behaviours. Results found that all health professionals should recognise and take ownership of their role in supporting movement behaviour change. They also need to work together with

other health professionals as a way to support patients to change their movement behaviours and assist with creating a positive culture around movement behaviours. Health professionals must understand and be able to communicate the important health effects of these movement behaviours and also consider an individual's circumstances which could influence their physical activity and sedentary behaviour. Finally, health professionals have to recognise how their own movement behaviours can impact their willingness to provide movement behaviour change support in their practice.

***What do these findings mean?***

These items represent the minimum requirements for all health professionals to be able to support individuals to change their movement behaviour. The development of these items plays a crucial role in providing consistent training and education across different health disciplines, at any level of education. Additionally, this list of items could be used to identify gaps in knowledge or skills in order to target professional development and inform different areas of health practice which may need more specific items.