

AUTUMN/ WINTER MAGAZINE 2016



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Introduction to our new e-book

This edition of the magazine is the second that we have presented as an interactive e-book. This format allows us to present our content in a – hopefully – more engaging way. It also provides us with the tools to bring you more content through the use of embedded videos and hyperlinks. Wherever you see the symbol ▶▶ (demonstrated by the ladies in the photo) you can click to access additional content. If you have any feedback, we'd be very grateful if you could send it to Sam at samantha.bain@ed.ac.uk



Image Courtesy of [Lothian Health Services Archive, Edinburgh University Library.](#)



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EDITOR

Note from Editor



Listen to editor's introduction with audio. *Click symbol to run tape.*



Welcome to the Winter edition of the SCPHRP magazine. It's been an exciting past few months at SCPHRP, and I'd like to open by congratulating our Adolescence and Young Adulthood fellow Jane Hartley on the birth of her baby girl Ana! We're also looking forward to welcoming Yvonne Laird to the team in January, who will be acting as the Adolescence and Young Adulthood fellow while Jane is on leave.

In this edition we're celebrating the graduation of five students who recently completed their Masters in Public Health with us at SCPHRP – well done to you all! Dylan, Christina and Chris have also written some brilliant articles on their dissertation research, so read on to learn more about their work. We also have an update from Jenny Ordoñez Betancourth on what sounds like a fantastic research visit to her home city of Cali, Columbia.

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In this edition you'll also find an article from Jane Marryat on how Evaluation Support Scotland is working to foster collaborative working between academics and third sector organisations, and Nick Galloway gives us some information about a new wakeboarding programme for young people. In addition, we have an update on the eMERGe project which sets out reporting guidelines for meta-ethnographies.

Last but not least, we're excited to share details of a new opportunity for colleagues to work more closely with us here at SCPHRP as a Visiting Expert. Further information about this new position can be found inside!

I hope that you enjoy reading this final edition of the SCPHRP magazine of 2016, and we look forward to seeing you all in the New Year!



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SCPHRP news



HUGE CONGRATULATIONS!



To Jane Hartley on the birth of her beautiful baby girl Ana Lucia Hartley-Richardson! Jane is currently on maternity leave and we are wishing her and her family all the best for Xmas and the New Year.



New appointments

We have just appointed Dr Yvonne Laird, who will start in January. Yvonne will be helping to cover Jane's maternity leave and will be working on projects related to adolescence. She has recently finished her PhD looking at the effect of social support on physical activity in adolescent girls, and is coming to us from PAHRC (the Physical Activity for Health Research Centre) here at Edinburgh.



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CONGRATULATIONS RENEE!

[Renee Ingram](#), our Office Manager, obtained her Level 4 Business and Administration qualification earlier this month.. Well done Renee.

OPPORTUNITY: SCPHRP Visiting Expert

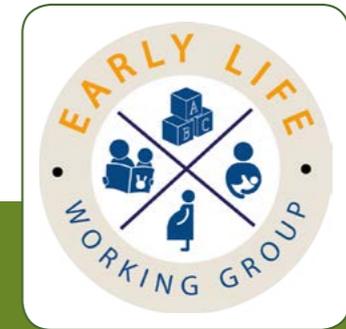


We are currently accepting applications from local stakeholders in the Third Sector and community groups, professional public health positions, and public sector health policy fields, for the non-remunerated position of SCPHRP Visiting Expert. This is a part-time position (perhaps one-half to one-day monthly), the function of which is to work with SCPHRP staff and Fellows on applied research, and/or knowledge-exchange project(s) of mutual interest, bringing diverse “real-world” expertise relevant to our mandate. The post-holder will gain experience working at the interface between policy, research and practice, and will contribute to a project in their field of interest. For further information on the role and application process, please visit: www.scphrp.ac.uk/news.



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Early Years working Group update



Larry, the Early Years Working Group fellow, has been leading the SCPHRP team involved in evaluating the school nursing programme. The research team, in collaboration with Debby Wason from the Evaluation Team of NHS Health Scotland have been examining how the refocused school nursing works in two early adopter sites of Dumfries and Galloway and Perth and Kinross. The findings of the evaluation will help to inform school nursing training and the implementation and evaluation of the role across Scotland. This evaluation was funded by the Scottish Government's Directorate for Chief Nursing Officer, Patients, Public & Health Professions.

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Larry is also leading on a piece of research looking at the Daily Mile programme. The Daily Mile programme is an innovative whole-school physical activity initiative that allows class time to be taken to get all pupils to walk or run for 15 minutes every schoolday. This is done on top of their usual PE classes. The potential benefits of the Daily Mile programme have attracted some attention from Education Scotland and the Scottish Government as a programme that can become part of the Curriculum for Excellence. Some Local Authorities have already implemented the programme across schools in Scotland. We have secured funds to undertake a piece of work in East Lothian, where we will be examining the factors that facilitate or act as barriers to transferring the initiative to other settings. We are currently at the data collection phase.

Larry has recently published new research in BMC Public Health alongside co-authors Andrew Williams and John Frank. This research used data from the Growing Up in Scotland study to examine how growth in children has changed in Scotland since 1990, and how the altered growth patterns are associated with a number of protective and risk factors at both the child and maternal levels.

Over the past few months, Larry has also presented his research work at three conferences: European Public Health conference, International Conference on Realist Evaluation and Synthesis, and the International Network on Brief Intervention for Alcohol and other Drugs conference.



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Adolescence & Young Adulthood update



Physiological development in adolescence and impact upon health behaviour: A systematic review

Jan Pringle, John McAteer, Ruth Jepson and Kathryn Mills have recently completed their review looking at physiological development in adolescence and its impact upon health behaviour. This review is jointly funded by NHS Health Scotland and SCPHRP and is the result of a collaboration with Emma Hogg, Neil Anand (NHS Health Scotland), and Sarah-Jayne Blakemore (University College London). Our findings relate to brain physiology and other physiological systems, emphasising the importance of adolescence as a unique period of opportunity for intervention to support

healthy outcomes. The review is particularly timely, as the Scottish Government has made 2017 the “Year of Young People”.

Recently, John McAteer presented key findings from this review at an event organised by the Cyrenians and Parenting Across Scotland. The full report will be made available by NHS Health Scotland in the next couple of months, and the team are currently working on publishing the findings in a number of academic journals.

For more information, the protocol for the review can be found here:
<https://systematicreviewsjournal.biomedcentral.com/articles/10.1186/s13643-015-0173-5>



Contact John at John.McAteer@ed.ac.uk

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Working Age / Adult Life update



Since taking up post here at SCPHRP in July 2016 as the Research Fellow for the Working Age / Adult Life Working Group, Greig has been developing a new programme of work with various partners from the third sector and other Scottish universities. A major theme of this work is stigma, and Greig's been working closely with colleagues from the Poverty Alliance to design a research project on poverty stigma and discrimination. He has also contributed a blog on this issue for the Poverty Alliance's Challenge Poverty Week earlier in the year,

which you can find here: <https://povertyalliance.wordpress.com/2016/10/19/the-stigma-of-poverty/>

Greig has also been working with colleagues from Edinburgh Napier University to plan a programme of research on neighbourhoods and public awareness of, and attitudes toward, health inequalities.

He'll be able to share more information about these strands of work over the next few months.



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Later Life update



SCPHRP's Later Life fellow, Daryll Archibald was recently involved in a large scoping review project exploring the health and well-being benefits of playing golf. The work, led by Dr Andrew Murray from the Physical Activity for Health Research Centre at the University of Edinburgh, found that playing golf may increase life expectancy, help prevent chronic diseases and improve mental health. The findings were published in the British Journal of Sports Medicine and can be accessed here: <http://bjsm.bmj.com/content/early/2016/09/26/bjsports-2016-096625.full> and <http://bjsm.bmj.com/content/early/2016/09/20/bjsports-2016-096866.extract>

The review is part of the wider ongoing Golf & Health Project, which is funded by the World Golf Foundation. The initiative aims to increase the

understanding of golf in health and wellbeing. For more information see: <http://www.golfandhealth.org/>

Daryll is also currently leading another scoping review project that will map the progress and impacts of Public Health Palliative Care – a growing global movement that aims to work with communities to improve people's experience of death, dying and bereavement. Daryll is collaborating with multiple partners on this review: Primary Palliative Care Research Group (University of Edinburgh), The Scottish Partnership for Palliative Care, St-Columba's Hospice, and NHS Lothian. The project will be concluded in March 2017. For further information see: <http://bmjopen.bmj.com/content/6/7/e012058.abstract>



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MPH graduation celebrations

CONGRATULATIONS to all those who graduated from the Masters of Public Health on the 29th November. Well done! Dylan Hassell, Christina Katan, Christopher Stothart, Audrey Buelo and Laura Tirman have been working with us on various projects over the past couple of months here at SCPHRP, and they have been doing a fantastic job.



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Health benefits of community gardening

by Christina Katan

Christina successfully completed her Masters in Public Health in August. Her dissertation was supervised by [Ruth Jepson](#) and [Larry Doi](#), and looked at the health benefits of community gardening. Christina undertook a secondary qualitative analysis the aim of which was to understand the perceived health impacts of community gardening for participants, and to develop theories of change that identify components of community gardening that influence health.

Christina analysed semi-structured interviews previously conducted for a PhD project with those who are involved in community gardening projects within central Scotland. The PhD project was originally in conjunction with Trellis, a Scottish therapeutic gardening organization.

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Upon analysis, four main theories of change emerged from the interviews :

1. outdoor learning and skill building;
2. engagement with the outdoors;
3. opportunity for movement; and
4. gardening in a shared space.

As a result, Christina used these theories of change to create a comprehensive logical model that proposed mechanisms that lead to positive health impacts.

It was concluded that community gardening has the potential to be an effective, holistic, and feasible public health intervention to improve both mental and physical wellbeing. These mechanisms can be used to recommend further research and development of community gardens, and provide testable theories for evaluation purposes.



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School based mental health promotion through mind-body interventions

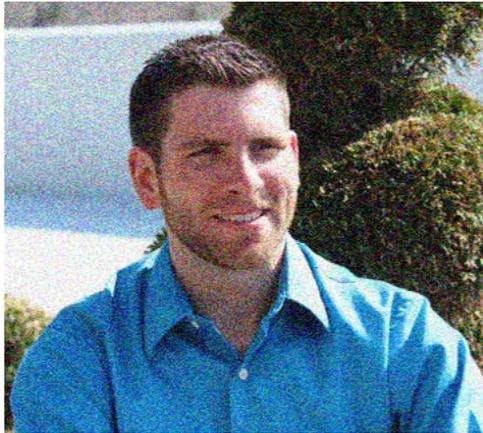
by Dylan Hassel

Supervised by Jane Hartley, Dylan completed his MPH in August with a dissertation focused on systematically reviewing school based mental health promotion through mind-body interventions for adolescents. The aim was to help guide how school systems may utilize effective mind-body techniques within adolescent student populations. A narrative approach was taken to synthesize heterogeneous data of various study designs and interventions.

It was concluded that mindfulness contained the most and best quality evidence, and therefore, contributes the most to the evidence base for school based mind-body interventions. However, there is an overall lack of good quality research and future research is urgently required in the field of school-based mental health promotion through mind-body interventions.



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Mobile food markets

by Chris Stothart

Chris completed his MPH dissertation in August under the supervision of Ruth Jepson and John McAteer. Using realist review methods, he investigated mobile food markets (farmers' markets on wheels) as an emerging approach to addressing food deserts - regions where residents have limited access to affordable, fresh food.

The aim of Chris' dissertation was to gather evidence from the existing literature to refine an initial programme theory for mobile food markets. Specifically, he sought to answer: what is it about this intervention that works, for whom, in what circumstances, how, and why?

Data from sixteen studies were examined using a food access analysis framework that Chris developed. A total of six interrelated theories of how mobile food markets work were produced. Each theory defines the proposed mechanism by which the market is thought to work, the context it is best suited to, and the resulting outcomes. The proposed theories describe six distinct dimensions of food access and were collectively used to propose a refined programme theory for mobile food markets. Chris' findings lay a foundation for future research in this topic area and have implications for both practice and policy.



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Brokering research collaborations: We are all in this together

Written by Jane Marryat, Research and Communications Officer, Evaluation Support Scotland (ESS)

As the Research and Communications Officer at Evaluation Support Scotland it always pleases me to have an opportunity to spread the word about aspects of our work. In this article I describe the Scottish Third Sector Research Forum – what it does, who is involved and how it brokers research collaborations. But first a bit of context...

Last year ESS celebrated ten years of working with third sector organisations (TSOs) and funders so they can measure and report on their impact and use the learning to improve practice and influence policy. Our birthday conference in May 2015 'Looking back, Looking forward' was a perfect opportunity to reflect on our own journey supporting TSOs, and the changes in evaluation practice that have taken place over time, particularly in Scotland

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In the early days we focussed on helping TSOs with basic evaluation language and self-evaluation skills, and helping funders to make reporting more useful and less burdensome. Over time our work has further developed to support TSOs to maximise their impact by sharing the learning from evaluation to benefit their own and others' practice. Having worked with hundreds of TSOs, large and small, working in different fields, we know that good practice is based on evidence from evaluation and research. However we also know that some TSOs, especially smaller ones, do not have the capacity or specific skills to generate research alone. So it's really important that TSOs connect and engage with researchers and develop relationships with academics.

Through the Scottish Third Sector Research Forum (TSRF) we work with strategic partners

from the Scottish Government Third Sector Unit, third sector organisations, funders and academia to maximise the impact of knowledge and evidence, to highlight research from and about the third sector, and encourage collaborations between TSOs and academics to generate and use evidence. As the secretariat of the TSRF we organise and convene TSRF events, meetings and communications

The Let's collaborate event is now an established discursive annual event bringing together TSOs, researchers and academics to explore how to broker relationships, foster collaborations, and share learning about what works to set up positive collaborations. The TSRF tailors these events to the needs of both sectors, which is why this year's event looked at how TSOs and academics can collaborate for better impact

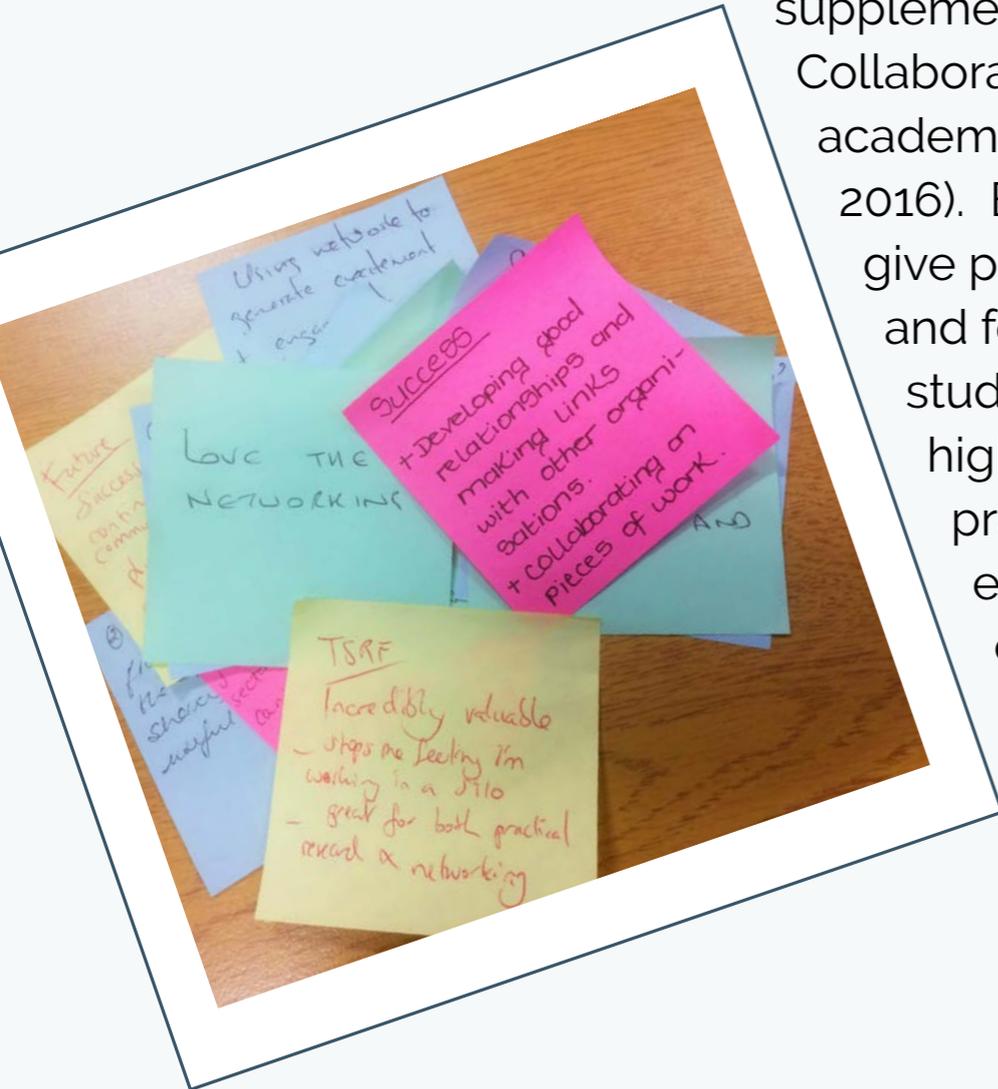
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For me, the need to support collaboration in a practical way was a clear message from these events and our TSRF partners. In response to some of these messages and research around evidence use, the Knowledge Translation Network (KTN) published two guides: Evidence for Success – The guide to getting evidence and using it

(August 2014) and the supplementary guide Collaborating with academics (March 2016). Both guides give practical tips and feature case studies that highlight good practice; for example, from organisations that have successfully collaborated



with academics, such as Glasgow Homelessness Network collaboration with Heriot-Watt University. Another supplementary guide to make the best of other people's evidence (i.e. secondary evidence) is in production as I write and will be available on ESS's website in March 2017.

The TSRF, similar to SCPHRP, has topic based working groups. Subjects covered in the past have been the benefits of inclusive volunteering, and what research tells us about engaging in positive partnership. We are tackling 'Inclusive Growth' and 'Co-production' this year.

At ESS we like to think we walk the talk, as we, too, are a third sector organisation. Learning from our own experiences of collaborations has informed our work. Over the years we have collaborated with academics particularly through our thematic programmes where academics have sat on advisory groups

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“TSOS CONNECT AND ENGAGE WITH RESEARCHERS AND DEVELOP RELATIONSHIPS WITH ACADEMICS”

(Reversing the Trend); supported us in developing story telling resources (A Stitch in Time?) and developing evaluation tools (currently with Leapfrogtools). In the process we have fostered positive relationships with brokers like Interface, SCPHRP, What Works Scotland, Centre for Research on Families and Relationships, and Scottish Universities Insight Institute, to name a few.

I hope some of this will have tickled your interest to find out more, either by joining our mailing list or coming to an event.

SAY HELLO IF YOU DO!



Tweet us @EvalSupScot #TSRF

5 Rose Street, Edinburgh, EH2 2PR | 0131 243 2770 info@evaluationsupportscotland.org.uk | www.evaluationsupportscotland.org.uk. Charity No. SC036529 | We are funded in part by the Scottish Government. TSRF is funded by the Scottish Government Third Sector Unit. KTN is a collaborative initiative running in parallel to TSRF who champion the use of evidence from the third sector



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NEXT LEVEL WAKE PROGRAMME

by Nick Galloway, Wakeboard Development Officer

Next Level Wake is a development programme for younger wakeboarders. The aim of the programme is to help push young people in the sport of wakeboarding and give them the help that they need to reach the next level. We run training sessions during the winter period to help keep the kids fit and active during this time, and these also help to build a relationship between young people and the team. We concentrate on wakeboard specific fitness with a classroom session at the start which involves more information about wakeboarding.

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FOXLAKE

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In the summer we continue the classroom sessions, but we also wakeboard. We get the team on the water practising new tricks that will help them progress their riding and help them for competitions. In addition to developing young people's wakeboarding skills, the programme also aims to build teamwork, self-confidence and respect for others. We also look at other areas of health, with a particular focus on young people's diet and their relationships with food. For example we encourage young people to keep diaries that ask them to record not only what they eat, but also how they feel and what else they're doing as they eat.

respect others



As the coach, as long as I can build a team of hard working, very passionate and great wakeboarders, then my job is complete. Doing the sport we love whilst have as much fun as we can.

Contact Nick at nick@foxlake.co.uk www.foxlake.co.uk



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Trip to Colombia:

Jenny Ordoñez Betancourth tells us about her recent visit



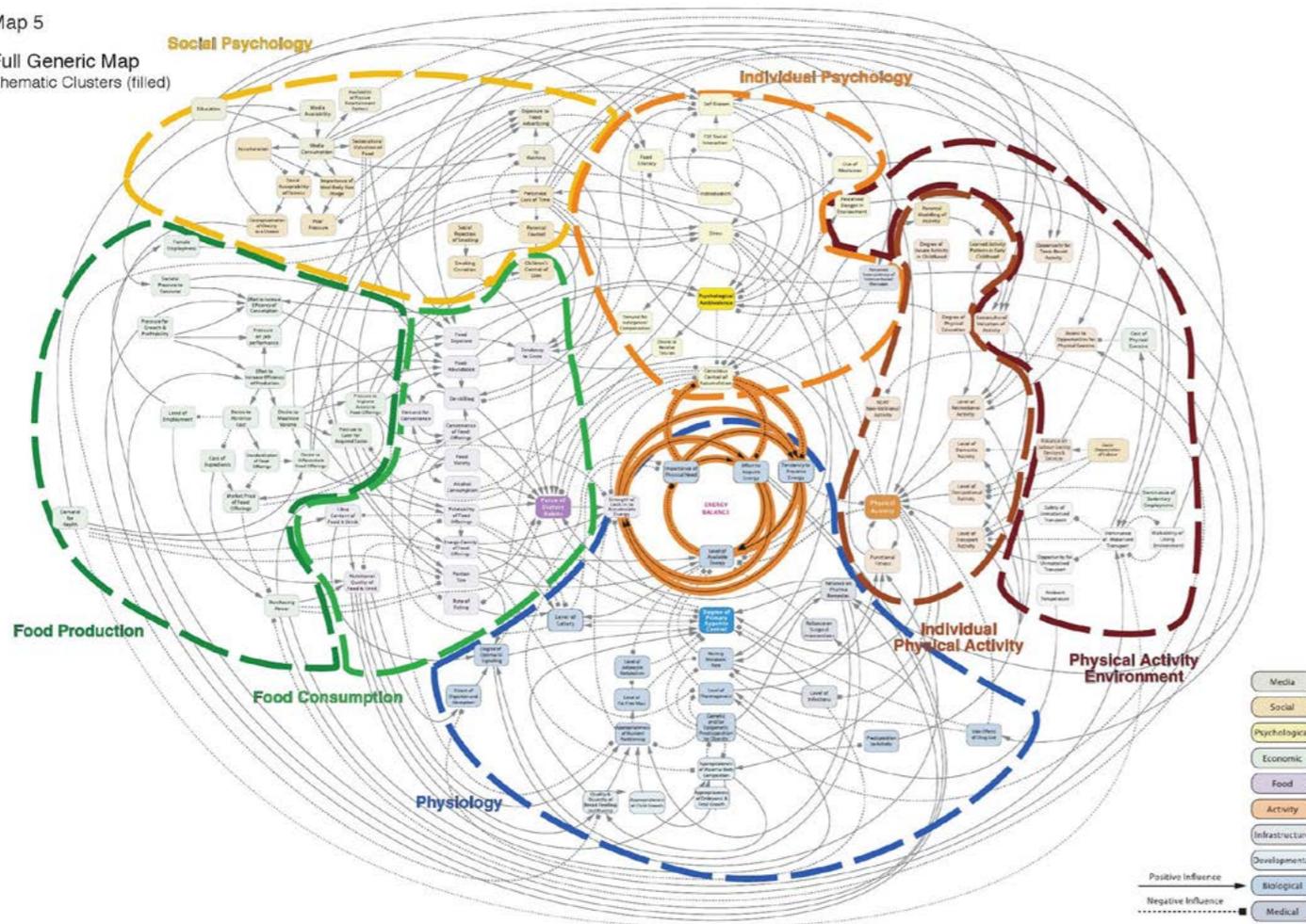
BACK IN NOVEMBER, I was lucky enough to travel to Colombia for a short break. During my stay I was invited to present preliminary findings of my PhD thesis at the research sessions in the School of Public Health, Universidad del Valle in Cali, my home city. This was a great opportunity to bring together colleagues and friends, around my thesis topic.

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Map 5
Full Generic Map
Thematic Clusters (filled)



Foresight Obesity System Map

I presented findings from a systematic review on the framing of ethnicity in childhood obesity research in five ethnically diverse countries, including Colombia. One of the main findings was that most of the authors pointed out childhood obesity differences by ethnic groups. However, most of them provided physiology-oriented explanations in light of those differences and less attention was given to explanations around food production and individual psychology. This was a very timely topic for discussion given the current debate about whether to introduce a soft drinks

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sugar tax in Colombia. I received interesting comments on my work, and I witnessed a stimulating debate about the research that is going on in Colombia. For example, research on climate change, infectious diseases, healthy behaviours and of course, the growing interest in childhood obesity.

In addition to the academic experiences I had, my visit home coincided with the final stages of my country's peace process – something very exciting for me and for us! That is going to challenge the way our country is ruled and it also will have impacts on how research will be conducted. Finally, I am treasuring the memories of the amazing weather in Colombia (28-30 °C), the availability of a wide range of coloured fruits, and the time spent with friends and family.

I would like to thank all of my friends from the Group Epidemiology and Population Health (GESP) and the School of Human Rehabilitation (ERH), at the Universidad del Valle for their kindness and thoughtful comments shared with me during my visit.

Jenny Ordoñez Betancourth PhD Student
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THE EMERGE PROJECT – DEVELOPING A REPORTING GUIDELINE FOR META- ETHNOGRAPHIES



A meta-ethnography is a method of qualitative synthesis originally developed by Noblit

and Hare in the 1980s in the field of education. The method follows seven structured steps in which researchers select, analyse and interpret qualitative studies through a process of translation, to answer focused questions on a specific topic. Meta-ethnography has been used increasingly in health research over the last 20 years to synthesise primary qualitative data and produce important new conceptual understandings of complex health care issues. Findings from high-quality meta-ethnographies have been used in clinical guidelines. Research

our team previously conducted however, showed that reporting of meta-ethnographies is often poor, especially researchers' descriptions of what they did to arrive at their findings. We received funding from the NIHR to develop reporting guidelines for meta-ethnographies which we hope will help researchers to improve their reporting of meta-ethnographies.

The guideline development project has included three key stages of work – a systematic review of methodological papers that describe how researchers should be doing and reporting meta-ethnographies; an examination of examples of high and low quality published meta-ethnographies to see how they were conducted and reported; bringing together meta-ethnography experts and people who use research evidence

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including lay people, policy makers, and health professionals, in an online Delphi exercise, to agree the content of the guideline.

We are keen to develop guidelines which are not only a useful tool for researchers when it comes to writing up meta-ethnography research, but which lead to papers that meet the needs of academics, professionals and members of the public who are interested in the results of meta-ethnographies.

An important aspect of this project has therefore been engaging with experts, academics, professionals and lay people in a variety of ways throughout the project to gain their thoughts, feedback and decisions regarding guideline development.

On 16th November SCPHRP hosted a Participant Advisory Group meeting for

the eMERGe project in Edinburgh. The Participant Advisory Group includes meta-ethnography experts, professionals who use meta-ethnography results, and lay people. The purpose of the meeting was to update the participant advisory group on the latest developments in the project, and then gain feedback from the group on a number of questions which the project team raised around the structure and content of the guideline. The meeting was well attended and highly productive. The project is now entering its final phase and the team are currently pulling together the first draft of the guideline.

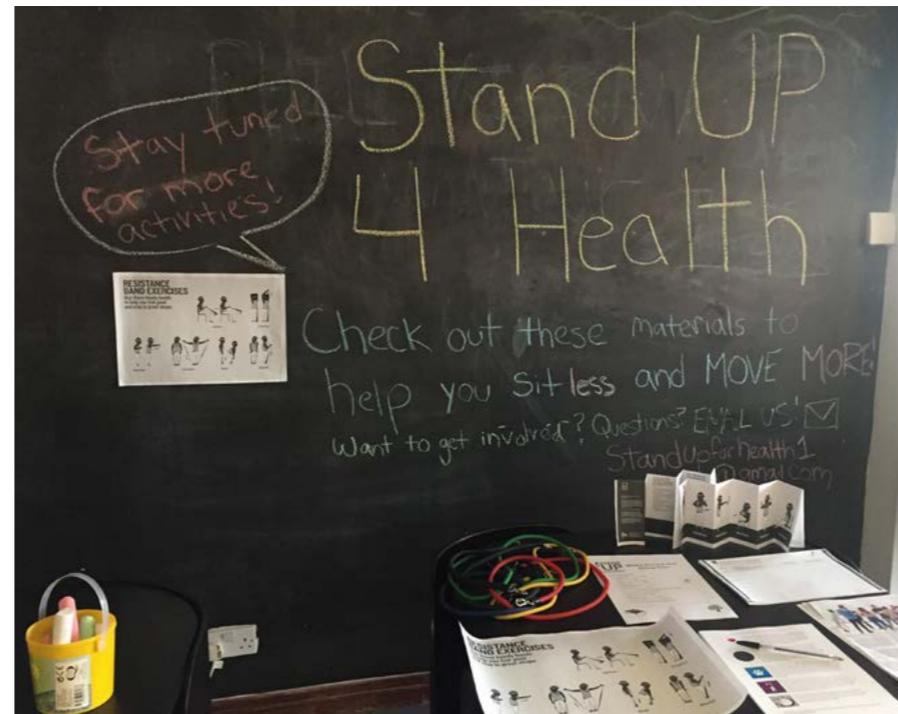
Further details of the project are available at www.emergeproject.org. SCPHRP's Ruth Jepson is a member of the eMERGe project team.



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STAND UP FOR HEALTH: an intervention to reduce sedentary behaviour in call centres

The Stand Up for Health programme has been working with the Ipsos MORI call centre in Leith to develop a healthy workplace intervention to reduce sitting time and increase physical activity among staff. The researchers, Laura and Christina, conducted focus groups and facilitated an open day in order to develop intervention activities that suit the context of the call centre. They are now testing out these context specific activities within Ipsos MORI to determine the sustainability and feasibility of the intervention. Activities target all levels of the organization: the individual, cultural, as well as the organizational. The testing phase will carry into mid-January, when Laura and Christina will collect feedback regarding these activities to determine the feasibility of Stand Up for Health.



12 DAYS OF SCPHRP (click each day)

<p>1</p> <p>GEORGE NOBLIT</p>	<p>2</p> <p>New Starts Louise & Greig</p>	<p>3</p> <p>MASTERS DISSERTATIONS</p>	<p>4</p> <p>1 2 3 4 EVALUABILITY ASSESSMENTS</p>
<p>5</p> <p>SUCCESSFUL MEDIA PLATFORMS</p>	<p>6</p> <p>SQUID</p>	<p>7</p> <p>7000+ twitter followers</p>	<p>8</p> <p><i>Grafts attempted</i></p>
<p>9</p> <p>EVIDENCE EXERCISES</p>	<p>10</p> <p>Standing desks</p>	<p>11</p> <p>Brilliant publications</p>	<p>12</p> <p>NEW YEAR RESOLUTIONS</p>



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SCPHRP News Resolutions for 2017

**EXERCISE MORE, LAUGH MORE,
CRAFT MORE, WORRY LESS!**

Say hi to every homeless
person I walk by

Develop more international ties
and collaborations, as the world's
problems seem to be getting worse
each year, and we all need to
"think globally.

To make more time to practice playing
the drums than I have in 2016!

To increase the frequency
of my visits to the gym,
from once to thrice a week!

*To go hillwalking at
least once a month*

My NY resolution
is to not make
over-ambitious 'To
Do' lists.

GET EVEN MORE CREATIVE

Take my family to
a hot and sunny
country for a nice
holiday.

Do
more voluntary
work

listen more

Learn sign
language

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