

Research with Impact

Researchers and research funders are under increasing pressure to demonstrate the value and impact of their research. For many, the emphasis on impact is novel and unwelcome. For CISHE however, the aim to conduct excellent research that has an impact on policy and practice has always been salient in its mission, culture and ways of working. In particular, by working in collaboration with policy, practice and public communities throughout the research process, the relevance, feasibility, quality and impact of the research is maximised. There are many examples of completed and ongoing projects, at various stages of intervention development, evaluation and implementation, which have adopted this collaborative approach. Notable among these is the MRC funded trial of the ASSIST school based smoking prevention intervention, which is now implemented across Wales and in many PCTs in England, recommended by NICE guidance, and licensed by a University owned spin-out company, DECIPHer IMPACT Ltd. In the opening pages of this issue of the Newsletter, we highlight four projects which have had identifiable and sustained impact.

The impact of natural policy experiments

Background

The evaluations of the Primary School Free Breakfast Initiative (PSFBI) and the National Exercise Referral Scheme (NERS) represent two relatively rare examples of natural policy experiments in the UK. As such they provide models of good practice and valuable generalisable lessons for the



conduct of rigorous pragmatic research studies that can have significant impacts on policy and practice.

Numerous documents have highlighted the scarcity of good evidence for public health improvement policies and the fact that opportunities for rigorous evaluation are frequently lost (Wanless D 2004; Hills 2004). Most recently the House of Commons Health Committee on Health Inequalities (2009) were highly critical of the way in which policy is designed and implemented, often rendering meaningful evaluation impossible, as *'few interventions are rolled-out in ways which permit rigorous evaluation: often they lack clear or measurable goals, baseline information, cost-benefit data, and control or comparison groups'* (Macintyre, p28) and therefore *'What happens is...we pour large amounts of money into...interventions and end up with rich descriptions...These...are then used as evidence of good practice...'*

and we slide inexorably from setting these things up essentially to the production of propaganda' (Judge, p28).

There are a number of significant methodological difficulties and practical constraints that may help to explain this situation (Whitehead et al 2004, Macintyre 2010). These include ideological preferences, the influence of lay professional theorising on practice, a lack of understanding of experimental evaluation, ethical concerns and a lack of integration between policy and academic communities. As Ben Goldacre summed up in his Bad Science column "Like all the best problems, the barriers are institutional and historical: and the objections raised against trials in social policy are exactly the same as those raised in medicine 40 years ago" (Guardian, 21st July 2007).

It is against this background that the Public Health Improvement Research Network has been successful in facilitating a number

Page 5

- Reflections
- Events
- Personal Recognition

Page 7

- CISHE Activity

Page 8

- Forthcoming Events
- New CISHE Research

Page 10

- Current CISHE Research

Page 12

- Completed CISHE Research

Page 13

- Publications

Page 15

- New staff
- Farewell
- CISHE Charity work

Page 16

- Getting to know you

continued from page 1

of rigorous national policy experiments including PSFBI and NERS. This has required a step change in policy planning process within Welsh Government and ministerial commitments to new approaches to policy development and implementation. For example, despite the PSFBI being one of Labour's 2003 assembly election manifesto commitments, it was rolled out within a randomised controlled trial and in the case of NERS early agreement for a phased randomised controlled trial was linked to funding arrangements.

Pathways to impact

The results of such policy evaluations are disseminated in high impact academic journals (e.g. Murphy et al. 2010) and numerous national and international conferences. These have been recognised for their rigour and innovation by other researchers in the field (Snowden and Raine 2008) and gained recognition and academic awards (Murphy et al. 2010b). Considerable emphasis is also placed on dissemination events for policy and practice and Governmental reports with clear policy and practice recommendations (Roberts and Murphy 2005, Lynch and Murphy, 2007, Murphy et al 2010c).

The implementation of such evaluations necessitates close collaboration between academics, policy makers and practitioners. This has meant that researchers have also influenced the content and structures for policy delivery at the early planning stage. For example, the content of and approaches to the systematic collection of routine monitoring data for NERS arose through collaboration between the researchers and policy makers. These systems now remain in place post evaluation.

Impact

Initial pilot phases of the evaluations had a direct impact on national policy. For example in the foreword of the evaluation of the pilot PSFBI (Roberts and Murphy, 2005) it was noted that *"The feedback we have received, both through this report and directly from those participating, has helped to identify areas where further consideration is needed. The Finance sub-group has been established for example in response to concerns about the levels of funding. The Minister for Education and Lifelong Learning has stated that "In terms of current funding levels a sum of £3.5m is available for 2005-06 rising to £8.5m in 2007-08. Jane Davidson, Education Minister at that time, stated of the PSFBI in the Western Mail (Jan 21 2005)*

that "We have always said we will revisit the funding levels once we have considered the evidence from the pilots and the independent evaluation".

Significantly, the evaluation study has been used to support the on going policy. For example, responding to criticism by Welsh Conservative shadow education minister Paul Davies in the Western Mail (Feb 2, 2010), an Assembly Government spokeswoman said: *"An independent evaluation undertaken by Cardiff Institute for Society Health and Ethics (CISHE) indicated that overall the results are positive regarding the outcomes in terms of number of healthy food items consumed at breakfast and more positive attitudes towards eating breakfast."* Adding *"Further analysis of the range of data collected as part of the trial is ongoing, with CISHE successfully bidding for and securing funding under the National Prevention Research Institute. This will include a detailed examination of the association between socio-economic position, diet and school performance, with data linkage built in."*

Financial and political support for the policy has continued despite on going cross party disagreements. Speaking on the BBC (1 February 2010) Education Minister Leighton Andrews stated *"One Wales [the Labour-Plaid Cymru assembly government coalition deal] commits us to maintaining the programme of free school breakfasts and we look forward to even more schools taking up the scheme."* By 2010, 66% of primary schools across Wales had implemented the scheme and on one of the census days that year, 30,174 pupils ate a free breakfast.

Similarly, early findings from the NERS evaluation highlighted concerns regarding the fidelity of motivational interviewing, a fundamental component of the intervention, which resulted in additional support and training provision for practitioners across the national scheme. The results of the evaluation of NERS meanwhile have recently been disseminated. It has already informed the content of the British Heart Foundation exercise Referral Toolkit and will be considered in a forthcoming policy review of the service in Wales.

More broadly, our approach to policy evaluation has been recognised by the National Centre for Social Research (Creegan and Hedges, 2007) as good practice for policy evaluation and appears as a case study in government guidance for rigorous policy evaluation (Magenta, 2011). Whilst such approaches to the generation

of evidence based policy have begun to influence public debates on the issue more widely (New Scientist, 2008).

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The impact of the Triangle Project

Background

The 'Triangle Project' was one of seven action research projects funded by the Welsh Assembly Government as part of its Sustainable Health Action Research Programme (SHARP) with the aim of finding innovative ways of addressing the problem of health inequalities in deprived communities.

The overall aim of SHARP was to establish a programme of action research to support and strengthen evidence on the effectiveness of interventions in health determinants. Within this context, the design of the SHARP programme was focused on communities with the highest incidence of ill health and premature death, social exclusion and poor life chances. In addition, the unique factor of SHARP and something that set it apart from many other community based initiatives to improve health, such as Healthy Living Centres and Sure Start, was that it was primarily research driven. The SHARP programme was made up of a series of projects across Wales, which would be based on these key requirements of partnership working and a commitment to action research. Since the action research approach was central to the development of SHARP, projects had to be made up of a multidisciplinary group of researchers and practitioners with experience of community based working. They also had to show demonstrable partnership between the community and statutory, non-statutory, voluntary or academic sectors.

The Triangle project took its name from its work with three sites in post-industrial south Wales: the Riverside district of Cardiff, three adjacent estates in Merthyr Tydfil (the old and new Gurnos, and Galon Uchaf) and the small former coal-mining community of Ystradgynlais in Powys. The Triangle project was designed jointly by researchers at Cardiff University, an independent consultancy with an interest in sustainable community regeneration and colleagues from the public health department of what was at the time

Bro Taf Health Authority. They recruited four people to work on the project: a university-based researcher from south Wales who had community research experience and worked with the consultant to co-ordinate the project; and three researchers from the research localities who were recruited because of their local knowledge.

The original intention was to work at two levels: directly with local communities to identify key needs and concerns; and with Local Health Alliances (LHAs), newly formed multi-sectoral agencies with a remit to protect and improve health in their communities. However, over time, the project's role moved away from a formal relationship with LHAs, towards a more direct cycle of action and research facilitated by the three community-based action researchers, working under the project research co-ordinator. The Triangle project was about both gathering hitherto unavailable evidence about the character of need and potential in communities, and supporting direct response to that evidence. The Cardiff-based researcher in south Riverside also came to work closely with the researchers from the Barefoot Project.

Pathways to impact

As an action research project, Triangle was characterised by a continuous, cyclical process of dissemination, with and to communities and relevant local agencies. Presentations were also made to Assembly ministers and civil servants. Some key publications were published in relevant academic journals (refs), and most importantly in an edited book which brought together the findings and lessons from across the SHARP programme as a whole (Cropper et al, 2007).

Impact

At a local level the project had identifiable impacts on levels of community health activity and engagement. The work undertaken in Gurnos/Galon Uchaf has been sustained beyond the funding period and the researcher who was trained and employed on the Triangle Project continues to work with the communities, training others in research techniques to support community-based health, education and employment developments in what remains one of the most deprived areas in the UK. Similarly, the work undertaken in the multiple, minority ethnic communities of South Riverside in Cardiff continues to work in the locality on a range of funded projects, focussing particularly on working with women from across different

ethnic groups. This evidence of sustainability suggests that Triangle met the key aims of the SHARP programme, and was firm evidence of the existence of the 'Big Society', and the ability of research to play a part in developing it, before the term was coined.

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The impact of Health Impact Assessment: a case study of Margam Opencast Mine, South Wales

Background

The Wales HIA Support Unit (WHIASU), which is a collaboration between CISHE and Public Health Wales, is concerned with the health impact of policies. HIA is defined as 'a combination of procedures, methods and tools by which a policy, programme or project may be judged as to its potential effects on the health of a population, and the distribution of those effects within the population'. It emerged out of recognition that efforts to improve population health and tackle inequalities in health could only be addressed by harnessing the efforts of government departments and sectors outside the NHS. It is a process which demands the application

of multi-disciplinary, lay and professional knowledge and research evidence to making judgements about how a particular decision or action may impact on health in a particular place. The role of research in HIA is crucial. Not only is HIA a contested and complex idea which is of sociological interest in itself, but the process often uses traditional social science methods in collecting data as a basis for making 'predictions' about health impact. WHIASU has conducted research in both these ways and has published in academic journals and in books about HIA as well as publishing reports.

This case study describes a health impact assessment (HIA) of the proposed extension to Margam Opencast Mine, conducted in collaboration with the National Public Health Service for Wales (NPHS) on behalf of the Margam Opencast and Health Steering Group in December 2005. The HIA arose from an approach made to WHIASU in early 2005 by a community member representing local residents who had formed an action group, PACT, to protest against the proposed extension. Residents believed that community health was being adversely affected and that population health was not being adequately considered as part of the planning process. The HIA the planning application was being considered by two local authorities (Bridgend and Neath Port Talbot County Borough Councils). At the time of the HIA there was no statutory requirement for HIA to be undertaken on opencast proposals in Wales. Research conducted for previous HIAs resulted in papers which informed the approach to the Margam Opencast HIA as well other HIAs (Elliott and Williams 2004, Elliott et al

2004, Elliott and Williams 2008a, Elliott and Williams 2008b).

Pathways to impact

The results of the HIA were disseminated primarily through distribution of the HIA report to those involved and interested parties, as well as posting on relevant websites and presenting the work at conferences including the International HIA conference (2006), the UK Public Health Association Conference (2007), South East Asia and Oceania Regional Health Impact Assessment Conference (2007) and the American Sociological Association annual meeting (2009).

Impact of the HIA

In 2007, 18 months after the Margam HIA, the One Wales agreement between the Labour and Plaid Cymru groups in the National Assembly (June 2007) set out a progressive agenda for the government of Wales. Part of this agreement was a commitment to a sustainable environment including the introduction of compulsory Health Impact Assessments for open cast coal applications, together with buffer zones, and with an emphasis on planners and developers working closely with local communities. In January 2009 the Welsh Assembly Government published the Minerals Coal Technical Advice Note 2 (MTAN2) providing advice for local planning authorities, applicants and other stakeholders and applying to both surface (open cast) and underground coal mining. MTAN2 suggests that consideration of potential impacts on human health of planning applications for coal working should be considered in a health impact

assessment (HIA) to be carried out as part of the broader environmental impact assessment (EIA).

Following on from the Margam HIA, and other opencast mining related work conducted by WHIASU has produced a guidance document on the health impacts of opencast mining, for use by local authorities, private consultancies, voluntary groups, health organisations and communities. The Margam HIA was considered as part of evidence in an appeal against the opencast and the request for an extension to opencast mining operations was refused.

The full HIA report can be accessed at <http://www.wales.nhs.uk/sites3/docmetadata.cfm?orgid=522&id=52256>

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Timeline

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|------------------|---|---------------|--|
| Spring 2005 | Proposal for extension submitted | April 2008 | Appeals by mining company |
| Mid to late 2005 | HIA undertaken | August 2008 | Decision made that appeals should be considered by Welsh Ministers |
| January 2007 | Welsh Affairs Committee's inquiry into Energy in Wales. HIA used as part of defence by local residents. WHIASU defence of HIA methods and outcomes. | January 2009 | Coal MTAN2 guidance published by Welsh Assembly Government |
| June 2007 | One Wales agreement | November 2009 | Refusal by Welsh Ministers |
| January 2008 | Neath Port Talbot CBC recommend refusal of proposed extension | | |

Reflections

Dr Laura Griner Hill Washington State University



Dr Laura Griner Hill

Last November I had the pleasure of visiting CISHE to learn about the clinical trial of the Strengthening Families Programme (SFP) in Wales and ended up learning a lot

about CISHE in general. I was impressed by the excitement at CISHE that everyone seems to feel about their work and by the wide variety of projects the centre has undertaken.

I was also impressed by several features of CISHE's approach to research and how they differ from prevention research in the US: first, there is greater emphasis at CISHE on making the clinical trial as relevant as possible to real-world programme implementation while still executing a rigorous experimental protocol. In prevention trials in the US, there is often a strong emphasis on experimental methods with less attention to how programmes will perform outside the context of research.

Second, there is much greater acceptance of a mixed-methods approach to understanding whether and how programmes work. In the US, information gained from qualitative research is often dismissed as "anecdotal" rather than seen as a crucial source of evidence. This can be seen in our prevention journals and in our methodology courses, where qualitative methods are almost nonexistent. Third, it was very interesting to learn that ethics committees have oversight of clinical trials in the UK, and that the hypotheses to be tested in a trial must be specified in advance and are limited in number. In the US, we obtain approval from university review boards in advance of a study, but their brief is to protect the rights of research participants and not to ensure scientific integrity. In fact, one major criticism of prevention studies in the US is that we measure everything in the hope of finding something and that longitudinal outcomes are reported inconsistently over time. Finally, I was impressed by the 'esprit de corps' at CISHE -- the visit was not only informative but also lots of fun.

I appreciated the time everyone took to describe their research, and I hope to develop some collaborative projects and visit again someday!

Laura's biographical details can be found at: <http://hd.wsu.edu/people/laurahill.htm>

Personal Recognition

Welsh Annual Conference 'Embracing the Challenges: changing conditions'

At this conference, jointly organised by the Welsh NHS Confederation, National Leadership and Innovation Agency for Healthcare and the Welsh Government, the winner of the £50 book prize for the best public health poster was Dr Katherine Chaplin, CISHE. Her poster was entitled 'Free Healthy Breakfasts in Primary Schools in Wales: Data augmentation and analysis.' Congratulations to Katherine who was presented with her prize by Professor Stephen Palmer.



Events

The Fifth Julian Tudor Hart Lecture by Dr Harry Burns, Chief Medical Officer for Scotland



Left to right: Dr Harry Burns, Dr Julian Tudor Hart and Dr Tony Jewell

The fifth Julian Tudor Hart lecture, jointly organized by CISHE and Public Health Alliance Cymru, was held on 9th December 2010 in the Glamorgan Building at Cardiff University. The aim of these lectures is to engage the academic community in Wales in topical public health issues with a view to promoting research and scholarship in a way that is relevant to policy makers and practitioners in the field.

The lecture was given by one of the foremost promulgators of public health in the UK, Dr Harry Burns, former Director of Public Health for Glasgow, now Chief Medical Officer for Scotland. The topic of his lecture was: 'Fighting disparities or creating health: have we got the balance right?' Harry Burns talked about the way in which inequalities in

health between high and low income people continue to widen in most communities. Extensive investigation suggests that disparities in health cannot be fully accounted for by conventional risk factors: More profound social and psychological processes are at work. Attempts to influence these processes are more likely to be successful if they focus on developing psychosocial assets within individuals and communities rather than simply seeking to remedy deficits.

Delivered with great style and force, the lecture inspired a lively discussion from the floor. It was a pleasure to have Edwina Hart, Minister for Health and Social Services, in the audience. We were also delighted to have the lecture and discussion chaired by the

EVENTS (continued)

Chief Medical Officer for Wales, Dr Tony Jewell, with Professor Sir Mansel Aylward, the Chair of Public Health Wales, offering a vote of thanks at the end.

The lecture slides are available at: <http://www.cardiff.ac.uk/socsi/cishe>

Health Challenge Wales Evidence for Policy Seminar Series

Tackling alcohol misuse and violence in the night time economy (NTE): challenges and potential solutions



From left to right: Dr Simon Moore, Ellie Byrne, Owen Davies, Professor Jonathan Shepherd, Crispin Acton, Adam Edwards



The fourteenth 'Health Challenge Wales seminar, Tackling alcohol misuse and violence in the night time economy (NTE): challenges and potential solutions', took place on

14th December 2010. This was a very popular event with 74 delegates present from a range of organisations including South Wales Police, Department of Health, Public Health Wales, Welsh Government and various local Councils. After a short introduction from Owen Davies from the Welsh Government, Dr Simon Moore (School of Dentistry) talked about findings from an exploratory trial of a premises-level intervention. The next presenter, Ellie Byrne (CISHE), spoke about stakeholder perspectives on the risk factors associated with alcohol misuse and violence in the NTE, and solutions identified by stakeholders operating at various different levels in the NTE. In addition, data were presented on the acceptability and feasibility of the intervention described in the previous presentation. In the second half of the seminar, Adam Edwards (SOCSE) gave a presentation on a project looking at regulation

theory and the control of alcohol related violence in the NTE. The final presentation was delivered by Crispin Acton from the Department of Health, who spoke about the national policy context and priorities for the current UK Coalition Government in this policy area. The seminar ended with a lively discussion between delegates and panel members. Please visit the CISHE website to access the lecture slides.

Increasing the volume, quality, relevance and impact of policy evaluation research

The fifteenth Health Challenge Wales seminar took place on Monday 14th March in the Council Chamber of the Main Building, Cardiff University. The seminar identified examples of good practice from across DECIPHer in Cardiff, Bristol and Swansea Universities. The aim of the seminar was to highlight successful ways in which policy makers, practitioners and academics can work together to achieve good quality and relevant policy evaluation research.



From right to left: Professor Ronan Lyons, Chris Roberts, Professor Rona Campbell, Dr Simon Murphy, Professor Laurence Moore and Professor David Gunnell

The event was attended by over 40 delegates from a range of organisations including Cardiff, Bristol and Swansea Universities, Public Health Wales, Welsh Government, National Institute of Social Care and Health Research, Cardiff and Vale University Health Board, and Health Challenge Caerphilly.

The seminar started with an introduction and welcome address from Professor Laurence Moore (CISHE) followed by presentations on five areas in which collaborative working between academia and policy and service evaluation have been or are being used.

The first presentation was given by Dr Simon Murphy (CISHE, SOCSI, Cardiff University), who spoke about natural policy experiments and evaluations. He gave as examples two recently completed studies, one on free school breakfasts, and one on exercise referral schemes. Next, DECIPHer Co-Director, Professor Rona Campbell (University of Bristol) talked about a study that evaluated the effectiveness of a hand washing intervention in reducing infection-related absence in primary schools. Professor Ronan Lyons (Swansea University), DECIPHer Co-Director, then spoke about the potential of a data linkage system (Secure Anonymised Data Linkage, SAIL) to support policy relevant research. The penultimate presentation was given by Professor David Gunnell (University of Bristol), who spoke about suicide prevention research and how current policy is evaluated. Professor Laurence Moore gave the final talk, using the example of the Strengthening Families Programme (SFP) Cymru trial to discuss collaborative working between academics and policy makers.

Discussions with the panel and delegates was further stimulated by the contribution from members of DECIPHer's Scientific Advisory Board: Sally MacIntyre (Chair), Director of MRC/CSO Social and Public Health Sciences Unit, Glasgow; Professor Cecily Kelleher, UCD Dublin; Professor Mark Petticrew, London School of Hygiene and Tropical Medicine; Dr Paul Montgomery, Oxford University; Dr Frank van Lenthe, Erasmus Medical Centre, Rotterdam.

The seminar closed with a discussion between delegates and the presenters which reflected on the structures and systems that have allowed rigorous evaluation of policy trials in Wales compared to other parts of the UK and reflected on the need to build on these strengths.

The Health & Society Research Group (H&SRG)

This year the Health and Society Research Group has attracted a number of interesting public health related talks with a focus on families, talks about inter-racial adoption, fatherhood, picturing family life (homeless families) and child safety in neighbourhoods. In addition we have heard about systematic reviews of complex public health literature

and an overview of the work being done in the South East Wales Trials Unit (SEWTU).

These meetings are held once a month during term time, generally on the last Wednesday of the month and are open to anyone. This year's series will start again in September. If you are interested in presenting at a future meeting or would like to be included on the mailing list please contact Ellie Byrne (ByrneE@cf.ac.uk).

Health Challenge Wales: Evidence for Policy Seminar Series

Seminar 16 - Are Early Years Interventions effective? Reflections on Policy Trials in England and Wales



The sixteenth Health Challenge Wales seminar took place on Monday 18th July in the Glamorgan Committee Rooms I and II. This event looked at trials of

interventions for families with pre-school children, reflecting on policy, practice and evidence.

Speakers were drawn from a number of different organisations in the UK. The seminar was opened by Dr Simon Murphy from CISHE who gave an overview of the Health Challenge Wales seminar series and an introduction to the topic being discussed.

Dr Mike Robling then spoke about a policy trial currently being evaluated in England and about current policy in England, and presented some existing evidence in this area and also gave details of the Family Nurse Partnership Programme which Mike and his team are evaluating. Mike went on to describe the randomised controlled trial evaluating the Family Nurse Partnership Programme in England.

The second half of the seminar focused on initiatives in Wales, and Antonia Bridges from the Welsh Government gave a brief talk on the Welsh policy context for early years interventions. Dr Tracey Bywater then presented on a trial of the Incredible Years programme, conducted with colleagues at Bangor University.

There was a discussion at the end of the seminar during which delegates from a number of different backgrounds engaged

with the panel in a lively debate. About 50 delegates attended the seminar from organisations such as the Welsh Government and Public Health Wales. As a result of the seminar, several ideas for future research projects were collected and these will be discussed within the PHIRN team.

'Integrating perspectives on schools-based research' Conference, 14th July 2011

Postgraduate researchers from CISHE, School of Dentistry, School of Social Sciences and the Wales Institute of Social & Economic Research, Data & Methods (WISERD) were awarded interdisciplinary funding from the Graduate College in Cardiff University to host a one-day conference focused on conducting school-based research.

The conference provided an opportunity to share expertise and experiences about how to improve research in schools for all involved and included the following speakers:

- Prof Carrie Paechter, Goldsmiths, University of London
- Prof Non Thomas, Swansea University
- Dr Emma Rich, Bath University
- Dr Adam Fletcher, London School of Hygiene and Tropical Medicine
- Dr Gabrielle Ivinson, School of Social Sciences, Cardiff University
- Vikki Butler, Barnados Cymru
- Dr Jeremy Segrott, Heather Rothwell and Dr Jo Holliday, CISHE, Cardiff University.

Over 50 delegates attended including postgraduates from across Cardiff University and early career researchers working with schools. The conference programme focused on the practical aspects of researching in schools including: research ethics and governance; recruiting schools and developing partnerships; developing field relations with school staff and children; specific issues relating to different methods in the school setting; and providing feedback to schools. School representatives also shared their experiences of the benefits and challenges of being involved in school-based research.

The full programme and abstracts can be viewed at <http://www.cardiff.ac.uk/socsi/cishe/>.

CISHE Activity

Jo Holliday, Jeremy Segrott, Simon Murphy, Philip Daniels, Heather Rothwell & Laurence Moore were all authors of Preventing Substance Misuse: Randomized Controlled Trial of the Strengthening Families 10-14 UK Programme (SFP10-14) presented at the UK Society for Behavioural Medicine 6th Annual Scientific Meeting, Leeds, 14th and 15th December 2010

Jo Holliday presented a poster 'Changes in child exposure to second hand smoke after implementation of smoke-free legislation in Wales' at the UK Society for Behavioural Medicine 6th Annual Scientific Meeting, Leeds, 14th and 15th December, 2010

11th International HIA Conference, Grenada, Spain

"In crisis times, healthier ways"

Professor Gareth Williams, Dr Eva Elliott, Dr Michael Shepherd and Chloe Chadderton attended the 11th International HIA Conference in Grenada, Spain on 14th and 15th April 2011.

The overall aim of the conference was to address the new challenges that health impact assessment (HIA) faces in the current systemic crisis and explore new opportunities for development that this context might offer. More precisely the conference provided an opportunity to discuss the potential ability of HIA to tackle growing health inequalities resulting from this global crisis, and to advance new strategies to move forward the Health in All Policies approach. As keynote speaker Professor Williams spoke in the plenary session about 'Developing HIA to reduce health inequalities in the context of the current systemic crisis'. Michael Shepherd and Chloe Chadderton presented papers based on recent work by WHIASU around public participation and citizen voices. Eva Elliott is a member of the scientific advisory committee for the conference and Eva and Chloe were part of a workshop on quality assurance and HIA.

Forthcoming Events

Welsh Health Impact Assessment Unit (WHIASU)



Following the highly successful course in 2010, the Wales Health Impact Assessment Support Unit will once again be delivering its three day residential training course in HIA from the 27th to the 29th September.

Held at the picturesque university conference centre at Gregynog in Newtown, Powys, the practical course will enable participants to develop the skills and confidence to lead an HIA project. Adopting a 'learning' by 'doing' approach the course involves participants planning an HIA for a realistic scenario, including stages of HIA, stakeholder involvement, use of evidence, equity and ethics. A mixture of didactic teaching and working in small groups is used throughout. For more information please contact whiasu@cardiff.ac.uk.

cardiff.ac.uk. Discounts are available for students, those working for public services in Wales and for early bird bookings.

Health Challenge Wales Evidence for Policy Seminar Series - 27th September 2011



Wales is becoming recognised as a world leader in the use of motivational interviewing to help families with complex problems.

The Welsh Government's Integrated Family Support Services, Option 2 and other initiatives have pioneered new and exciting ways of engaging families.

This one day conference brings together for the first time the originators of Motivational Interviewing – William R. Miller and Steve Rollnick – with leading practitioners and researchers to explore

approaches to the use of MI in child welfare and child protection work.

Attendance will be a must for practitioners, policy-makers and researchers interested in helping improve their response to families with complex problems.

The conference is jointly sponsored by Welsh Government as part of the Health Challenge Wales seminar series.

To book your place please contact Kerry. lapworth@beds.ac.uk

The sixth lecture in the annual Julian Tudor Hart lecture series will take place at Cardiff University's Glamorgan Building on the 30th November 2011. Professor Allyson Pollock, Queen Mary, University of London, will be presenting this year, more details will be available shortly.

To reserve your place at this event please email Zoe Macdonald: MacdonaldZ@cardiff.ac.uk

New CISHE Research

Alcohol misuse and social norms in Welsh universities – an intervention scoping and mapping study

Excessive alcohol consumption among university students has attracted increasing concern, with links to educational difficulties, psychosocial problems, antisocial behaviours and injuries. Recent government policy increasing the percentage of young people going to university has had the effect of exposing a larger proportion of the population to a high-risk drinking



environment. This has led to calls for the development and evaluation of interventions addressing alcohol misuse in university settings.

To this end, Simon Murphy has recently been engaged as an academic supervisor for an alcohol misuse and social norms intervention development project by the Alcohol Education Research Council (AERC). He is providing supervision and expert advice to a National Union of Students project officer in identifying the shape, scope and content of a pilot social norm intervention addressing alcohol misuse in a number of Welsh Universities. The project builds on a review of the research evidence and current activity in the UK commissioned by AERC and conducted by the University of Glamorgan and University of Wales Institute Cardiff (UWIC).

The social norms approach is based on the premise that perceptions of social norms

influence how we behave as individuals. Research has found, however, that we are often inaccurate in these perceptions and tend to assume that others behave in a less healthy and socially responsible manner than is actually true. The social norms approach therefore seeks to correct misperceptions through the dissemination of information on the actual norms in a population.

To date, scoping and mapping activities have identified the need for a multifaceted approach that includes an institutional toolkit and a social norm campaign. Given the diverse range of factors within Welsh university contexts which may support excessive drinking, a system-wide intervention is likely to be needed to provide a context in which social norms based approaches might achieve maximum impact. The intervention is currently being developed in partnership by Drinkaware, the NUS and the Welsh Government and

has been included as an example project in the 'Applying behavioural insight to health' discussion paper produced by the Cabinet Office Behavioural Insight Team. Simon Murphy is also providing guidance on intervention implementation to facilitate a rigorous evaluation of the intervention which will shortly be commissioned by the AERC.

For further information contact Simon Murphy: MurphyS7@cardiff.ac.uk

Food Standards Agency's Social Science Research Framework



Members of research staff at CISHE have been successful in tendering to be involved in the Food Standards Agency's Social Science Research Framework. This Framework is a new mechanism through which the FSA will commission social science research to support the development, monitoring and evaluation of food policy. The Framework is organised into the four categories (or 'lots'): Reviews (desk research), primary research (data collection), secondary analysis and evaluation. Staff at CISHE led the application process for Cardiff University to be a named organisation in each of these Framework lots, alongside colleagues from the School of Social Sciences (SOCSI), the Support Unit for Research Evidence (SURE), the School of City and Regional Planning (CPLAN), Cardiff Work Environment Research Centre, the Department of Primary Care and Public Health, and the Centre for Occupational and Health Psychology. Each Framework lot contains approximately five organisations representing a variety of academic, government and commercial institutions.

Now that CISHE is part of the Framework, we will not need to prepare full proposals when responding to specifications for work the FSA wish to commission. Rather, all suppliers within a lot will be asked to provide 'mini-proposals' that will focus on the approach to delivering the research requirement. Only suppliers within the specific lot will be eligible to apply.

The Framework will also be available to the

Department of Health, the Department for the Environment, Food and Rural Affairs, the Scottish Government, the Northern Ireland Assembly and the Welsh Assembly, all of whom wish to commission social science research on food and related subjects.

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

Connected Communities Programme: A review of theories, concepts and interventions relating to community-level strengths and their impact on health and wellbeing



Arts & Humanities Research Council

What does community mean? To what extent is it inherent in local places, networks and social institutions? What is the nature of connectivities within and between communities? How do we understand their dynamics at a time when both resource-rich and resource-poor countries move through new forms of cultural, economic and environmental crisis? These are some of the questions being addressed in a number of scoping and review studies funded by the cross- Research Council's Connected Communities Programme and led by the Arts and Humanities Research Council (AHRC).

The nature and quality of community based relationships has long been of interest to the public health community, usually as a counter to the emphasis on individual behaviour and lifestyles but often subject to the same criticism that the poor are held responsible and ultimately to blame, for their own ill health. However there is also convincing evidence that certain forms of social solidarity can be beneficial in a number of ways for people facing different kinds of adversity, including their health and wellbeing.

Led by Eva Elliott, a team of researchers from CISHE, the School of Social Sciences (SOCSI), the Support Unit for Research Evidence (SURE) and the Sustainable Places Research Institute (PLACE) have won funding to conduct a review on the nature of community-level strengths, qualities and resources and the implications of these for health and well-being.

The study will be in two parts. The first part of the review will focus on the history and development of theories and concepts which will draw together two main components that contribute to the idea of a strong community. These include reliance, resilience, resistance, social capital, capability, adaptation, empowerment and (particularly relevant to health and wellbeing) the dimensions of the salutogenic framework. Whilst many of these ideas can be understood as individual level attributes, the focus will be on their application at the community level. Secondly there are the wider political constructs that shape the way in which community (as well as individual and state) roles and responsibilities are framed by politicians, policy, professions and publics. These include localism, mutualism, volunteerism, co-production, communitarianism, the third way and emerging ideas underpinning the 'Big Society.'

The second will be a mixed method, systematic review to synthesise findings from evaluations of programmes that have been informed by the theories and concepts outlined above. These will include, for example, neighbourhood regeneration programmes, time banks, co-operatives, community gardens/allotments/farms, healthy living centres, mutual aid societies, social enterprise developments and other forms of community-led action. Some of these may be directed at improvements to health while others may have identified health and wellbeing as an indirect benefit. The purpose of this dual approach is to clarify the theoretical underpinnings of interventions and policy approaches and to examine their relationship to plausible and actual health outcomes.

The review will be linked to a wider set of activities to add value, authority and reach. These activities will consist firstly of interviews with leaders of current interventions and of programmes, projects, interventions and networks aimed at developing community strengths. Secondly a policy dialogue to present and discuss emerging findings will be organised in September 2011 at Cardiff University. This will include policy makers, academics and community activists and they will be used to test the salience of the findings and recommendations in their fields of engagement and practice.

The team includes:

- Eva Elliott (CISHE)
- Ellie Byrne (CISHE)

NEW CISHE RESEARCH (continued) CURRENT CISHE RESEARCH

- Professor Karen Henwood (SOCSI)
- Helen Morgan (SURE)
- Professor Stephen Palmer (PLACE)
- Michael Shepherd (CISHE)
- Fiona Shirani (SOCSI/CISHE)
- Professor Gareth Williams (SOCSI/CISHE)

For further information contact Eva Elliott at ElliottE@cf.ac.uk

Physical Environment and Activity Relationships in adolescents: the PEAR Project



Adolescents are at high risk of inactivity and obesity and this is an important time when young people experience



increased autonomy to interact with their environment unsupervised by adults. There is growing evidence that specific aspects of the physical environment may indirectly affect obesity levels in adolescents by increasing or decreasing their opportunities to be active in their local neighbourhood. These opportunities include safe routes for active commuting, access to indoor sites for physical activity and outdoor green and non-green spaces for leisure.

The PEAR project is a new three year MRC funded project which builds on the successful PEACH project (Personal and Environmental Associations with Children's Health; www.bris.ac.uk/enhs/peach). The PEAR project aims to determine which aspects of the physical environment relate to the time spent active outdoors by adolescents from urban and rural settings. We will do this by asking 900, 13 to 15 year olds to wear personal Geographical Positioning System (GPS) receivers and physical activity

monitors (accelerometers) to objectively measure where they go in relation to how active they are. We will also interview a range of adolescents to understand the environmental factors that both inhibit and promote levels of activity in different locations. We will use both the quantitative and qualitative data to generate and evaluate the validity of subjective self-report measures of the environment for use in wider population health research.

The PEAR project (www.bris.ac.uk/enhs/pear) is led by Angie Page and Ashley Cooper at University of Bristol in collaboration with Laurence Moore from CISHE (Cardiff University), Andy Jones from University of East Anglia and Steve Cummins from Queen Mary, University of London.

Current CISHE Research

Centre for the Development and Evaluation of Complex Interventions for Public Health Improvement (DECIPHer)



On 5 November 2010 50 DECIPHer researchers, staff and students congregated in Bristol for the first DECIPHer Research Symposium. Staff and students presented their work to each other at this collaborative event.

DECIPHer has also provided a number of courses:

- A DECIPHer research advocacy course, coordinated by Philip Daniels, DECIPHer Involving People Officer and developed in partnership with the National Heart Foundation, was delivered in October 2010. The course

was attended by 18 delegates, including 6 from DECIPHer and 6 from other UKCRC centres. Speakers included academics from Cardiff University, the former head of policy at Save the Children, the Deputy Director of the National Heart Forum and the Head of Children's Research, Public Health Division, at the Welsh Government

- Professor Laurence Moore led a Development and Evaluation of Complex Public Health Interventions course in April 2011, attended by 20 DECIPHer staff, students and researchers.
- A course, "Undertaking research with children and young people", developed by the public involvement officer in conjunction with WISERD (the ESRC funded Wales Institute of Social & Economic Research, Data & Methods) was attended by 24 researchers and featured speakers from Cardiff University and Barnardos. This course covered aspects such as ethics and legal aspects of undertaking research with children and young people, including child protection and children's rights, as well as offering advanced methods training in participative and visual

methods of undertaking research with children and young people and social network analysis.

In addition, ALPHA – The Public Involvement Advisory Group (made up of 20 young people) are trained on a monthly basis as part of their regular meetings and have advised DECIPHer researchers on a range of issues relating to children and young people to ensure future research is developed effectively with children and young people.

DECIPHer staff were involved in the planning and presentations for the 2011 South West Annual Scientific conference, 'Public Health Collaboration: Across Research Policy and Practice' on 2 February 2011 in the Winter Gardens, Weston-Super-Mare.

Further capacity development activity includes action learning sets in partnership with Public Health Wales. Action learning is a powerful problem-solving process and is implemented to solve complex problems, develop leaders, build teams, support individuals to answer and address complex problems and increase self awareness and action, driven by a deeper understanding of issues and problems by the asking and answering of smart questions. DECIPHer

and PHW wish to develop and review action learning sets with stakeholders in research, policy and practice, with the intention of contributing to the creation of a sustainable knowledge exchange cycle. If you are interested in participating please contact us.

Finally, the DECIPHER website has been redeveloped and will be updated on a regular basis. Please take a look www.decipher.uk.net. Contact Lynnette Thomas, Director of Operation – DECIPHER email: thomasl7@cardiff.ac.uk.

Wales Health Impact Assessment Support Unit (WHIASU)



The Wales Health Impact Assessment Support Unit (WHIASU) provides advice and training to support the development of health impact assessment (HIA) throughout Wales. In this

regard WHIASU has continued to build on progress made over previous years by providing bespoke training sessions and supporting both rapid assessments and more comprehensive HIAs during the year. The impressive list of HIAs is highlighted on the WHIASU website (www.whiasu.wales.nhs.uk) and many of the reports can be directly downloaded.

During the last 12 months advice, guidance and support continue to be provided to local authorities (LAs), Local Health Boards (LHBs), Communities First partnerships, voluntary sector organisations and members of the public. Some local authorities such as Anglesey have gone beyond conducting ad hoc HIAs and are in the process of institutionalising or embedding impact assessment, including health impact assessments, in their organisational processes and systems.

Given the cross-sectoral nature of HIA, its development depends on good partnership working and WHIASU continues to liaise with its strategic partners on national and local levels. WHIASU has supported the Wales National Transport Plan HIA and at a local level has worked with a broad range of stakeholders and organisations. Developments in Strategic Environmental Assessment (SEA), open cast mining applications, land use and transport planning on a national and local level also provide opportunities for working with our partners in identifying the most effective use and

positioning of HIA within local authorities, especially within the identified planning processes and domains.

Health impact assessment provides an opportunity to involve the public in identifying how particular policies, programmes, projects and other developments may impact on their health and wellbeing. In addition, members of the public and residents' groups have seen HIA as an opportunity to ensure that decision-makers take their views into account. WHIASU continues to provide advice, guidance and support to community groups who wish to make use of HIA. In some cases residents have requested support in conducting their own HIAs. In these cases WHIASU has assisted in identifying relevant research, local experts, collecting new data and appraising and synthesising evidence.

For further information about the work of the unit, and upcoming training and events please contact whiasu@cardiff.ac.uk

Public Health Improvement Research Network (PHIRN)

The aim of PHIRN is to increase the quantity and quality of public health improvement research that is relevant to policy and practice.



It does this primarily by developing high quality collaborative research proposals linked to emerging initiatives, such that projects could seek external funding of research costs, with intervention costs borne by the relevant national or local organisation. To do this various researchers, relevant policy makers and practitioners come together within a Research Development Group (RDG) focussing on a specific research question or issue. The most critical component of PHIRN's activities are the RDGs, which are the vehicle through which collaborations productively develop and produce grant applications. PHIRN's email bulletin, seminars and networking activities mainly serve to facilitate the identification of potential RDG topics and membership. During the last financial year, 11 proposals emerging from RDGs were submitted for grant funding. So far, 7 of these have been funded to a value of £2,253,023.

The newly established PHIRN Partnership Board has now agreed a new registration

process for RDGs. A form is completed by an identified RDG lead in consultation with a member of the PHIRN team which is then considered by the Board. If successfully registered, the RDG can access advice and support in developing the research team, can request specialist methodological support in developing the bid, are able to state that the study is supported by a registered research network in their funding application, can use our logo on any presentations or documents relating to the project and, if funded, are eligible to access the Regional Research Network which can help to set up and co-ordinate studies.

There are currently 9 registered RDGs focussing on issues such as physical activity, alcohol misuse, school health promotion and weight loss, for funders such as the MRC, NIHR and ESRC. There are also a number of emerging RDGs developing their ideas before formal registration. The following PHIRN staff can be contacted to discuss possible RDG ideas and registration by researchers, practitioners or policy makers:

- Simon Murphy: MurphyS7@cardiff.ac.uk
- Ellie Byrne: ByrneE@cardiff.ac.uk
- Graham Moore: MooreG@cardiff.ac.uk
- Sarah Morgan-Trimmer: Morgan-TrimmerSA@cardiff.ac.uk
- Susan Moore: MooreS4@cardiff.ac.uk

Project SFP Cymru: Randomised Controlled Trial of the Strengthening Families 10-14 UK Programme



The Strengthening Families Programme 10-14 is a substance misuse prevention intervention for children aged 10 to 14 and their parents/carers. The programme aims to reduce alcohol, tobacco and drug misuse through strengthening known protective factors within the family environment, such as communication, resilience skills and parenting. There is some evidence of programme success from the USA, and Project SFP Cymru aims



CURRENT CISHE RESEARCH (continued) COMPLETED CISHE RESEARCH

to evaluate the success of the programme within a Welsh setting. The study comprises a pragmatic randomised control trial, with embedded process and cost-effectiveness evaluations. Project SFP Cymru is being conducted in seven areas across Wales – Carmarthenshire, Swansea, Caerphilly, Merthyr Tydfil, Wrexham, Flintshire and Rhondda Cynon Taf. Any family with children aged 10-14 living in those areas can take part in the study.

CISHE is leading this research in collaboration with Swansea and Oxford Brookes Universities, the South East Wales Trials Unit, and colleagues from the Cardiff School of Social Sciences. This research is funded by the National Prevention Research Initiative, with the Welsh Government support to cover some of the costs of programme delivery.

Recruitment of families into the trial is continuing and nine month follow-up interviews with parents have now commenced. Data collection as part of the project's process evaluation is progressing well, including observation of programme sessions. Funding has recently been secured from the Welsh Government to extend the period of programme delivery until December 2011. A seventh programme area – Rhondda Cynon Taf has also joined the trial. In December the project welcomed a new member of staff, Thomas Allan, who is employed as a fieldworker in Merthyr Tydfil and Caerphilly, see page?

Public involvement forms an important part of the trial, ensuring that participants are able to provide feedback on the research process. Philip Daniels (Involving People Officer, DECIPHer) has been coordinating a series of events with parents and young people to discuss key issues, including the content and design of communication materials, and ways of optimising recruitment and retention.

The team continues to promote the trial at academic conferences and other events, including the UK Society of Behavioural Medicine Annual Scientific Meeting (Leeds, December 2010), and the Hidden Harm Conference in Carmarthenshire (March 2011). The project's website is currently being re-designed, and contains information for academics, practitioners and families.

For more information or if you would like to get involved please contact Dr Jo Holliday: HollidayJ1@Cardiff.ac.uk, or visit the

project website: <http://www.projectsfpymru.co.uk>

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The effects of schools and school-environment interventions on health: evidence mapping and syntheses

This project, funded by the National Institutes of Health Research Public Health Research Programme, is concerned with identifying the theories and conceptual frameworks used to inform whole school ecological interventions and their effects on health and health inequalities. It is also examining the effects of school-level factors on health and seeking to identify the processes through which these school-level factors might exert their influence. To do this a systematic review of the effect of schools and whole school ecological interventions on a broad range of health outcomes is being undertaken.

The project involves a multi disciplinary and multi institutional team, including Simon Murphy and Laurence Moore (CISHE), Rona Campbell (Bristol University), Chris Bonell (London School of Hygiene and Tropical Medicine) and colleagues from the University of East London, the Institute of Education and University of Liverpool. A number of planning meetings have therefore been required to discuss review methodology, including inclusion and exclusion criteria and approaches to mapping and synthesis. With these issues agreed, the team will shortly move to reviewing papers and data extraction.

The project builds on and complements a Cochrane review of the Health Promoting School currently being undertaken by Simon Murphy (CISHE), Rona Campbell and Beki Langford (Bristol University) and colleagues from the Universities of Melbourne and Minnesota as part of DECIPHer's main activities.

For further information contact Simon Murphy: MurphyS7@cardiff.ac.uk

Completed CISHE Research

Picturing Family Life: Evaluating Early Years Interventions with Homeless Families through Photography

This recently completed project was conducted in conjunction with Flying Start (an early years intervention introduced by the Welsh Government) and evaluated Early Years services for homeless families as well as exploring their experiences of homelessness. In total, six families and three practitioners participated. Parents took photographs of 'family life' which were then discussed in an interview and practitioners took photographs of their working spaces and participated in a group interview. The data were analysed using a grounded approach in Nvivo. The main themes to emerge from the data were Space and Environment; Moving and Transitions; Relationships and Social Networks and Services. The impact of homelessness and temporary living conditions on parenting emerged as a strong theme which spans all of the themes identified above. The final report is currently being prepared as well as several other outputs including an academic journal article, a leaflet for practitioners and families, and a stakeholder presentation.

For more details please contact Ellie Byrne at ByrneE@Cardiff.ac.uk or on 029 2087 0296.



The Primary School Free Breakfast Initiative: Data Linkage and Analysis (PSFBI)

This project was conducted with colleagues at Swansea University and involved secondary analysis of data collected as part of a national evaluation of the Welsh Assembly Primary School Free School Breakfast Initiative (PSFBI), which aims to improve the health of children in Wales by making free healthy breakfasts available to all maintained primary schools. Additional data augmentation and secondary analysis provided important further information on the effectiveness of the FSBI, notably on the impact of the FSBI on socio-economic disparities in diet, cognition and school performance.

Data augmentation involved using the SAIL (Secure Anonymised Data Linkage) platform to link the original study data with individual level eligibility for free school meals, deprivation profile of area of residence (Welsh index of Multiple Deprivation) and Key Stage outcomes (1: 5-7 year olds, 2: 7-11 year olds & 3: 11-14 year olds). In addition, further in-depth dietary recall interview data were collected as part of the evaluation. These interviews provide details of types of foods consumed, items added to foods (i.e., sugar, spreads) and portion sizes, based on the Food Standard Agency's food portion size photographic atlas. Dietary analysis allowed for comparisons of intakes of each nutrient with RDIs (Recommended Daily Intakes) to provide details of the percentage of the RDI of each nutrient consumed by each child.

This work finished in May 2011 and was funded by the National Prevention Research Initiative. For more information please contact Professor Laurence Moore MooreL1@cardiff.ac.uk

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New Staff

Tanya Vermeulen

joined CISHE at the end of January as a Project Support Officer, PA to Professor Laurence Moore and project



support officer for DECIPHer. Tanya relocated permanently with her family from South Africa to Wales in 2007, having previously lived and worked in Wales for a few years in 2000. She worked as a PA for a solicitors firm before joining the Health Directorate at Welsh Government for short term contract. From there she worked for ASSIST/Public Health Wales before returning for a second short term contract in the Health Directorate at the Welsh Government.

Dr James White joined CISHE in December 2010

as a Research Associate for DECIPHer and will work on developing a programme of research



to better understand the determinants of health behaviour among young people, with an emphasis on interventions. He currently works on a number of projects based in the School of Medicine on weight loss maintenance (WILMA trial) and motivational interviewing. James has carried out research in posts held in Cardiff and

University of the West of England (UWE) in diverse areas including: neighbourhood deprivation and mental health, the influence of the family environment on tobacco and alcohol misuse, and the development of disordered eating in adolescents. He is looking forward to focusing his attention on identifying factors which can promote health and wellbeing in young people.

Fiona Shirani

worked at CISHE from March to July 2011 as a part-time Research Associate to work on a review of theories and concepts for the Connected Communities project. The review is exploring existing literature on the nature of community level strengths, qualities and resources and the implications of these for health and wellbeing. Fiona has worked in the School of Social Sciences for several years on a number of different projects and alongside her work at CISHE continues to work on a qualitative longitudinal study of men's transition to first-time fatherhood. She has recently successfully completed her PhD which takes a temporal approach to fertility decision-making, exploring how men negotiate the 'right time' for fatherhood.



Thomas Allan joined the Project SFP Cymru team in December seeking to

develop the skills and experience in a social – scientific field. He sees Project SFP Cymru as a really exciting opportunity



to get involved in something beneficial to society in an area that is important to him on a personal level. Thomas graduated from Aberystwyth University in July 2010 with a degree in International Politics. During his degree Thomas focused on working class philosophy and sociology and remains passionate about them. This is Thomas' first research position and he hopes it will help him to gain the skills to do a Masters or PhD in Practical Philosophy/Social Theory.

Cheryl Briscombe-Binford

joined CISHE at the beginning of June as a Clerical Support Officer. Cheryl has come from Velindre NHS



Trust where she worked within the medical secretarial team at Velindre Hospital having previously worked at the private hospital Spire Cardiff Hospital within the Management Office. She has a BA (Hons) History from Swansea University focussing on crime in the early modern period.

Farewell

Philip Daniels will be leaving CISHE as the Involving People Officer to become a Specialist Registrar in Public Health in the Worcestershire and Herefordshire NHS Training Zone. He will be commencing a 5 year training post, cycling through placements across the West Midlands Deanery, resulting in professional membership of the faculty of public health as a consultant.



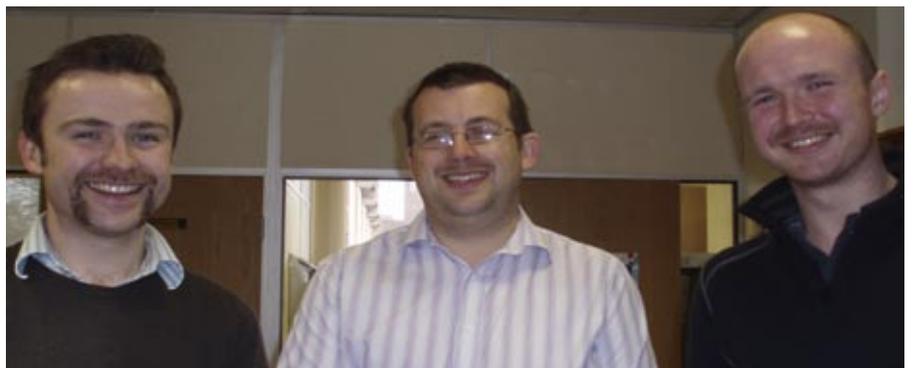
Philip is indebted for the opportunity to serve within CISHE at an exciting time of its development and is grateful to have worked with such wonderful colleagues across Cardiff, Bristol and Swansea Universities in the context of DECIPHer. He extends particular thanks to the members of the youth advisory group, ALPHA, and wishes them a bright and deserved future, whatever path they choose to take.

CISHE Charity Work

November

As part of CISHE's charity efforts 3 of our male members of staff agreed to take part in November. Philip Daniels, Jeremy Segrott and Graham Moore all grew moustaches through the whole of November in order

to raise money for and awareness of men's health especially prostate cancer. In total they managed to raise £221! It is still being debated which felt better, raising so much money or shaving on the 1st December!



CISHE CHARITY WORK (continued) GETTING TO KNOW YOU

Children in Need

CISHE organised a range of activities to raise money for children in need. These included picking which string was attached to a balloon, wearing something spotty on the day and selling a range of delicious cakes. Zoe Macdonald picked the correct string and won a cook book which other staff members in CISHE are hoping to benefit from. In total we managed to raise just over £82!

CISHE Foodbank

As part of the ongoing charity work at CISHE we continue to support the Cardiff Foodbank. Started in 2009 the Foodbank is a project to help and support those suffering financial hardship and who are facing the reality of being unable to feed themselves or their families. Food is donated by individuals, schools, businesses and churches and is stored for future use. Front line professional care workers such as health visitors, charities, church pastoral workers social services issue clients with vouchers that can then be exchange vouchers for 3 days of nutritionally balanced emergency food. In 2010 15 departments across the university donated 622kg of food and CISHE is proud to be contributing on a fortnightly basis to this worthwhile project. For more information see www.cardifffoodbank.org.uk.

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

**Cardiff Institute of Society and Health
School of Social Sciences
Cardiff University
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Cardiff
CF10 3BD**

**Tel: 029 2087 9609
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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>

Comic Relief

Following on from the success of our food festival we decided to organise a CISHE lunch bar in order to raise money for Comic Relief. Members of staff made a variety of savoury and sweet treats which included soups, salads, tarts/quiches plus muffins and cake. Members of staff donated their usual lunch money. In addition we asked staff members to enter a competition to pick the best celebrity dance move. Congratulations to Eva Elliott who won a bottle of wine. We are still waiting for her demonstration of the winning dance move! In total we raised £108!



Getting To Know You



Dr Jo Holliday has worked at Cardiff University for nearly ten years. Initially based in the School of Social Sciences, she was employed to work on A Stop Smoking in Schools Trial, providing input into all aspects of the trial, particularly the process evaluation. Since 2003 she has been based in the Cardiff Institute of Society and Health (CISHE) where she has been involved in a number of studies concerned with child and adolescent health. Currently she is the Trial Manager for Project SFP Cymru, a randomised controlled trial of the Strengthening Families Programme.

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

Feisty, frenetic and friendly!

What are your pet hates?

People throwing litter, other people's mess, people who are discourteous, and general poor table manners.

Who would play you in a film about your life?

Elisabeth Shue

What does the University need more of?

Decent places for lunch

What is your favourite piece of music and why?

I don't really have one. I love any music you can "bounce" to!

What is your signature dish?

Pasta with a creamy smoked salmon sauce

Tell us a joke

Why did the orange stop at the top of the hill? Because it ran out of juice!

Acknowledgements to Newsletter Staff

The CISHE newsletter is compiled by the newsletter working group: Chloe Chadderton, Katherine Chaplin, Sara Jones, Sarah MacDonald, Zoe Macdonald, Laurence Moore, Jeremy Segrott 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.