

Your Data's Journey through Nuffield Health's Research to help reduce barriers to physical activity, carried out in collaboration with the Faculty of Sport & Exercise Medicine

Physical inactivity is the fourth greatest cause of ill health and is responsible for 1 in 6 UK deaths. Did you know up to 40% of long-term conditions could be prevented by reducing inactivity?

We want to help shift the dial on this number and promote the benefits of physical activity, reducing the barriers to people who want to engage in physical activity.

As part of our purpose to build a healthier nation, we have partnered with the Faculty of Sport & Exercise Medicine. Together we are hosting focus groups across the UK to understand the challenges faced by those with symptoms of long-term conditions when accessing exercise.

Our mission is to identify barriers and understand the challenges individuals have faced. From these insights we want to develop a way to overcome these barriers by providing those with symptoms of long-term conditions with the correct support and advice, to help them access exercise safely.

Your insights are vital in helping us to drive positive change and **will help to make a difference to others**.

At Nuffield Health, we are committed to protecting and respecting your personal data. The highest standard of confidentiality will be applied to your data in accordance with the Data Protection Legislation.

What personal data may you be asked to provide, and why and how it will be used

- **Contact information**
This may include your address, telephone number and/or email address. This information will be used to facilitate the research programme by following up your enquiry, carrying out a screening call and, if applicable, booking you into a focus group.
- **Demographic information**
This may include your gender, ethnicity and date of birth. This information is required as it will help us to understand how participation at each focus group may differ.
- **Health background**
This will include confirmation that you experience one or more of the symptoms listed as part of the inclusion criteria. You will also be asked if you require any reasonable adjustments to support your involvement in the focus group.
- **Experiences and feedback**
You may be asked to provide specific information and experience feedback that allows us to understand your experience in taking part in the research programme.

Fair and lawful processing

Each organisation is required to demonstrate that they are processing personal data fairly and lawfully. To do this, we must have a 'lawful basis for processing' personal data. As a voluntary participant, your personal data will mainly be processed on the lawful basis of Article 6 (1)(b) Consent. As such, you can change your mind at any time and withdraw your consent.

Who your personal data may be shared with

- **Nuffield Health**
Your data will be shared internally by Nuffield Health in order to facilitate the research project.
- **Faculty of Sport & Exercise Medicine (FSEM)**
If you are accepted as part of the focus group, you will be provided with details of a focus group in your local area. This will be confirmed via email. At this stage, a participant information leaflet, provided by FSEM, will be sent to you via email by Nuffield Health. The focus group will be facilitated by FSEM who will ask you to provide your personal details prior to the focus group commencing. This data will be held by FSEM and will be covered by their Transparency Statement.
- **Research**
One way we can help improve the health of the nation is to be open and transparent about our programmes, detailing how they are conducted and how they might affect the individuals who take part. To achieve this, we plan to work in collaboration with the Faculty of Sport & Exercise Medicine to publish anonymised data (data that cannot any longer identify you) collected throughout this programme by FSEM as a research study. Anonymised data cannot re-identify you and all research conducted by FSEM will have prior ethical approval from an academic institution. The overall research project will also be overseen by the Nuffield Health Research Expert Advisory Group. This is different from a data processing consent, and you will be asked separately if you consent for your anonymised data to be used for research purposes. Appropriate measures will also be put in place by the Faculty of Sport & Exercise Medicine, which will be outlined in the Transparency Statement relating to this research.

Outside of this, we won't share your personal data with anyone unless we have your consent, or the law requires this from us.

Your rights in respect of your personal data

The law gives you certain rights in respect of the information that we hold about you. Below is a short overview of the key rights available to you.

- **Data subject access request (DSAR)**
With some exceptions designed to protect the rights of others, you have the right to a copy of the personal data that we hold about you. Where the data is data that you have given to us, you have the right to receive your copy of it in a common electronic format, and to provide copies of it to other people if you wish (the 'right to data portability').
- **Right to rectification**
You have the right to have the personal data we hold about you corrected if it is factually inaccurate. This right does not extend to matters of opinion.
- **Right to erasure**
In some limited circumstances, you have the right to have personal data that we hold about you erased (the 'right to be forgotten'). This right is not generally available where we still have a valid legal reason to keep the data (for example, because we are obliged to do so by law).

- **Right to restrict processing**

You also have the right in some circumstances to request that temporary restrictions are placed on how we process your personal data, for example if you contest its accuracy or where we are processing it on the basis of our legitimate interest, and you contest our assessment that our interest overrides your rights.

How long we will keep your personal data for

Data is retained in accordance with our retention schedules, which are based on national legislation, industry regulations and best practice. As Nuffield Health is acting as a facilitator to provide participants for focus groups, your data will only be retained for the duration of the research project.

Automated decisions

No part of your journey as part of this research project will be based upon automated decisions.

When things go wrong

We pride ourselves on the quality of our service and it is important to us to learn from the feedback we receive from you. If you ever feel like you have a cause to raise a concern regarding any element of your participation in this research project, please contact customer.relations@nuffieldhealth.com

Further information

For further information about the research project, please contact customer.relations@nuffieldhealth.com

For further information about how Nuffield Health process your data, including an overview of your rights, please see our [Privacy Policy](#).

To request to exercise one of your rights in relation to your personal data, or if you are not satisfied with how we handle your personal data or a request to exercise one of your rights in relation to your data, you can contact the Data Protection Officer on dataprotectionofficer@nuffieldhealth.com

Should you remain dissatisfied you have a right to complain to the Information Commissioner's Office on 0303 123 1113 or through their website: <https://ico.org.uk/>.