



NUI Galway
OÉ Gaillimh



HPRC

Health Promotion Research Centre



Health Promotion Research Centre Summary of Activities 2018

Welcome

The Health Promotion Research centre was a hub of activity in 2018. We worked in partnership with communities, service providers, academics, governments and non-governmental organisations to produce innovative health promotion research of national and international significance. The 22nd Health Promotion annual conference brought together practitioners, researchers and policymakers to discuss *Participation and Empowerment for Health Service Users*.

As part of our designed World Health Organization (WHO) Collaborating Centre for Health Promotion research, we have been working on WHO global and European work programmes, which keep us at the forefront of international health promotion scholarship.

2018 was my first year as Director of the Centre and I have learnt many things, not least that the Centre's success is based on each and every staff member playing a valued role. I look forward to 2019 where we will continue to work together on many new projects and collaborations to advance health promotion research, practice and policy.

Dr Colette Kelly,
Director 2018, Health Promotion Research Centre



Enhancing Health Literacy with Life Skills Education

Professors Nic Gabhainn, Barry and Dr Kelly were recently appointed to assist the World Health Organization Health Promotion Unit in the development of a life skills education package for enhancing health literacy in schools. This package focuses specifically on the prevention of non-communicable diseases (NCDs) by controlling four common risk factors: Nutrition, incorporating oral health and hygiene; physical activity; alcohol and tobacco use.

The study comprised a review of the current literature, including relevant international databases and resources published or recommended by international organisations that build on work already undertaken by WHO Headquarters and Regional Offices, and the production of two reports; a background document and guidance for educators.

The findings will support the WHO Health Promotion Unit in developing a teachers' workbook for use in schools, especially in low and middle-income countries, to enable children's health literacy concerning the prevention of NCDs through the reduction of key modifiable behavioural risk factors. The translation phase will follow the finalisation of the commissioned reports.

IMPACCT

IMproving PATient Centered Communication Competences (IMPACCT) is a three year Erasmus+ project lead by the University Medical Centre Groningen in the Netherlands, with partners from Ireland (HPRC, represented by Dr Jane Sixsmith and Verna McKenna), Belgium, Italy, Slovakia and Germany.

The project aim is to improve the relevance and quality of education for undergraduate medical and nursing students in Europe through the development, implementation, evaluation and dissemination of a comprehensive health literacy (HL) focused Patient-centred Communication Education Programme (HL- EP) which can be integrated into existing medical and nursing undergraduate curricula.

The stakeholder fora is involved in all phases of the project for the purpose of gaining insight into the needs, barriers and facilitators of Health Literacy education for health professionals. This is a dynamic iterative process of participation at multiple time points through programme development with the results feeding back into programme design and implementation.

Details of IMPACCT feature on the Health Literacy Centre Europe website with links to the project, leaflet, newsletter (August, 2018) and blog posts and can be accessed at <http://healthliteracycentre.eu/impacct/impacct-communication-channels/>

22nd Annual Health Promotion Conference 2018



From (back left to right): Ms Joanne Morgan, Dr Catherine-Anne Field, Dr Colette Kelly, Professor Tina Cook, Professor Lokesh Joshi, Ms Biddy O'Neill, Dr Cate Hartigan, Dr Jon Salsberg; (front left to right): Dr Martin Power, Professor Anne MacFarlane, Professor Saoirse Nic Gabhainn, Professor Margaret Barry.

The conference chairs, Dr Catherine-Anne Field and Dr Martin Power, were delighted to welcome the 172 practitioners, researchers and policymakers to the *Participation and empowerment for health service users: Strengthening the circle* conference which took place on June 7th. The conference focused on the three interrelated strands of practice, services and research to examine the benefits, facilitators and challenges to enhancing collaboration between services, communities and individuals.

The conference was designed and delivered in collaboration with the Department of Health, Health Service Executive and the Association of Health Promotion Ireland, who we thank for their continued involvement and support. Presentations are available at: www.hprconference.ie

Researcher Profile: Dr András Költő

I am a health psychologist whose primary interest is adolescents' sexual, mental and psychosomatic health. I worked in the Hungarian research team of the Health Behaviour in School-aged Children (HBSC) study from 2010 until June 2017 when I joined the HBSC Ireland team as a Postdoctoral Researcher. My research focuses on Gender and Sexual Minority adolescents, who are especially vulnerable to marginalisation and discrimination and their negative health consequences.

Since 2016 I have been serving as the chair of the working group within the international HBSC network, dedicated to explore adolescents' sexual health in more than 40 countries. Currently, we are working on journal papers exploring health inequalities in [same- and both-sex attracted adolescents](#).

In addition to my research I also teach on the Health Promotion and the Children's Studies programmes. Working at NUI Galway has given me an experience of international mobility, a sense of freedom and a wonderful working environment with supportive and welcoming colleagues. I was honoured to be appointed as the HPRC Researcher Representative and a board member of the NUI Galway's [LGBT+ Staff Network](#) Steering Committee.



Research Launches and Awards


It has been a busy year with several international and national report launches and awards including:

- The Irish Workplace Behaviour Study, funded by IOSH and led by Dr. Hodgins launched in the Health and Safety Offices, Dublin, 24.1.18
- MindOut (revised) programmes for schools and the youth sector, funded by the Department of Health and led by Professor Barry, launched by Ministers Richard Bruton, T.D. and Catherine Byrne, T.D., Dublin on 1.10.18
- 'What parents think about weaning - An island of Ireland study', funded by Safefood and led by Dr Kelly in collaboration with QUB, launched 28.11.18
- NUI Galway President's Award for Societal Impact to our HBSC Ireland team, presented to Professor Nic Gabhainn, Dr Michal Molcho and Dr Colette Kelly on 19.6.18.

All our activities are reported on our @HPRC_NUIG twitter account.



Current Research Projects

Detailed descriptions of our 2018 projects, publications and presentations are available on the HPRC webpages at www.nuigalway.ie/hprc or follow us on twitter @HPRC_NUIG  to get updates on research, seminars and more.

[Accreditation Model for Workplace Health Promotion: A Scoping Study](#)

[Enhancing Health Literacy with Life Skills Education: Preventing Non-Communicable Diseases in Schools](#)

[Evaluation of the MindOut Programme in Post-Primary Schools](#)

[Food Portion Sizes and the Proportion of Different Food Groups Eaten by Children](#)

[IMPACCT: Health Literacy Education](#)

[Health Behaviour in School-aged Children](#)

[Feasibility Study on the Implementation of MindOut in Youth Settings](#)

[Bridging the Care Gap: Evaluation of Galway Hospice Palliative Day Care Services](#)

[Evaluation of Galway City Strategy to Prevent and Reduce Alcohol Related Harm](#)

[Study on Bullying and Incivility in the University Setting](#)

[Promoting Healthy Eating and Physical Activity in Local Communities](#)

[Parents' Experiences of Weaning on the Island of Ireland](#)

[Smart Patients](#)

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