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The Centre for Translational  
Research in Public Health

# Welcome Fuse Early Life and Adolescence Programme

[www.fuse.ac.uk](http://www.fuse.ac.uk)





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# Overview Fuse & ELAP

**Carolyn Summerbell**

**Nicola Heslehurst**



# What is Fuse?



- Centre of excellence in public health research
- Capacity building for Public Health Research
- A virtual centre, operating across the 5 NE universities
- USP - Translational Research in Public Health
- Working in partnership with policy makers and practitioners, enabling research findings to be understood and applied to public health issues
- UKCRC funded until December 2018
- Now sustained by partner Universities until 2022

# Fuse Aims

Fuse's mission is to transform health and well-being and reduce health inequalities through the conduct of world-class public health research and its translation into value-for-money policy and practice

To achieve this our three broad aims are to:

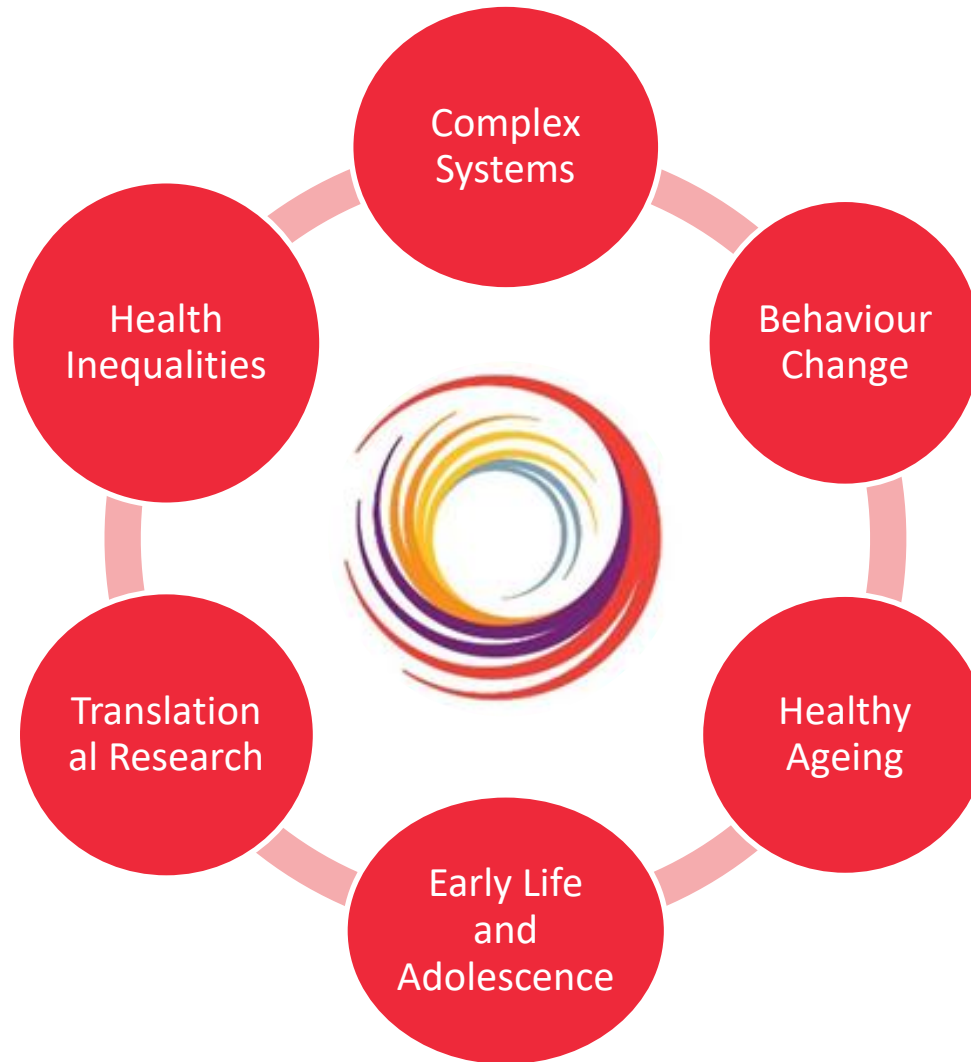
- Deliver world-class public health research
- Build sustainable capacity
- Build effective and lasting partnerships



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# Fuse Research Programmes



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# What has Fuse achieved?



- >£210M in grant funding
- Published over 1,079 peer reviewed papers (2009-2017) with over 30,000 citations
- 477 projects
- 389 public engagement events
- 314 conference presentations
- 45 Fuse-funded PhD students successfully completed their training
- Awards winning blog, research digests, tweets



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# Fuse events

## Quarterly Research Meeting

- Impact of Universal Credit on health and wellbeing (30 January)

## Fuse co-organised events

- Complexities and fluidities in health seminar (11 December)

## 11<sup>th</sup> Physical Activity Workshop

- Revised UK Physical Activity Guidelines: rethinking regional physical activity policy and implementation (6 December)

## Training

- Fuse social media training (10 December)
- Peer research approaches in asset-based community development (4 December)

# Early Life & Adolescence Programme (ELAP)

- Aim - to draw together and support collaborations between researchers, policy makers and practitioners with interests in sustaining or improving the health and wellbeing of pregnant women, children, young people and their families





# Early Life & Adolescence Programme (ELAP)

ELAP objectives - to conduct, develop, evaluate and translate research to:

- Promote a healthy start in life by focusing on determinants affecting a healthy pregnancy, infancy, childhood and adolescence
- Promote healthy emotional and mental wellbeing among children, adolescents and young people
- Reduce risk taking behaviour among young people that adversely affect their wellbeing
- Inform and influence policy and practice on the linkages between child health and social/structural inequalities through acting on social determinants of child health
- Promote the inclusion of children's and families' voice in the planning, implementation and evaluation of related national and local policies

# Introduction to SPHR

- Established in April 2012 renewed 2017-22 by national competition
- Budget of £21 million over five years
- Funding to build the evidence base for effective public health practice
- Partnership between 8 leading academic centres with excellence in applied public health research in England
- Director, Professor Ashley Adamson, Director of Fuse



# Introduction to SPHR

The School aims to

- increase and improve the evidence base for cost-effective, generalisable, and equitable public health interventions
- create an environment where first class applied public health research, focused on the needs of the public, can thrive, and where local practitioners, policy makers and the public can engage with research from the earliest planning stages
- support practitioners and policy makers to actively seek out high quality research evidence to inform their decisions by making our outputs practical, relevant, accessible and timely.

# Introduction to SPHR

## Three research programmes

- Public mental health
- Children, young people & families
- Places & communities

## Three cross-cutting themes

- Health inequalities
- Efficient and equitable public health systems
- Changing behaviour at population level



# Children, young people & families

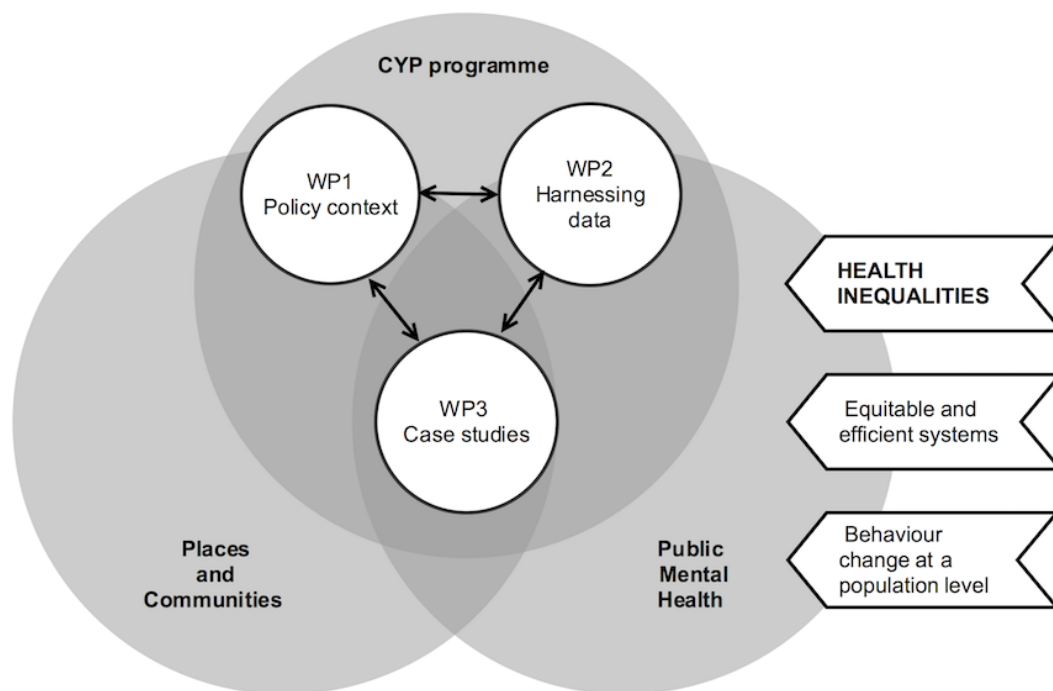
How can we design better systems to improve child health and reduce inequalities at local level?

## Programme Leads :

Ruth Kipping, Bristol

David Taylor Robinson, LiLaC,

Mark Limmer, LiLaC



# Children, young people & families

**Workstream 1: How can we design better systems to improve child health and reduce inequalities at a local level?** Lead Carolyn Summerbell, Fuse co-leads: Nicola Heslehurst, Vera Araujo-Soares, Jonathan Wistow, Caroline Dodds-Reynolds, Amelia Lake, Louisa Ells

**Workstream 2: Harnessing data to improve child health,** Fuse co-leads, Judith Rankin, Louisa Ells

**Workstream 3: Child Systems Case Studies,** Fuse co-leads, Clare Bambra, Luke Vale, Carolyn Summerbell, Falko Sniehotta, Caroline Dodds-Reynolds, Nicola Heslehurst

# Children, young people & families

## Research plan

### Work Package 1: Policy context

**With regard to inequalities in CYP to identify:**

- **Most significant policy areas** that aim to influence local authority work to reduce inequalities
- **Anticipated pathways**
- **Determinants of health inequalities** that are marginal or absent
- **Key factors affecting the development of local and national policy**
- **Key factors affecting the implementation of policy**

# **NIHR School of Public Health Research (SPHR)**

## **Public Health Practice Evaluation Scheme (PHPES)**

- Funds evaluations of local public health initiatives
- Practitioners as lead applicants, supported by SPHR researchers
- Annual calls for applications, two-stage selection process
- Funding for research projects up to 24 months, £50-250K
- Fuse submitted 11 applications in the last round

<http://sphr.nihr.ac.uk/phpes/>

## **30 PhD Studentships**



**Thank you – any questions?**



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# Overview Translational Research and AskFuse

**Peter van der Graaf**

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# Getting research into practice

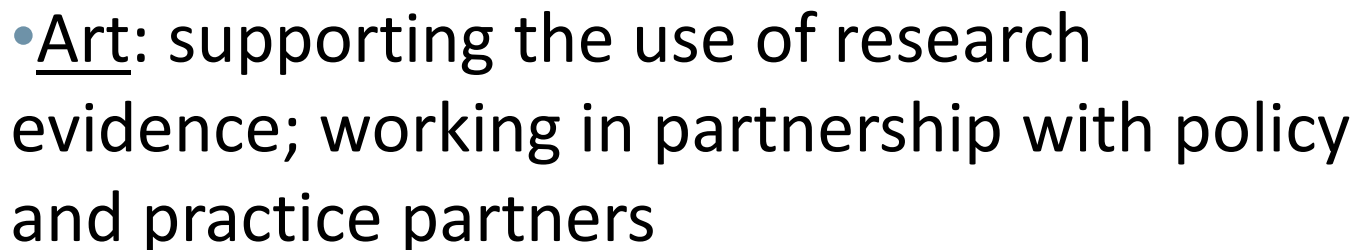
- Research take-up is slow: 17 years to inform practice (Morris et al. 2011)
- Research is often not useful:
  - Takes too long to report
  - No actionable recommendations
  - Fails to address most pressing local issues



➔ Need for translational activities and spaces to increase and speed up uptake of research evidence in policy and practice



- Science: study how evidence is (not) used, barriers & facilitators, what works under what conditions





# Science: NIHR KMR Fellowship

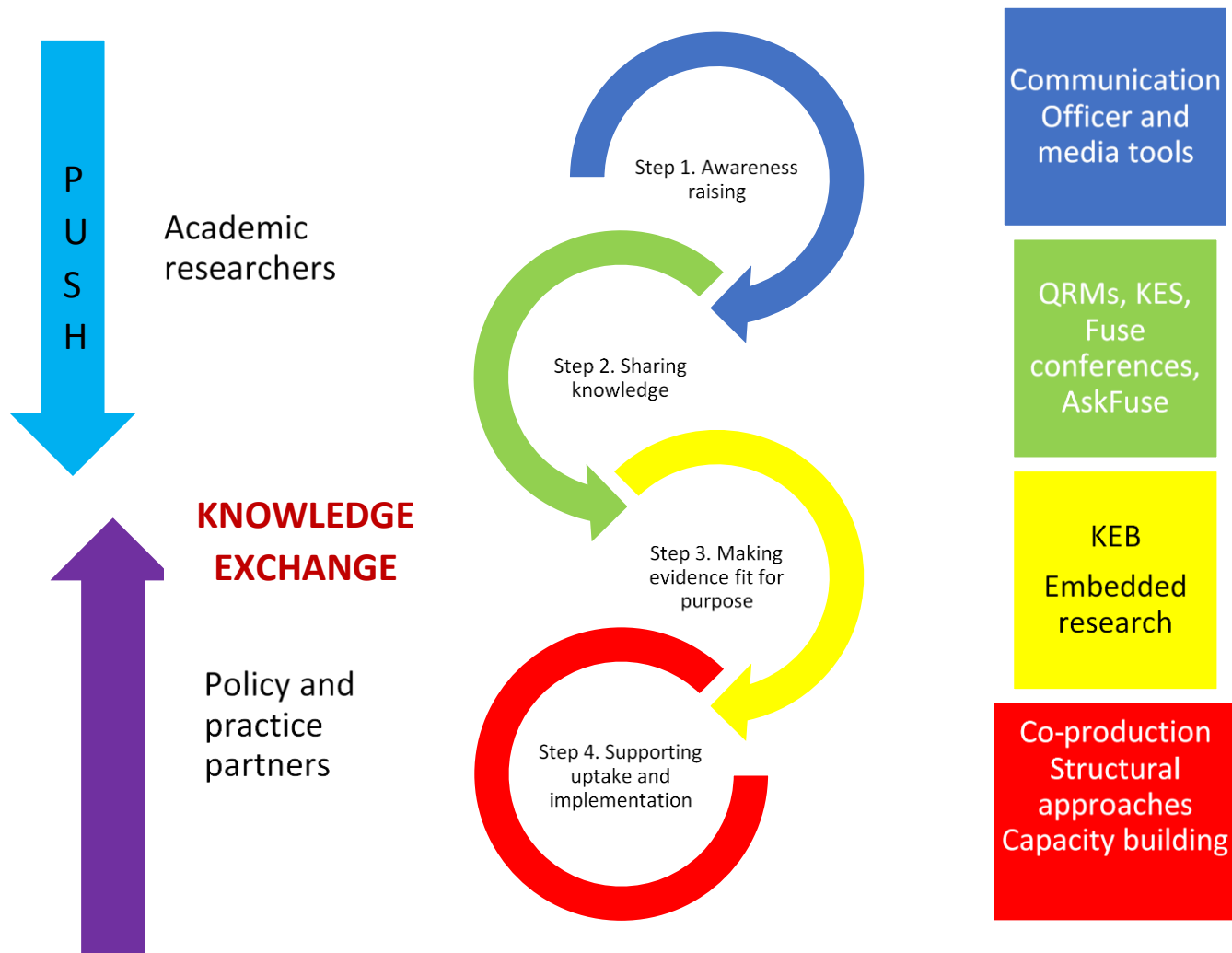
## Researching knowledge mobilisation:

- Evaluate implementation of a System Led Improvement (SLI) approach across North East on Best Start In Life (BSIL)
- Quality improvement approach based on peer challenge: public health teams visit each other's to review services and their evidence base
- Ethnographic approach (observations and interviews): what types of knowledge are mobilised in peer visits

➡ *Does it help commissioners to make more evidence-informed decisions?*



# Art: Fuse Knowledge Exchange model



# So, what is AskFuse ?

- A rapid response and evaluation service launched in 2013
- Acts as a portal to broker access to expertise in five North East Universities
- Free initial conversation(s) to explore needs
- Translate enquiries into feasible research projects
- Match enquiries to relevant academics
- Develop collaborative research and seek funding
- ➔ Build long term partnerships



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# Over 300 requests since 2013

Advice on  
developing  
interventions  
(20%)

Rapid  
evaluations  
(31%)

Signposting  
to literature  
(18%)

askfuseaskfuseaskfuse



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# Case studies

- Durham Council: co-produce and evaluate an infant healthy weight intervention for midwives (*Newcastle & Teesside*)
- ANEC/ILG: scoping prevention of risks of mental illness onset and early treatment in NE (PROMOTE; *Newcastle & Durham*)
- Stockton Council: evaluate asset-based community intervention on school readiness (A Fairer Start; *Teesside & Northumbria*)
- Fit4Health: embedded research to develop place-based, community-led approach to obesity prevention (*Teesside*)



# Bump to Buggy

## *(Community Partnership Award winner 2018)*

- What we did: Develop and evaluate physical activity intervention for pregnant women (Sport England)
- How: Systematic review, focus groups with mothers, co-design intervention with staff, pilot and test intervention, disseminate learning to health professionals and sport partners
- Partners: PhD student working in partnership with Tees Valley Sport, Darlington & Durham Councils and academics from Teesside and Newcastle universities
- Outputs: Evaluation report with detailed recommendations, PhD thesis, joint papers and Fuse briefs & blogs



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# Interested in working with AskFuse?



- Join Fuse or become an associate (register on [www.fuse.ac.uk](http://www.fuse.ac.uk))
- Write a blog about your research interests
- Attend events (QRMs, KE seminars, conferences)
- Submit your own enquiries to AskFuse to:
  - Get support from Fuse students and academics on your research ideas
  - Collaborate with local policy makers and practitioners to access their data, participants or funding opportunities



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# Top tips for collaborative research



- Get to know practitioners and commissioners: attend their events
- Start conversations about research early
- Be realistic/ set expectations
- Consider different types of evidence
- Quick wins (e.g. advice on collecting base line data)
- Write case studies together
- Try internships/ embedded research posts



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# Principles for knowledge exchange

1. **Clarify your purpose and knowledge sharing goals** - What do you want your findings to do, or to change?
2. **Identify knowledge users and stakeholders** - Who would be interested in this research, or need to know about it?
3. **Agree expectations** - How will you get a shared understanding what is expected of everyone and what can be achieved?
4. **Use knowledge users' expertise** - How will you design the research to benefit from their expertise and knowledge?
5. **Monitor, reflect and be responsive** - How will you know if your knowledge sharing activities have met your goals?
6. **Leave a legacy** - How can you develop, capture and sustain any benefits?

(Rushmer et al. 2018)



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# Thank you!

[ask@fuse.ac.uk](mailto:ask@fuse.ac.uk)

[www.fuse.ac.uk](http://www.fuse.ac.uk)

[@fuse-online](#)

[fuseopenscienceblog.blogspot.com](http://fuseopenscienceblog.blogspot.com)

# Thank you!



**"My job is to make decisions. Your job  
is to make them good decisions."**

# Workshops (30 mins each)

- How your research links with the ELAP programme?
  - Preconception, pregnancy and postnatal (Facilitator Cath McParlin)
  - Nursery, preschool and primary years (Facilitator Mihirini Sirisena)
  - Adolescence (Facilitator Ruth McGovern)
- Translational research in the context of ELAP



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# Workshops (30 mins each)

- How your research links with the ELAP programme?
  - Preconception, pregnancy and postnatal (Facilitator Cath McParlin)
  - Nursery, preschool and primary years (Facilitator Mihirini Sirisena)
  - Adolescence (Facilitator Ruth McGovern)
- How to use translational activities and spaces in ELAP research?



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# Translational research workshop

## *How to use translational activities and spaces in your research?*

*(Carousel technique; 5 minutes per question)*

1. What do you want ELAP research to **change**?
2. **Who** needs to know about ELAP research?
3. How will you get a shared understanding of what is **expected** of all programme members?
4. How will you **design** ELAP research to benefit from their expertise and knowledge?
5. How will you know if ELAP translational activities have been **successful**?
6. How to develop, capture and **sustain** any benefits?



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# Feedback from the workshops next steps

- Revise programme strategy
- Delivery of operational plan
- Purpose and frequency of future ELAP meetings
- Potential impact case studies, research briefs and blogs