



Clár um Bhia Shláintiúil & Maireachtáil
Ghníomhach, Leas & Folláine

Ionad Ghnó Gheata na Páirce, Sráid Gheata
na Páirce, Baile Átha Cliath 8, D08 YFF1.

Healthy Eating Active Living
Programme, Health & Wellbeing

Parkgate Business Centre, Parkgate St,
Dublin 8, D08 YFF1.

[@HshealthW](http://www.hse.ie/eng/about/who/healthwellbeing)

t 087-1799107

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01/10/2024

Request for Tender

Tender Reference: HSE-HEAL-002_2024

Title: Measuring physical activity prevalence in the Republic of Ireland

Aim of Tender: The overall aim of this tender is to provide best practice guidelines, in light of the updated National Physical Activity and Sedentary Behaviour Guidelines for Ireland, on the measurement of physical activity prevalence in the Republic of Ireland.

Note: *Physical activity prevalence for the purposes of this tender is defined as those meeting the national guidelines.*

Duration of Tender: 6 months.

Budget: 25,000 euro total (*inclusive of VAT*)

For further information: Please contact HSE's Healthy Eating Active Living, Project Manager, Dr Bláthín Casey (Blathin.casey@hse.ie).



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Best Practice Guidelines for Future Practice

Aim and Objective(s):

The overall aim of this tender is to provide best practice guidelines, in light of the updated National Physical Activity and Sedentary Behaviour Guidelines, for the measurement of PA prevalence in the Republic of Ireland. The key components for measurement within the updated guidelines include:

1. Moderate Physical Activity
2. Vigorous Physical Activity
3. Sedentary behaviour
4. Muscle strengthening activities
5. Multicomponent strength and balance activities.

Note: Physical activity prevalence for the purposes of this tender is defined as those meeting the national guidelines.

Specific objectives include:

- **Objective 1: Every Move Counts: The Updated National Physical Activity and Sedentary Behaviour Guidelines (available [here](#))**

Objective aim: To review international evidence, alongside current national practice to provide a draft set of best practice guidelines for the measurement of PA prevalence in the Republic of Ireland.

Suggested Methodology:

- Desk based review on international evidence for capturing PA and sedentary behaviour prevalence, including evidence on capturing the



muscle strengthening and balance activities component of meeting the guidelines.

- Desk based review of how current national surveillance systems are currently measuring PA prevalence.
- Summary of national and international best practise in measuring PA prevalence (objective 2).

- **Objective 2: Stakeholder Engagement**

Objective aim: To present findings from objective 1 to key stakeholders, ensuring stakeholder engagement has been conducted prior to objective 3.

Suggested Methodology:

- Stakeholder consultation meeting/surveys/combined approach.

- **Objective 3: Recommendations for Future Practice**

Objective aim: To use the learnings from objectives 1 and 2 to develop best practice guidelines on the measurement of PA prevalence in the Republic of Ireland.

Suggested Methodology:

- A draft report setting out best practice guidelines for measuring the updated, 'Every Move Counts', Physical Activity and Sedentary Behaviour Guidelines for Ireland.

Scope

In Scope:

- Populations; children and adolescents (5-17 years), adults, adults with disabilities, older adults, pregnant/post-partum women and people living with chronic disease*.



**Note: An extension to the current guidelines to include pregnant/post-partum women and people living with chronic disease is currently underway with a timeline of launch, Q1 2025.*

- Guidance on both self-report and objective physical activity measurement/monitoring.

Not In Scope:

- Populations; including children under 5 years.
- Graphic design input and dissemination of the final report. This work will be conducted post-contract. Therefore these do not need to be costed in the budget.

Expected Results/Outputs

A draft report setting out best practice guidelines for measuring the updated, 'Every Move Counts', Physical Activity and Sedentary Behaviour Guidelines for Ireland.

Timeline

The timeline should not exceed 6 months. Indicative timelines for commencement and completion include:

- HSE requires the successful tenderer to commence work **earliest, December 2nd, 2024** and;
- Complete work by latest, **July 30th, 2025**.

Budget

The project proposal should work to a budget of 25,000 euro (excluding VAT).



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Tender submission information

Deadline

- Please submit no later than **October 31st at 12 midday to HealthyEating.ActiveLiving@hse.ie.**
- Please place 'MeasuringPAPrevalence_Tender_Submission' in the subject line upon submission.

Key Timings

- Tender Submission: **Thursday, October 31st, 2024**
- Award of project: **Thursday, November 7th, 2024**
- Contracts issued: **Thursday, November 14th, 2024**
- Project start date: **earliest, December 2nd, 2024**
- Complete work by latest, **July 30th, 2025.**

Tender Response Requirements

Please complete the following and submit no later than Thursday, October 31st at 12 midday to HealthyEating.ActiveLiving@hse.ie:

- Appendix 1: Tender Response Document

Further Information

For further information: Please contact Project Manager, Dr Bláthín Casey (Blathin.casey@hse.ie).



Appendix 1: Tender Response Document

Please use the below headings as a template for your response. Response documents must be submitted as follow:

- In Arial 11, 1.5-line spacing, justified.
- In PDF format.

1. Tender Response Cover Page

To include, tender title and tenderer name.

2. Tenderer Information (500 words maximum)

Please provide an introduction to your institution/company, including any relevant infrastructure/supports available to support this tender.

3. Project Team

Please provide a brief description of each project team member and their contribution/role in this tender.

Project Member	Brief Bio (maximum 200 words)	Contribution (maximum 200 words)
		e.g. Project Lead

4. Start Date

Please provide suggested start and completion date.



5. Project Details (maximum of 2500 words)

Please provide details on how the project team will meet the aims and objectives of this tender, using the following headings as a template to detail the planned work:

- Background (*including knowledge of existing evidence base related to the tender aim*)
- Aims/Objectives (*as detailed in the specification*)
- Methodology (*suggested methodology detailed in the specification, however further input on planned methods required by tenderer. Alternative methodology welcome, albeit must remain in scope*)
- Expected Outputs (*suggested outputs detailed in the specification, however further detail on all project milestones and deliverables required*)
- Any relevant figures

6. Project Timeline

Please include a project gantt chart detailing the project timeline, including reference to key project milestones and deliverables.

7. Project Budget

Please include an itemised project budget not exceeding the value of this tender.

8. Project Experience

Please provide evidence of similar work conducted by members of the project team. Provide 3 examples.

Please only attached additional appendices where relevant and information is not captured elsewhere in the application.