



The e-newsletter.

The IHPE Journal Best Paper Award 2007

Each year the International Journal of Health Promotion and Education gives an award for the best paper it has published.

This year the award was named **The Pittu Laungani Award** in memory of our late colleague Pittu, and the recipients of the award were **Rachel Dixey, Mary Rudolf and Joe Murtagh** for their paper **'Watch it: Obesity Management for children: A qualitative exploration of the views of parents.'** which appeared in *Volume 44 issue 4* of the Journal.

The paper discussed qualitative data from parents who had children attending the 'Watch it' programme and explored the worries and psychological issues faced by parents bringing up an obese child.

The authors gave a seminar on their paper at Leeds Metropolitan University in October and IHPE took advantage of this opportunity to present certificates.

Professor Jackie Green,
President, IHPE



Newsletter

Volume 2, Issue 1

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Hello again,

Its taking time to get the copy out of you, but at last I have enough to start tapping away at the keyboard again. Thank you to everyone who has made the effort.

To the rest of you, you can send your contributions to Anne Woodcock, the newsletter editor at :

anne.woodcock@nhs.net

Please head your communication IHPE e-newsletter to make my life easier.

Deadline for the next edition will be **31st March** please.

From the Shaping the Future Collaboration newsletter

DEVELOPING HEALTH PROMOTION AND COMMUNITY WELL-BEING

At the moment we are working with a group of PCT's, Local authorities and Volunteer organisations in developing and testing the Health Promotion and Community Well-Being Organisation and Partnership Awards.

Why are we launching an Awards scheme?

The Royal Society of Health Award would provide external endorsement of an organisation's commitment to health promotion and community well-being and could:

- Strengthen the organisation's profile in the community and with the local media
- Be developmental for the organisation or partnership and provide the opportunity to reflect on progress, with external advice and support if needed or wanted
- Strengthen the recognition of the importance of health promotion and community well-being nationally and locally
- Motivate and encourage staff
- Provide evidence for external agencies which monitor standards
- Provide evidence in support of tenders for service provision

What are the criteria? How will they be assessed?

The level and depth of assessment are tailored to the size and capacity of the organisation or partnership applying. It will be based on a portfolio of existing evidence, together with a written commentary. The applications are being considered by a peer appraisal group and discussed with the organisation. We want the awards to offer a developmental and supportive process, and there may be two or three different levels of Award. There is still opportunity for Local Authorities and Volunteer organisations to get involved.

If you are interested please contact Jenny Griffiths, GriffHobbs@aol.com

The London Teaching Public Health Network

The recently established London Teaching Public Health Network has as one of its priority areas the development and training needs of the public health workforce in the community and voluntary (Third) sector.

On behalf of the Network Lorraine Williams is sending out an invitation to take part in focus groups.

Please note that these focus groups are aimed at those working in the community and voluntary sector in London only, and not including NHS staff.

The focus group sessions will be held on March 20th and 25th.

If you know anyone working in this sector please could you forward this information on to them.

The Network is keen to explore both the strategic issues and the experiences of front line staff and their views.

Expenses for attending will be covered, and if you want to participate or require more information contact: Lorraine Williams,

Tel: 020 7436 5816

Email:

Lorraine.Williams@lshtm.ac.uk



2nd Annual Conference for the Specialised Health Promotion Workforce

Over 120 delegates attended this conference organised by the *Shaping the Future Collaboration* in December 2007. The presentations opened with members of the collaboration - the Royal Society of Health, the Faculty of Public Health, the UK Voluntary Register for Public Health Specialists and our own Institute of Health Promotion and Education - each providing an overview of their role and contribution. The position of health promotion in each of the 4 countries of the United Kingdom and Ireland was then outlined with strong support being expressed for specialist health promotion. A number of focused workshops were held allowing delegates to pursue areas of special interest. The final plenary by Viv Speller drew on international developments to make a series of recommendations centred on the following priorities for action:

- putting healthy public policy into practice
- strengthening structures and processes in all sectors
- towards knowledge based practice
- building a competent health promotion workforce
- empowering communities

She also identified implications for the UK health promotion workforce.

This powerpoint presentation, along with those of other plenary speakers can be downloaded from:

http://www.specialisedhealthpromotion.org.uk/conference_info07.php

Workshop reports and a summary of views of the specialised health promotion workforce can also be accessed.

**Professor Jackie Green,
President, IHPE**

Useful new booklet

From Professor Stephen Palmer

There is a new free downloadable HSE booklet on stress prevention:

<http://www.hse.gov.uk/pubns/misc686.pdf>

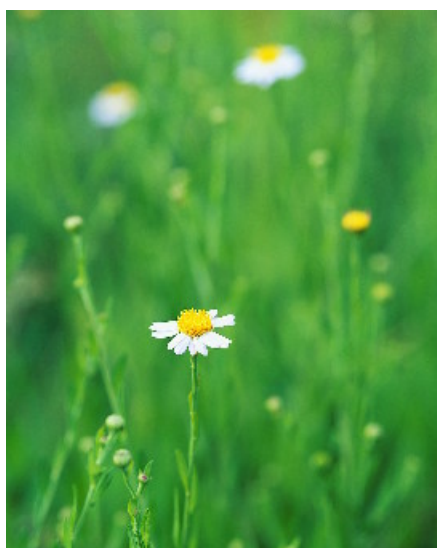
From Elaine Tilling

Infant Feeding Survey

The Scientific Advisory Committee on Nutrition (SACN) has published their review of the findings from the Infant Feeding Survey 2005. This report highlights implications for policy and recommends options for improving infant feeding practices in the UK.

More information is available at:

<http://www.dh.gov.uk/en/Healthcare/Maternity/Maternalandinfantnutrition/index.htm>



From Jenny Griffiths at the RSH

JOIN THE MOVEMENT TO A HEALTHY SUSTAINABLE FUTURE

Why we must all act now

At the end of January, 19 organisations – including the Royal Society of Health - signed a statement issued by the Faculty of Public Health that it was time to act on climate change in order to avert an impending public health catastrophe of immense proportions.

We are now very close to a global average temperature increase of two degrees centigrade, or 450 parts per million carbon dioxide equivalent, beyond which dangerous climate change is probably inevitable. We need to mobilise for action at every level –

individual, organisational, political. We all need to reduce our carbon emissions substantially *over the next five years* before climate change becomes unmanageable.

As well as the obvious health consequences due to heat waves, flooding and so on, the global health impacts of climate change on the UK include rising food prices due to crop failure (which you will have noticed is already happening), and armed conflict over loss of land in Asia and Africa leading to massive population displacement. But most fundamentally of all, climate change and

other pressures are destroying the evolutionary context in which we humans developed and to which we are adapted. We are losing three species an hour, six out of ten species are very likely to become extinct: we are entering the sixth mass extinction of life on earth.

Action on climate change also helps with other major health priorities. Using cars less reduces carbon dioxide emissions and encourages people to walk and cycle more. A diet with less meat and processed food is healthy as well as being lower in carbon.

Resources to help you

Climate Change Speaker training on 14th March in London

We have arranged for COIN (Climate Outreach and Information Network - see <http://coinet.org.uk> for further information) to run a day's speaker training for those of us in health interested in communicating with our own workplace, other NHS organisations, and our local communities. The training develops your speaking skills and builds your confidence in communicating the climate change message to help people take action.

It will be on **14th March at the Friend's House, Euston Road, London.**

To cover costs the fee for the day will be £50.

Email Alison Hill [<mailto:alison.hill@sepho.nhs.uk>](mailto:alison.hill@sepho.nhs.uk) if you are interested in attending. We will send out a programme and a booking form shortly.

Can you send this round your networks; we would be glad if you could let others know about the training.



More resources to help

A guide '*Sustaining a Healthy Future: Taking Action on Climate Change*' has been published by the Faculty of Public Health in association with a wide range of other health groups and organisations. It is short, accessible and offers lots of practical ideas. A copy has been sent to every Primary Care Trust in England. You can download it from the Faculty's website:

http://www.fph.org.uk/resources/sustainable_development/sustaining_a_healthy_future.asp

We have set up a Health and Sustainable Development network to provide support – see www.healthandsustainability.net.

The Faculty of Public Health also has an e-group which could enable you to share ideas. I am available to speak at and join in workshops.

What you can do

As well as taking action as individuals, families, groups and organisations, health promotion staff can do so much to mobilise both the health community and the public.

You build capacity, you help people to make informed choices through information, resources, training and support, you empower communities in

all the different settings, you develop health programmes and services. Your work can touch everybody's lives.

- Walking for health schemes could promote discussion about carbon literacy amongst walkers.
- Food and health programmes could highlight that healthy diets are much lower in carbon emissions.
- You could bring the ideas in the Eco-Schools programme (see <http://www.ecoschools.org.uk>) into the Healthy Schools programme.
- You could bring messages concerning climate change into workplace health programmes.
- You could develop health promotion resources on carbon reduction.
- You could run community sessions on carbon literacy, promoting carbon audits in households and encouraging people to measure their progress in reducing their carbon emissions as a matter of habit.

You will have lots of other ideas.

Jenny Griffiths OBE FFPH FRSH
GriffHobbs@aol.com



IHPE support for the Alcohol Health Alliance UK

From Richard Willis, Immediate Past President, IHPE

A new coalition launched in November 2007 and supported by IHPE calls on the Government to do more to prevent the rise in alcohol-related diseases.

The **Alcohol Health Alliance UK** is a ground-breaking coalition of 24 organisations whose mission is to reduce the damage caused to health by alcohol misuse and who will work together to:

- Highlight the rising levels of alcohol-related health harm
- Propose evidence-based solutions to reduce this harm
- Influence decision-makers to take positive action to address the damage caused by alcohol misuse

While loose coalitions have previously been formed on specific topics in the medical field, notably tobacco control, this is the first time that a group has existed specifically to co-ordinate campaigning on alcohol, bringing together medical bodies, patient representatives and alcohol health campaigners. The formation of the Alliance comes at a time when:

- 13 children a day are hospitalised as a result of alcohol misuse
- Alcoholic liver cirrhosis has increased by 95% since 2000, and by 36% over the last two years to 2006 and is still increasing
- Overall alcohol-related deaths have increased by 18% from 2002-2005
- More people die from alcohol-related causes than from breast cancer, cervical cancer and MRSA combined.
- The 'passive effects' of alcohol misuse are catastrophic—rape, sexual assault, domestic and other violence, drunk driving and street disorder—alcohol affects thousands more innocent victims than passive smoking.

The **Alcohol Health Alliance UK** will campaign for:

- Dedicated funding for alcohol treatment and prevention strategies
- Increased taxation on alcohol
- A ban on alcohol advertising before 9pm and in cinemas apart from 18 rated films
- Promotional material to carry information on health-related harm
- The drink-driving limit to be reduced to the E.U. standard of 0.5g/l and a near zero limit for new drivers.





Request for help

From George Madine, IHPE Council member

I have been researching work and how it affects self esteem and overall psychological health for the past six years, but *I need more people in the survey* to make sure that I have covered a sample which is indicative of the working population as a whole. You can see some of the preliminary results below.

Ideally, I need firms or organisations to take part that will let me survey their work force by a simple questionnaire that only takes 5 min to complete; this can even be administered by the organization without me present, this gives me the numbers I need. *Individuals can take part by email.* This can benefit organisations by knowing if you are considered to be a “good” employer by your workers and will tell you how to achieve this if the answer is no. “Good” employers have happier more motivated workers with benefits to both managers and workers. Contact george@circlewithin.co.uk

Firms or organisations of any size can take part and individuals if they want to.

Preliminary results that need confirming

Women tend to have a lower self esteem and lower overall psychological health score. There is a significant correlation with age and self esteem for women meaning that women's self-esteem tends to drop with increasing age. This is probably due to (according to the work of Dweck and Lindt 1979) schools giving young women artificially high expectations in the workplace. With increasing age, few women meet these expectations and they believe that they are to blame (they internalise blame, men blame external factors not themselves) with a resultant fall in self-esteem.

With age, women have an increasing tendency to feel worthless, have an increasing inability to make decisions and a belief that they are unable to find solutions to problems. This is not seen in men and is probably linked to the previous point.

The firm that they work for is important to women but not men. It appears that women would prefer to do more menial work for a “good” firm whilst the type of work is important to men

This is probably linked with men constantly trying to prove competence to others which is not seen in women. This is why men are generally more comfortable working within in their area of competence and expertise than women.

A big issue for men is determining one's work and how one works and this may be related to status and control.

Interestingly, for both sexes being a manager also seem to result in overall higher self esteem but this does not hold for supervisors who are the most stressed of all. This may be that they are often promoted from the shop floor and are working outside their area of expertise.

Can everyone sign up for this individually please and/or ask their workplace to take part.?



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Global Health & Development Conference at Yale

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Full List and Conference Schedule at

<http://www.uniteforsight.org/conference>

CENTRE FOR COACHING CERTIFICATE IN COACHING

(conversion course for qualified counsellors & psychotherapists)

3-7 MARCH 2008

Venue: Broadway House, 3 High Street, Bromley BR1 1LF

Course fee: org £1385 incl vat; ind £1025 incl vat

IHPE Conference

Our joint conference with the National Fluoride Information Centre will be held in Manchester on the 15th May 2008, followed by our Annual General Meeting.

Conference is fully booked but members are still welcome to attend the Annual General Meeting.

This course is run specifically as a conversion course for qualified counsellors and psychotherapists.

It provides delegates with an underlying philosophy of coaching together with a range of practical skills required to enable them to undertake coaching with individuals.

Issues raised and discussed by participants may reflect their advanced therapeutic experience and time will be given to ensuring that delegates develop appropriate coaching skills and interventions.

Tutors will be Gladeana McMahon and Nick Edgerton.

The course is accredited by Middlesex University and forms part of the Centre's Diploma in Coaching, Diploma in Psychological Coaching and Diploma in Coaching Psychology programmes.

Please contact Dawn Cope on 020 8318 4448 or email dawncope.cfsm@btconnect.com for reservations