



Institute of Health Promotion and Education Ltd

www.ihpe.org.uk

Annual Report Year Ended December 2017

Institute of Health Promotion and Education

Company Limited by Guarantee

Registered Charity: 1156738

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name Institute of Health Promotion and Education

Charity registration number 1156738

Company registration number 08476077
West Oak
12 Cheriton Avenue
Wirral
CH48 9XX

Registered office MBL House
16 Edward Court
Altrincham Bus. Park
Altrincham
Cheshire
WA14 5GL

The trustees

The trustees who served the charity company during the period were as follows:

Ms S.J. Cheater MBE

Mrs. H Conibear (appointed 4th July 2017)

Dr Anne Coufopoulos

Dr R Cross

Dr M.J. Forshaw

Ms C Jeavons

Mr M.R. Oliver

Dr. P.A. Owen (appointed 4th July 2017)

Mr. T Theaker (appointed 4th July 2017)

Mrs S.R. Thompson

Prof S. Tilford

Dr M.C. Watson

Accountants:

M B L
Chartered Accountants
MBL House
16 Edward Court
Altrincham Bus. Park
Altrincham
Cheshire
WA14 5GL

President's Report

Sylvia Tilford

BSc, MA, PGCE, Dip.HEd, FRSPH, MIHPE

The Institute has had a productive year with activities focussed on achieving its charitable objectives. A key event in 2017 was our one day Conference in July '*Promoting Health- Public Health's Return to Local Authorities – 4 years on.* The impact of this move on health promotion was a theme of the day. The Conference was well attended and brought people together from public health and related organisations. The speakers provided excellent contributions to the day together with impressive poster presentations and the day offered good opportunities for networking. The November issue of the International Journal of Health Promotion and Education contained a report of the conference and contributions from two of the speakers. We were grateful to the School of Health and Community Care at Leeds Beckett University for hosting the event and to all who contributed to its success.

A significant development during the year was the adoption of Twitter in February. Thanks are due to Anne Coufopoulos for setting this up and to Dr Michael Watson for making the major contribution to postings. Michael has also continued to publish, in association with others, rapid responses in the BMJ. These have served to keep the name of the IHPE before the readers of that important journal and the responses have also been disseminated more widely. The Newsletter has again been published bi-monthly and has continued to cover national and international health issues. Briefing papers for posting on the IHPE website were initiated during the year with breastfeeding and female genital mutilation amongst the subjects. Several others are in preparation for 2018. It continues to be important for the IHPE to try to influence Government policy on health related matters. This year, in particular, we continued to support the campaign for personal social and health education as a statutory requirement in schools and responded to the Government call for evidence on relationships and sex education to inform its statutory guidance for primary and secondary schools.

The International Journal of Health Promotion and Education Journal has continued to be a major asset. Co-editors Dr Ruth Cross and Dr Mark Forshaw have maintained the development of the journal as a strong voice for health promotion and I wish to express thanks to them for their hard work. I would also like to thank the peer reviewers of papers. It is good to note that the journal is making steady progress towards its goal of achieving an official impact factor. The Pittu Laungani Award this year was made jointly to authors of papers from the USA and from Sweden. Members of the Board contributed two papers to the journal this year.

The building of a strong membership base and maintaining good links with members remains an important objective. IHPE has also continued to support health promotion practice by linking with relevant professional organisations and through the actions of its individual members. IHPE is a core member of the Sex Education Forum and attended its key events. This year it has been in dialogue

with the UK Health Forum, ROSPA, Faculty of Public Health and the Health Psychology in Public Health Network.

At the AGM in July there were changes in the Board Of Trustees. Helena Conibear and Dr Pat Owen who had been co-opted to casual vacancies during 2016 were formally voted onto the Board at the July AGM. Tim Theaker, who had served earlier on the Board was re-elected. The new Trustees were welcomed and the Board looked forward to drawing on their expertise. In September Sylvia Cheater accepted the post of President-Elect to take over at the 2018 AGM. We have an excellent Board of Trustees and I would like to express my warm thanks to all for their various contributions during the year. we look forward to developments in all aspects of our work in 2018.

Honorary Treasurer's Report

Sylvia Cheater MBE

MSc, Cert.Mgmt (HSC) (Open), MIHPE

The Statement of Financial Activities, Balance Sheet and Notes are to be found on the website. Income from royalties increased in 2017 and administration costs were reduced resulting in a small increase in reserves. Membership continues to grow slowly but steadily. The focus for 2018 will be to raise the profile of the Institute and achieve its charitable objectives and to ensure the Charity continues to have robust financial policies in place to protect the organisation and its members.

Honorary Secretary's Report

Susan R. Thompson

RGN, MPH, PGCHE, FHEA, MIHPE

The Institute continues to attract those practitioners and academics working within the field of health promotion and health education. In 2017 the membership of the Institute stood at 122 individual members and 5 corporate members. In 2017 in addition to the AGM there were two telephone conference meetings and two face- face meetings of the board of trustees. This year saw a revision of the Articles of Administration of the Institute, this work will develop further in 2018 with the production of a governance document which will detail the day to day workings of the Institute in a more concise, easy to read format. The year also saw the Institute respond to government consultations and the production by trustees of a range of publications which ensures that the Institute continues to contribute to the dialogue around public health, health promotion and health education.

Newsletter Editor's Report

Sylvia Tilford

BSc, MA, PGCE, Dip.HEd, FRSPH, MIHPE

The newsletter has been published six times during the year and its circulation has been extended. The newsletter has continued to publicise current health promotion issues from the UK as well as international ones, to provide updates on new resources and publications and to feature members. Contributions from readers have been invited. The newsletter is a valuable way of communicating with our memberships and was complemented by the adoption of Twitter in the second part of the year. I would like to thank the members of the editorial team, Dr Michael C Watson, Dr Pat Owen and Dawn Wills for their support over the last year.

International Journal of Health Promotion and Education Editorial Board Report

Ruth Cross – Editor

PhD, RN, BSc (Hons), MSc, PGCHE, MBPsS, FHEA, FRSPH, MIHPE

Mark Forshaw - Editor

BSc(Hons), PhD, CPsychol, CSci, FBPsS, FIHPE

We were delighted to announce two joint winners of the annual Pittu Laungani Award for best paper for 2017 (Volume 55) - Knettel *et al.* "Training community health workers: an evaluation of effectiveness, sustainable community, and cultural humility in an education program on rural Haiti" in Volume 55 Issue 4 and Kostenius *et al.* "Health literacy in an age of technology – school children's experiences and ideas" in Volume 55 Issue 5-6.

The Estimated Impact Factor for 2016 for IJHPE is 0.417 and has been increasing. The intention is to apply for an official impact factor in the future, when appropriate. The co-editors continue to have a good working relationship and are consistent in their methods and approaches to the journal. Some excellent papers have been published, and in keeping with the desire to improve the journal and its potential Impact Factor, submissions are rejected if they lack rigour, are inappropriate to the aims and scope of the journal or are unsound. Journal submissions increased from 2016 to 2017 (113 by November 2017 as compared with 74 in 2016). A high number of papers were rejected due to being inappropriate or unsound.

The co-editors have been working hard to reduce the amount of time papers are in the review cycle however, getting reviewers to commit to review is a major problem. Delays in the review process led to a dearth of papers ready for production in the latter part of 2017 which resulted the publication of a double issue as the final issue of volume 55. Although not a new problem this remains the journals single biggest difficulty and is an ongoing, time-consuming challenge for the co-editors. The co-editors are working closely with the

editorial team at Taylor and Francis to combat this but progress is slow. Each editorial includes a request for reviewers but this does not appear to have resulted in any forthcoming. The co-editors have, at times, had to rely on making personal requests to colleagues and academic acquaintances simply to move papers through the system which is less than ideal.

The authorship for published papers in 2017 was mainly from Europe (42%) followed by North America (33%), Africa (13%), Australasia (8%) and Asia (4%). Authors from Europe have increased from 19% to 42% since 2015. The amount of Australasian articles published in *IJHPE* has decreased. The majority of articles published in the journal are written by North American and European authors. Most cites to the journal come from Australasia and Europe. Cites from South America and Asia have increased over the last 2 years. A special issue on Social Determinants of Health guest-edited by Drs James Woodall and Louise Warwick-Booth is in progress.

THE INSTITUTE OF HEALTH PROMOTION AND EDUCATION LIMITED

Charitable Trustees and Directors

Sylvia Cheater MBE - Honorary Treasurer

MSc, Cert. Mgmt (HSC) (Open), MIHPE

Sylvia Cheater has worked in the NHS, for the Department of Health and in the third sector. Nationally she has contributed to policy development with a focus on children and families, school food and food and nutrition in early years. Since leaving the Department of Health Sylvia has worked as an independent consultant. She is a member of the Governing Body of Wirral NHS Clinical Commissioning Group and a trustee of HENRY 'better start brighter future'. She was awarded an MBE in 2016 for her voluntary work with women and communities in Cheshire

Helena Conibear,

BSc (Hons) MIHPE

Following a long career specialising in alcohol, health and responsible drinking, Helena with a group of likeminded specialists in alcohol, PSHE and education founded the Alcohol Education Trust in 2009, establishing it as a charity in 2010. Seeing a need for a practical alcohol education programme for young people in schools and informal settings across the UK, the Trust's ethos is built around evidence based, interactive, feasible approaches that are adaptable to busy lives. Helena understands the importance of positive social norm based, engaging and interactive teaching methods that build resilience and reduce all risk taking among young people.

Helena is a member of the European Society for Prevention Research, and of The South West Health Education Group. She is also an accredited PSHE practitioner and lead author of the top ranking Adepis CAYT Talk About Alcohol programme

http://cayt.mentor-adepis.org/wp-content/uploads/2015/03/Talk_about_alcohol.pdf.

Anne Coufopoulos PhD, BA (Hons), RD, MIHPE

Anne is currently Associate Dean (Enterprise & Commercial) at Coventry University, Faculty of Health & Life Sciences. Prior to this Anne has been employed in a number of academic and research roles across the course of her career in Nutrition and Public Health. Anne is also a Registered Dietitian and an accredited workplace Dietitian with the British Dietetic Association. Anne has a keen interest in the health of homeless women and children, publishing in this area. Anne also works closely with the rail industry to improve the nutrition related health of employees and her work with Merseyrail is recognised as an example of good practice in managing railway workers health by the independent regulator the *Office of Rail and Road* (ORR). Anne is also Associate Editor of the International Journal of Workplace Health Management and a Trustee of the charity HENRY.

Ruth Cross – Co-Editor, International Journal of Health Promotion and Education.

PhD, BSc (Hons), MSc, PGCHE, MBPsS, FHEA, FRSPH, MIHPE

Ruth Cross is Course Director in Health Promotion at Leeds Beckett University. She is a nurse by profession with ten years' experience specialising in HIV/AIDS and then in community development in Botswana before moving into higher education. She has worked at Leeds Beckett University (formerly Leeds Metropolitan University) since 2003 and has been involved in a range of health promotion research and evaluation projects and curriculum/course development. Her teaching portfolio includes health promotion input into a range of health related and professionally accredited courses as well as Masters courses in Public Health and Health Promotion running in the UK and in Sub-Saharan and West Africa.

Mark Forshaw - Editor International Journal of Health Promotion and Education.

BSc(Hons), PhD, CPsychol, CSci, FBPsS, FIHPE

Dr Mark Forshaw is Subject Leader in Health & Applied Psychology at Liverpool John Moores University and is a Health Psychologist and a Fellow of the British Psychological Society, a Chartered Scientist, and a Fellow of the IHPE. He is also past Chair of the BPS Division of Health Psychology Training Committee, past Chair, Chief Supervisor and Registrar of the BPS Health Psychology Qualifications Board, and past Chair of the BPS Qualifications Standards Committee. He is now Chair of the BPS Membership & Standards Board and is a Trustee of the BPS. In addition, he sits on the board of BPS Communications Ltd, and that of the Occupational Safety & Health Consultants Register Ltd, and is the senior consultant to *Horizon Shine*, a health psychology coaching company based in the

NW of England. He is the author of many books, with others forthcoming, and has published research articles on topics from Hand-Arm Vibration Syndrome through to menopause symptoms, kidney disease, homeopathy, tension-type headaches, gynaecological cancer, and tanning behaviours.

Charlotte Jeavons

MPH BSc PGCert RDN HEA AMFPH MIHPE

Charlotte started her career in 1994 as a Dental Nurse. She has subsequently held positions in a clinical environment before moving into dental public health and dental services management. Concurrently Charlotte held a teaching post at Bart's and The London School of Medicine and Dentistry, Queen Mary's University for more than 10 years and now works in higher education full time as a Senior Lecturer at the University of Greenwich. She is also an Assessor with the UKPHR and a guest tutor with North London Deanery. Charlotte has previously held positions on a number of editorial boards for dental journals and is currently a serving member of the board for Primary Dental Journal. Additionally, Charlotte has held voluntary positions on several dental & public health committees and was previously the Chair of the NOHPG. She is currently an elected Council member of IHPE. Charlotte has worked with the Dept. of Health on a number of occasions and most recently participated in the task force to look at dental access and vulnerable groups. She gained a Master's degree in public health with Distinction in 2011 and she is currently studying for a PhD focusing on medical and public health ethics as applied to Dentistry.

Mike Oliver

BA (Hons), BSc (Hons), MSc, MBPsS, MIHPE

Mike is a Senior Health Improvement Specialist, working in the Public Health Directorate of Stoke-on-Trent City Council. His current areas of focus, both in delivery and research, are in health literacy, workplace health and wellbeing and asset based community development. Mike is currently a trainee health psychologist, following an accreditation process as part of a Professional Doctorate in Health Psychology. Prior to working in Public Health, Mike spent over 20 years working in organisational change, in a mixture of private and public sector companies. He worked for several large companies and ran his own business for 9 years.

Susan Thompson – Honorary Secretary

RGN, MPH, PGCHE, FHEA, MIHPE

Sue has worked in the field of health promotion and public health for over 25 years, within nursing, health promotion and academia. She is employed as an Assistant Professor at the University of Nottingham where she is Course Lead for the MSc Graduate Entry Nursing Programme. She chairs the International

Graduate Entry Nursing Network which shares good practice within this specialist field of pre-registration nursing.

She has published a range of articles and delivered international conference presentations and workshops on public health, her book 'The Essential Guide to Public Health and Health Promotion' was published by Routledge in 2014. She is a fellow of the Higher Education Academy and has acted as external examiner and advisor a range of Masters Public Health programmes. She is a recipient of the prestigious Lord Dearing Award for excellence in teaching and learning.

Tim Theaker

Tim Theaker began his career in health education and health promotion in Environmental Health and has subsequently worked at a local, countywide and regional level in health promotion and public health, managing teams of staff and responsible for implementing and evaluating public health programmes and addressing inequalities and the broader determinants of health. Commissioning and performance managing public health and health improvement programmes and monitoring and evaluating their outcomes. He has also managed a range of public health provider services including sexual health services and primary care services for the homeless. Particular interests include the prevention of coronary heart disease and the Settings Approach to Health Promotion.

Sylvia Tilford – President and Newsletter Editor

BSc, MA, PGCE, Dip.HEd, FRSPH, MIHPE

Following sciences and psychology teaching in secondary and further education Sylvia was involved in health promotion teaching and research at Leeds Metropolitan University (now Leeds Beckett University) for over 30 years. She founded the Centre for Health Promotion Research and led on a wide variety of projects. She has also been a Visiting Professor at the University of Leeds and an Honorary Professor at the University of the Western Cape, South Africa. In South Africa she contributed to the MPH course including the development of distance learning health promotion materials and to conferences and workshops. She is co-author of books on health promotion theory and practice and mental health promotion and has also published on evidence based practice, school health promotion and workplace health etc. Continuing research interests are the history of health promotion, mental health, and health inequities. She is involved in community based mental health initiatives.

Michael Craig Watson

BSc (Hons), PGCE, MA(Ed), MPH, PhD, MIHPE

Michael Watson is Associate Professor in Public Health at the University of Nottingham. He was originally a teacher before gaining a Master's Degree in Health Education. He then moved into the NHS where he worked mainly as a Director of Health Promotion for different health authorities. The Director post

involved: managing a department, initiating and leading multi-agency groups, and carrying out and advising on research and evaluation. At the University of Nottingham he has been involved in injury research for over fifteen years. He was a temporary adviser for the World Health Organisation (World Report on Child Injury Prevention). Besides injury prevention his research interests include: health promotion; public health and primary care; settings for health promotion; multi-agency strategies; and evaluation. He has wide ranging research experience including: RCTs; Cochrane systematic reviews; surveys; qualitative research and national evaluations. Publications include the following topics: needs assessment; mass media; diabetes; primary care; Tai Chi and accident prevention. He is a regular contributor to debate in the BMJ.

<http://ihpe.org.uk/rapid-responses/>

<http://www.nottingham.ac.uk/healthsciences/people/michael.watson>

Dawn Wills

Dawn Wills is the IHPE Council's administrative support. Through her freelance marketing role, she has worked with many membership organisations and charities within a range of sectors. Her activities include admin, copywriting and managing the online presence of IHPE. Dawn can be contacted via email at: admin@ihpe.org.uk.

Publications and Notable IHPE Achievements 2017

Articles

CROSS R, WOODHALL J and WARWICK – BOOTH L. 2017 Empowerment: challenges in measurement. Global Health Promotion, DOI: 10.1177/1757975917703304

ESTACIO E V, OLIVER M, DOWNING B, KURTH J and PROTHEROE J. 2017 Effective Partnership in Community-Based Health Promotion: Lessons from the Health Literacy Partnership. International journal of environmental research and public health, 14(12), 1550.

OSUWU-ADDO E, CROSS R and SARFO-MENSAH P. 2017 Evidence-based practice in local public health service in Ghana. Critical Public Health, DOI: 10.1080/09581596.2016.1182621

THOMPSON S, WATSON M C and TILFORD S, 2017. The Ottawa Charter 30 years on: still an important standard for health promotion International Journal of Health Promotion and Education.

<https://doi.org/10.1080/14635240.2017.141576>

Books

CROSS R, DAVIS S and O'NEIL 2017 Health Communication: Theoretical and Critical Perspectives. Polity, Cambridge.

WARWICK – BOOTH L and CROSS R 2017 A delivery model of a gender specific intervention approach: lessons for policy makers. In Nico, M. & Taru, M. (Eds.) Needles in haystacks: Finding a way forward for cross-sectoral youth policy. Council of Europe, European Commission.

Position Papers

IHPE Position statement: Breastfeeding (August 2017)

IHPE Position Statement: Female Genital Mutilation (December 2017)

Responses to Government Consultations

IHPE Response to Proposed Primary Care Strategy (March 2017)

BMJ Letters and Rapid Responses

1. WATSON M and LLOYD J, 2017. Re: Over 1000 doctors sign letter calling for new tobacco plan for England. British Medical Journal Rapid Response 9th January 2017.
2. WATSON M and TILFORD S, 2017. Re: Government's response to inquiry on public health raises fears of more cuts. There should be investment – not cuts. British Medical Journal Rapid Response 10th January 2017.
3. WATSON M C and LLOYD J, 2017. Tobacco Control Plan is needed to fight the power of big tobacco. BMJ 2017;356:j351.
4. WATSON M C and TILFORD S, 2017. Re: UK children have "alarming gap" in health between rich and poor, report finds. British Medical Journal Rapid Response 30th January 2017.
5. WATSON MC and THOMPSON S, 2017. Re: Time for the UK to commit to tackling child obesity. British Medical Journal Rapid Response, 28th February 2017.
6. WATSON M C and LLOYD J, 2017. Re: Government's childhood obesity plan does not go far enough, say MPs British Medical Journal Rapid Response 28th March 2017.
7. WATSON M C and TILFORD S, 2017. Re: Next government must tackle public health "ticking time bomb," says BMA. British Medical Journal Rapid Response 15th May 2017.
8. WATSON M C and LLOYD J, 2017. Re: Time to put health at the heart of all policy making British Medical Journal Rapid Response 3rd June 2017.
9. WATSON M and LLOYD J, 2017. Re: Spending on public health cut as councils look to save money British Medical Journal Rapid Response 14th July 2017.
10. WATSON M and THOMPSON S, 2017. Re: Doctors can act as advocates on health effects of poverty, says BMA British Medical Journal Rapid Response 27th June 2017.
11. WATSON M C and BAXTER E C, 2017. Re: Tobacco plan aims to produce England's first smoke-free generation British Medical Journal Rapid Response 21st July 2017.

Letters to National Papers

- WATSON M C, 2017. The scandal of big tobacco's behaviour in the developing world The Guardian 18th July 2017.
- WATSON M C and BAXTER E C, 2017. Not enough hospital beds and GPs closing. The Guardian 3rd October 2017.

Presidents' Letters: International Journal of Health Promotion and Education

Vol 55 Issue 2 (January): 53-4. Promoting mental health in 2017

Vol 55 Issue 2 (March): 106-7. Promoting resilience

Vol 55 Issue 3 (May): 173-4. From the Ottawa Charter 1986 to the Vienna Declaration 2016

Vol 55 Issue 4 (July):229-31. Air pollution – are we doing enough?

Vol 55, Issues 5 and 6 (September-November): 343-45. Sustaining breastfeeding together

The Institute

The Institute was established over 50 years ago to bring together professional workers on the basis of their common interest in Health Education and Health Promotion with a view to their sharing experience, ideas and information. The Institute is a recognised professional association offering Member, Fellow or Associate membership to those engaged in the practice of Health Education and Health Promotion (subject to qualifications and experience).

Our members' interests are varied including: public health, health promotion, nursing, midwifery, health visiting, medicine, psychiatry, dentistry, nutrition, health coaching and training, stress management, psychology and teaching.

The Institute has achieved a recognised role in the field of prevention and promotion of health and has been in the forefront of developments, with special contributions to the settings approach. This has been reflected in recent publications which have dealt with health promoting settings, models of management, and evaluation.

Membership subscriptions are eligible for United Kingdom income tax relief. Advantages of membership include:

- Free subscription to the ***International Journal of Health Promotion and Education***.
- Join a community of health promoters from a wide range of professional groups.
- Contribute to advocacy and consultations.
- Access to the members website, newsletter, special interest group forums, IHPE conferences and training events.
- Use the MIHPE nomenclature as part of your professional identity e.g. **John Smith BSc (Hons), MIHPE**

