

Making an Impact

There is substantial and increasing pressure on researchers to demonstrate the impact of their research on policy, practice and the health of the public. CISHE have always placed a major emphasis on engagement with non-academic partners and conducting research that will improve public health. The ASSIST programme is an excellent example of high quality research of international interest that is having an immediate impact.

The MRC funded ASSIST trial evaluated the effectiveness of a novel peer-led, schools-based smoking prevention intervention aimed at reducing the prevalence of regular smoking amongst secondary school children. In the ASSIST Programme, peer-nominated influential pupils in Year 8 (aged 12-13) were recruited as peer supporters and given intensive training off the school premises by professional health promotion staff. At the two-day training event, peer supporters learned about the risks of smoking, economic benefits of stopping, communication skills, group work, negotiation, conflict resolution, sensitivity to others, personal values, and building confidence and self-esteem. Over a ten-week period following the training, the peer supporters were asked to have conversations with other students in their year group about the benefits of being smoke-free.

The trial was carried out in 59 secondary schools across south west England and south Wales, and involved almost 11,000 students. Twenty-nine schools (5,372 students) were randomly assigned to the control group, and continued their normal smoking education, while 30 schools (5,358 students) were

assigned to the intervention group and received the ASSIST training programme in addition to their normal smoking education. Follow-up data were collected immediately after the intervention, and after one and two years. The behavioural outcomes examined by the research team were smoking during the past week amongst the whole school year group, and in a group at high risk of regular smoking uptake. Saliva samples were analysed as well as self-report data to establish whether a young person had been smoking.

Findings published in *The Lancet*¹ in May this year show that students in the intervention group were 22% less likely to take up regular smoking than the control group over the two-year period following the intervention, resulting in a 3% difference in smoking prevalence among all students in Year 10 (age 14 to 15 years). On the basis of these results, if implemented on a UK-wide basis the ASSIST intervention could potentially reduce the number of 14-15-year-old school students taking up regular smoking by 43,000.

The positive findings from the evaluation of the ASSIST Programme, and the benefits of the Programme over other preventive interventions has already been recognised by the Welsh Assembly Government which has invested in implementing the Programme on a national level during the 2006-2007 and 2007-2008 academic years. It has also been implemented at a local level by Tower Hamlets Council during the 2007-2008 academic year and will be implemented by Bristol Primary Care Trust during the



2008-2009 academic year. There has been substantial interest in implementing the Programme in other areas of the UK and internationally, and we anticipate further interest over the coming months. As a consequence of this significant level of interest Dr Jo Holliday has been seconded to the University of Bristol to carry out work in close collaboration with the commercial divisions of both Cardiff University and the University of Bristol, which will enable implementation in these areas from September 2009.

¹ Campbell R, Starkey F, Holliday J, Audrey S, Bloor M, Parry-Langdon N, Moore L. An informal school-based peer-led intervention for smoking prevention in adolescence (ASSIST): a cluster randomised trial. *The Lancet*. 2008;371:1595-602.

For further information, please contact Dr Jo Holliday: hollidayj1@cardiff.ac.uk

Page 2

- Events

Page 3

- Forthcoming Events
- CISHE News and Activities

Page 4

- New CISHE Projects

Page 5

- Current CISHE Projects

Page 7

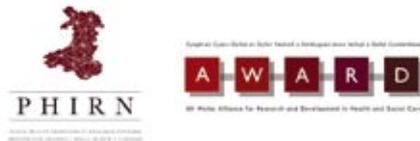
- Completed CISHE Projects

Page 8

- New Staff
- New Roles
- Staff Farewells

Events

Health Challenge Wales Evidence for Policy Seminar Series



The seventh Health Challenge Wales Evidence for Policy seminar took place on 2nd April 2008. It focussed on *The social determinants of child health - directions for research and policy*. The event was well attended with a range of academics, policy makers and practitioners with an interest in child health.

The session was opened by Chris Roberts (Welsh Assembly Government) who highlighted the main policies addressing child health in Wales and the importance of research to provide a firm evidence base. He referenced the recent commissioning of a systematic review of the social determinants of child health which formed the basis of the first presentation.

Dr Alison Weightman (Support Unit for Research Evidence, Information Services, Cardiff University) began by outlining the rationale for the systematic review and the methodology adopted before focussing on the main findings. These emphasised the link between area deprivation, social class, personal or household income, housing conditions and poor child health, and importantly identified key indicators to monitor attempts to address health inequalities in this area. She was followed by Professor Ingrid Shoon of the Institute of Education, London who presented on *Socio-economic adversity and child development: Mechanisms and Processes*, a project funded by the Economic and Social Research Council. Utilising national British birth cohort data she explored how resilience can lead to positive outcome despite the experience of adversity. She concurred that the experience of socio-economic hardship is associated with cognitive and behavioural development, can exacerbate maternal distress and may undermine effective parenting. It is therefore important to improve overall distribution of

resources and opportunities, support children and their parents, invest in education and recognise diversity in adjustment.

The final presentation was given by Dr Michael Shepherd (CISHE / AWARD) who provided an overview of the development of national and international child health policy and identified key policy drivers. He concluded that emphasis on preventing ill health and supporting wellbeing required full engagement from an early age; that an anti-poverty strategy was central to addressing the social determinants and improving child health and that promoting capability, resilience and health capital formation was important along with the inclusion of children in decision-making. The session closed with discussion of a number of wide ranging issues. How can children and their families effectively participate in all aspects of society, especially those who have the greatest need? What interventions might build capability, resilience and health capital in young people? Does partnership working have the health benefits at the community and/or individual level that policy-makers assume?

The eighth Health Challenge Wales Evidence for Policy Seminar took place on 19th September 2008, focusing on *The school environment and health improvement*. The session was well attended by practitioners, academics and policy makers with an interest in school-based approaches to improving health. The seminar was opened with a presentation by Chris Roberts from the Welsh Assembly Government. Chris 'set the scene' by reflecting on how school health promotion has changed since the 1990's and current developments in healthy schools in Wales within a European context. A number of key challenges were identified including developing a stronger link between evidence and practice and economic assessments of interventions.

He was followed by Dr Lyndal Bond from the MRC Social and Public Health Sciences Unit who discussed *Rethinking health promotion in schools: Lessons from the Gatehouse Project*. The Gatehouse project was based on an ecological or holistic approach to health promotion in school, considering the school as a system

that incorporates the social context, organisational dynamics, resources, and that is subject to a multitude of complex and changing influences. Through a multi-level approach, the project promoted security, communication and positive regard to create a sense of connectedness and emotional well-being. The evaluation of the project adopted an RCT design and identified a link between school connectedness, depression and substance misuse.

The second speaker was Dr Chris Bonell of London School of Hygiene and Tropical Medicine, who covered experiences and preliminary findings from a feasibility study of an intervention based on the Gatehouse Project to promote an inclusive school social environment and reduce substance use in the UK. The intervention again used a multi-level approach, focussing on potential causal pathways between social relationships and substance misuse with a focus on promoting supportive relationships and safety. Chris shared valuable 'lessons learnt' about the implementation of the intervention and pilot research results. He supported previous conclusions about the link between substance misuse and disconnectedness from school.

Finally, Dr Mike Shepherd from AWARD, CISHE, discussed a recently completed review of the Welsh Network of Healthy Schools Schemes (WNHSS). The review adopted a multi-case study approach and Mike presented some of the key findings. The scheme demonstrated high uptake and was held in high regard by a large number of stakeholders, including one healthy schools expert who praised the WNHSS as 'one of the best programmes in Europe'. Concerns about sustainability of the programme and related equity were highlighted however, and it was suggested that these should be addressed in the future. A discussion session was chaired by Professor Laurence Moore and a number of potential future research projects were identified.

Full seminar presentations and details of previous seminars are available at www.cardiff.ac.uk/socsi/cishe/pages/Events/HCWseminars.html.

Julian Tudor Hart Annual Lecture

On 14th May 2008 George Davey Smith, Professor of Clinical Epidemiology, University of Bristol, gave the third Julian Tudor Hart annual lecture to an audience of eighty delegates, including Dr Tudor Hart himself. The lecture was entitled *Chance, choice and collective risk: why we need more impersonal medicine*.



In his lecture Professor Davey Smith stated that whilst epidemiologists (amongst others) have successfully identified some modifiable risk factors for disease, there has been dissatisfaction regarding the ability to characterise accurately the prognosis or risk status of individuals. He noted that the apparent promise of personalised medicine, particularly when based on pharmacogenomics, offers to transform practice in this regard. Professor Davey Smith argued that this is fundamentally misguided, given that we can only truly understand group-level, rather than individual-level, risk. Evidence from behavioural genetics, epidemiology, developmental science and detective novels was mobilised to support this position. He concluded by arguing that far from needing more and more personalised medicine, the major task for any effective and equitable health service today is ensuring that those who could benefit (impersonally) from effective treatments do actually receive them.

A copy of Professor Davey Smith's lecture is available on the CISHE website at <http://www.cardiff.ac.uk/socsi/cishe/pages/Events/pastevents.html>

DECIPher Update

In the last edition of the CISHE newsletter the success of the DECIPher Centre bid was announced. DECIPher's initial 5-year funding period will now commence in January 2009.

A launch event will be held on the 13th May 2009, City Hall, Cardiff.

Forthcoming Events

Health Challenge Wales Evidence for Policy Seminar Series

The Challenge of Adolescent Smoking: research, policy and practice.

1.30pm, 15th December 2008
Glamorgan Building
Cardiff University

Confirmed speakers:

Daniel Clayton, ASH Wales, *The Ffaith programme and implications for policy and practice*

Laurence Moore, CISHE, *Building on ASSIST: the potential of informal peer led approaches to smoking prevention and cessation*

Amanda Amos, Edinburgh University
Priorities for adolescent smoking prevention and cessation research and practice: The way forward.

Society, surroundings and sustainability: secular influences on food choices.

1.30pm, 26th January 2009
Glamorgan Building
Cardiff University

To book for either of the Health Challenge Wales Seminars please contact Zoë Macdonald: MacdonaldZ@Cardiff.ac.uk

CISHE News and Activities

CISHE in the UK

The 2008 Faculty of Public Health Conference 'Challenging problems, sharing solutions' was held in Cardiff's City Hall between the 3rd and 5th of June. Its focus was public health research in Wales and covered themes including harm reduction in smoking, tackling obesity and public health and climate change. Key speakers included Sir Derek Wanless, who talked about taking a long term view to securing future health, Alan Maryon-Davies who focused upon global capacity building for public health, and Rhodri Morgan who gave an overview of public health goals and activities within the Welsh Assembly Government.

Several substantial contributions were made to the conference by CISHE staff. These included a contribution by **Laurence Moore** on public health research in Wales to the Welsh Assembly Government session led by the First Minister Rhodri Morgan and the Chief Medical Officer for Wales, Dr Tony Jewell. Laurence Moore also chaired a session on collaboration between practice and academia drawing on the experiences of the Public Health Improvement Research Network, with contributions from

collaborators including Ian Russell, Ronan Lyons, **Simon Murphy**, Chris Roberts and Susan Denman. There was particular interest in whether the successful PHIRN model could be applied in England at a regional level. Simon Murphy and Graham Moore, also contributed to a session on school-based dietary interventions, including presentation of baseline and outcome data from the evaluation of the Primary School Free Breakfast Initiative Trial.

Dr Alex Faulkner organised a session at the joint conference of the European Association of Studies in Science and Technology (EASST) Society for the Social Studies of Science (4S) in Rotterdam, 20th - 23rd August.

The session was entitled *Regulatory dynamics of therapeutic technologies in the EU*. Dr Faulkner gave a paper called 'Resisting regulatory pharmaceuticalisation: pathways for tissue engineered technologies across the drug and device regimes of the EU'.

At the BSA Medical Sociology Annual Conference, University of Sussex 4th - 6th September, **Alex Faulkner** gave a paper called: *Innovation-evaluation pathways compared: technologies for repairing hips*

CISHE NEWS AND ACTIVITIES (continued)

NEW CISHE PROJECTS

and self-monitoring blood in and around the NHS.

In July 2008, **Dr Jo Holliday** gave an invited presentation on the ASSIST Programme at an event run by Fresh- Smoke Free North East which focussed on the National Consultation into the Future of Tobacco Control.

CISHE was represented at the 52nd Annual Scientific Meeting of the Society for Social Medicine, 17-19th September 2008 at the University of Southampton. **Nick Townsend** presented a talk on *The whole school approach to healthy eating. A multilevel analysis of pupil diet behaviour* and Simon Murphy presented a poster on *The impact of a free healthy breakfasts initiative for primary school pupils.*

Samia Addis and **Kathy James** presented a poster at the British Sociological Association - Food, Society and Public Health Conference 14th -15th July 2008, British Library Conference Centre, London, entitled *Evaluation of packed lunch guidance for parents and primary schools in Wales.*

In June 2008, **Stephen Burgess** presented a paper entitled *The potential use of qualitative GIS to help reduce inequalities in health* to the 13th *Emerging New Research on Geographies of Health and Impairment (ENRGHI)* conference at the University of St. Andrews.

CISHE Abroad

At the IUHPE Conference in Turin, 10th -13th September 2008, **Chloe Chadderton** gave an oral paper presentation entitled *Involving the Public in HIA: An evaluation of current practice in Wales.* It was based on the case study research she has recently completed. For more details of this work please visit the WHIASU website: www.whiasu.wales.nhs.uk

At the same conference, **Heather Rothwell** presented a paper entitled *Some findings from the Review of the Welsh Network of Healthy School Schemes* For more information about the project, which was completed in March this year, please visit the website: <http://www.cardiff.ac.uk/socsi/cishe/pages/projects/healthyschools.html>

Personal Recognition



Stephen Burgess received his PhD in July. His thesis was titled *Adolescent smoking in Wales: the role of school smoking policies and the wider school environment.*

Hayley Collicott left CISHE in September to begin her 1+3 Masters/ PhD course in October. She has been awarded a fully funded Case Studentship entitled *Safeguarding children and young people in local communities: a neighbourhood study* and will be working with Sally

Holland (SOCSI) and the NSPCC to research and understand children's safety in relation to the specificities of neighbourhood and local communities. Whilst at CISHE Hayley has worked on the following projects which have helped prepare her for a career in social research: Social Network Analysis of Peers and adolescent Smoking (SNAPS); Changes in Child Exposure to Environmental Tobacco Smoke (CHETS) Wales; and the Evaluation of the National Exercise Referral Scheme (NERS).



Laurence Moore has been appointed to be a member of the Public Health Board of the Office for Strategic Co-ordination of Health Research (OSCHR). The Board will provide advice to the Medical Research Council, National Institute of Health Research, Wales Office of R&D and Chief Scientist Office, Scotland on their coordinated approach to public health research. Laurence has also been awarded the honorary appointment of Principal Fellow with the title Associate Professor at the McCaughey Centre, University of Melbourne. Laurence Moore and **Gareth Williams** will both be members of the National Prevention Research Initiative Phase 3 Scientific Committee.



New CISHE Projects

A feasibility study of a licensed premise intervention to reduce alcohol misuse and violent injury

The Medical Research Council has awarded £331,891 to researchers at CISHE and the



School of Dentistry at Cardiff University to assess the feasibility of a premises-level intervention designed to reduce alcohol misuse. The intervention also aims to reduce

outcomes of misuse including disorder and violent injury. The research is set against a background of rising health and economic costs; up to 5% UK gross domestic product is currently spent on the impact of alcohol-related injury. This project builds on evidence suggesting that premises level interventions may help to reduce health costs by addressing risk factors and behaviours such as serving alcohol to intoxicated customers, irresponsible alcohol promotions and deficits in bar staff training.

The study uses a randomised controlled trial (RCT) design, an approach that has rarely been used in this field. This involves premises in the experimental group

receiving a series of action plans based on feedback from the research team and experts in auditing the licensed trade. A breathalyser survey will also take place to determine the prevalence of alcohol intoxication in drinkers. An indication of the occurrence of alcohol-related violent incidents will be obtained using police and accident and emergency data. Accepted as the 'gold standard' for health and medical research, RCTs are usually associated with laboratory research where behaviour and reactions can be closely monitored and controlled. Applying this model to social environments where causal relationships are less easily identified presents challenges for researchers. Hence this project offers a

methodological contribution by attempting to explore a complex social phenomenon with an experimental design.

The project runs for two years from September 2008.

For more information please contact Dr Simon Moore at MooreSC2@cardiff.ac.uk

Preventing socioeconomic inequalities in health

The TEENAGE project is funded by the European Union and focuses on the prevention of socioeconomic inequalities in health behaviours among European adolescents.



The project's main purposes are to:

- Re-analyse data of existing interventions aimed to prevent smoking, physical inactivity, poor diet and alcohol consumption among adolescents to examine the effectiveness of such interventions in lower socioeconomic groups.
- Assess the transferability and applicability of the interventions in different European countries.
- Formulate policy recommendations to prevent socioeconomic inequalities in health behaviours among European adolescents.

The TEENAGE workgroup consists of experts in the fields of socioeconomic inequalities in health, public health, epidemiology, nutrition, physical activity, tobacco, drugs and alcohol from five different European countries: the Netherlands, Belgium, Norway, United Kingdom and Italy, and several collaborating institutes from other countries. The project is led by Dr Frank van Lenthe, Erasmus MC, University Rotterdam. CISHE is one of the lead partners, assigned to develop evidence of effectiveness of interventions and policies to prevent smoking among European adolescents aged 11 to 18 years. This work package will be led by Professor Laurence Moore.

For more information please contact Professor Laurence Moore: MooreL1@cardiff.ac.uk or see www.teenageproject.eu

Current CISHE Projects

CHETS Wales (Changes in Child Exposure to Environmental Tobacco Smoke) Wales



A ban on smoking in enclosed public places came into effect on 2nd April, 2007. In late 2006, CISHE was commissioned by the Welsh Assembly Government to assess whether the introductions of this legislation affected the extent to which Welsh primary school children are exposed to secondhand smoke.

The study involves conducting a repeated cross-sectional study of children in year 6 on two occasions. The first survey took place before the ban came into force. The second was with a different group of students between February and April 2008, after the ban was introduced. On each occasion, just less than 2,000 students in 75 primary schools across Wales were being asked to provide questionnaire data (on own smoking behaviour and exposure to secondhand smoke in public places) and saliva samples (for cotinine analysis to biochemically measure exposure to secondhand smoke).

We are currently carrying out data analysis with a view to reporting findings to the Welsh Assembly Government over the next couple of months.

For further information, please contact Dr Jo Holliday: hollidayj1@cardiff.ac.uk

A Social Network Analysis of Peers and Smoking in adolescence (SNAPS)

Researchers in CISHE, along with colleagues at the University of Groningen continue to investigate the role of friends and social networks in adolescent smoking behaviour.

SNAPS utilises a comprehensive dataset of self-report questionnaire data collected through the MRC-funded A Stop smoking in Schools Trial. This dataset comprises information on adolescent smoking behaviour (amongst other measures) and friendship and is being exploited using a number of statistical methods including stochastic actor oriented modeling as implemented in the statistical modelling program, SIENA.

The team are in the process of preparing a number of manuscripts for submission to



journals in the near future.

For further information, please contact Dr Jo Holliday: hollidayj1@cardiff.ac.uk

Evaluation of the National Exercise Referral Scheme (NERS)

As has been reported in a previous issue, CISHE won a tender from the Welsh Assembly Government to perform an independent evaluation of this national exercise referral scheme (NERS). The aim of the project is to determine the effectiveness of the NERS as it is rolled out in 13 implementation areas using a randomised control trial design. Participants (n = 2104) are currently being randomised to treatment or control conditions and will complete baseline, 6 month, and 12 month follow-up measures. A detailed process evaluation is also being conducted throughout the trial to shed light on whether the scheme is ultimately successful at achieving its aims and why.

The first six national exercise referral schemes up and running in 2007 operated in Neath, Blaenau Gwent, Cardiff, Swansea, Bridgend and Conwy. In 2008, a further seven areas joined, including Ceredigion, Denbighshire,



CURRENT CISHE PROJECTS (continued)

Flintshire, Monmouthshire, Pembrokeshire, Torfaen, and the Vale of Glamorgan.

Currently, recruitment into the trial is approaching 2,000 and scores of six month questionnaires are now being returned by participants each week. We anticipate that 12 month data collection will be completed by December 2009 and reports drafted by April 2010 on the outcomes.

For further information please contact Larry Raisanen RaisanenL@cardiff.ac.uk

Evaluation of the Cooking Bus in Wales

In December 2007, the Welsh Assembly Government commissioned researchers in CISHE to undertake an evaluation of the Cooking Bus in Wales. Launched in 2006, and funded by the Welsh Assembly Government, the Cooking Bus is operated by Design Dimension Educational Trust as part of the Focus on Food campaign. Through visits to approximately 40 schools per year the Cooking Bus in Wales aims to teach children new cooking skills, increase their understanding of food safety and hygiene, and enhance their knowledge of key issues relating to diet and nutrition. The evaluation of this major policy initiative represents an exciting opportunity to add to a developing evidence base in public health improvement and to contribute to the development of Health Challenge Wales.



Cooking Bus

As part of the evaluation, the research team is investigating the aims and objectives of the Cooking Bus; the key achievements of the Bus from the perspective of stakeholders; and the relationship between the Cooking Bus initiative and related school activities in the schools it visits. The research will consider the extent to which Cooking Bus sessions have acted as a stimulus for curricular/non-curricular reinforcement of key messages,

including the use of Cookit® resources provided to schools following the visit.

These questions will be answered through the use of the following methods:

- an analysis of key documents produced by the Cooking Bus;
- interviews with Cooking Bus staff;
- detailed case studies of the Cooking Bus' work in five schools;
- a postal survey to be sent to all schools which have been visited by the Cooking Bus in Wales;
- an identification of the costs involved in implementing the Cooking Bus and the potential benefits emerging from its implementation across Wales.

The research team have now completed all data collection and are in the process of conducting data analysis and writing the final report.

For further details please contact Dr Jeremy Segrott: SegrottJ@cardiff.ac.uk

The role of parents in preventing alcohol misuse: An Evaluation of the Kids, Adults Together Family Forum programme (KATFF)



the alcohol education and research council

KATFF consists of a classroom-based component for Year 5 and 6 pupils; a fun evening for pupils and their parents; and a DVD which is intended to encourage family discussion about alcohol use and misuse. The programme will be piloted in five schools during the autumn term 2008 and spring term 2009. The evaluation, funded by the Alcohol Education and Research Council, will be based in the first two schools where KATFF will be run during the autumn.

Following ethical approval in June, Phase 1 of the evaluation, to investigate the programme's aims and underpinning theory, began by interviewing members of the working group involved in planning for the KATFF pilot programme. The organiser

of the Australian Parents, Adults, Kids Together (PAKT) programme, on which KATFF has been modelled, also took part in an interview. Eight interviews have been completed so far.

Documents produced during development of the programme have been analysed and a literature search is ongoing to identify key conceptual and methodological questions and inform the development of data collection tools.

For further details please contact Heather Rothwell: rothwellh@cardiff.ac.uk or visit the project website: <http://www.cardiff.ac.uk/socsi/cishe/pages/projects/KATFF.html>

Developing 'Health Challenge Newport'



This research project is currently in its final phase and due to be completed at the end of October.

A logic model of the intervention has been

developed, and formative

evaluation has been carried out. Research methods have included a review of project documents, reviews of existing literature, stakeholder interviews, focus groups with community leaders and focus groups with potential beneficiaries. Data has been analysed and is currently being collated ready for presentation to the project steering group. The final report was completed at the end of October 2008.

For further details contact Rachel Clark: ClarkR@cf.ac.uk

Evaluation of packed lunch guidance for parents and primary schools

Appetite for Life proposes that schools should be encouraged to influence, assist and guide pupils and parents in the preparation and provision of nutritious packed lunches and other food brought into school. The 'healthier lunch boxes' guidance issued by the Welsh Assembly is in two parts: a leaflet for parents and guidance for primary schools. It is the purpose of this project to assess the impact, success and utility of this advice using mixed methods including an audit of lunch box contents, interviews with parents and school staff and focus

groups with primary school children across Wales. Data collection for this project has been completed and analysis is underway. The final report to the Welsh Assembly Government is due shortly.

For further information please contact Samia Addis: AddisS1@cardiff.ac.uk

Welsh Health Impact Assessment Support Unit (WHIASU)

WHIASU is currently conducting research into the links between health impact assessment and other impact assessments

such as Environmental Impact Assessment (EIA) and Integrated Impact Assessment (IIA). This research aims to examine to what extent health is covered within impact assessments (other than HIA) and how HIA could be linked to them. The research comprises three stages: stage 1 reviewing the literature on impact assessments and the creation of a matrix to understand these (including descriptions, reflections and a checklist), to identify at what point HIA could be triggered or introduced, and an analysis of the use of integrated impact assessment tools in Wales. Stage 2 comprising a series of expert interviews to discuss themes identified in stage 1, with stage 3 comprising of a policy workshop presenting the draft report

to stakeholders. The matrix and preliminary literature will be completed by the end of October, with interviews to be scheduled for December, and the draft report and policy workshop planned for March 2009.

For further information please contact whiasu@cardiff.ac.uk

Completed CISHE projects

Involving the public in HIA: An evaluation of current practice in Wales

The report from this research, jointly funded by the Welsh Assembly Government and Wales Centre for Health is now available on the WHIASU website (www.whiasu.wales.nhs.uk). The research reports on a study investigating the methods and impact of members of the public and community groups' involvement in Health Impact Assessment (HIA).

Results from the research will be disseminated at several European conferences over the coming months. It will also be presented at the Wales Centre for Health "Public Engagement for Public Health" training to be held later this year and at a WHIASU best practice sharing event being held in Cardiff on 27th November for people living in Wales who are driving forward the HIA agenda.

For further information about this event please email whiasu@cardiff.ac.uk.

Review of the Welsh Network of Healthy School Schemes (WNHSS)

The Review was commissioned by the Welsh Assembly Government and conducted by a team at CISHE, assisted by Redfern

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

Management Services in North Wales over thirteen months ending in March 2008. The main aims were to estimate the extent to which the WNHSS had been implemented (a) as planned by the Welsh Assembly Government and (b) according to the principles of the Ottawa Charter which underpins the European Network of Healthy School Schemes of which the WNHSS is a member; and to make recommendations for future development and support of the network. A panel of experts in Healthy Schools working in Scotland and England oversaw the Review and advised on the work at key stages.

Hundreds of participants throughout Wales were involved through interviews, case studies and a questionnaire which was posted to all the Healthy Schools in Wales. Contributors included pupils, parents, teachers, head teachers, school support staff, local health and education staff (including Directors of Education and Public Health; all the local Healthy School Co-ordinators; and the National Co-ordinator for Wales). Approximately ninety delegates from schools and local health and education departments

attended regional workshops in North Wales, Mid Wales and South Wales to find out more about the Review. The workshops were attended by members of the Expert Review Panel who led group discussions on sustainability of the WNHSS; its role in reducing inequalities in health; and measures for future monitoring and evaluation. These discussions contributed data to the final report.

The review also gathered evidence from international experts based in England, Scotland, Australia, Canada, the Netherlands, Denmark and Germany. This enabled comparisons between the WNHSS and organisation of school-based health promotion in other countries.

The report to the Assembly is now being finalised. The team are working on submissions to peer reviewed journals and presented a paper at the IUHPE Conference in Turin on 10th September.

For further information please contact Heather Rothwell: rothwellh@cardiff.ac.uk

NEW STAFF NEW ROLES STAFF FAREWELLS

New staff



Liesbeth Mercken joined CISHE in September 2008 as a Research Associate working on SNAPS and TEENAGE, see page 5. For the last four years she

was employed at Maastricht University, The Netherlands, and is just about to complete her PhD 'Influence or Selection: Dynamics of friendship networks and smoking behaviour in adolescence' at the Faculty of Medicine, Health, and Life Sciences.



Gabi Jerzembek joined CISHE in July 2008 as a Research Associate to contribute to the development of the Public Health Improvement Research

Network (PHIRN), by identifying funding opportunities, supporting grant applications, drawing together Research Development Groups, and supporting / organising seminars or other opportunities for research dissemination and networking. Her research interests include: coping and resilience in illness and adversity, public health / well-being interventions and related communication strategies, health psychology, organisational behaviour, educational methods and psychometrics in software applications. Before joining CISHE, Gabi worked as Research Officer in Qualitative Health Research with CHIRAL, at Swansea University's School of Medicine. She gained a 1st class degree in Psychology, an MSc in Research Methods (Distinction) and also holds an ESRC award to complete a doctorate in Psychology, developing a teaching structure template that promotes resilience and supports academic performance.

Acknowledgements to Newsletter staff

The CISHE newsletter is compiled by the newsletter working group: Stephen Burgess; Eva Elliott; Jo Holliday; Simon Murphy; Laurence Moore and Zoë Macdonald.

We welcome any feedback or contributions, please contact us at CISHE@cardiff.ac.uk

New roles



Ellie Byrne will be taking on a new role as a Research Associate for a collaboration between CISHE and the School of Dentistry from 1st November 2008. Ellie

currently works with Rachel Clark on a Welsh Office of Research Development funded project developing an evaluation framework for an intervention aiming to increase physical activity. The new project is a premises-level intervention aiming to minimise risks associated with alcohol and violence and is explained in more detail on page 4.



Ellie will be working on this project with **Iain Brennan**, pictured left, who will be mainly based at School of Dentistry but will have a desk at CISHE.



On 8th September 2008, **Dr Jo Holliday** took up a secondment at the University of Bristol. This is a temporary, part-time post, during which she will be involved in supporting and enabling the implementation of the successful ASSIST Programme, the results of which were published in The Lancet earlier in the year. Her new post will involve designing a feasible licensing system for the ASSIST Programme, devising a quality control system to monitor licensees and developing an accreditation system for trainers who will deliver the ASSIST Programme to young people in schools.

For further information, please contact Dr Jo Holliday: HollidayJ@Cardiff.ac.uk or see www.cardiff.ac.uk/socsi/cishe

Staff farewells



Covering the role of Institute Administrator whilst Sara Jones took maternity leave, **Philippa Settle** has worked at CISHE since November 2007 and has enjoyed her time here.



Katrina O'Brien began work at CISHE in May 2008, providing clerical and administrative support for the Cooking Bus project. Katrina has enjoyed her time at

CISHE, and has found the experience of working on the Cooking Bus project very valuable. Katrina would like to thank all the people she worked with during her time at CISHE and hopes to stay in touch.

External Notices

Dr Alison Golby was employed for three and a half years at CISHE as a Research Associate, firstly working with Gareth Williams, Eva Elliott and Liz Green (based in Wrexham) at the Welsh Health Impact Assessment Support Unit and more recently with Simon Murphy and Laurence Moore at the Public Health Improvement Research Network.

Since leaving CISHE in April this year Alison has embarked on an exciting new venture working as an independent social researcher. Alison provides a variety of research services, such as evaluations, small scale surveys and research training, as well as other discrete research services to support large scale projects and health impact assessment. You can find out more from her website, www.researchetc.co.uk.

For more information about CISHE's projects and research please contact:

Cardiff Institute of Society,
Health and Ethics
Cardiff University
53 Park Place
Cardiff CF10 3AT

Tel: 029 2087 9609
Fax: 029 2087 9054
Email: CISHE@cardiff.ac.uk

Please note: back issues of this Newsletter and a full list of CISHE's publications can be found on our web site at: <http://www.cf.ac.uk/socsi/cishe>

If you would prefer to receive an electronic copy of the Newsletter, please contact us at CISHE using the above email address