

Preventing substance misuse in young people: CISHE launches a major new research study



CISHE has been awarded funding for a major new project which will evaluate the Strengthening Families 10-14 UK Programme in Wales (SFP10-14 UK), a substance misuse prevention intervention. The research study - Project SFP Cymru - is being funded by the National Prevention Research Initiative (£2.2M), and includes the cost of delivering the programme in three local areas in Wales. The Welsh Assembly Government is funding the cost of delivering the programme in three other local areas. CISHE will be leading the research project, working with collaborators from Swansea University and Oxford Brookes University, the South East Wales Trials Unit, and a number of colleagues from the Cardiff School of Social Sciences.

The use of alcohol, tobacco and illegal drugs by young people impacts on their health in the short and long term, and is also associated with anti-social behaviour, crime and dropping out of school. Many of the factors which protect young people from misusing drugs and alcohol, or put them at greater risk of doing so, are linked to family life and parenting. The Strengthening Families Programme aims to strengthen these protective factors (parenting, family communication, and young people's resilience

skills) and simultaneously reduce key risk factors that are located within families.

Research in the United States has found some evidence that the SFP10-14 delays and reduces substance use (alcohol, tobacco and illegal drugs) by young people.

Project SFP Cymru will examine whether the results found in the US translate to a UK context, and will also address the methodological limitations of previous studies. It will identify whether the programme delays or reduces substance use. It will also collect information that will help in wider implementation of the programme if SFP10-14UK is effective.

The trial also seeks to address the following questions:

- What impact does the SFP10-14UK have on protective factors for alcohol and tobacco use/misuse located in the family, such as family functioning, parenting and young people's peer resistance skills?
- What impact does the SFP10-14UK have on school performance, and mental health and well being?
- What are the costs associated with the SFP10-14UK and to what extent can it be regarded as an efficient use of public funds?
- How can SFP10-14UK best be implemented and is there variation in delivery and receipt of the programme across the local areas involved?



The study comprises a pragmatic randomised controlled effectiveness trial with families as the unit of randomisation. Embedded process and economic evaluations form an important part of the project. Stakeholder groups are in the process of being set up to ensure that parents/carers and young people involved with the implementation of the programme can be fully engaged with the research process, with this work being led by the Involving Young People Officer employed by the Centre for the Development and Evaluation of Complex Interventions for Public Health Improvement (DECIPHer).

For further details, please contact Dr Jo Holliday - HollidayJ1@cardiff.ac.uk, or visit the project website: <http://www.cardiff.ac.uk/socsi/cishe/pages/projects/SFPCymru.html>

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Reflections

Public health improvement top of the research agenda



Both the Economic and Social Research Council (ESRC) and the Medical Research Council (MRC) have recently announced their strategic plans for the next five years, placing public health improvement firmly at the centre of their agendas.

Entitled 'Research Changes Lives' (MRC) and 'Delivering Impact through Social Science' (ESRC), both strategies highlight the need to ensure today's research is relevant to the needs of society and emphasise the impact that high quality research has on improving people's health and well being.

One of the ESRC's seven strategic challenges is specifically focused on Health and Wellbeing. By 2014 the ESRC will have:

- Invested, with partners, in the social science underpinning of interventions to promote improved physical and psychological wellbeing, better social care, healthy ageing, and the reduction of obesity and infectious disease
- Developed with national and international collaboration, a comparative programme on how to reduce physical and psychological health inequalities
- Maintained its investment in the internationally renowned series of birth cohort studies; developed a new birth cohort study beginning in 2012; and promoted access to the data it will produce through a dedicated Birth Cohort Facility
- Promoted access to and use of e-health records
- Built research capacity through studentships, fellowships and training opportunities at the interface of biomedical and social sciences.

Another strategic challenge focuses on Understanding Individual Behaviour, again particularly relevant to health improvement research. ESRC have also developed five strategic objectives focused on impact: through world class research, skilled people, infrastructure, international leadership and partnerships.

The MRC have developed four strategic aims each with priority research themes and objectives. Further generic issues are also covered in the plan such as research governance, increased capacity, enhanced data, research environment, partnerships and global health. Specifically relevant to Public Health Improvement are:

1. Picking research that delivers: Setting research priorities which are most likely to deliver improved health outcomes

- a) Research Priority Theme 1: Resilience, repair and replacement
 - i Natural protection: To explore resilience to disease and degeneration, understanding how it may be exploited for new interventions that ameliorate disease processes.
 - ii Mental health and wellbeing: To explore the relationship between mental health, wellbeing and resilience to disease processes.
- b) Research Priority Theme 2: Living a long and healthy life
 - i Life course perspective: To drive forward interdisciplinary research addressing health and wellbeing from childhood to older age.
 - ii Lifestyles affecting health: To determine the most effective strategies for tackling lifestyles that are detrimental to health.
 - iii Environment and health: To explore the impacts of changes in our environment on health and wellbeing.

2. Research to People: Bringing the benefits of excellent research to all sections of society

- i Translation of research: To bring the health impacts of fundamental research to people more quickly.

- ii Communication: To enhance communication with scientists, the public, policy-makers and partners.

Research Councils and Universities are under increasing pressure to demonstrate the impact of their research on the UK economy and society. This is reflected both in the research council strategies and also in the plans for the Research Excellence Framework (REF), the new methodology for assessing research quality, which replaces the RAE and proposes to base 25% of its assessment on research impact. Universities that ignore the potential of public health improvement research to gain substantial grant funding and contribute strongly to REF will do so at their peril.

For further information:

<http://www.mrc.ac.uk/About/Strategy/StrategicPlan2009-2014/index.htm>

<http://www.esrcsocietytoday.ac.uk/ESRCInfoCentre/strategicplan>

New Address

**On the 27th July 2009 Cardiff Institute of Society Health and Ethics moved to:
1-3 Museum Place
Cardiff
CF10 3BD
Wales
UK**



Expansion, due in part to the new DECIPHer centre, meant that the offices on Park Place were no longer big enough to house the team of researchers and support staff. The new offices at Museum Place have been refurbished in order to meet the needs of CISHE. The new building is also home to the National Professional Qualification for Headship (NPQH) Centre, the Learning and Development Unit and PhD students from the School of Social Sciences. It provides a modern working environment, improved meeting and social facilities and room for future expansion.

CISHE staff email addresses and telephone numbers remain unchanged.

Events



DECIPHer held a successful launch on 13th May 2009. The event attracted 225 delegates from academia, policy and practice and several young people were also in attendance.

Professor Laurence Moore (Director of DECIPHer, Cardiff University) and Professors Rona Campbell (Co-Director, University of Bristol) and Ronan Lyons (Co-Director, Swansea University) welcomed delegates and outlined the key elements of DECIPHer's work - its scientific programme, research capacity development and engagement with policy and practice - all focused on the health and well-being of children and young people.



Professors Ronan Lyons, Rona Campbell and Laurence Moore

University support was given at the highest level with presentations from the three university Vice-Chancellors: Dr David Grant (Cardiff), Professor Eric Thomas (Bristol) and Professor Richard B Davies (Swansea). At a policy level, both Dr Tony Jewell, Chief Medical Officer, Wales and Dr Gabriel Scally, Regional Director of Public Health for the South West outlined the scale of the challenges in public health for children and young people today. Philip Daniels, DECIPHer's Involving Young People Officer discussed the opportunities for the engagement of children and young people in DECIPHer's work. Ken McLeroy, Professor of Social and Behavioral Health, School of Rural Public Health, Texas A&M Health Science Center outlined the application of the socio-ecological

framework to public health which he first proposed in 1988 and which underpins DECIPHer's approach to effective health improvement. Professor Ian Diamond, Chief Executive, Economic and Social Research Council outlined the ESRC's support for DECIPHer and the other four Centres of Excellence and his excitement at it's ambitious work programme. Professor Sally MacIntyre, Director, MRC Social & Public Health Sciences and Chair of the DECIPHer Scientific Advisory Board outlined the need for better evidenced public health policy and how DECIPHer, as a new centre of excellence, is needed to strengthen the evidence base. Professor John W Frank, Director of the Scottish Collaboration for Public Health Research and Policy discussed the opportunities for DECIPHer regarding knowledge translation into policies and programmes from his wealth of international experience.

Delegates were also able to view a range of poster presentations and exhibition stands during the networking lunch in City Hall, Cardiff.

Presentations from this event can be viewed at: <http://www.decipher.uk.net/events.html>

Health Challenge Wales Evidence for Policy Seminar Series



Government. The event was well placed to bring academics, policy makers and practitioners together to discuss the important topic of smoking. Entitled "Evaluating the impact of the ban on smoking in public places in Wales: findings and future directions", speakers and delegates discussed the implications of the smoking ban in a lively debate chaired by Dr Simon Murphy.

The first presentation was given by Julie Barratt from the Chartered Institute of Environmental Health, who presented a

study looking at the impact of the smoking ban on air quality. The research sought to identify exposure levels to secondhand smoke across a range of hospitality and other settings before and after the introduction of the ban. The results of the study were discussed, with emphasis on exposure and risk for workers.

The next speakers were Dr Jo Holliday and Graham Moore from CISHE, who presented findings from the Changes in Child Exposure to Environmental Tobacco Smoke Wales (CHETS Wales). In response to concerns regarding potential displacement of smoking into the home following legislation, this study assessed changes in second-hand smoke exposure amongst non-smoking children.

Professor Odette Parry from Glyndwr University then spoke about a qualitative study of the Smoke Free Legislation in Wales. Of particular interest were community contexts where smoking and drinking take place. Professor Parry also highlighted the use of smoking as a mechanism for coping with disadvantaged lives and the need for area-based interventions to help people quit smoking.

The final speaker was Dr Linda Bauld from Bath University. Dr Bauld talked about a number of studies in England funded by the Department of Health, looking at the impact of the legislation on areas such as bar worker health, the hospitality sector and public attitudes towards smoking. She concluded the seminar by asking what a future UK research agenda on smoke free environments might look like.

As with all Health Challenge Wales seminars, speakers and delegates were invited to identify potential opportunities for future research. Any emerging research ideas and research development groups will be supported through the Public Health Improvement Research Network (PHIRN) at CISHE.

All presentations from past Health Challenge Wales Seminars are available on the PHIRN website: <http://www.phirn.org.uk>

For enquiries relating to PHIRN please contact Zoe Macdonald: Macdonaldz@cardiff.ac.uk

EVENTS (continued) PERSONAL RECOGNITION

The Wales Health Impact Assessment Support Unit



Training course

WHIASU (in conjunction with the West Midlands Public Health Observatory) held their inaugural three day residential training course, 'Ready to do HIA' from 30th September to 1st October at the picturesque university conference centre at Gregynog, Newtown.

The course was attended by 10 delegates from a wide range of disciplines from across the UK, and was a follow up to the one day introductory course held earlier this year. The aim of the course was to equip delegates with the necessary skills, knowledge and confidence to be able to carry out and evaluate an HIA. The course was delivered by HIA experts from both Wales and the West Midlands, including an engaging presentation from guest speaker Professor Gareth Williams of Cardiff University. Dates for both the one day and three day courses for 2010 are now available, with discounts for early bookings and for those working in Wales or the West Midlands. For further information please see the WHIASU website (www.whiasu.wales.nhs.uk)

Politics and the Social Sciences: The School, age 10

Professor Gareth Williams

I've been to a few 10th birthday parties in my time and happy hubbubs they are: lots of passionate points of view on everything and playful rivalries, but nothing taken too seriously, especially when there is cake to be eaten.

The 10th anniversary celebrations of the School of Social Sciences were held on the 16th July and kicked off with a revivalist lecture entitled 'Politics and the Social Sciences' by Professor Michael Burawoy from the University of California at Berkeley, an old friend of the School. His analysis of the similarities and differences between our own Professor Huw Beynon and the celebrated C. Wright Mills gave rise to considerable amusement (helped by

some old photographs, particularly one of Huw being smiled at by the Queen - Ah! the wonders of zoom technology). The lecture, to an audience of 190 and more, was also a sharp reminder of the responsibilities of the social sciences and a challenge to us all to think more clearly about the possibilities for the future. This was taken up by many of those packed into the Council Chamber in some lively questions and discussion which continued during tea and Welsh cakes.

In the evening we moved to the committee rooms for pre-dinner drinks and an enjoyable meal. This was accompanied by some excellent jazz from the Cardiff and Vale Youth Orchestra led by Mark Cheeke. Just when we thought it couldn't get any better, the real fun began as we finished our rhubarb crumble and coconut-flavoured ice-cream; Very nice too! To raucous and unrestrained cheers Huw began by welcoming a number of honoured guests from outside the School, and some from outside the University - including Professor Phil Gummatt, the head of HEFCW and the Chief Medical Officer for Wales, Dr Tony Jewell, rushing from talks about swine 'flu in order to be with us. There followed speeches from Professor Peter Blood, who reminded us of the seriousness of the occasion and the contribution that the School had made to the success of the University, and Professor Terry Rees who told us lots of good stories including one about the Queen (clearly, a good friend to us all). Then Mike Levi rose and gave us a wonderful adaptation of WH Auden's 'Night Mail'.

Many people remarked that 'it was just like old times', and given the hard partying that carried on long after the formal celebrations had finished, they may have a point. Here's to the next 10 years!

The role of parents in preventing alcohol misuse: an Evaluation of the Kids Adults Together Programme (KAT)

On 2nd November 2009, CISHE held a dissemination event in the Main Building, Cardiff University, to present findings from the KAT evaluation to approximately forty local policy makers, practitioners and academics. The event was organised by Dr Jeremy Segrott, who led the evaluation from CISHE.

Dr Segrott was funded by the Alcohol Education and Research Council to undertake the evaluation of the KAT pilot, which was organised by Lyn Webber of Gwent police in two schools in South East Wales during the Autumn Term of 2008. Professor Gareth Williams, Professorial Fellow and Director of Research at CISHE, chaired the event. He explained that CISHE focused on research in public health and that the new DECIPHer centre was especially concerned with research involving young people, families and schools and communities. The evaluation of KAT demonstrated these research priorities and also the importance of undertaking research which was useful to policy makers, practitioners and families.

Following Professor Williams's introduction, Jeremy Segrott and Heather Rothwell jointly presented findings from the evaluation which explored the theory underpinning the programme and the key impacts. Following the presentation Lyn Webber joined the researchers for a panel discussion, which covered some interesting topics regarding the early implementation and acceptability of the programme.

For more information please visit:
<http://www.cardiff.ac.uk/socsci/cishe/pages/projects/KATFF.html>

Personal Recognition



Graham Moore has been successful in his application for funding from the ESRC for a two month Overseas University Visit to the McCaughey Centre, within the School

of Population Health, University of Melbourne. The application was made through a funding stream available for ESRC-funded PhD students, as an opportunity to provide added value to their programme of PhD study through gaining experience in an overseas institution. During the visit, Graham will continue to write up his PhD thesis, and will be asked to present findings from his PhD and from previous CISHE projects to a mixed policy, practice and academic audience in Melbourne. In addition, Graham will provide support to a number of ongoing projects contributing to planning and conduct of analysis within the McCaughey Centre.

Forthcoming Events

Health Challenge Wales Evidence for Policy Seminar Series



**Young people's
sexual health:
future strategies
and interventions**
1-4.30pm, 23rd
November 2009

PHIRN
PUBLIC HEALTH INSTITUTE RESEARCH NETWORK

Glamorgan Building Council Chamber, Cardiff University

Confirmed presenters:

Introduction by Chris Roberts, Health Promotion Division, Welsh Assembly Government.

Suzanne McKeown, Public Health Improvement, Welsh Assembly Government
Strategy for Promoting Sexual Health and Wellbeing in Wales

Eryl Powell, Principal Health Promotion Specialist, Cardiff Local Public Health Team

Cheryl Joscelyne, Senior Health Promotion Specialist, Cardiff Local Public Health Team

Anne Colquhoun, Teenage Pregnancy Co-ordinator, NHS Bristol

Developing Sexual Health Outreach Services in Schools

Makeda Gerressu, Centre for Sexual Health and HIV Research, UCL.

Evaluation of complex interventions in sexual & reproductive health

For further information please contact
Zoe Macdonald: macdonaldz@cardiff.ac.uk

Annual Julian Tudor Hart Lecture

**Wednesday 9th December,
5.30-8pm, Glamorgan Building,
Cardiff University**

The fourth annual Julian Tudor Hart Lecture will be delivered by Professor David Hunter (Professor of Health Policy and Management, Durham University) and is entitled 'Tackling Wicked Issues: the case of health inequalities'.

Lecture summary:

Despite a government commitment throughout the UK to tackling health inequalities and narrowing the health gap between social groups, progress has been piecemeal and disappointing. The consensus is that while health overall has improved over the past decade or so, the health gap has



remained largely intact. So why is there such a gap between rhetoric and reality? The lecture will review some of the explanations, drawing on systems thinking to inform the analysis. It will argue that while there are serious political constraints which prevent action, there is also a deeper problem with the way in which we organise government. Arguably, complex and cross-cutting issues do not fit the vertical, target-driven departmental silos that still dominate the way in which the business of government is conducted. The lecture will conclude by considering some emerging themes from the Marmot review of health inequalities in England which is intended to inform post-2010 policy.

A biography of Professor Hunter and further information regarding this event is available at: <http://www.cardiff.ac.uk/socsi/cishe>. To book a place please contact Lorelei Simon - CISHE@cardiff.ac.uk

CISHE Spotlight

Developing research through international partnerships

Public health research requires an understanding of national and international contexts, and visiting and spending time in another institution offers valuable learning experiences. Establishing and strengthening international relationships assists in the knowledge transfer process, ensuring that the respective institutions are learning from one another thus consistently building on their relationship.

One such relationship has been formed by an Australian researcher, Elisha Riggs, who visited CISHE from 5th July to 5th September 2009 where she worked on the

final stages of her PhD research. Elisha's research is on understanding the key causes of poor child oral health in refugee and migrant communities; this has been the exploratory phase of the Teeth Tales project. Elisha has worked in partnership with the Lebanese, Iraqi and Pakistani communities in the northern areas of Melbourne. This exploratory work, which has included over three years of building relationships with the various communities, has informed the development of a community based intervention in order to address oral disease in preschool aged children from culturally diverse communities.

Professor Laurence Moore is an Honorary Fellow with the McCaughey Centre and is a Principal Investigator on the Teeth Tales research project. Elisha's visit to Cardiff

University was extremely relevant to the final stages of developing the community intervention for Teeth Tales.

In between the Welsh cakes and cricketing banter, Elisha's trip to Cardiff University has been extremely important in continuing to build on a strong relationship between the two Centres. It has given the two institutions the opportunity to share the learning developed from the range of projects being undertaken.

Elisha's visit to CISHE has given her the opportunity to share her extensive research experiences as well as engage with other students, scholars and current leaders concerning innovative research and evaluation methodologies and to develop international partnerships.

CISHE in the UK

Jeremy Segrott was interviewed for Radio Cymru's Post Cyntaf programme in May, in connection with the launch of the DECIPHer centre, and discussed its aims and expected impact.



The move of CISHE to its new premises in Museum Place was featured in the Western Mail on 15th July 2009, including a photograph of Jeremy Segrott (above) and representatives from the firms involved in the leasing of the building.

Emily Harrop presented a paper at the Annual Medical Sociology conference in Manchester on the 4th September. The paper was titled 'Contesting the science: public health knowledge in a local environmental protest.' It explored local people's engagement with scientific research and expertise in their struggle to close and make safe a landfill site which they considered to be a threat to public health.

Graham Moore presented a poster entitled: 'Facilitating policy trials: implementers experiences of delivering a randomised controlled trial of the National Exercise Referrals Scheme in Wales' at *Randomised Controlled Trials in the Social Sciences: Evaluating Policy Interventions. Fourth Annual Conference*. York, 14th-16th September 2009.

CISHE Abroad

Laurence Moore presented a seminar on the Welsh Assembly Government Free School Breakfast Initiative Trial at the Research Centre for Health Promotion, University of Bergen, Norway in June. He also led a course on advanced statistical modelling in the Graduate School of Human Growth and Interaction in Bergen, where he has an Adjunct Professor position. Laurence also attended the International Congress of Nutrition in Bangkok. Laurence is co-Investigator on two studies led by colleagues at the University of Melbourne School of Population Health McCaughey Centre, where he holds an honorary position. The studies are a National Health and Medical Research Council funded trial on knowledge translation, and an Australian Research Council funded trial of a community based oral health promotion intervention.

Heather Rothwell presented a paper entitled "The importance of participation in a whole-school approach to health" at *Better schools through health: the Third European Conference on Health Promoting Schools*. Vilnius, Lithuania, 15th - 17th June 2009.

Eva Elliott, Emily Harrop and Gareth Williams attended the 104th American Sociological Association conference in San Francisco, 8th - 11th August 2009. They presented a paper entitled 'Contesting the Science: Public health knowledge and action in controversial land-use developments.' The paper complemented the overall theme of the conference which was 'The New Politics of Community.'

The 10th International Health Impact Assessment Conference was held in Rotterdam from 14th to 16th October 2009. The conference provides an opportunity for the ever growing HIA community to share best practice, discuss current issues and form partnerships for future work. Eva Elliott, Chloe Chadderton and Liz Green from WHIASU all attended. Liz presented a well received paper on HIA and road improvement schemes and delivered a pre conference training session. Eva sat on the scientific advisory committee and Chloe presented a poster on the health impacts of opencast mining.

Getting To Know You



Heather Rothwell

Heather Rothwell joined CISHE in May 2005 after working for the NHS as a midwife. She is currently working on three projects - one led by Dr Eva Elliott, reviewing the impact of the recession on health and two led by Dr Jeremy Segrott: an evaluation of Barnado's Bounceback service; and a study of family influences on young people's alcohol use.

Which three words would your friends and family use to describe you?

Mad As Hatter.

What are your pet hates?

Noisy eaters.

Who would play you in a film about your life?

Juliet Stevenson.

What does the University need more of?

Facilities for cyclists.

What is your favourite piece of music and why?

The St. Matthew Passion by J. S. Bach because it's glorious.

What is your signature dish?

Quick-fried sliced pork with broccoli, Chinese style.

Tell us a joke

The Pepsi slogan "Come alive with the Pepsi generation", translated into Chinese, reads "Pepsi brings your ancestors back from the grave".

New CISHE Projects

NISCHR Translational Research Fellow in Cancer Prevention



Dr Sarah Whitehead joined CISHE at the end of July 2009 as a Translational Research Fellow in cancer prevention

research. In this post funded by NISCHR, Sarah will be focussing on co-ordinating and developing cancer prevention research proposals, initially by bringing together existing uncoordinated research teams, and subsequently by developing and leading a long term focused research programme.

Cardiff University has recently been awarded designation as a Cancer Research UK Centre, with prevention research featured as a key part of its activities. Within the first year of the Cancer Research UK Centre, a cancer prevention research strategy will be developed, with research focusing on two areas. The first area will be early detection, screening, chemoprevention, biomarkers and immunisation, and the second will be primary prevention. Sarah will be a critical component in establishing a strong locus of community based primary prevention research under the auspices of the Cancer Research UK Centre.

Sarah will focus on bringing together researchers in different schools in Cardiff University associated with DECIPHer and the Cancer Research UK Cancer Centre and will be further developing linkages with the Universities of Bristol and Swansea. She will work with these colleagues to develop multi-disciplinary research proposals, most notably with an emphasis on smoking, physical activity, and alcohol consumption.

The research will focus on children and young people up to the age of 25, in line with DECIPHer's priority target group.

For the benefit of the NHS and the health of the public in Wales, all of the research will be highly translational in nature, focusing

on taking basic behavioural, social and epidemiological science discoveries into new public health / primary care preventive interventions and testing them for efficacy, effectiveness, and cost-effectiveness, and throughout this process engaging in knowledge exchange partnerships to maximise the relevance, translation and impact of the research on clinical and public health policy and practice.

For more information please contact Sarah Whitehead:
WhiteheadSH@cardiff.ac.uk

Health Behaviour in School-aged Children (HBSC) study in Wales



The World Health Organisation (WHO) collaborative Health Behaviour in School-aged Children (HBSC) study was established by researchers in Finland, Norway and England in 1982. Data were first collected in 1983/84, with Wales joining the study in 1985/86. The study has increased in size over the years, such that in 2009/10 some 43 countries are participating. The overall aim of the study has remained largely the same since its inception: to gain new insight into, and increase understanding of adolescent health behaviours, health and well being in their social context and to collect high quality comparable cross-national data in order to achieve this. From the start, one of the study's key objectives has been to provide research evidence to support health improvement policy and practice, through gaining a better understanding of the patterning and associations between different types of health related behaviours. With the growth of the study and the extension of the international research network, the study's approach has become increasingly multidisciplinary, with members coming from a range of areas such as sociology, pedagogy, paediatrics, epidemiology and public health.

In Wales, the study is funded and led by researchers in the Department of Public

Health and Health Professions at the Welsh Assembly Government, in collaboration with CISHE. Fieldwork for the 2009/10 survey will be undertaken between October and December, with a target sample size of some 7,500 11-15 year-olds in secondary schools across Wales. While covering a range of adolescent health issues, the 2009/10 survey in Wales has a particular focus on family quality of life and health. Previous years have seen the study used for PhD research around smoking behaviour and eating patterns in relation to school policies in these areas.

More information on the HBSC study, including the most recent international report, can be found at www.hbsc.org. More recently, a collection of papers was published as a supplement to the International Journal of Public Health (volume 54, supplement 2, 2009), available on an open access basis.

For more information please contact Chris Roberts: Chris.Roberts@wales.gsi.gov.uk or Kirsty Little: littleke@Cardiff.ac.uk.

Health impact of the recession in Wales: a rapid review



The current global financial crisis and its aftermath are likely to impact on health and well being at individual and population levels in a number of ways that are not, as yet, clearly understood. Firstly, it is uncertain what the scale of these impacts is likely to be, the extent to which these impacts are likely to be positive or negative and the characterisation and distribution of these impacts across the social gradient. Secondly, there needs to be a better understanding of how government and public agency responses to the crisis may themselves impact on health and health inequalities. Thirdly, there is a need to identify neighbourhood characteristics that are likely to result in local populations being more vulnerable or resilient to the impacts of the financial crisis. One crucial lesson may be how the recession, and the measures taken to respond to it, are likely to increase or decrease inequalities in health, measured in

NEW CISHE PROJECTS (continued)

CURRENT CISHE PROJECTS

a range of different ways. The nature of this particular crisis is unprecedented. However it is important that the lessons of previous recessions and the responses to them are learned in order to inform policy and practice in Wales over the next few years. The review will provide such a resource.

In terms of the health impacts of the recession itself, the pathways are likely to be felt directly, through experiences of uncertainty, insecurity and lack of control, and through the wider determinants of health. The most obvious impact will be through the labour market, including: anticipation of redundancy, unemployment, underemployment, reductions in income, experiences of debt, changes in expectations of productivity and so on. However changes in the relationship to an already precarious labour market may also impact on other determinants. For instance, changes in expectation of productivity may increase the likelihood of workplace-based accidents and increased fatigue and anxiety. It has also been suggested that the recession may have some positive impacts in terms of developing new forms of solidarity between groups of people undergoing similar experiences and with people having more time to spend with their families. Other impacts may be through lifestyle changes such as diet and physical activity.

The response by government and public agencies, including the NHS and public health, will also have impacts on population health which will be felt differently across the social gradient. In terms of health services it is anticipated that there will be, in the short to medium term, increased demands on primary health and

welfare services particularly in relation to mental health problems associated with unemployment and debt. However decisions about how cuts in budgets are allocated across government departments may also have an impact on population health. For instance a study of measures to address the New York fiscal crisis in 1975, which included cuts in services and the dismantling of health, public safety, and social service infrastructures, showed that they contributed to the epidemics of tuberculosis, HIV infection and violence, including homicide, in the two decades that followed.

Some studies have suggested that local characteristics, such as the stocks of neighbourhood social capital, may mediate the impact of the social and economic downturn and health. Studies on social cohesion, social capital, community resilience, capability and vulnerability may provide insights as to how community regeneration programmes, particularly Communities Next, should respond during periods of severe economic downturn.

Funded as part of the Wales Health Impact Assessment Support Unit (WHIASU) this review aims to identify the potential impacts of the financial crisis itself as well as the measures taken to respond to it.

The underlying objectives of this rapid review are:

- To identify and explain how the recession may impact directly on health and through its determinants across the social gradient.
- To identify additional population groups who may be particularly vulnerable or resilient to the effects of the recession

- To characterise the effects of previous government and public agency measures taken to respond to financial crises on health
- To identify and characterise the potential material, cultural, and psycho-social resources that reside within communities themselves that produce related vulnerability and resilience
- To map available evidence on impact to existing policy divisions and service areas in the Welsh Assembly Government, local government, regeneration, and health and social care services.

The methods used for this study are:

- **A systematic review** of the literature on what is known about the effects of recession as well as the effectiveness of measures to respond to it in relation to health
- **Expert interviews** with front-line workers concerned with particular determinants of health (housing, debt, employment, family support, regeneration) and primary health care, in two local authority areas
- **A policy dialogue**, with national and local stakeholders, to discuss emerging findings and issues to provide the review with a context to refine conclusions and recommendations

As well as feeding through to policy makers and practitioners, this review will highlight gaps in current knowledge and understanding for future studies.

For further information please contact Chloe Chadderton: Chaddertonc@cardiff.ac.uk or visit: <http://www.wales.nhs.uk/sites3/home.cfm?OrgID=522>

Current CISHE Projects

A Feasibility Study of a Licensed Premise Intervention to Reduce Alcohol Misuse and Violent Injury



This study, funded by the Medical Research Council, assesses the feasibility of a premises-level intervention designed to reduce alcohol misuse and violent injury. The research 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 server training.

The literature review, looking at evidence relating to interventions in the night time economy, is still in progress. All premises



are now recruited, and the first two stages of the intervention - premises audit and an interview with the designated premises

supervisor - are underway. Each location will receive a tailor-made action plan following the audit and Designated Premises Supervisor interview. A follow up will take place three months after the delivery of action plans in order to determine effects, and premises in the control group will receive their action plans at this time.

For the process evaluation, interviews with Licensing Officers are complete. The next stage involves interviews with bar and door staff at each location in the intervention group to explore their perceptions of working in the night time economy and their current experiences and attitudes towards alcohol related violence.

For further information please contact Ellie Byrne: ByrneE@cardiff.ac.uk

Welsh Health Impact Assessment Support Unit (WHIASU)



The Wales HIA Support Unit continues to lead the way in terms of research, sharing of best practice and support in delivering HIA. Research projects

into the health impacts of opencast mining, the impact of the recession on health and understanding different types of impact assessments are still underway with outputs expected later this year. WHIASU has also been involved in HIAs relating to a number of significant development projects and Welsh Assembly Government strategies, including road transportation schemes, proposed opencast developments, the Wales Waste Strategy and Wales Climate Change Strategy.

The unit have recently recruited a Development Worker for South Wales to mirror the role of Liz Green in North Wales in supporting and advising on HIA practice, and delivering training in order to build capacity for conducting and making effective use of HIA, particularly within local authorities and local health boards. Nick Hacking will be based at the Wales Centre for Health, Cathedral Road, Cardiff.

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

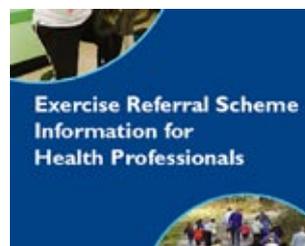
The Public Health Improvement Research Network (PHIRN)



PHIRN is currently funded by the Wales Office of Research and Development in Health and Social Care (WORD) and the Health Improvement Division at the Welsh

Assembly Government. In October 2009 CISHE was informed that its application for NISCHR Registered Research Group status was successful.

Evaluation of the National Exercise Referral Scheme (NERS)



The evaluation of the national exercise referral scheme in 12 Local Health Board areas in Wales plans to have completed data collection by early December 2009, with preliminary analysis being carried over into the New Year and reports thereafter. The evaluation includes complimentary outcome, process, and economic components.

The trial has met its recruitment target of over 2100 individuals referred to the scheme. Six month questionnaire data collection has been completed. The primary outcome for the trial is being collected by telephone interview at 12 months, by colleagues in the Biobank call centre in the Department of Primary Care and Public Health, with response rates exceeding 80%. Data collection will be completed at the end of the year with analysis commencing in the new year.

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

The Primary School Free Breakfast Initiative: Data Linkage and Analysis

This study, funded by the National Prevention Research Initiative, started in May 2009. The study will draw on data collected as part of a national evaluation of the Welsh Assembly Government Primary School Free Breakfast Initiative, which aims to improve the health of children in Wales by making free healthy breakfasts available to all children in maintained primary schools. Whilst a lot of the data has been analysed this was predominantly at an aggregated school level. This study will allow for individual level analyses to be conducted.

This study is being carried out in collaboration with two research groups at Swansea University. Researchers led by Dr Katy Tapper and Professor David Benton, in the Psychology Department, are currently coding and entering the detailed nutritional data which was collected at the time of the original study. The Health Information Research Unit (HIRU) led by Professor Ronan Lyons, in collaboration with the Welsh Assembly Government, is in the process of linking the study data with other routine data sources.

Dr Katt Chaplin, CISHE, will be conducting analysis of detailed nutritional data collected during the Evaluation of the Free Primary School Breakfast Initiative and co-ordinating the linking of study data with other routine data sources.



The data linkage and subsequent analyses will provide important further information on the effectiveness of the initiative and notably on its impact on socio-economic disparities in diet, cognition and school performance.

For more information please contact Dr Katherine Chaplin: ChaplinK1@cardiff.ac.uk

Completed CISHE projects

The All Wales Alliance for Research and Development in Health and Social Care (AWARD)



AWARD completed its work at the end of May 2009 after five years. AWARD was a partnership between Swansea, Bangor and Cardiff Universities. The work of AWARD, a part of Clinical Research Collaboration Cymru, included methodological support for health and social care researchers, training for research professionals and project work to support policy development at the Welsh Assembly Government.

In Cardiff, AWARD staff were located at both CISHE and in the Primary Care and Public Health Department based at the University Hospital of Wales. The Cardiff team was led by Professor Gareth Williams, Professor Chris Butler and AWARD Director in South East Wales, Dr Michael Shepherd. In Swansea, the AWARD team was led by Professor Helen Snooks, while the Bangor team was led by Dr Catherine Robinson. The three universities worked in close collaboration to ensure that Welsh Assembly Government policy colleagues and fellow researchers in health and social care received high quality support and their work has led to developments in health and social care policy in Wales in a number of areas.

The AWARD team included Research Fellows Dr Jeremy Segrott and Dr Myfanwy Davies and Research Associates Samia Addis and Dr Giles Greene, with Zoe Macdonald providing administrative support. Other staff who were part of AWARD for part of its life included Dr Carly

Reagon, Kathy James, Dot Connell, Heather Rothwell and Dr Alex Faulkner.

One of AWARD's major functions was to undertake policy-relevant research on behalf of the Welsh Assembly Government. During the five years, the Cardiff members of AWARD completed projects on a wide range of health and social care topics including:

- the health and social care needs of gay, lesbian, bisexual and transgender people
- an audit of continuing care expenditure in Wales
- a review of the relationship between housing insulation programmes and health
- research on the Strengthening Families Programme
- a systematic review of interventions to reduce vascular disease
- research on the nutritional quality of primary school lunchboxes
- A review of exercise referral programmes for people with existing chronic illness.

Cardiff AWARD members also contributed to a number of projects related to chronic conditions management as well as to training programmes and responding to numerous requests for support from health and social care researchers.

AWARD staff were active in contributing to other research as principal investigators and co-applicants on a number of research grants, including: several important projects in primary care; a NICE review of resilience, coping and salutogenic approaches to health maintenance and improvement; systematic reviews of social determinants of health related to cancer, children and older people; research into referral management centres; evaluation of parenting projects and projects to support vulnerable young people; evaluation of the cooking bus scheme in Wales; research into the acceptability of the HPV vaccine; a review of the Welsh Network of Healthy Schools and an evaluation of the Welsh exercise referral scheme.

The team contributed more than 25 presentations to conferences including a number of prestigious international and national events, while they also produced almost 50 peer-reviewed publications during the life of AWARD.

For further information please contact Dr Mike Shepherd: ShepherdM@cardiff.ac.uk

Communities that Care



Dr Jeremy Segrott, Graham Moore and Heather Rothwell are currently writing up findings from a Welsh Assembly Government

funded study examining associations between secondary school children's alcohol drinking behaviours and perceptions of their family contexts and parents' attitudes towards alcohol. The project involves cross sectional secondary analysis of a large survey completed by secondary school children in one local authority area in Wales in 2008.

The research found that monitoring of alcohol consumption appeared to form one part of a wider factor relating to parental monitoring more generally. Higher levels of parental monitoring were reported by children who felt they had close relationships within their family, and parental monitoring was also consistently related to lower levels of alcohol consumption.

Perceived family closeness was correlated with drinking behaviours, though associations were typically not independent of parental monitoring. Interestingly, perceived parental attitudes towards alcohol were more closely linked to perceived attitudes towards petty crime than they were to other forms of substance use. Children's perceptions of their parents' attitudes emerged as significant correlates of their own drinking behaviours. More liberal perceived attitudes were associated with higher levels of drinking, as were having brothers or sisters who drank frequently before the age of 18, or a family member with a history of serious substance problems.

Findings from the research will be used to inform policy and practice in the local authority who commissioned the research. A journal article based on the project's main findings will also be produced.

For further information please contact Dr Jeremy Segrott: segrottj@cardiff.ac.uk

Neighbourhood, Social Deprivation and Mental Health: the Mediating Role of Social Cohesion



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Funded by the Welsh Office of Research and Development in Health and Social Care (WORD), this study

was a partnership between researchers at CISHE, the School of Social Sciences and the Centre for Health Sciences Research, Cardiff University. It built on survey work from the Caerphilly Health and Social Care Needs Survey, also funded by WORD, which collected cross-sectional health and neighbourhood related data from 12,092 respondents living in the borough. Professor David Fone, one of the co-applicants, was involved in leading this original study. One finding of this study was that the effect of deprivation on mental health was moderated by social cohesion at a neighbourhood level. That is, the effect of deprivation on mental health was greater in areas of low social cohesion and lessened in areas of high social cohesion.



However, although the measures used in the study established this relationship, little was known about what social cohesion means to different population groups in different areas, and how it operates in counteracting the most damaging effects of poverty, particularly through periods of social and economic change. Insight into these processes provides opportunities to develop testable interventions that could improve mental health through enhancing social cohesion. In order to develop and refine our understanding of the processes underlying these statistical findings, a more fine-grained approach is necessary. The purpose of this qualitative study was therefore to explore the meaning and significance of these findings and develop better explanations for the processes underlying these associations. The aim of the research was to investigate

the processes through which social cohesion moderates the impact of deprivation on mental health and identify potential interventions to improve social cohesion and mental health.

The study took place in one electoral division in Caerphilly County Borough Council and used a combination of in-depth interviews, participatory mapping techniques and observational fieldwork to explore the views and experiences of different population groups in two micro-neighbourhoods in the ward. In addition draft findings were disseminated at public meetings in both areas where members of the public and local officials were invited to comment.

The final report highlights the complex ways in which individuals may benefit and disbenefit from the nature and quality of the networks and social relationships that develop in different neighbourhoods. It highlighted the kind of material, social and symbolic resources that are established in these neighbourhoods and which may support local people's mental well being in their day-to-day lives as well as in times of crisis. In addition the study provided insights into the different ways in which measurements of social cohesion are interpreted and experienced, which could contribute to the development of measures in the future. A number of papers are currently in process.

For more information please contact Dr Eva Elliott: ElliottE@cardiff.ac.uk

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



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Smoke free legislation was introduced in Wales in April 2007 to protect workers and the public from the harmful effects of second-hand smoke. In response to concerns regarding the potential for subsequent displacement of smoking from public places into the home, and the consequent health effects on children of this, CHETS Wales was commissioned by the Welsh Assembly Government to examine the effects of the legislation on second hand smoke (SHS) exposure amongst non-smoking children.

CHETS Wales was a repeated cross-sectional study of Year 6 Welsh school children. Two different samples of Year 6 students from 75 nationally representative primary schools were surveyed pre-ban and one year after the initial data sweep. Approximately 1,750 students were included in the study at each time period.



Illustration by Hannah Cumming

At each data sweep, students were asked to complete a questionnaire regarding their own smoking behaviour and that of their close friends and family, smoking norms and attitudes, recent exposure to secondhand smoke in a variety of public and private locations and asthma. They also provided saliva samples for cotinine assay.

Analysis involved comparing salivary cotinine levels of children before and after the introduction of smoke free legislation. Comparisons between survey years were made for the whole sample and for subgroups of children defined by whether their parent figures smoke, as well as subgroups defined by whether their parents smoke in the home. Changes in the percentage of children reporting SHS exposure in public (for example, public transport, leisure facilities and in school) and private places (for example, the home, in cars) were also examined. In addition, the study explored the possibility of validating a self-reported measure of perceived exposure, both for use in future studies and for scrutiny alongside objective measures in the present study.

The project report was submitted to the Welsh Assembly Government in March 2009 and the public release of the main findings took place at the last Health Challenge Wales seminar in July. We are now preparing manuscripts for submission to journals.

For further information, please contact Dr Jo Holliday: HollidayJ1@cardiff.ac.uk

New Staff



Samia Addis was successful in securing a WORD PhD studentship beginning in October 2009. The title is 'An investigation of take up of free school meal entitlement in secondary schools;

barriers and facilitators' and will be supervised by Dr Simon Murphy and Professor Gareth Williams.



Dr Katherine Chaplin joined CISHE in May 2009 as a Research Associate (Statistician) and will be working on the Free School Breakfast Initiative Data

Augmentation and Analysis project. She will be conducting analysis of detailed nutritional data collected during the Evaluation of the Free Primary School Breakfast Initiative and co-ordinating the linking of study data with other routine data sources. Prior to joining CISHE, Katherine worked as a Research Assistant within the Centre for Occupational and Health Psychology at Cardiff University. During her time here she completed her PhD examining the effects of breakfast and snacking on mental health, mood and cognitive performance. Her main research interests are eating patterns (and other health related behaviours), mental health and general well-being.

Acknowledgements to Newsletter staff

The CISHE newsletter is compiled by the newsletter working group:

Chloe Chadderton, Sara Jones, Sarah MacDonald, Zoe Macdonald, Laurence Moore, Simon Murphy and Lynnette Thomas.

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

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



Dr Kirsty Little joined CISHE at the beginning of July as a Research Associate (Statistician) working both on current projects within the institute and developing future proposals. Before

joining CISHE Kirsty worked at King's College London evaluating Time To Change, an anti-discrimination campaign focusing on improving attitudes towards people with mental health problems. Prior to this Kirsty did a PhD at UCL evaluating programmes for mothers and children infected with HIV in resource poor settings such as sub-Saharan Africa.



Prior to joining CISHE **Dr Sarah Whitehead** worked at the Office for National Statistics for 18 months, where she managed the outputs from a large national survey looking at the spending pattern and behaviours of UK

households. Previously Sarah was a Research Associate at Manchester University, where her research topics included the prevention of falls in older people and physical activity among older breast cancer survivors. Before this Sarah was based at Loughborough University where she carried out research looking at social-psychological and physical-environmental factors associated with physical activity among female adolescents. Sarah is looking forward to returning to research in the field of young people's health, and to broadening her focus to look at other health behaviours alongside physical activity.

Staff Farewells



Liesbeth Mercken left CISHE in September to work as a Post-Doctoral Researcher at the Department of Health Education

and Promotion, Maastricht University, the Netherlands, supported by the School for Public Health and Primary Care (CAPHRI). Liesbeth will continue to conduct research in the area of social networks and health.



Søren Holm joined Cardiff University as a Professorial Fellow in Bioethics, arriving from the University of Manchester in 2004. Based in the Law

School, Søren was involved in CISHE and two other Cardiff University research centres: Cardiff Centre of Ethics, Law and Society (CCELS) and the ESRC Centre for the Economic and Social Aspects of Genomics (CESAGEN). His diverse research interests include public health ethics and in his time with CISHE he notably contributed to ethical debates about obesity, including work for the Obesity Foresight review. Søren also made strong contributions to the management of CISHE, and assisted in research ethics considerations of many CISHE research projects. Most notably in this regard, Søren was the first chair of the School of Social Sciences Research Ethics Committee, giving enormous support to CISHE researchers and colleagues in the School of Social Sciences. In August this year, Søren returned to Manchester where he is taking up a senior role in the Centre for Social Ethics and Policy in the School of Law.

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

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