



Institute of Health Promotion and Education Ltd

www.ihpe.org.uk

Annual Report Year Ended December 2019

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
Dr Anne Coufopoulos
Dr R Cross
Dr M.J. Forshaw
Ms C Jeavons
Mr M.R. Oliver
Dr. P.A. Owen
Mr. T Theaker
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 Cheater MBE

MSc Cert. Mgmt (HSC), MIHPE

This is my second year as President of IHPE and I would like to thank Professor Sylvia Tilford for her continued support during 2019 as Past President and Newsletter Editor. The 2018 AGM was held in London on July 11th and Trustees were pleased to welcome two long standing members Anthea De Barton-Watson and Dr Bashir Qureshi, Honorary Vice President.

2019 has been a productive year for IHPE with activities focussed on achieving its charitable objectives. Administrative process and governance have been strengthened with the formation of three sub-committees:

1. Finance
2. Governance
3. Communication, publications and membership

The sub-committees have ensured operational matters are dealt with in a timely and effective manner with reporting to the Board of Trustees providing robust governance.

The International Journal of Health Promotion and Education (IJHPE) continues to be a major asset and the Board of Trustees recognises that this is due to the skills and commitment of Dr Ruth Cross and the Board is extremely grateful for her continued commitment and support. She will step down from the role in 2020, leaving the Journal in an excellent position with high quality papers secured and reviewed for forthcoming issues. The quality of papers submitted is maintained thanks to the contribution of peer reviewers and I would like to thank them for their hard work and support. The Journal is working towards an impact factor and its articles are widely read and cited. This article – notably by three Trustees – has now had 6038 views.

THOMPSON, S. R., WATSON, M. C. and TILFORD, S., 2018. The Ottawa Charter 30years on: still an important standard for health promotion. International Journal of Health Promotion and Education. 56(2), 73-84.

The Pittu Laungani Award this year was awarded to Marie Muhimpundu and colleagues for the paper “Road map for leadership and management in public health: a case study on non communicable disease programme training in Rwanda” in Vol 57, Issue 2.

There were two joint runners-up: Enoch Teye-Kwadjo “Risky driving behaviour in urban Ghana: the contribution of fatalistic beliefs, risk perception and risk taking attitude” in Vol 57 Issue 5 and Loreto Gonzales “Until it kills you-cancer related stigma on the Chilean tobacco cancer package warning messages” Vol 57 Issue 4.

IHPE continues to have a strong voice in many arenas and in 2019 contributed to discussion and debate on a range of health and health promotion topics. Some examples include:

- nine published British Medical Journal rapid responses: topics included accident prevention, physical activity, the nursing crisis, and the forthcoming Green Paper on Prevention.
- four published letters in the British Medical Journal on obesity, alcohol, e-cigarettes and General Practice
- four position statements on a diverse range of topics: Child Home Accidents, Air Pollution, Mindfulness, PSHE.
- contributor to consultations including the Green Paper on Prevention in the 2020's

My thanks go to Dr Michael Watson and others who are pro-active in responding to many health and health promotion agendas on behalf of IHPE.

IHPE continues to expand its engagement with social media providing information and highlighting emerging health promotion and education topics. The Twitter feed @InstituteHPE has 2203 followers and there were 27.6k tweets in 2019. Michael Watson is the face and main contributor to our twitter account and I would like to thank him for his continued support of IHPE in this area. Our website www.ihpe.org.uk has been updated throughout the year and prospective members can now apply online. A new website is planned in 2020.

The IHPE Newsletter was published bi-monthly throughout 2019 and its range of subscribers is growing. It provides an important source of informative and accurate health promotion and education news for our membership and beyond. My thanks go to Sylvia Tilford and the editorial team for ensuring the quality and consistency of this important source of information continues. Past editions are available on our website.

Dr John Lloyd was awarded an Honorary Vice Presidency of the Institute in 2018 and has used his broad experience to support IHPE this year. He has contributed to items submitted to the BMJ and position statements and keeps Trustees updated with important developments from his area of knowledge and expertise.

A conference on Mental Health, planned for May 2019 was unfortunately cancelled due to lack of delegates. A great deal of work had been undertaken planning the agenda, engaging prominent speakers and making venue arrangements. I would like to thank Tim Theaker and Dr Anne Coufopoulos for their tremendous work to support the event. Although cancelling was a disappointment, a positive outcome was the streaming of our first online webinar. Tim and Anne liaised with the speakers and much of the planned agenda was recorded and streamed by Hitchmarketing. This is available on the website.

The building of a strong membership base and maintaining good links with members remains an important objective. IHPE has continued to support health promotion practice through the actions of its individual members and by linking with relevant professional organisations. For example, IHPE is a core member of the Sex Education

Forum and also works closely with ROSPA, the Faculty of Public Health, the Health Psychology in Public Health Network and the Association of Directors of Public Health.

Finally, I would like to take this opportunity to thank the Honorary Secretary (Sue Thompson), the Honorary Treasurer (Professor Pat Owen) and all Trustees (listed at the front of this report) for their help and support in 2019. They are busy people who give freely of their time and skills to ensure that IHPE develops, expands and remains an effective influencing organisation.

Honorary Treasurer's Report

Patricia A Owen

RN, SCPHN (HV), BSc, MPH, PhD, MIHPE

The Statement of Financial Activities, Balance Sheet and Notes are to be found on the website. The financial performance was comparable to the previous year in terms of income. In terms of expenditure there was an increase in outgoings this year due to an increase in the work of professional services including webinar production and also the conference expenses due to the postponement of the conference. Overall income and expenditure this year were similar. The financial committee met regularly to monitor income and expenditure throughout the year. In 2019 the website has been enhanced and updated and although the conference had to be postponed the webinar was a good way forward in its place. The focus for 2020 has to be to raise the profile of the Institute and continue to achieve its charitable objectives, to further develop the number of members 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. The membership of the Institute seeks to be flexible with individual, associate, student, retired and corporate membership available. Membership currently stands at 116 members with 13 new members joining in 2019. In 2019 in addition to the AGM there were two telephone conference meetings and two face- face meetings of the board of trustees. A new Governance sub-committee was established and risk register drawn up and reviewed regularly. 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

In 2019 the Newsletter has again been published bi-monthly and been sent out to members of IHPE and also to a growing list of non- members. Many of the individual items are circulated further through the IHPE Twitter postings. We have continued to report items which reflect health promotion in both the UK and internationally and aim to cover a broad range of topics across the year. The newsletter has publicised achievements of IHPE and featured members. Contributions from readers have been invited and feedback welcomed. Dawn Wills provided the administrative support to the production of the Newsletter for the past 6 years but from September her place was taken by IHPE Administrator Ally Phillips. I would like to thank Dawn for her invaluable support and extend very best wishes to her for the future. Many thanks are also due to the current co-members of the Newsletter team - Dr Michael C Watson for his many contributions to the content of the newsletter - and to Ally Phillips for her professional support in finalising the Newsletter.

International Journal of Health Promotion and Education Editorial Board Report

Ruth Cross – Editor

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

Some excellent papers have been published in 2019, 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. 153 papers were submitted for consideration in 2019 as compared with 137 and 136 in 2017 and 2018 respectively. The number of submissions have more doubled since 2016 (74). As per previous years, a high number of papers were rejected due to being inappropriate or unsound.

The winner of the annual Pittu Laungani Award for best paper for 2018 was 'Road map for leadership and management in public health: a case study on non-communicable disease programme training in Rwanda' by Muhimpundu *et al.* There were also two joint-runners up – 'Risky driving behaviour in urban Ghana: the contribution of fatalistic beliefs, risk perception and risk taking attitude' by Teye-Kwadvo, and 'Until it kills you-cancer related stigma on the Chilean tobacco cancer package warning messages' by Gonzales. It should be noted that the winning papers for 2019 were all from the global south. 2019 saw an increase in the number of papers submitted from Iran. Papers were also received from India, USA, Indonesia, Nigeria, UK, Canada, Ghana, Turkey, Australia, Egypt, Pakistan, Saudi Arabia, Slovakia and Spain. Whilst it is good to see more submissions from low-middle income country regions there is

still a challenge around the quality of English language. Where there appears to be potential the editor will un-submit the paper and advise the authors to attend to difficulties with English language before resubmitting. However, the acceptance rate has risen over the past three years, to just over 30% in 2019. Journal usage appears to be international overall, with downloads taking place across all regions. Article downloads from IJHPE increased from 17,124 in 2018 to 25,291 in 2019. The most downloads took place in Europe, USA & Canada and Australasia followed by Africa and Asia, then Central and South America.

Citations to IJHPE papers have been increasing year on year since 2014. The Estimated Impact Factor for 2019 for IJHPE is 0.720 which is a substantial increase from 0.272 in 2017. The intention is still to apply for an official impact factor in the future, when appropriate.

The editor has been working hard to reduce the amount of time papers are in the review cycle however, getting reviewers to commit to review is still an on-going challenge. Most of the delays from submission to final decision are caused by issues securing quality reviewers. 2018 saw some challenges to the timely publishing of issues however in 2019 there has been a substantial improvement in this area and by the third issue of the year production was back on schedule. The editor has worked hard during 2019 to decrease the amount of time taken to make editorial decisions. Securing timely reviews remains the most time-consuming challenge for the editor although the new systems and strategies put in place are now paying off and at the end of 2019 there were 24 papers in the production backlog which is the strongest position that the journal has been in during the current editor's time as (co)editor (32 papers at the time of reporting). The editorship is being handed over in May 2020 and the current status of the journal should enable the new editor to take a more strategic direction in the editor role.

In partnership with the editorial team at Taylor and Francis the objectives for the journal are to:

- Drive and sustain usage
- Demonstrate impact
- Grow international reach
- Attract high quality submissions
- Increase citations
- Increase author and researcher engagement
- Increase membership.

*All figures in this report based on December 2019.

THE INSTITUTE OF HEALTH PROMOTION AND EDUCATION LIMITED

Charitable Trustees and Directors

Sylvia Cheater MBE - President

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

Dr Patricia Owen - Honorary Treasurer

PhD, MPH, BSc, Cert Ed (FE), RN, RSCPHN (HV), RNT, MIPHE.

Patricia has a career in nursing and healthcare education spanning over 35 years which has included a clinical career centred on older people's nursing, health visiting and the public health aspect of health care and an education career in a range of roles with a focus on public health and nursing in several UK higher education institutions including Wolverhampton University, Derby University, The Open University and York University. Currently Professor of Nursing and Head of the School of Nursing and Midwifery at Keele University, Patricia has current research interests around transitions in nursing especially supporting newly qualified nurses, health visiting policy and practice, leadership and resilience building in nursing. She has a special interest in the education of graduate entry nurses and supports the Graduate Entry Nursing International Network in her role as chair and co-lead for research.

Susan Thompson – Honorary Secretary

RGN, MPH, PGCHE, FHEA, MIHPE

Sue has worked in the field of health promotion and public health for 30 years, within nursing, health promotion and academia. She is currently developing a new BSc (Hons) in Health Promotion.

She is the author of 'The Essential Guide to Public Health and Health Promotion' and has published a range of articles, delivered international conference papers and workshops on public health. She is a fellow of the Higher Education Academy and has acted as an advisor on a range of Masters Public Health programmes. She is a recipient of the Lord Dearing Award for excellence in teaching and learning.

**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-adepris.org/wp-content/uploads/2015/03/Talk_about_alcohol.pdf.

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

Dr Anne Coufopoulos is Associate Dean (Enterprise & Innovation) in the Faculty of Health and Life Sciences at Coventry University and is a Registered Dietitian. Previously Anne was Head of Applied Health and Social Care at Edge Hill University. Externally Anne is also a Trustee of the charity HENRY which supports the whole family to make positive lifestyle changes to ensure babies and young children get the best start in life. She has worked extensively with vulnerable groups of society during her 20-year career as an academic and health professional and is committed to improving their health and well-being.

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 in academia 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, Sub-Saharan Africa and West Africa.

Charlotte Jeavons

MPH BSc PGCert RDN SFHEA MIHPE

Charlotte has worked in clinical environment before moving into dental public health. Currently Charlotte leads the public health team at the University of Greenwich. She is also an Assessor with the UKPHR. 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 and BASCD. She gained a Master's degree in public health with Distinction in 2011 and is due to complete her PhD which focuses on medical and public health ethics as applied to Dentistry in Spring 2020.

Robin Lansman D.O. BSO London 1988 AHP

Robin Lansman is Principal and Clinical Director of his community BodyBack-Up healthcare osteopathy practices. He is passionate about interprofessional collaboration and is founder of COGUK, bringing health professionals together to better support community health.

His teaching at undergraduate and post graduate level ranges from clinical to health leadership skills. He Coaches student HCPs for the Council of Dean's of Health 150 leaders inter-professional programme. Robin writes regularly for the national and medical press, and has spoken on both BBC radio and television. He is also a Past President and Press and media spokesperson for his professional association and now an expert AHP advisor to Public Health England on MSK.

Mike Oliver

BA (Hons), BSc (Hons), MSc, 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.

Stephen Palmer PhD FIHPE (Hon)

Stephen Palmer is Professor of Practice at the Wales Academy for Professional Practice and Applied Research, UWTSU, and Adjunct Professor at Aalborg University, Denmark. He is Founder Director of the Centre for Stress Management.

Stephen is a former President of the Institute for Health Promotion and Education (IHPE) and currently an Honorary Vice President. In 2001 he was awarded Fellowship of the IHPE for his 'Outstanding contribution to the theory and practice

of health promotion and education.’ Stephen has been Editor and now Consulting Editor of the International Journal of Health Promotion and Education.

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 – Past President and Newsletter Editor

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

Sylvia worked at Leeds Beckett University (formerly Leeds Met University) for over 30 years and was subsequently a Visiting Professor at several Universities. At Leeds she was course leader for the MSc Health Promotion course and extensively involved in the curriculum development of health promotion in schools and higher education, both nationally and internationally. In later years at Leeds she initiated and led the Centre for Health Promotion Research. Her publications have included co-authored books on health promotion theory and practice. Current research interests include mental health and the history of health promotion

Michael Craig Watson

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

Michael Craig Watson BSc (Hons), PGCE, MA(Ed), MPH, PhD, MIHPE

Michael is an independent public health consultant. In the NHS he worked mainly as a Director of Health Promotion for different health authorities. Director posts involved: managing a department, initiating and leading multi-agency groups, and initiating and advising on research and evaluation.

At the University of Nottingham he was involved in injury research for 19 years. He was a temporary adviser for the WHO and has also provided advice at national and local levels. He has been involved in research in different countries including: England; Iran; Malawi; Palestine; and Uganda. He is a regular contributor to debates in the [BMJ](#).

Ally Phillips

Ally is a marketing and project management professional, experienced in providing a wide range of business solutions. She has been running her own business for the past four years and has worked with IHPE since 2017. Prior to this, she worked within the financial services sector for over 12 years where she was a Vice President.

Ally has a proven track record of delivering results in a dynamic, motivating way with personality and integrity. She is highly organised, efficient, and honest, and has a strong desire to offer her clients excellent customer service.

Ally can be contacted via email at: admin@ihpe.org.uk.

Publications and Notable IHPE Achievements 2019

Position Statements

- **Watson M C and Neil K** (2019) *IHPE Position Statement: Mindfulness*. Lichfield, Institute of Health Promotion and Education.
- **Tilford S and Watson M C** (2019) *IHPE Position Statement: Air Pollution*. Lichfield, Institute of Health Promotion and Education.
- **Lloyd J and Watson M C** (2019) *IHPE Position Statement: PSHE (October 2019)*. Lichfield, Institute of Health Promotion and Education.
- **Watson M C and Lloyd J** (2019) *IHPE Position Statement: Unintentional Home Injuries to Children (Under 5s) (June 2019)*. Lichfield, Institute of Health Promotion and Education

Publications

- Alrimawi I, **Watson M C**, Hall C, ALBashtawy M and Al-Yateem N. (2019) Palestinian managers' views and practices regarding the prevention of home injuries: An explorative qualitative study. *Int J Health Plann Mgmt*. 2019;1-11. DOI: 10.1002/hpm.2776
- Alrimawi I, **Watson M C**, Hall C and Saifan A R. (2019) Preventing Unintentional Injuries to Children Under Five in Their Homes: Palestinian Mothers' Perspectives. *Sage Open*. <https://doi.org/10.1177/2158244018824483>
- Beard M, **Watson M C** and Clifford M. (2019) Parents' perceptions of unintentional paediatric burn injuries - A qualitative study. *Burns* (In press)

- Barat A, **Watson MC**, Mulvaney CA. (2019) Preventing unintentional home injuries among children: exploring the perceptions of Iranian health professionals. *Primary Health Care Research & Development* 20(e146): 1–7. doi: 10.1017/S1463423619000835
- Collins, C., **Owen, P.**, Digan, J., Dunn, F. (2019) Applying Transformational Leadership in Nursing Practice. *Nursing Standard*.doi 10.7748/ns.2019.eh11408
- **Jeavons C.**, Drey N. (2019) Parental response to requests for consent for a school-based fluoride varnish programme in a North London borough, and their associated demographic characteristics. *Annual Clinical Journal of Dental Health*. Issue 9
- **Thompson S. R.**, (2019) Opportunistic Health Promotion: Helping People with Behaviour Change. *Nursing Standard*

Responses to Government Consultations (examples)

- Department of Health and Social Care. Advancing our health: prevention in the 2020s—consultation
- The Health and Social Care Committee - Childhood obesity follow-up 2019 inquiry

British Medical Journal Rapid Responses

1. **Watson M C and Lloyd J.** (2019) NHS long term plan: all patients to have access to online GP consultations by 2023-24. *British Medical Journal Rapid Response* 22nd January 2019.
2. **Watson M C and Lloyd J.** (2019). The need to include accident prevention as a key area in the forthcoming Green Paper on Prevention. *British Medical Journal Rapid Response* 28th February 2019.
3. **Watson M C and Lloyd J.** (2019) Time to put GPs first by investing in general practice. *British Medical Journal Rapid Response* 10 May 2019
4. **Watson M C and Lloyd J.** (2019) Alcohol excess—time for a new positive and multifaceted strategy. *British Medical Journal Rapid Response* 23 May 2019.
5. **Watson M C and Lloyd J.** (2019) Child accident prevention: evidence-based approaches. *British Medical Journal Rapid Response* 10th June 2019.
6. **Watson M C and Lloyd J.** (2019) The need for a health strategy that unites the country. *British Medical Journal Rapid Response* 27th July 2019.

7. **Watson M C and Lloyd J.** (2019) The obesity epidemic: bold and decisive action needed. *British Medical Journal Rapid Response* 12 October 2019.
8. **Watson M C and Lloyd J.** (2019) "Best Buy in Public Health": Physical Activity. *British Medical Journal Rapid Response* 26 October 2019.
9. **Watson M C and Thompson S.** (2019) Nursing crisis: Missed opportunities in promoting the health of the country. *British Medical Journal Rapid Response* 12 December 2019.

British Medical Journal Letter

- **Watson M C and Lloyd J.** (2019). Obesity epidemic: bold and decisive action needed. *BMJ* 2019;367:l6396
doi: <https://doi.org/10.1136/bmj.l6396>
- **Watson M C and Lloyd J.** (2019). Alcohol excess: time for a new positive and multifaceted strategy. *BMJ* 2019;365:l4300
doi: <https://doi.org/10.1136/bmj.l4300>
- **Watson M C and Lloyd J.** (2019). Pressure on general practice in England. Time to put GPs first by investing in general practice. *BMJ* 2019;365:l4158
doi: <https://doi.org/10.1136/bmj.l4158>
(Letter of the week)
- **Watson M C and Lloyd J.** (2019). Why the rules should not be relaxed for e-cigarettes to encourage people to stop smoking. *BMJ* 2019;364:l555 doi: 10.1136/bmj.l555

Presidents' Letters: International Journal of Health Promotion and Education:

Inequality and sustainable development

Promoting Positive Mental Health

The NHS Long-Term Plan

Preventing accidents-a call to action

Sure Start Children's Centres

Health Promoting Schools – back to the future!

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**