



NUI Galway
OÉ Gaillimh



HPRC
Health Promotion Research Centre



Health Promotion Research Centre Summary of Activities 2017

Welcome

2017 has been another innovative and productive year for the HPRC at NUI Galway. The continued focus on key topics of national and international interest has meant that our work continues to be both relevant and responsive to the needs of populations, service providers and to academic scholarship. The 21st annual Health Promotion Conference, chaired by Dr Margaret Hodgins, showcased the Centre's work on 'Promoting Health and Wellbeing in the Workplace' and was hugely successful with the highest number of conference attendees to date.

We continue our collaboration with the World Health Organization (WHO) as the HPRC has been re-designated as a WHO Collaborating Centre for Health Promotion Research under the leadership of Professor Margaret Barry for a further four years. This places us at the forefront of international health promotion scholarship contributing to the WHO global and European work programmes.

This is my final report as Director of the HPRC, as at the end of 2017 I handed over the leadership of the Centre to Dr Colette Kelly. I wish her every success in her new role and look forward to seeing the Centre grow in strength under her direction. I have enjoyed my term as Director working with a dedicated and innovative team that secured recognition for the Centre's outputs in the independent Institutional Review of Research Performance in 2016 as '*internationally excellent in terms of originality, significance and rigour making a significant contribution to the field*'. This achievement reflects the active participation and contribution of all HPRC members to whom I am indebted.



Thanks, as always to all,
Dr Jane Sixsmith, Director 2017, Health Promotion Research Centre

Promoting Health and Wellbeing in the Workplace: Conference 2017

The annual Health Promotion Conference 'Promoting Health and Wellbeing in the Workplace' took place on Thursday 15th June 2017 and was a very successful event with 221 delegates. The conference focused on promoting workplace health and wellness through fostering a culture of health and addressing change at all levels in organisations.

This event was in the context of the World Health Organization 'Healthy Workplace Framework', the 'Healthy Ireland Framework' and the current development of a 'National Healthy Workplace Framework'. The conference explored ways of promoting health and wellbeing in workplaces, with particular emphasis on the application of a whole organisation approach. The event presented an international and national perspective on this topic from policy, practice and research standpoints.

The programme and the presentations from the conference speakers are available to download on the conference website at: www.nuigalway.ie/hprc



From left to right: Professor Anne Drummond, Ms Biddy O'Neill, Ms Adrienne Lynam, Professor Dame Carol Black, Professor Paul Fleming, Minister Marcella Corcoran Kennedy, Dr Paul Litchfield, Dr Margaret Hodgins

Researcher Profile: Enda Campbell

In 2016 I graduated from NUI Galway's MA in Health Promotion programme. Workplace health promotion was always a field that I was passionate about- a departure of sorts from my background in Sport and Exercise Science. To further this interest, my thesis analysed the Healthy Ireland survey of 2015 exploring determinants of sitting time in Irish adults. I joined the HPRC in February 2017 in order to develop the new Postgraduate Certificate in Workplace Wellness, the first of its kind in the UK and Ireland. Under the guidance of Drs Margaret Hodgins and Mary Jo Lavelle, the new workplace wellness course targeted those who have responsibility for health and wellbeing initiatives in their workplace. This course is an important part of Healthy Ireland's Healthy Workplace Framework and shows government commitment from the Department of Health and Department of Business, Enterprise and Innovation. NUI Galway and the HPRC has been key to promoting and fostering good practice in workplace health promotion and the graduates from the workplace wellness course will, in time, change the lives of many workers across Ireland.



Enda Campbell, NUI Galway; Minister of State Catherine Byrne TD and Minister of State Pat Breen TD; Biddy O'Neill, Department of Health at the programme launch.

Spotlight on Research: Parents' Experiences of Weaning on the Island of Ireland

Weaning is an important time in a child's development and both the timing and types of foods offered to infants can have significant health implications. Guidelines for parents in both Northern Ireland and the Republic of Ireland provide advice to wean between 4 and 6 months of age. Early weaning and poor infant diets are more common among disadvantaged families.



This project used a qualitative research design to investigate: parents' knowledge, attitudes and practices in relation to weaning; to gain insight into the key barriers and facilitators that parents face when weaning their own child; to investigate the key sources of information and guidance that parents view as both practical and helpful, and to collaborate with parents on possible weaning support mechanisms.

Families at a disadvantage were recruited through community groups and social media. Nineteen focus groups were conducted with 83 participants across the island of Ireland. Thematic analysis illustrated that weaning is challenging and is just one part of the jigsaw in parenting and family life. For the families involved, weaning information and advice was considered insufficient. Accessible, timely and practical advice was needed.

This project was funded by Safefood and the Principal Investigator in NUI Galway was Dr Colette Kelly with collaborators in University College Cork, Queen's University Belfast and Trinity College Dublin. Stakeholders including parents advised on the research tools and recommendations.

Dr Kelly is a collaborator on a linked project (www.cherishstudy.ie) which aims to develop an intervention to promote healthy infant feeding practices in Irish primary care and is funded by the Health Research Board.



Visiting Scholar: Line Anne Roien

In 2017, Line Anne Roien, a PhD-fellow from the Danish School of Education, Aarhus University, Denmark, visited the HPRC for four weeks. In her PhD study she explores school based sexuality education in Denmark, and more specifically, how teachers "translate", interpret, transform and enact in practice the Danish national curriculum aims and guidelines related to sexuality education. While at the HPRC, she presented her study in the research seminar series and spent her time working on a book on the issue for teacher training students. Her research visit was funded by the Erasmus+ programme.





Galway City Strategy to Prevent and Reduce Alcohol-Related Harm 2013 -2017

In 2013 Galway was the first city in Ireland to develop a strategy to prevent and reduce alcohol-related harm. The strategy was developed by Galway Healthy Cities Alcohol Forum (GHCAF) in collaboration with a wide range of organisations and community groups.

One of the strategy goals is to monitor and evaluate its progress and impact. Therefore, this current evaluation was commissioned by the HSE and conducted by Co-PIs: Dr Catherine-Anne Field and Professor Saoirse Nic Gabhainn, HPRC, NUI Galway, with the following aims and objectives:

- Examine the role of stakeholders in the implementation of the alcohol strategy
- Examine and appraise the structures, practices and procedures adopted and compare these with best practice examples
- Determine what goals and strategic actions have been achieved
- Identify the barriers and enablers to the implementation of the alcohol strategy
- Make recommendations that will strengthen achievements and support strategy development.

The preliminary report is currently under consultation with stakeholders before finalisation.

Current Research Projects

As a consistently vibrant and productive research centre, the HPRC has in the last five years been involved in over 37 national and international funded projects with a cumulative grant income of over €4.4 million. Detailed descriptions of all our projects are available on our website www.nuigalway.ie/hprc

- Health Behaviour in School-aged Children
- Irish Workplace Behaviour Survey
- IMPACCT: Health Literacy in Health Professional Education
- Smart Patients
- Review of Effective Interventions for Promoting Adolescents' Mental Health
- Evaluation of the MindOut Programme in Post-Primary Schools
- Feasibility Study on the Implementation of MindOut in Youth Settings
- Interprofessional Learning Programme
- Evaluation of Galway City Strategy to Prevent and Reduce Alcohol Related Harm
- Development of a Specialist Certificate in Workplace Wellness
- An Accreditation Model for Workplace Health Promotion: A Scoping Study
- Promoting Healthy Eating and Physical Activity in Local Communities
- Public Awareness of Parenting, Prevention and Family Support Services
- Parents' Experiences of Weaning on the Island of Ireland.

Contact Us

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