



Institute of Health Promotion and Education Ltd

www.ihpe.org.uk

Annual Report Year Ended December 2018

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
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President's Report

Sylvia Cheater MBE

MSc Cert. Mgmt (HSC), MIHPE

At the AGM in July 2018 I was honoured to be elected President, taking over from Professor Sylvia Tilford. Sylvia remains on the Board as Past President and Newsletter Editor and I would like to thank her for her significant and invaluable help and support during 2018. IHPE has had a productive year with activities focussed on achieving its charitable objectives.

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 Co-editors Dr Ruth Cross and Dr Mark Forshaw. The journal has a strong, influential voice for health promotion and education and continues to attract international, high quality papers for review. The quality of papers is maintained thanks to the contribution of peer reviewers and I would like to thank them for their hard work. The Pittu Laungani Award this year was made jointly to authors of papers from the USA and from Canada. In 2018 a new contract with our publishers – Taylor & Francis – was negotiated which secures the future stability of IJHPE. A key paper on the Ottawa Charter was authored by three IHPE Trustees;

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.

This article is a timely reminder of the importance of the Charter and its relevance to health promotion now. To date it has been viewed 2075 times and cited eight times.

IHPE continues to have a strong voice in many arenas and in 2018 has contributed to discussion and debate on a range of health and health promotion topics. Some examples are listed below.

- nine published British Medical Journal rapid responses: topics included obesity, health of young people, health promotion in hospitals and primary care
- a published letter in the British Medical Journal on national prevention issues
- contributor to the National Accident Prevention Strategy, launched in October 2018 in the Houses of Parliament
- response to the Government's Call for Evidence on Relationships and Sex Education (RSE) and Personal Social and Health Education (PSHE) in Schools (February 2018).

My thanks go to Michael Watson and others who are pro-active in responding to many health and health promotion agendas on behalf of IHPE. Michael is also the face and main contributor to our twitter account. Social media is used to provide information and highlight emerging health promotion and education topics. It is used to interact with a wide range of individuals and eminent organisations. It also

includes links to health promotion job vacancies. @InstituteHPE now has 1,900 followers. Our website – www.ihpe.org.uk - continues to be updated.

The IHPE Newsletter has been published bi-monthly throughout 2018. My thanks go to Sylvia Tilford and the editorial team for ensuring the quality and consistency of this important source of accurate and informative health promotion news. The challenge for 2019 will be to increase our circulation figures. Past editions are available on our 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 representatives of IHPE have attended its key events. IHPE has also worked closely with ROSPA, the Faculty of Public Health, the Health Psychology in Public Health Network and the Association of Directors of Public Health.

The AGM was held in London in July and Trustees were pleased to welcome one of our long standing members Anthea De Barton-Watson. Anthea has been a member since 2004 and always has something constructive to contribute to IHPE.

In recognition of previous and ongoing support of IHPE, Dr John Lloyd was awarded an Honorary Vice-Presidency of the Institute.



Dr John Lloyd PhD., B.Ed., M.Ed., Cert Ed., FRSPH., FIHPE

While President, John drew on his professional background to influence government and policy makers on PSHE and health promotion issues. Since stepping down from office he has continued to contribute substantially to IHPE.

A conference on Mental Health is planned for May 2019. Finally, I would like to take this opportunity to thank the Honorary Secretary, the Honorary Treasurer and the trustees (they are all listed at the front of this report) for their help and support in 2018. They are busy people and they give freely of their time and skills to ensure that IHPE is 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 with an overall net income in excess of expenditure. In 2018 a new contract with Taylor Francis Group was negotiated for the publication of the International Journal of Health Promotion and Education and came into effect 1st January 2019. This provides a significant increase in royalty payments. The focus for 2019 will be to raise the profile of the Institute and 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. In 2018 the membership of the Institute stood at 104 individual members and 5 corporate members. In 2018 in addition to the AGM there were two telephone conference meetings and two face- face meetings of the board of trustees. The new GDPR data security rules came into force in May and consequently a privacy notice was developed and made public ensuring that the IHPE is GDPR compliant. 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

Six issues of the Newsletter have been published over the last year. Our continued intention has been to report items which reflect health promotion nationally as well as internationally, which cover a wide range of topics and reflect current issues and debates. Contributions from readers have been welcomed although we need to find new ways to encourage submissions. With data on the percentages of readers who open the newsletter email and click to read more about specific items we have some useful information on what interests our readers. I would very much like to thank co-members of the Newsletter team - Dr Michael C Watson for his many contributions to the content of the newsletter and to Dawn Wills for her professional support in finalising the published output.

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 the winner of the annual Pittu Laungani Award for best paper for 2018 – Richards et al. 'Let's move': a systematic review of spouse-related interventions to promote physical activity (Issue 1 pp 51-67). The runner-up was Elliott. Milk in a glass, milk in a carton: The influence of packaging on children's perceptions of the healthfulness of milk.

Some excellent papers have been published in 2018, 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 for 2018 were 15% higher than in 2017 and the journal appears to be sustaining the jump in submissions since 2016*. As per 2017, a high number of papers were rejected due to being inappropriate or unsound.

The authorship for published papers in 2018 looked quite different as compared to 2017 as follows: from Europe (19% compared with 42%), North America (23% compared with 33%), Africa (9% compared with 13%), Australasia (5% compared with 8%), Asia (19% compared with 4%). One in five of the papers submitted in 2018 were from the Middle East. Whilst it is good to see more submissions from low-middle income country regions we are seeing an increasing challenge around the quality of English language. Where there appears to be potential the editors will un-submit the paper and advise the authors to attend to difficulties with English language before resubmitting. The acceptance rate during 2018 has been slightly higher than in 2017. Despite the increase in papers from elsewhere in the world the majority of acceptances have been from North America, the UK and Australia. Journal usage appears to be international overall, with downloads taking place across all regions. Australia is the top country in terms of downloads and North America shows strong usage patterns. The most downloaded paper in 2018 was by Thompson et al 'The Ottawa Charter 30 years on'. A special issue on Social Determinants of Health guest-edited by Drs James Woodall and Louise Warwick-Booth is in progress. The deadline for submission is 1st May, 2019.

Citations to JIHPE papers have been increasing since 2014. By November 2018 citations for that year had already more than double compared with 2017. Australia and the UK are the leading countries by citation however, citations are spread out fairly globally. The Estimated Impact Factor for 2017 for IJHPE is 0.272 which is a drop compared to 2016 (0.417). This may be due to an increase in the number of articles published in 2015-16 combined with a slight

decrease in number of citations in 2017. The intention is still to apply for an official impact factor in the future, when appropriate.

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. Most of the delays from submission to final decision are caused by issues securing quality reviewers so more work needs to be done to improve this. Only a minority of the editorial board members have participated in the review process during 2018; this is an avenue that could be used more to secure reviews. The editorial board membership was reviewed and refreshed during 2018 in an effort to have a more actively reviewing board. Editorial board members have been advised of an expectation of a minimum number of reviews per year (2). All submitting authors are now automatically listed as reviewers in ScholarOne.

Delays in the review and process led to a dearth of papers ready for production in the middle part of 2018 which resulted the belated publication of a double issue for July and September (56.4 and 56.5). Although not a new problem this remains the journal's 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 journal should catch up with the publishing schedule during 2019 now that there are some papers in the backlog for publication.

The editors have worked hard to keep the journal on track during 2018. Both editors are now seeking to step down from the role having carried it out for a number of years. It is hoped that the editorship will be handed over smoothly during 2019.

*All figures in this report based on November 2018.

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 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 co-chair and 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 over 25 years, within nursing, health promotion and academia. She is employed as an Assistant Professor at the University of Nottingham where she is Elective Lead and Module Lead for the MSc Graduate Entry Nursing Programme. She was the inaugural chair of 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.

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 SFHEA 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, 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.

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 2018

Notable IHPE Achievements:

Helena Conibear: Outstanding contribution to Wellbeing award: The Inspiring Wellbeing awards 2018.

Peer reviewed publications

- Forrester, G., Kurth, J., Vincent, P., & **Oliver, M.** (2018). Schools as community assets: an exploration of the merits of an Asset-Based Community Development (ABCD) approach. *Educational Review*, 1-16
- Alrimawi I, Hall C and **Watson M C.** (2018) Palestinian Nurses' and Doctors' Perceptions and Practices Regarding the Prevention of Injuries to Children in the Home: An Explorative Qualitative Study. *Comprehensive Child and Adolescent Nursing*. Mar 26:1-18. doi: 10.1080/24694193.2018.1446058. [Epub ahead of print]
- **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
- Stickley T, Hui A, Stubbley M, Baker F and **Watson M C.** (2018) "Write Here, Sanctuary" Creative writing for refugees and people seeking asylum. *Arts & Health, An International Journal for Research, Policy and Practice*. Published online: 12 Jul 2018. DOI: 10.1080/17533015.2018.1494450

Responses to Government Consultations

- National Accident Prevention Strategy Oct 2018

British Medical Journal Rapid Responses

1. WATSON M C and THOMPSON S, 2018. Re: David Oliver: Getting serious about prevention. British Medical Journal Rapid Response 23rd February 2018.
2. WATSON MC and THEAKER T, 2018. Re: Fight childhood obesity with multiple methods, not just more taxes, MPs hear. British Medical Journal Rapid Response 7th May 2018.
3. WATSON M C and LLOYD J, 2018. Re: Childhood obesity: government's plan targets energy drinks and junk food advertising. British Medical Journal Rapid Response 2nd July 2018.
4. WATSON M C and LLOYD J, 2018. Re: E-cigarettes: relax rules to help more smokers quit, say MPs British Medical Journal Rapid Response 29th August 2018.
5. WATSON M C and CHEATER S, 2018. Lessons from history – public health successes. British Medical Journal Rapid Response 9th September 2018.
6. WATSON M C and CHEATER S, 2018. Re: Lowering hospital walls to achieve health equity. British Medical Journal Rapid Response 12th October 2018.
7. WATSON M C and TILFORD S, 2018. Re: Alma Ata and primary healthcare: back to the future. British Medical Journal Rapid Response 13th November 2018.
8. WATSON M C and LLOYD J, 2018. Re: Hancock pledges to invest in prevention to tackle "root causes" of ill health. British Medical Journal Rapid Response 12th November 2018.
9. WATSON M C and LLOYD J, 2018. Re: NHS must prioritise health of children and young people. British Medical Journal Rapid Response 4th April 2018.

British Medical Journal Letter

- WATSON M C and THOMPSON S, 2018. Government must get serious about prevention. BMJ 2018;360:k1279.

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

Sylvia Tilford

Vol 56, Issue 1 January: '*Using a health promotion lens*'.

Vol 56, Issue 2 March: '*Work and health promotion: some reflections*'.

Vol 56, Issue 3: May : '*Health Promotion and Peace*' .

Vol 56, Issues 4 and 5 July – September: '*From Alma Ata 1978 to Almaty 2018*'.

Sylvia Cheater

Vol 56, Issue 6, November:

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**