

CISHE NEWS

As highlighted in our first newsletter in Spring 2004, an important aspect of CISHE's planned activities was to play an integrating and facilitative role in the development of collaborative health-related research across disciplines, institutions and sectors in Wales. An initial focus of efforts to develop collaborative work has been within Cardiff, where the merger of Cardiff University and the University of Wales College of Medicine has greatly increased the interaction between researchers in the social and medical sciences. This collaboration has begun to bear fruit in a number of activities, grant proposals and research projects.



Director – Professor Laurence Moore

Other important developments in Cardiff include the establishment of the UnumProvident Centre for Psychosocial and

Disability Research, led by Professor Mansel Aylward, which aims to undertake interdisciplinary work to better understand the psychosocial factors that influence illness, disease, recovery and reintegration into work. Most recently, the Centre for Health Sciences Research (CHSR), directed by Professor David Fone, was successfully launched on June 20th. In common with CISHE, these new centres have a commitment to interdisciplinary work, with a focus on health inequalities, the wider determinants of health, and interventions and policies to improve the health of the public.

Cardiff is thus extremely well placed to rise to the challenge set out by key research funders, including the MRC, ESRC, Wellcome Trust and Cancer Research UK, and by the Wanless reports in England and Wales. This challenge

is to bring together high quality research collaborations undertaking interdisciplinary research so that there is the capacity to conduct the research required to fill the yawning gap in the evidence base for policies and interventions to improve the health of the public.

In addition to collaboration among academics in Cardiff, CISHE is committed to playing a full role in the development of networks and structures to support high quality clinical and public health research in Wales, and to maximise collaboration and communication with policy and practice. The latter is particularly important in ensuring the relevance of research, and the implementation of research findings. These initiatives, led by the Wales Office of Research and Development in Health and Social Care, will be important in further enhancing the quality and quantity of health related research in Wales.

Conference Report

Dahlgren and Whitehead and beyond: The social determinants of health in research, policy and service delivery

The Social Determinants of Health Conference, held on the 21st April 2005, was jointly hosted by CISHE and the Society for Social Medicine. It provided an opportunity to take stock of where we are in the UK and beyond with regard to knowledge and action which could help to understand and tackle the social determinants of health.

Margaret Whitehead introduced the theme of the conference arguing that though the famous 'rainbow' diagram does not represent the determinants of inequalities in health, it provides a valuable bridge to thinking about the social patterning of the determinants

and the consequent distribution of health effects amongst different population groups. Presentations by Mel Bartley, Sarah Curtis, and Dennis Raphael provided insight into existing research on, and political responses to, the social determinants of health.

The afternoon consisted of three workshops to identify future priorities around research, policy, and service delivery and organisation. These were led by key experts in respective areas including Jennie Popay (research), Mike Kelly (policy) and Morton Warner (service delivery and organisation). They were chaired by Lindsay Prior, David Fone, both from Cardiff University and David McDaid from the London School of Economics all of whom are well known in their own fields of medical sociology, public health and epidemiology and health economics. The conference ended with



Some of the speakers: Professors Dennis Raphael, Mel Bartley, Gareth Williams, Margaret Whitehead and Sarah Curtis

a plenary to bring the workshop discussions back to the conference and to consider the next steps. It is hoped that dissemination of some of the material presented at the conference will be published in the near future.

For access to most of the presentations and a more detailed report of the event, please see the CISHE website www.cf.ac.uk/socsi/cishe/

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CISHE News and Activities

Personal Recognition

Dr Eva Elliott has recently been awarded an Academic Fellowship in Social and Economic Change and Health. This scheme was established by the Research Councils UK to assist in the development of clearer career pathways for research staff. This will ensure a strong basis from which to build up a programme of work on the theme that she leads on regeneration and the determinants of health. Her post starts on 1st October 2005.

Ingrid Geesink was successful in her application for a two year MRC ESRC post-doctoral fellowship to research social, ethical and economic aspects of tissue engineering.

CISHE in the UK

Professor Laurence Moore was invited by the Royal Statistical Society (RSS) Social Statistics Section to present a paper entitled Randomised Controlled Trials Of Complex Educational Interventions: Mission Impossible? at the RSS in London on 14th June. He was also invited by the Wales Office of Research and Development for Health and Social Care to give a presentation on Personal Career Awards, at the conference to launch their new Research & Development Strategy at the Marriott Hotel, Cardiff on 28th April.

Laurence also presented a paper at the Royal Statistical Society's Annual Conference in Cardiff, 19th-21st July.



Cardiff City Hall

Dr Eva Elliott and **Professor Gareth Williams** presented a paper entitled *Developing new forms of 'civic intelligence' through health impact assessment* at the Social Policy Association Conference in Bath, 29th June. They also presented the work of the Welsh Health Impact Assessment Support Unit (WHIASU) at the Welsh Assembly Government's Evidence-based policy making Seminar on 6th July.

Miss Sarah Francis presented at the 1st UK National Smoking Cessation Conference in London, 9th – 10th June. The title of the presentation was *Adolescent smoking cessation: evaluating a European pilot programme*. The authors were Miss Sarah Francis, Miss Ingrid Geesink and Professor Laurence Moore.

Results from the ASSIST process evaluation were presented at the Ninth South West Public Health Scientific Conference, Torquay on 10th May. The title of the presentation was *The activities of peer supporters for A Stop Smoking in Schools Trial (ASSIST)*.

CISHE Abroad

Dr Alex Faulkner presented a paper entitled *Evaluation and regulatory policy: tissue-engineered technologies in the healthcare system* at the Innovative Health Technologies Workshop in the Health Technology Assessment International (HTAI) Annual Conference, Rome, 20th-22nd June.



Rome

A paper entitled *The effectiveness of Health Impact Assessment: Evidence and experience from across Europe* was presented at the 6th European Conference on the Effectiveness and Quality of Health Promotion (IUHPE): Best Practice for Better Health, Stockholm, 3rd June. Doctor Eva Elliott represented the Welsh team as part of the European Commission funded project led by the World Health Organization.



Stockholm

New Research Grants awarded to CISHE

Smoking uptake in adolescence: a longitudinal investigation of peer influence and peer selection; funded by Cancer Research UK. Principal Investigator Professor Laurence Moore.

Health Challenge Wales - researching roles and responsibilities for health; extension of funding by the National Assembly for Wales (March - Dec 2005) Principal Investigator Simon Murphy.

A systematic review into respite care for the frail elderly; funded by the NHS Health Technology Assessment Programme. Principal Investigator Dr Chris Shaw.

New CISHE Projects

Community Food Co-operatives: Evaluation of a pilot in Wales

The Health Promotion Division at the Welsh Assembly Government has commissioned CISHE, with colleagues at the Social Inclusion Research Unit at the North East Wales Institute of Higher Education, to carry out an evaluation of a Community Food Co-operative initiative which is currently being piloted in North and South East Wales. The key aim of the project is to increase the consumption of fruit and vegetables, particularly in areas where uptake is traditionally low and access to fresh produce is poor. A minimum of seventy-five percent of the co-ops will be set within Communities First areas. The initiative is managed by the Rural Regeneration Unit, in Cumbria, who developed the model that is being used in Wales. The food co-ops are run by local volunteers, for local people, who order bags of fruit and vegetables from local suppliers. Wherever possible the produce is obtained from local growers, which has the added potential advantage of shortening the food chain thereby reducing food miles and stimulating the local economy. Two regional Food Development Workers have been funded, as part of the scheme, to support local volunteers in setting up the co-ops. They also identify producers and suppliers in order to develop a sustainable local supply base.



Food co-ops are being supported in Wales as part of a wider commitment to community food initiatives in areas of deprivation as highlighted in the Assembly Government's Food and Well Being Strategy. This builds on current evidence that there is a link between poor diet and both heart disease and cancer. Heart disease and cancer are the two highest causes of mortality in Wales so there is a clear need for policies and public health interventions that will have an impact on the food that people eat. In addition there are widening inequalities in health which are strongly correlated with socio-economic status, leading to unequal opportunities to take-up and sustain healthy eating practices. In particular, there is an associated class bias in relation to access to healthy food with poorer people less likely to have a car with which to access out-of-town supermarkets. The research literature on food deserts suggests the need for interventions, such as in rural economies, which consider the structural features of economic and social life that shape food cultures as well as individual food choices.

This evaluation provides an opportunity to explore both the 'theories of change' which inform intentions of the overall project, as well as detailing the 'inner workings' and impacts of the co-ops and their supply links as they operate and develop. The evaluation will use a case study approach to test the ways in which the project operates on the ground, against the intentions and expectations of the designers, commissioners and wider stakeholders attached to the overall pilot. As well as changes to diet, access to fresh food and potential local economic impacts the evaluation will also explore the perceived social benefits, such as the development of social networks and closer social bonds, for which there is also evidence of benefits. Recommendations from the pilot will inform the roll-out of the initiative to all parts of Wales.

For further details please email Eva Elliott at ElliottE@cardiff.ac.uk.

Health Challenge Wales



Health Challenge Wales (HCW) is described by the Welsh Assembly Government as a new national focus and driver for all efforts to improve health. The overall aim is to generate greater awareness of a collective or shared responsibility for action to improve the health of the nation. As such, it is seen as a means by which government at all levels, organisations

in all sectors and individuals can be challenged to do more. In this respect it builds upon recent policy documents such as Well Being in Wales and arguments that have been put forward in the Wanless report.

To inform the development of HCW, CISHE has been commissioned to undertake a study to help to identify the key themes and issues that inform responsibility for health at the individual, group and organisational levels. The study has three distinct elements and utilises both qualitative and quantitative methodology.

The first element will explore perceptions of roles and responsibilities for health held by the general population. Focus groups will be held across Wales and will draw upon naturally occurring groups and participants from a range of socio-economic, ethnic, age and gender backgrounds. Areas for exploration include the relative role of the government, social groups and individuals, as well as barriers and facilitators to health improvement.

This will be followed by in-depth interviews with up to 60 key individuals from a range of organisations and groups, on understandings of shared responsibility for health in a number of settings. These will include those from central and local government, the educational and health sectors, private and public employers, community and voluntary groups and the media. Interviews will explore examples of health improvement actions and concepts of social and corporate responsibility amongst other things. Finally, a pilot survey will be undertaken with a range of organisations and groups to identify potential response categories and outcome measures for future research studies. These will cover the same sectors as the in-depth interviews.

Given recent publications such as the Wanless report and Well Being in Wales, the study provides a timely opportunity to investigate the relationship between state, collective and individual responsibility for health and to inform future policy developments. As Dr Murphy states “This study is of particular interest as it builds on the previous work of the research team examining the relative role of structure and agency in health improvement action. It also provides an exciting opportunity to develop a multidisciplinary study which brings together some of our main research themes related to health behaviours, health inequalities and ethics”.

Staff working on the project include Dr Simon Murphy (Principal Investigator), Sarah Francis, Dr Eva Elliot, Heather Rothwell, Emily Harrop and Professor Odette Parry (Head of the Social Inclusion Research Unit, North East Wales Institute (NEWI)). It will also benefit from the expertise of Professor Laurence Moore, Professor Gareth Williams, Professor Søren Holm and Dr Chris Shaw.

Smoking uptake in adolescence: a longitudinal investigation of peer influence and peer selection



Professor Laurence Moore, Miss Jo Holliday and Dr Simon Murphy from CISHE, in collaboration with Dr Rona Campbell from the Department of Social Medicine at the University of Bristol have secured funding from Cancer Research UK to undertake a 12 month investigation of the relationship between peer influence and the uptake and patterning of smoking behaviour in adolescence. The study will utilise longitudinal data (biochemically-validated self-report smoking data and data collected on friendships) previously collected through the course of the Medical Research Council-funded A Stop Smoking in Schools Trial.

Smoking in adolescence is strongly associated with friends' smoking behaviour. However, the causal nature of this relationship is a contested issue and several hypotheses have been suggested which relate to the direct effect of peer influence and the indirect effect of peer selection. Peer influence is the direct effect of group members on the behaviour or opinions of another group member. On the other hand, selection arises as a consequence of behaviour and occurs when friendships are formed as a result of a particular behaviour. Four possible mechanisms by which selection can occur have been identified i) users choose other users to be friends, ii) non-users choose other non-users to be friends, iii) friends are deselected when behaviour becomes dissimilar, and iv) peer groups restrict membership to those with similar behaviours.



It has also been argued that the apparent association between friends' smoking behaviour is in part due to projection effects, in which the reporting of smoking (rather than smoking itself) is related to smoking behaviour.

Thus, a smoker is more likely to report that their friend's smoke, and self-reports of smoking behaviour may be biased by friends' smoking.

Whilst a number of studies have explored the association between smoking and the peer group, many have been cross-sectional in nature and do not allow the effects of selection to be separated from those of peer influence. Similarly, they have been dependent upon self-reported smoking behaviour, and reports of friends' smoking behaviour, rather than on biochemically verified data. The question of what mechanisms operate to create behavioural homogeneity within friendship groups therefore remains to be answered satisfactorily.

A number of longitudinal studies have supported the hypothesis that peer group influence is a contributory factor in adolescent smoking. Other longitudinal studies have suggested that the impact of peer influence is overestimated and that peer selection may have a more prominent role to play in peer group homogeneity. However, there is a relative paucity of large-scale longitudinal studies which have aimed to examine influence and selection effects.

The ability to separate influence and selection effects and ascertain the contribution of each as a determinant of smoking behaviour in adolescence has implications for smoking prevention programmes which concentrate on the influence of peers on smoking behaviour by, for example encouraging the development

of peer resistance skills. This project will aim to identify how appropriate such approaches are, and if necessary, suggest alternative strategies for smoking prevention.

For further details contact Laurence Moore (MooreL1@cardiff.ac.uk) or Jo Holliday (HollidayJ1@cardiff.ac.uk).

Systematic Review of Respite Care in the Frail Elderly

This new study is funded by the Department of Health, Health Technology Assessment Programme and is a collaborative project between the Department of General Practice and CISHE.

In 2002 4,464,000 people in the UK were aged 75 years and over (Population Trends 2003a) and it is projected that the number of people over pensionable age will increase to over 15 million by 2040 (Population Trends 2003b). This will impact on health care systems as age related conditions become more common. Many older people with chronic conditions are cared for in the community, with their main source of support being from informal carers. Such informal carers of the frail and elderly are frequently in mid to later life themselves, being spouses or adult children of the care recipient. Caring can have direct and indirect effects on health, and one way to relieve the burden is to provide breaks in care or 'respite care'. However, the evidence for the effectiveness and also the cost effectiveness of respite care for carers and those receiving care is unclear. This review aims to identify, appraise and summarise the literature pertaining to the effectiveness and cost effectiveness of services providing temporary breaks in caring for informal carers of older people, over the age of 65 years. This will include those with both mental and physical disability, as well as those undergoing palliative care at the end of life. Outcomes for both carer and care recipient will be assessed as well as the impact on services in relation to delay in institutionalisation. For example, for the

carer this will include measures such as carer burden, physical and psychological well being, satisfaction with care and overall quality of life, and for the care recipient this will vary according to their condition but will include mortality, behaviour, functional ability, general health, psychological well being and satisfaction.

The main focus of the review will be a quantitative synthesis of data but a summary of qualitative research will be provided of studies assessing user views of respite care and reasons for non-uptake of services. An economic analysis will identify the key NHS and societal cost drivers within the various models of respite care delivery (in patient care, day care, home care etc). For further details contact Chris Shaw (ShawC@cardiff.ac.uk).

CISHE was awarded two scoping study grants by the Wales Office of Research and Development in health and social care

Public Health Improvement Research Network (PHIRN)

The outcome of the first scoping study was the identification of a strong case for a Public Health Improvement Research Network (PHIRN). The scoping study report proposed that such a network would bring together academics, policy makers and practitioners concerned with the development, strategic planning, delivery and evaluation of policies, services and interventions that directly or indirectly impact upon the health of the public in Wales at a community or population level. The network would facilitate a continuous process of:

- identification and exploration of research priorities
- identification of teams with academic, policy and practitioner representation to take forward priority research projects

- exchange of new evidence, policy developments, practitioner innovation
- identification of innovations in policy and practice at an early stage in planning, maximizing the opportunities for 'natural experiments'
- development of high quality research project protocols
- execution of funded research protocols.

CISHE plan to lead the development of a proposal for an all-Wales PHIRN. Anyone not consulted in the scoping exercise but who is interested in involvement in PHIRN is encouraged to contact Laurence Moore (MooreL1@cardiff.ac.uk).

Self-care and the expert patient: a cross-cutting research focus?

Empowerment, self care and the Expert Patient are moving ever-higher up the policy agenda in advanced healthcare systems. The implications for health and resources of the complex process of creating safe and effective self-care regimes are, by and large, unknown. CISHE conducted a scoping exercise in April-May 2005 to assess the prospects for creating a multi-stakeholder research support network.

We gauged existing research, surveyed research and health service initiatives in Wales and looked at the crucial activity of voluntary organisations, patient support groups and industry. Organisations working with the most severe chronic conditions expressed a great deal of interest – cancer, heart disease, diabetes, arthritis, mental health. But other groups are also active such as those advocating mental health of minority ethnic groups, and sufferers of ME and chronic fatigue syndrome. There is no baseline of the extent of this activity or its evaluation in Wales. The Department of Health has introduced a generic Expert Patient Programme based on lay-led training courses in arthritis. Expert patient schemes in diabetes, heart disease and cancer are also evaluated. There is very little research on areas of

CISHE Collaborators

specific relevance in Wales such as chronic pulmonary diseases. Research on patient *self-management* has been concentrated on a slightly different range of conditions, including decision support and recognition of important symptoms. But again there are conspicuous gaps, for example many forms of technology assisted self-management.

We identified over 20 recent relevant research projects in the NHS in Wales. Many were evaluations of information provision for example in stroke and upper respiratory tract infections, therefore at the 'light' end of the self-care agenda. Others included a self management programme for depression and a self administered hearing test. Patient education in diabetes figured strongly, and there has been an evaluation of a small scale scheme of self-monitoring for anti-coagulation in one NHS site.

The scope for rigorous, evaluated introduction of self-care and expert patient programmes in Wales is high. Questions should be raised about the effects of self-care – on families and daily life, implications for health professionals' skills and workload, for models of service organisation. Of course, concerns about the Health Service shifting the burden of care too far in this direction must be taken seriously. The social and community aspects need to be understood. It is possible that self-care, in spite of its beguiling name, will increase demands on communities and carers and increase the perceived need and demand for healthcare and public services.

Researchers: Dr Chris Shaw, Dr Alex Faulkner, Professor Søren Holm, Professor Lindsay Prior. Based on Self Care and the Expert Patient Research Network Scoping Report to Wales Office of Research and Development, April 2005. For further details email Alex Faulkner (FaulknerAC@cardiff.ac.uk) or Chris Shaw (ShawC@cardiff.ac.uk)

The Social Inclusion Research Unit (SIRU) University of Wales, North-East Wales Institute of Higher Education (NEWI)

The Social Inclusion Research Unit (SIRU) was funded under the same initiative as CISHE in 2003 by the Higher Education Funding Council for Wales. We are in actuality a (smaller!) sister Unit to CISHE based in North Wales. The mission of the Unit is to carry out and disseminate research in the area of social inequalities in North Wales and across Wales.

SIRU is a small but expanding Unit. Odette Parry was appointed as head of SIRU in October 2003. Prior to joining SIRU, Odette headed a research group on Health-Related Risk at the Research Unit in Health, Behaviour and Change at Edinburgh University. Prior to Edinburgh she was based at the University of the West Indies, Jamaica and before that, Cardiff University. Her main research interests while at Edinburgh were smoking and diet. Both of these research interests she brings with her to Wales.

The two other core research members of SIRU are Julian Buchanan and Iolo Madoc-Jones. Julian, who is Reader in Community Justice at NEWI, has professional and research expertise in substance misuse; criminal justice and social reintegration. Prior to joining NEWI, Julian worked at the University of Central Lancashire and the University of Liverpool before which he worked as a drugs specialist and was founder member of one of the largest interagency community drugs team in the UK. Iolo, who is Senior Lecturer in Community Justice, worked for many years in the Probation Service before joining Bangor University and then NEWI. He has researched and published widely on issues of rurality and language and criminal justice services and the Welsh language.

In response to our increasing portfolio of research activities SIRU is currently in the

process of appointing a full time research worker for the Unit. Within NEWI we have developed a strong collaborative research relationship with the Centre for Health and Community Research, headed by Ros Carnwell. SIRU has appointed two visiting professors: Paul Senior (Sheffield Hallam University) and Andrew Pithouse (Cardiff University), both of whom have a productive collaborative research relationship with the Unit. We are also in the process of appointing Joan Ashdown-Lambert, an independent research consultant who is working for us on several research contracts, as an Honorary Research Fellow of SIRU.

While we are a small, albeit growing Unit, we play a very important role in the development of a research environment within NEWI. All staff members at NEWI, engaged in work relating to the area of social inclusion, are encouraged to participate in SIRU activities, and are invited draw on SIRU's resources as a centre for research development within the Institution.

The research activities of SIRU are driven by NEWI's widening participation agenda. Student intake at the institution is a testament to this agenda. That is, approximately 80% of NEWI students are over 21 years of age on entry for study. In addition almost 40% are from socio-economic groups I, II, III, IV and V, compared to higher education sector average of 29%, and the percentage of students from low participation neighbourhoods is significantly higher than the sector average.

In response to the widening participation agenda, at SIRU we work closely with local partnership groups, charities and the voluntary sector to design, carry out and disseminate research addressing their own identified needs. In the last year, for example, we have worked (in collaboration with Paul Senior) with the DAWN partnership to evaluate a drugs intervention among ex-offenders. We have also carried out a scoping exercise of Domestic Abuse Service Providers for the North Wales Domestic Abuse Forum. Currently we are

CISHE Projects

evaluating the delivery of a Bi-lingual Telephone Service for families with children on behalf of the National Children's Home (NCH) in North Wales.

In collaboration with colleagues at Cardiff University we have been involved over the last year in several studies funded by the Welsh Assembly Government. The first of these was the Study of Advocacy Services for Children & Young People in Wales led by Andrew Pithouse at the School of Social Sciences. Currently we are involved in the evaluation of the Free Schools Breakfasts Initiative, Health Challenge Wales and the evaluation of the Food Co-ops Pilot Scheme all of which are based at CISHE. Whilst these studies are Wales wide, SIRU generally takes research responsibility for the North. Here we play a key role in that we are physically located in Wrexham, we can draw on a wide range of local expertise and knowledge, we are familiar with issues pertinent to North Wales (particularly rurality and language) and we have Welsh language expertise in the Unit.

We are currently in the process of developing several collaborative research bids (with colleagues in Wales, England and Scotland) primarily focusing on drugs misuse and smoking. Our main short term goal is to increase our research capacity. Our long term goal is to become a sustainable Research Unit when the period of HEFCW funding elapses. We consider the strengths of our contribution lie in: contributing to the development of a research environment within NEWI (in terms of both infrastructures and staff personal development); design, execution and dissemination of applied research, in the area of social inclusion, on behalf of agencies/institutions in North Wales; carrying out of research on behalf of the Welsh Assembly Government; development of collaborative relationships within and outside Wales and within and outside of academia and the production of high quality research outputs.

For further information please contact Professor Odette Parry (o.parry@newi.ac.uk)

Current Projects

AWARD



AWARD (All-Wales Alliance for Research & Development in Health and Social Care), funded by WORD, is a multi-disciplinary network of academics working to improve health and social care provision through high-quality research. It has three sections in north Wales (Bangor), mid and west Wales (Swansea) and south-east Wales (Cardiff). In each section there is a core group of academics and researchers who work on a wider basis with academics and colleagues in health and social care in Wales and beyond. AWARD also works directly with the Welsh Assembly Government to inform policy development. In the SE Wales section AWARD is a collaboration between the Schools of Social Sciences and Medicine, and its core members are Professor Chris Butler, Professor Gareth Williams and Dr Alex Faulkner. Two research staff have recently been appointed. Ms Samia Addis, who is based in CISHE, and Dr Myfanwy Davies who is based in the Department of General Practice. Michael Shepherd has recently been appointed as a Senior Research Fellow to be based in CISHE.

Administrator: Mrs Zoë Macdonald.
Principal Investigator Gareth Williams
(WilliamsGH1@cardiff.ac.uk)

EUROPHEN

A three year international project sponsored by the European Commission and co-ordinated by Dr. Darren Shickle at the School of Health and Related Research, University of Sheffield. CISHE is a partner in this project. The aim and objectives of EUROPHEN are:

Aim:

To derive a framework for producing common approaches to public health policy across the European Union

Objectives:

- To identify and classify public health problems that arise in countries within the European Union and elsewhere;
- To identify any ethical issues that may arise from tensions between the private and public interest;
- To compare and contrast public policy responses to selected public health problems;
- To examine how public policy in different countries weigh competing claims of private and public interest;
- To measure intra- and inter-country public attitudes to national and European Union policy responses to public health problems;
- To examine how citizens in different countries and cultures weigh competing claims of private and public interest;
- To explore whether it is possible to resolve apparent tensions between private and public interest when devising public policy;
- To understand the implications of any differences in priority given to individual and public interests when attempting to devise international law for public health problems that cross national boundaries
- Feasibility and desirability of common approaches to public health within the European Union and internationally.

For further details contact Professor Søren Holm (HolmS@cardiff.ac.uk)

Evaluation of EU funded Adolescent Smoking Cessation pilot projects

Researchers at CISHE are continuing to evaluate the EU funded adolescent smoking cessation pilot projects, co-ordinated by the Health Promotion Division, National Assembly for Wales. The evaluation was initially commissioned in May 2004 and following an extension of funding for projects, the evaluation will now continue to April 2006.

CISHE PROJECTS continued

CISHE is undertaking a process evaluation focussing in-depth on how the project is being implemented, delivered and supported in case study countries.

The evaluation team are due to undertake evaluation visits to case study countries over the next few months and initial evaluation findings will be presented to a conference of participating countries in November.

The team is also piloting a discrete choice experiment to elicit adolescents' preferences for smoking cessation services. This part of the study is being solely funded by the National Assembly for Wales.

Other members of the team from CISHE include Ingrid Geesink, Jo Holliday Stephen Burgess and Heather Rothwell. They are joined by Martine Stead, Deputy Director of the Institute for Social Marketing at the University of Stirling and the Open University (formerly University of Strathclyde). Principal Investigators - Laurence Moore and Sarah Francis (FrancisS1@cardiff.ac.uk)

Evaluation of Food Co-ops Pilot in Wales

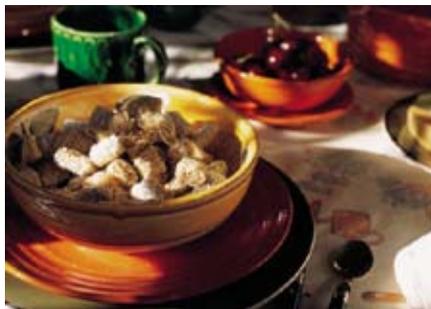
Funded by the Health Promotion Division in the Welsh Assembly Government the evaluation is being conducted by CISHE research staff in collaboration with colleague at the North East Wales Institute of Higher Education (NEWI). For more details see page 6.

Feminisation and Medicine

A critical review of the reinvigorated debate which argues that the medical profession in the UK is being devalued as the ratio of women to male doctors increases. Principal Investigator Sara MacBride-Stewart (Macbride-stewartS@cardiff.ac.uk)

Free School Breakfast Initiative

The Free School Breakfast Scheme is a Welsh Assembly Government initiative providing a free healthy breakfast for primary school children throughout Wales. Staff at CISHE were commissioned to



undertake a Cluster Randomised Control Trial of the initiative in Community First areas. Fifty eight schools were recruited into the evaluation and randomly allocated to an intervention or control condition. Baseline data collection in all intervention and control schools has been completed and the collection of 4 month follow up data is underway. One year follow up data will be collected in 2006.

A process evaluation is also examining how the initiative is being implemented. This focuses on the views and experiences of LEAs, school teachers, caterers and pupils and includes observation of the scheme operation. A preliminary process report has been submitted to the Welsh Assembly Government and will be published shortly. Principal Investigator Simon Murphy (MurphyS7@cardiff.ac.uk)

Health Challenge Wales – researching roles and responsibilities for improving health

The project was initiated in April 2004 and is progressing smoothly and to time. Focus group materials have been developed and these will be piloted in the coming weeks. For the in-depth interviews with key stakeholders, relevant literature is currently being reviewed and a pilot interview schedule developed. For the survey of organisations and social groups, literature and measures are currently being collated and a pilot questionnaire developed. Principal Investigator Simon Murphy (MurphyS7@cardiff.ac.uk). For more details see page 3.

Leicestershire Incontinence Follow-up Trial (LIFT Study)

This study, based in Leicester, is a collaboration between the Leicester Department of Health Sciences and CISHE.

Urinary symptoms pose a huge health care burden with 200 million people suffering from incontinence worldwide and are recognised as a priority area for development of integrated continence services. The Leicestershire MRC incontinence programme undertook a randomised controlled trial of a new continence nurse practitioner (CNP)-led service for urinary symptoms, with outcomes at 3 months (immediately post-treatment) and 6 months. The new service proved to be a promising model of service delivery. The aim of the current project is to determine the long term clinical and cost-effectiveness of the CNP led service and will provide 4, 5 and 6 year outcomes. Long term outcomes of nursing service interventions have not previously been available. The study, which will last 15 months, commenced in January and piloting and validation of measures is underway. Contact Chris Shaw (ShawC@cardiff.ac.uk)

National Evaluation of Healthy Living Centres

The Big Lottery Fund (BLF), formally known as the New Opportunities Fund, funded 350 Healthy Living Centres (HLCs) across the UK and, in conjunction, commissioned a major national evaluation to assess their effectiveness in meeting their key aims and objectives. The evaluation team, known as the Bridge Consortium, is led by the Tavistock Institute in London and includes University of Glasgow's MRC Social and Public Health Sciences Unit, Edinburgh University's Research Unit in Health, Behaviour and Change, Lancaster University's Institute of Health Research, the Institute of Public Health in Ireland, the London School of Economics' Personal Social Services Research Unit, and the School of Social Sciences at Cardiff University. CISHE staff are involved in the evaluation from Cardiff and are responsible for undertaking the work in Wales. In addition to funding from the Big Lottery Fund, the

Health Promotion Division based in the Welsh Assembly Government have provided additional funds to extend the evaluation in Wales and to ensure the production of a report that reflects and addresses the country's current circumstances and policy priorities. The evaluation is being funded for a further year, until December 2006, to track progress over a longer time period and to integrate data from the qualitative case studies, survey data from the health monitoring system (HMS) and annual monitoring data provided by the HLCs themselves. Principal Investigators Gareth Williams (WilliamsGH1@cardiff.ac.uk) and Eva Elliott (ElliottE@cardiff.ac.uk)

Realising Professionalism: An exploration of GPs' understandings and experiences of professional practice and modernisation in Wales

This project has been developed with Cardiff University School of Postgraduate Medical and Dental Education (PGMDE). It is funded by Cardiff University and will run for 18 months. The aims and objectives of the research were developed in consultation with education and social science researchers, and staff responsible for the postgraduate education of GPs in Wales. Public meetings on the changing work and learning environments for doctors in the UK also played a role in the research development. A research presentation to the School of Social Sciences in March 2005 focused on the development of the methodological and theoretical background to the project. Two consultation committees play an ongoing role in the research - a research management group (with members from CISHE and PGMDE) and a research advisory group comprising lay and expert members.

The research is attentive to current sociological ideas that highlight how personal narratives about professionalism, workplace identity and governance inform the everyday experiences of general practitioners. It is expected that this project can contribute to understandings about the training and life-long learning of medical practitioners in Wales.

The research has been approved by the NHS REC committee. Progress on the project was slowed by developments in the NHS Research Ethics Committee (REC) process. All questions about NHS REC applications related to research with general practitioners have now been fully clarified with the support of staff at Cardiff University and the lead NHS REC.

Data collection will begin in July. Forty GPs will be interviewed across Wales. The 40 GPs interviewed for this study will be working in a training practice, non-training practice, or training as a GP registrar. GPs will also be selected on the basis of whether their practice is located in an area of social deprivation. Principal Investigator Sara MacBride-Stewart (Macbride-stewartS@cardiff.ac.uk)

Senior Doctors' Perceptions of the Impact of Short-Training Courses on Knowledge and Professional Development: A Qualitative Study

This qualitative research explores the nature of continuing medical education by drawing on doctors' perspectives on continuing learning and professional development. Research in this area has failed to address the complexity of learning constructed by the interplay of formal continuing education, doctors' learning and professional experiences and organisational constraints.

The research seeks to understand how senior doctors' learning and professional identities might influence their assessments of continuing medical education. It also aims to understand the role that organisations might play in shaping senior doctors' attitudes and understandings of learning and professional development.

Research methods will involve field-notes and oral history interviews with senior hospital doctors sampled for diversity of gender, age, clinical experience and clinical speciality. The results of the study will inform the development of continuing medical education, taking account of diversity. The project will run from April to December 2005. Principal Investigator Maria Tsouroufli (TsouroufliM@cardiff.ac.uk)

Social Capital, History, and Policy Implementation: A Synthesis and Review of the Literature

This project is led by the Institute for Health Research at Lancaster University. The project will contribute to the evidence base for complex interventions that aim to improve population health through social development. It has adopted an unusual but innovative approach to the definition of 'evidence', focusing in particular on the salience of the social history of places. In particular, it will illuminate how relationships within places, especially those between residents and public sector organisations, are shaped by past experiences. The project will synthesise literatures from a range of sources and disciplines and develop recommendations on how these resources might best be utilised by policy-makers to inform current and future interventions.

The work is based in areas that were the sites for Home Office Community Development Projects in the late 1960s and early 1970s and CISHE will be involved in collecting data from one of these sites in the Upper Afan Valley. For details on the Welsh contribution to the project contact Eva Elliott (ElliottE@cardiff.ac.uk) or Emily Harrop (HarropE@cardiff.ac.uk)

The Welsh Health Impact Assessment Support Unit (WHIASU)

Health impact assessment provides a systematic yet flexible and practical framework that can be used to consider the wider effects of local and national policies or initiatives and how they, in turn, may affect people's health. It also provides a way of addressing the inequalities in health that continue to persist in Wales. WHIASU is funded by the Welsh Assembly Government, through the Wales Centre for Health and is resourced to cover both North and South Wales. WHIASU also conducts research that supports the development of the approach. They are currently part of a European

research project led by the European Observatory on Health Systems and Policies and funded by the European's Commission's Public Health Programme. The project aims to map the use of HIA, evaluate its effectiveness and identify the determinants for its successful implementation. Further detail of this project can be found on the project website: www.euro.who.int/observatory/Studies/20040310_1.

Principal Investigators Gareth Williams (Director) (WilliamsGH1@cardiff.ac.uk), Eva Elliott (Project Manager) (ElliottE@cardiff.ac.uk) or Alison Golby (Research Associate) (GolbyA@cardiff.ac.uk). (Also Liz Green (Health Impact Assessment Support Worker) (Liz.Green@WCH.walesnhs.uk) Website: www.whiasu.cardiff.ac.uk

Health Behaviour in School-aged Children (HBSC)

This is a cross-national research study conducted in collaboration with the World Health Organization Regional Office for Europe. The study aims to gain new insight into, and increase our understanding of young people's health and well-being, health behaviours and their social context. Findings from the HBSC surveys are used to inform and influence health promotion and health education policy and practice at national and international levels. Wales, in the form of the Health Promotion Division (HPD) of the Welsh Assembly Government has participated in the HBSC since 1986. There are now 40 participating countries and regions in Europe, North America, and the Middle East.

In collaboration with HPD, CISHE staff have analysed the HBSC to study:

- (i) the validity of self-reported health behaviours and socio-economic status in adolescents;
- (ii) contributors to overweight and obesity in a 4-year cohort;
- (iii) relations between school policies and adolescent risk behaviours.

Principal Investigator Professor Laurence Moore (MooreLI@cardiff.ac.uk)

Projects which have finished in the last year

A Stop Smoking in Schools Trial (ASSIST)



The Medical Research Council-funded A Stop Smoking in Schools Trial (ASSIST) was a pragmatic cluster randomised controlled trial to evaluate the use of a novel approach to reducing smoking amongst adolescents. It involved Year 8 students in 59 secondary schools in South Wales and South-West England. The intervention adopted an informal approach to peer-education rather than the more traditional classroom-based, curriculum oriented approach. Instead, it combined the theory of diffusion of innovation with the notion of peer education and relied on peer-nominated 'peer supporters' disseminating a message of being smoke-free through existing social networks.

The analysis of outcome data is currently underway. One-year follow-up results show a promising effect on smoking uptake in the intervention schools compared with the control schools amongst the baseline 'high-risk' group of occasional and experimental smokers. See <http://www.cardiff.ac.uk/socsi/cishe/pages/projects/assist.html> for further details of ASSIST, including all publications and presentations resulting from the trial. For more information contact Jo Holliday (HollidayJ1@cardiff.ac.uk) and Laurence Moore (MooreLI@cardiff.ac.uk)

The Teenage Alcohol Project (TAP)

The Teenage Alcohol Project (TAP) was jointly funded by the Alcohol Education and Research Council and the Wales Office of Research and Development. The project was an exploratory trial that aimed to develop and evaluate a peer-led, schools-based intervention to reduce the incidence of binge drinking, and was based on ASSIST (see

above). TAP was not designed to identify the effectiveness of the intervention, but aimed to identify whether the intervention was of sufficient promise to merit a further large scale effectiveness trial.

The intervention was found to be feasible and acceptable to schools and students. However, in terms of knowledge and behaviour at six-month follow-up, there were no differences between intervention and control school students. The process evaluation built into the study found that the two days training young people had received to prepare them to be peer supporters was not sufficient to cover satisfactorily the complex alcohol message. Evidence from TAP did not justify investment in a larger scale trial. For further details contact Laurence Moore (MooreLI@cardiff.ac.uk)

European Hospital-based Ethics Programme (EHBP)

A two year international project sponsored by the European Commission and coordinated by the Fondazione Lanza, Padua, Italy. CISHE is the UK partner in this project that ended in May 2005.

The main aims of the project were to survey the need for hospital based ethics education in a range of European countries and to devise a standardised course program based on this survey. A standardised course program has been developed and piloted successfully and a textbook for the course is in the process of being written. Two of the chapters will be written by CISHE staff. For further details contact Professor Søren Holm (HolmS@cardiff.ac.uk)

Evaluation of Equity Training and Advocacy Grants Pilot Programme (ETAG)

CISHE was commissioned by the Public Health Strategy Division at the Welsh Assembly, to evaluate this pilot programme between October 2003 and July 2004. The overall aim of the programme was to increase awareness and understanding of health inequalities and

inequities in access to health care (equity training) and to stimulate new action locally to address unmet needs (advocacy). Twenty six projects were piloted in Carmarthenshire, Cardiff and Denbighshire Local Health Board (LHB) areas. Project activities included training and awareness raising seminars for health and social care professionals as well as research into improving local service delivery.

CISHE conducted an overall programme evaluation and also provided guidance and support to projects on self-evaluation. A summary report on 'learning from the programme' was published by the Welsh Assembly Government in 2005. For further information contact Sarah Francis (FrancisS1@cardiff.ac.uk)

Health impact assessment: its impact on skills, knowledge and action

This exploratory research project was conducted with funding from the Chief Medical Officer in Wales. The overall aim of the research was to provide evidence of how health impact assessment has influenced decisions and built capacity in individuals, communities and organisations. A case study approach was used to provide a rich description of the structures, processes and outcomes of health impact assessments conducted in Wales. The research highlighted a number of ways in which health impact assessments informed decision makers, enhanced the skills and knowledge of informants and contributed to partnership developments. However, the study has also highlighted some barriers in terms of influencing decisions.

The study has been published by the Welsh Assembly Government and a link is available on the CISHE website. The document can be downloaded directly or hardcopies can be ordered from the CISHE office. For further details contact Sarah Francis (FrancisS1@cardiff.ac.uk) or Eva Elliott (ElliottE@cardiff.ac.uk)

Tissue engineered medical technologies: regulation and governance in the UK and EU

We have successfully completed this major project and reported to the ESRC. Publications and dissemination continue, including Alex Faulkner presenting a paper at the Innovative Health Technologies programme workshop at the annual meeting of Health Technology Assessment International (HTAi) in Rome in June 2005. Ingrid Geesink continues PhD research related to the project. Further research investigating the evolution of regulatory policy in this important field of regenerative medicine is under way. For further details contact Dr Alex Faulkner (FaulknerA@cardiff.ac.uk)

Triangle Project



The aim of the Triangle Project, funded by the Welsh Assembly Government under its Sustainable Health Action Research Programme (SHARP) initiative, was to explore ways in which people and organizations, working at a local level, can achieve a greater understanding of the determinants of health and well-being, and how to influence them through active engagement with health and other professionals and relevant strategic agencies and partnership structures. The project worked with local communities and agencies in three very different areas: south Riverside in Cardiff, Gurnos and Galon Uchaf in Merthyr Tydfil, and in Ystradgynlais in Powys.

In all three areas a number of interventions were developed, such as fitness classes for people over fifty in Ystradgynlais; a children's film club in Gurnos and Galon Uchaf; and women's swimming classes in south Riverside. In each case participatory research methods were used to explore what was needed to develop an appropriate response, and evaluate the outcomes.

The team consisted of Gareth Williams (CISHE, School of Social Sciences) Neil Caldwell (community development

consultant), Carolyn Lester (National Public Health Service), Jeanne Davies (community researcher, Ystradgynlais), Pat Gregory (community researcher, south Riverside), Deanne Rebane (community researcher, Gurnos and Galon Uchaf). For further details contact Professor Gareth Williams (WilliamsGH1@cardiff.ac.uk)

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Other Publications

For reports, oral presentations, posters, abstracts and in press publications please see the CISHE website (www.cf.ac.uk/socsi/cishe).

CISHE Working papers

The *CISHE Working Papers* series has been launched. The series forms part of the working papers series already established in the Cardiff School of Social Sciences and will be published primarily in electronic form <http://www.cf.ac.uk/socsi/publications/workingpapers/index.html>

The first CISHE Working Paper is by Bryn Williams-Jones entitled "*Law in Tension with Evolving Ethical Perception: Prenatal Genetic Testing for Sex and Disability*". Forthcoming papers related to CISHE work, and already in the pipeline, focus on adult and adolescent smoking cessation and equity training and advocacy to stimulate new action in Wales to address unmet health needs.

Staff and associates of CISHE are encouraged to write working papers relevant to CISHE research themes, which may take many forms including research reports, journal-style articles, methodological discussions or think-pieces. We have produced a set of guidelines for authors of working papers. To discuss an idea for a working paper, please contact Alex Faulkner (FaulknerAC@cardiff.ac.uk) or one of our Working Papers Working Group (Sarah Francis, Alison Golby, Søren Holm and Bryn Williams-Jones – contact details on page 16)

First Working Paper

Dr Bryn Williams-Jones: *Law in Tension with Evolving Ethical Perception: Prenatal Genetic Testing for Sex and Disability*,

Abstract: Legal prohibitions are often simple responses to highly complex ethical and social problems. Recommendations for legal prohibition of prenatal sex-selection distinguish between testing for sex and for disabling conditions. This distinction appears to be based on an objective difference between gender and disease or conditions that are themselves causes of suffering. But ethical analysis reveals symmetry between these two cases, challenging whether the law is responding to differences in the nature of the test, or to social pressures against discrimination that are better developed with respect to sexism than is the case for disability discrimination. This paper argues that the strongest position against sex-selection is based on a rejection of the parental assessment that a person's sex seriously compromises quality of life together with the dedication of social resources to minimize discrimination based on sex. Some genetic conditions produce disabilities that cannot be alleviated through improved social circumstances; the reasons for not restricting prenatal testing and termination as an option for parents for these conditions are distinguishable from those supporting prohibition of sex-selection. However, the severity and lack of predictability of disability associated with other genetic conditions are strongly contingent on social circumstances. Thus it may be reasonable to acknowledge that serious social reforms are required while at the same time supporting parental assessment of quality of life through testing and termination. But problems to do with the aggregate effects of individual parental choices, together with the need to work toward more supportive social circumstances, emphasize the importance of involving persons with disabilities and their spokespersons in evaluating social circumstances, disability discrimination, appropriate prenatal testing and related information to support parental decisions

<http://www.cf.ac.uk/socsi/publications/workingpapers/abstracts/wrkpaper-ab7>

New Arrivals at CISHE

Carol Desousa

Carol joined CISHE on 1st May 2005 as a Research Fellow / Statistician. Carol's academic background is in statistics. Having graduated from Birkbeck College, London with a BSc in Statistics and Management, she joined the Nursing Research Unit, Kings College London as a statistical officer working primarily on a 3-year cohort study of recently qualified nurses' career choices and pathways. She then completed an MSc in Statistics and Operational Research, Birkbeck College, London and joined the National Evaluation of Sure Start based at the Institute for the Study of Children, Families and Social Issues. In her new post, Carol will be on a part-time secondment to the Health Promotion Division at the National Welsh Assembly primarily working on the analysis of

survey datasets. In CISHE, she is initially working on analyses of the MRC funded smoking cessation in pregnancy trial (SHiP), and will subsequently work on multilevel modelling of data from other completed cluster randomised trials.

Heather Rothwell



Heather graduated from the University of Sussex with a B.A. in Philosophy and later from the University of Wales College of

Medicine with a B.Sc. in Midwifery. She worked as a general nurse and midwife for Pontypridd and Rhondda NHS Trust from 1988 and since October 2003 was responsible for managing and evaluating an Assembly-funded project giving midwifery support to pregnant teenagers. Heather completed an M.P.H. at Cardiff University last year. For her dissertation she looked at the rationale for establishing a midwifery project with the aim of improving the cardiovascular health of pregnant teenagers and their children; evaluation methods and proposed analysis. Heather joined CISHE in May as a statistician. Her work will include developing a survey of organisations in Wales as part of the evaluation of Health Challenge Wales; and exploring the use of Discrete Choice Experiments as a means of determining the preferences of adolescent smokers.

STAFF CONTACT LIST

Professor Laurence Moore	MooreL1@cardiff.ac.uk	029 2087 5387
Mrs Samia Addis	AddisS1@cardiff.ac.uk	029 2087 0098
Mr Stephen Burgess	BurgessS@cardiff.ac.uk	029 2087 7298
Mr Graham Moore	MooreG@cardiff.ac.uk	029 2087 4160
Miss Carol Desousa	DesousaC@cardiff.ac.uk	029 2087 0192
Dr Eva Elliott	ElliottE@cardiff.ac.uk	029 2087 9138
Dr Alex Faulkner	FaulknerAC@cardiff.ac.uk	029 2087 4739
Mrs Sheila Foley	Foley@cardiff.ac.uk	029 2087 9609
Ms Sarah Francis	FrancisS1@cardiff.ac.uk	029 2087 9053
Ms Ingrid Geesink	GeesinkI@cardiff.ac.uk	029 2087 5184
Dr Alison Golby	GolbyA@cardiff.ac.uk	029 2087 9161
Miss Emily Harrop	HarropE@cardiff.ac.uk	029 2087 0099
Miss Jo Holliday	HollidayJ1@cardiff.ac.uk	029 2087 9053
Professor Søren Holm	HolmS@cardiff.ac.uk	029 2087 5447
Miss Victoria Hopkins	HopkinsV@cardiff.ac.uk	029 2087 9052
Dr Sara Jones	JonesASM@cardiff.ac.uk	029 2087 9052
Ms Rebecca Lynch	LynchR@cardiff.ac.uk	029 2087 7298
Dr Sara MacBride-Stewart	MacBride-StewartS@cardiff.ac.uk	029 2087 5184
Mrs Zoë Macdonald	MacdonaldZ@cardiff.ac.uk	029 2087 6638
Dr Simon Murphy	MurphyS7@cardiff.ac.uk	029 2087 9144
Mrs Heather Rothwell	RothwellH@cardiff.ac.uk	029 2087 0192
Dr Christine Shaw	ShawC@cardiff.ac.uk	029 2087 9160
Miss Lorelei Simon	SimonL4@cardiff.ac.uk	029 2087 9052
Miss Merryn Smith	SSOMS7@cardiff.ac.uk	029 2087 0099
Dr Katy Tapper	TapperK@cardiff.ac.uk	029 2087 9164
Mr Nick Townsend	TownsendN@cardiff.ac.uk	029 2087 0099
Dr Maria Tsouroufli	TsouroufliM@cardiff.ac.uk	029 2087 5360
Professor Gareth Williams	WilliamsGH1@cardiff.ac.uk	029 2087 5500
Dr Bryn Williams-Jones	Williams-JonesB@cardiff.ac.uk	029 2087 5184

CISHE Farewells

Rachel Clark

Having worked on the Free Healthy Breakfast Evaluation and successfully completing her MSc in Nutrition, Physical Activity and Public Health, Rachel Clarke left CISHE in May. She takes up a new post as Coronary Heart Disease Nutrition Project Coordinator for the Newport Local Health Board.

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

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

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

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