



OÉ Gaillimh
NUI Galway



HPRC
Health Promotion Research Centre



Health Promotion Research Centre Summary of Activities 2016

Welcome

As well as being another innovative and productive year for the Health Promotion Research Centre 2016 marked 30 years since the publication of the Ottawa Charter for Health Promotion (World Health Organization, 1986). This seminal document is the foundation for Health Promotion globally and for the HPRC with as much relevance today as when it was first published. 2016 also marked the 20th anniversary of the Annual Health Promotion Conference the title of which was: Knowledge to Action: using research evidence in Health Promotion policy and practice, opened by Minister Corcoran Kennedy, Minister of State for Health Promotion. The theme of knowledge to action is reflected in the research carried out in the HPRC, not just in the topic areas including: childhood health and well-being, mental health promotion, health communication and workplace health promotion, but in the applied nature of the research undertaken. The on-going collaboration with the World Health Organization through our Collaborating Centre for Health Promotion Research remains a strategic focus and places us at the forefront of international Health Promotion scholarship. The activities of HPRC would not be possible without the on-going contribution of our research partners, funders, HPRC Principle Investigators, researchers and PhD scholars.

Thanks, as always to all,
Dr Jane Sixsmith, Director 2016, Health Promotion Research Centre



Knowledge to Action: 20th Anniversary Conference 2016

The 20th Anniversary Annual Health Promotion Conference Knowledge to Action: Using Research Evidence in Health Promotion Policy and Practice, was hosted at NUI Galway on 15th June, 2016. It was an enormous success and many thanks to our presenters and delegates for making this such a well-received event.

This year's programme included contributions from leading international and national keynote speakers, chairs and workshop leaders who have played a key role in shaping the development of Health Promotion in Ireland and globally. The focus was on the use of research evidence in developing and implementing intersectoral policy and innovative practice for Health Promotion.

This meeting marked 30 years since the publication of the Ottawa Charter for Health Promotion (WHO, 1986) and also celebrated 20 years of NUI Galway hosting the annual Health Promotion conference and our Health Promotion Graduate Reunion.



Professor Jan de Maaseneer, University President; Dr James J. Browne, Professor Don Nutbeam, Minister Corcoran Kennedy, Professor Margaret Barry & Dr Gauden Galea

We were fortunate to collaborate with the Department of Health, Health Service Executive, Association of Health Promotion Ireland and the Galway University Foundation in hosting this year's event, and we gratefully acknowledge their support and engagement in planning and co-funding the conference programme and celebratory activities.

Details of our 2017 Conference are available at www.hprcconference.ie



Delegates doing morning stretches prior to the plenary session

Postdoctoral Researcher Profile: Leigh-Ann Sweeney

In 2014 I graduated with a PhD in Health Promotion at NUI Galway. Prior to this, I worked as a Medical Social Worker at University Hospital Galway. Since my PhD I undertook a postdoctoral research post in the School of Psychology and moved to the HPRC in 2015 to work on Challenges in cancer survivorship - costs, inequalities and post-treatment follow-up (ICE Project), alongside Professor Linda Sharp, Newcastle University and Dr Michal Molcho, NUI Galway. This research programme aims to investigate inequalities in clinical and patient-reported outcomes between rural and urban cancer survivors. The programme is undertaken by three HRB Interdisciplinary Capacity Enhancement (ICE) Award research fellows specialising in epidemiology, health economics and health services research/psycho-oncology. I have had the opportunity to disseminate my research through conferences and peer reviewed publications. Moreover, I have been involved in teaching within the Discipline of Health Promotion since 2009.

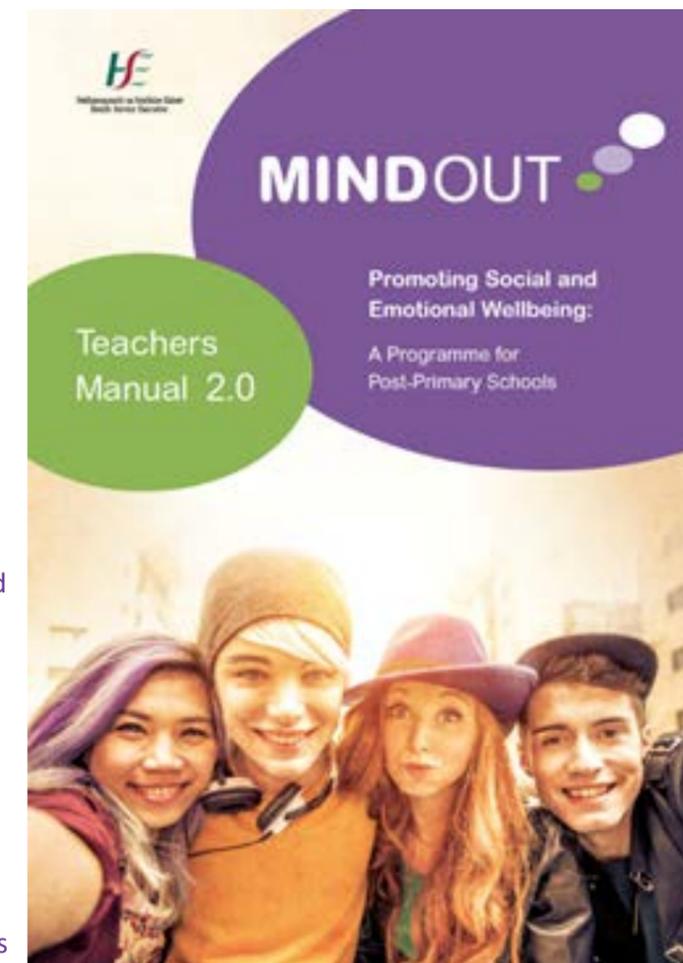


Spotlight on Research: MindOut Schools

This study, led by Professor Margaret Barry and funded by the Health Service Executive, involves the evaluation of the recently revised MindOut social and emotional wellbeing programme for young people aged 15-18 years in post-primary schools in Ireland.

The MindOut programme provides a structured resource for supporting the social and emotional wellbeing and positive mental health of young people in the senior cycle years of school through strengthening their social and emotional skills and competencies for healthy development. Employing a cluster randomised controlled study design, this evaluation is being undertaken in 34 DEIS post-primary schools nationally in order to determine the impact of the programme on students' social and emotional skills, academic outcomes and their mental health and wellbeing. In addition to examining programme impact, the study will also evaluate the process of implementation in order to identify key conditions necessary for ensuring effective programme delivery.

The evaluation commenced in September 2016, data collection is currently underway in schools and key findings will be produced for September, 2017.



Spotlight on Research: Health Behaviour in School-aged Children (HBSC)

Health Behaviour in School-aged Children (HBSC) is a cross-national study conducted in collaboration with WHO Europe every four years. HBSC collects information on the key indicators of health, health behaviours, and the contexts of health for young people. In 2016 short reports on aspects of child health and wellbeing have been prepared for the Institute for Public Health, the Health Research Board, the Tobacco Free Research Institute, and the Department of Children and Youth Affairs and the Children and Young People's Services county committees. In addition we have continued the production of HBSC Ireland Factsheets, covering smoking behaviour, drunkenness, dieting, exercise and sexual behaviour. The seventh Health Policy for Children and Adolescents report on the major cross-national findings has been published. This has been complimented by our contribution to other international reports from UNICEF, OECD and WHO. For information on HBSC Ireland and access to all publications see: www.nuigalway.ie/hbhc.



Spotlight on Research: Health Literacy for Healthy Cities

A scoping review was undertaken to explore activities that promote health literacy in Healthy Cities to facilitate Galway Healthy Cities stakeholders in making evidence informed decisions on developments that could promote health literacy for the people of Galway. The research comprised three stages: An initial rapid synthesis of existing evidence on health literacy in the context of Healthy Cities, an online search of WHO European Healthy Cities websites and consultation with five expert informants. Very few activities were identified and those that were focused on health literacy in health service settings targeting health professionals. While both health literacy and Healthy Cities are identified as priority areas for action by the World Health Organization our findings suggest that to date there is a lack of implementation of interventions in practice.



Current Research Projects

As a consistently vibrant and productive research centre the HPRC has in the last five years been involved in over 27 national and international funded projects with a cumulative grant income of over €4.4 million. We have published over 128 peer reviewed publications, 80 reports and given 244 presentations. A recent HPRC project review showed that we are actively translating our research into policy and practice. Detailed descriptions of all our 2016 projects are available through the links below or at our website www.nuigalway.ie/hprc.

- [A Review of the Evidence on Enhancing Psychosocial Skills Development in Children & Young People](#)
- [Cancer Survivorship](#)
- [Combating Childhood Obesity through Improving Dietary & Food Environment Measurements](#)
- [Developing a Checklist for Intersectoral Partnerships for Health Promotion](#)
- [Evaluation of the MindOut Programme in Post-Primary Schools](#)
- [Health Behaviour in School-aged Children](#)
- [Health Literacy for Healthy Cities](#)
- [Inequalities in Childhood Cancers](#)
- [Interprofessional Learning Programme](#)
- [SPAN: Science for Prevention Academic Network](#)
- [Intimage](#)
- [Irish Workplace Behaviour Survey](#)
- [Re-development of the MindOut Programme for Youth Settings](#)
- [Safefood Weaning Study](#)
- [Study on Bullying & Incivility in the University Setting.](#)

Contact Us

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