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# Report: North East research and practice workshop

## Newcastle

June 2018

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## Introduction and overview

The Research, Translation and Innovation (RTI) division has been working with PHE centres to strengthen links between public health academics and others across the public health system via research and practice workshops to explore public health research needs and priorities in their local areas.

Over the last 18 months, we held 7 such meetings:

- North West Research and Practice Workshop – Manchester – 4<sup>th</sup> October 2016
- East Midlands Research and Practice Workshop – Nottingham – 13<sup>th</sup> March 2017
- East of England Research and Practice Workshop – Cambridge – 3<sup>rd</sup> October 2017
- West Midlands Research and Practice Workshop – Birmingham – 14<sup>th</sup> November 2017
- Yorkshire and Humber Research and Practice Workshop – Sheffield - 25<sup>th</sup> January 2018
- South East Research and Practice Workshop – London – 8<sup>th</sup> March 2018
- North East Research and Practice Workshop – Newcastle – 6<sup>th</sup> June 2018

Discussions are underway with the South West and London centres in the hope of covering each of the 9 PHE centres by the end of 18/19 financial year.

These regional workshops have generally included an overview of different stakeholder perspectives on public health priorities for which research can help to provide evidence. Along with an opportunity for discussions and workshops, a competition session awarded pump-priming funds to enable local research projects to be initiated with the view of submitting a future joint proposal for more significant funding.

Each of the workshops was developed with input from a lead in the PHE Centre, the Head of Academic Public Health Support in the RTI division and an academic or other public health professional colleague(s).

In addition, the RTI division has supported the PHE national teams of the Dental and Oral Health team and Chief Nurse Directorate to create and sustain meaningful academic networks. Further information about these workshops is available on request and will continue in future years.

This is the report for the North East Research and Practice Workshop; developed by Dr Mark Lambert, Chair – Research and Development Group, PHE, Professor Ashley Adamson, Director of Fuse, Newcastle University, Professor Eileen Kaner, Professor

of Public Health and Primary Care Research, Newcastle University, Dr Peter van der Graaf, NIHR Knowledge Mobilisation Research Fellow, Teesside University, Dr Sheena Ramsay, Clinical Senior Lecturer, Newcastle University, Dr Sarah Sowden, Associate Lecturer, Newcastle University, Laura Ritson, Centre Manager, Fuse and Nicola Hodgkiss, Head of Academic Public Health Support, PHE.

## Attendees

There were 87 attendees comprising academics and public health practitioners from across the North East region. Appendix 1 shows the list of attendees with their employing organisation.

## Presenters and an overview of content

Professor Bernie Hannigan, Director for Research, Translation and Innovation at PHE opened the event, thanking all for attending. She gave an overview of PHE and where it sits in the public health landscape as well as providing a high level summary of PHE's Research Strategy: '*Doing, supporting and using public health research: the Public Health England strategy for research, translation and innovation*'. She also introduced the concept of 'ResHubs' which are part of PHE's response to the Health of the Public 2040 report that recommends the development of regional hubs of engagement between practitioners and researchers to integrate health of the public research and health and social care delivery; events such as these research and practice workshops are part of that work. Finally she touched upon the breadth of research funders and the monies available, stressing the importance of public health researchers making use of all research funding that is available to them.

Dr Mark Lambert, Chair, Research and Development Group at PHE North East introduced the day's vision for building new research and practice partnerships, that improve population health across the North East of England. He gave an overview of the range of great research work that is already happening in the region including highlighting the work of Fuse and the research and development work that is taking place in the PHE North East centre.

Professor Clare Bamba, Professor of Public Health at Newcastle University talked about the NIHR School of Public Health Research and its priorities. She highlighted the three main research programmes that the school is undertaking namely; public mental health, children, young people and families and places, communities and systems and three cross-cutting themes of inequalities, efficient and equitable public health systems and changing behaviour at population level.

Dr Peter van der Graaf, NIHR Knowledge Mobilisation Research Fellow at Teesside University then took us through feedback from a pre-workshop Delphi survey and provided an overview of the day's work programme. His presentation was followed by some quickfire presentations from various organisations on work already underway across the region and set the scene for a series of table top discussions on set topics to generate ideas for research collaboration culminating in a competition for those who want to participate to bid for two prizes of £2,500. Further information on these elements of the day can be found later in this report.

The final formal presentation of the day, came from Dr Mandy Cheetham, Research Associate at Teesside University and focussed on developing practice based research. Dr Cheetham reflected on her time as a researcher in a local authority public health team and highlighted the need for co-produced research in order for research to have a real impact. She highlighted the challenges and opportunities of embedded research as well as the

challenges currently being faced in practice settings particularly around prioritisation of resources. She reinforced the need for research and practice colleagues to work together to develop the best evidence-based research that can have an impact on policy and practice and therefore the health and wellbeing of local populations.

## Regional showcase

This session, facilitated by Dr Sarah Sowden, Associate Lecturer and Specialty Registrar in Public Health at Newcastle University and Newcastle Council, showcased several pieces of work happening across the North East of England. Each speaker was asked to cover 3 things within their 2 minute presentation; what is the work they are talking about, why is it important for the health of the people in the North East and North Cumbria, and what they would like to see happen across the region in terms of public health research/practice.

Speakers and overview of the content below:

- **NIHR Applied Research Collaboration for the North East and North Cumbria (ARC NENC) -**  
*Professor Eileen Kaner, Professor of Public Health and Primary Care Research, Newcastle University*  
Professor Kaner talked about the work of the ARC, highlighting the focus on generating evidence and mobilising knowledge. She would like to the region to deliver research with more pace and scale and to have more involvement from patients and the public to create better and fairer health and care for all across the North East at each stage of life.
- **Identifying and meeting health care needs -** *Dr Mark Lambert, Consultant in Specialised Services Public Health, North East and Cumbria, Public Health England*  
Dr Lambert talked to a pre-circulated paper (which can be found at Appendix 2) which highlighted the gaps in knowledge about understanding and meeting health care needs, as formulated through conversation and consultation amongst the North East Healthcare Public Health Network. The key themes discussed in the paper are outcomes, value, organisation and system working, personalisation and inequality.
- **Health Protection -** *Dr Petra Manley, Consultant Epidemiologist, Public Health England*  
Dr Manley emphasised the importance of health protection as it remains a dynamic area of practice with emerging diseases and new challenges (such as anti-microbial resistance) and cuts across many other domains of public health. She believes greater collaborations between academia and public health professionals, and strengthened health protection research portfolio across the North East and Cumbria would be great achievements.

- **A North Perspective** - Professor Martyn Regan, PHE Regional Professor of Public Health, The University of Manchester

Professor Regan has recently taken up a post at The University of Manchester to increase links across the North of England, from a PHE perspective this involves the North East, North West and Yorkshire & Humber centres. The aim is 'How can we help improve the health of the poorest, fastest?' With that in mind he introduced the concept of a Northern Universities Public Health Alliance in a bid to connect the great researchers and institutions across the North of England with each other and potentially with service/practice partners. Finally, Professor Regan invited attendees to register to attend the Festival of Public Health which is an annual event held at The University of Manchester with the 2018 event happening on the 5<sup>th</sup> July 2018 (<http://www.festivalofpublichealth.co.uk/>)

- **Research Design Service** – Professor Eugene Milne, Director of Public Health, Newcastle Council

Professor Milne talked about the NIHR Research Design Service as an offer that was underused across the North East and Cumbria but that is a great resource for helping people refine research ideas and questions leading to sound research proposals for submission to a wide range of funding bodies including NIHR. (<https://www.rds-nw.nihr.ac.uk/>)

- **Third Sector** - Ang Broadbridge, Research and Evaluation Lead, Fulfilling Lives Newcastle Gateshead

Ang Broadbridge provided an overview of the work of Fulfilling Lives. They support people with multiple complex needs, building engagement with front end users of health care service, with a view to improving the offer to this group. She provided some startling figures about the cost to the system of each individual which further highlighted the benefits of working more with these groups.

- **Regional Research Strategy** - Dr Paula Whitty, Joint Director of Research, Innovation and Clinical Effectiveness, Northumberland Tyne & Wear NHS Foundation Trust - Regional research strategy

Dr Whitty spoke about work that has been underway to help develop a Regional Research Strategy. The idea is based around the Clinical Research Networks strategy for research delivery which is very much geared towards clinical research. The aim of the strategy is to help enable engagement across all sectors for research on all aspects of public health from wider determinants through to intervention aspects to deliver the best possible and fairest healthcare for those in the North East and Cumbria.



# Research needs and priorities in the region

## Exploring the results of the Delphi Survey

Ahead of the workshop, attendees were asked to participate in a Delphi survey to help identify those topics that they felt were of the greatest importance to the future of public health research in the North East of England. A graph showing the results of this survey can be found at Appendix 3 along with the other suggestions that were put forward by survey respondents.

Table top discussions then focussed on the top 3 identified priorities using 'The Six Thinking Hats' (De Bono, 2010) discussion tool. This tool aids participants in addressing problems from a variety of angles, recognising six different ways of thinking; although for the purposes of our exercise we focussed on four of the hats in the following order:

- **Yellow – Benefits**: What are the benefits of researching this topic? Think positively
- **Black – Cautions**: Identify reasons to be cautious and conservative when researching this topic
- **White – Information**: What research evidence is already available on this topic/ what do we know already?
- **Green – Creativity**: What can we add to the existing evidence base? Are there any gaps? Think creatively, outside the box

The topics we explored from these perspectives were:

1. Evidence of effectiveness of Public Health interventions
2. Wider determinants of health
3. Whole systems approaches to Public Health interventions

These discussions helped us develop themes for further table top discussions and idea generation.

## Table discussions: developing research proposals based on identified priorities

Following on from the morning's session, we set up a series of table top discussions to explore some of the common themes further. There was a range of topics such as partnerships (including VCS organisations, elected members and private companies), health literacy and language, mental health, whole systems approaches, multiple complex needs, community-based approaches and making better use of existing data and studies. There were also a number of 'free' tables with no prescribed theme.

Participants then selected to join the table discussion on the topic that was of most interest to them and tried to generate a potential research proposal. The follow-on session allowed them to take this a stage further and develop a pitch to present to our panel in the competition

session. Public Health England made two awards of £2,500 seed funding available to the most exciting ideas developed during the course of the day.

## Competition for seedcorn funding

All attendees had the opportunity to pitch their research idea to a panel in a bid to be awarded one of the £2,500 seedcorn funding prizes. The research ideas could not be add-on studies to existing research funded projects and in the spirit of the day needed to be a collaboration between academia and practice.

The panel was made up of:

- Professor Bernie Hannigan, Director for Research, Translation and Innovation, Public Health England
- Professor Peter Kelly, Centre Director – North East, Public Health England
- Professor Martyn Regan, PHE Professor of Regional Public Health, University of Manchester
- Dr Paula Whitty, Joint Director of Research, Innovation and Clinical Effectiveness, Northumberland Tyne & Wear NHS Foundation Trust.

The panel were asked to consider the following criteria when listening to the different pitches –

- The importance and novelty of the question
- The novelty of the partnership
- The composition of the academic team
- The appropriateness of practice partners
- The credibility of any future funding route
- The impact on the health of the regional population

There were 9 research ideas developed and pitched on the day. These were:

1. Real time use of machine learning to improve population wellbeing and provide responsive services: *Sohail Bhatti, Consultant in Public Health, Newcastle City Council*
2. Multiple Complex Needs: *Ang Broadbridge, Research Lead, Changing Lives*
3. Positive Allies Charter Mark for organisations and employers: *John Townsend, Senior Sexual Health Advisor, South Tyne Sexual Health*
4. Prevalence of AMR bacteria in the community: *Nicola Love, Epidemiological and Information Scientist, Public Health England*
5. Understanding the impact of link work on service use and effectiveness: *Liam Gilfellow, Director of Service Development and Programmes, Mental Health Concern*

6. A whole system approach to domestic abuse amongst 16-24 year olds: *Stephanie Wilkie, Senior Lecturer, University of Sunderland and Mandy Cheetham, Research Associate, Teesside University*
7. A data hub/platform to improve understanding of the wider determinants of health using whole systems approaches – a capacity building approach  
*Jo Gray, Associate Professor, Northumbria University*
8. Exploration of feasibility of a health asset mapping app to explore the identification and measurement of social capital outcomes  
*Steven Carter, Advanced Health Improvement Practitioner, Hartlepool Borough Council*
9. People Powered Health  
*Judith Stonebridge, Consultant Public Health, Northumbria Healthcare Foundation Trust*

The two prizes were awarded to Ang Broadbridge for her pitch on 'Multiple Complex Needs' which will be a partnership between Fulfilling lives, PHE, the voluntary sector and Fuse and to Stephanie Wilkie and Mandy Cheetham for their pitch on 'A whole system approach to domestic abuse amongst 16-24 year olds' which will be a collaboration between Teesside and Sunderland Universities, Gateshead Local Authority, voluntary organisations, youth councils and the police. The projects will provide a progress report in 12 months' time to PHE's Research Performance Review Group.

## Next steps and conclusion

It was clear from speakers, comments and discussions on the day that there is already a well-developed infrastructure for research and some academic-practice engagement in the region but that better use might be made of those infrastructures to have a bigger impact on public health. Early inclusion of all relevant parties including community engagement and third sector organisations was seen as key to ensuring that research is appropriate and translatable to policy and practice to make a real difference. Participants acknowledged this as one of the strengths of the event: bringing together a range of stakeholders and representatives from various sectors and organisations to have early conversations about research ideas and collaborations. The open format of the event, where discussions were structured based on what emerged on the day, was positively received and encouraged conversations that would normally not have taken place. Fuse will organise follow-up events as part of their Quarterly Research Meetings with participants to carry on these conversations.

AskFuse, the rapid response and evaluation service of Fuse, will follow-up with the seven participants whose pitches were not successful to explore opportunities, in collaboration with RDS North East, to develop their pitches into more detailed

research proposals that could potentially be submitted for research funding to NIHR and other funding organisations.

Feedback from the event was also discussed at the Fuse Research Strategy Group in June and Fuse programme leaders have been encouraged to engage with the suggested topics from the event within their research programmes and as members of NIHR SPHR research themes groups.

The North East PHE Centre will consider this report and explore how to support taking this work forward.

### ***References***

De Bono, E. (2010) *Six thinking hats*, London: Penguin Group.

## Appendix 1: Attendees

Name	Job Title	Organisation
Lara Ahmaro	PGR student and pharmacist	Newcastle University
Nasima Akhter	Assistant Professor (Research)	Durham University
Hilary Allan	Research Delivery Manager	Clinical Research Network North East and Cumbria
Clare Bambra	Professor of Public Health	Newcastle University
Angela Bate	Senior Research Associate in Health Economics	Northumbria University
Josette Bettany-Saltikov	Senior Lecturer in research Methods	Teesside University
Sohail Bhatti	Consultant in Public Health	Newcastle City Council
Andrew Billett	Principal Health Intelligence Analyst	Public Health England
Kweku Bimpong	Student	Durham (Newcastle) University
Ang Broadbridge	Research Lead	Changing Lives
Zoe Brown	Outreach officer	Tyne & wear archives & museums
Sarit Carlebach	Research Fellow	Teesside University
Susan Carr	professor	Northumbria University
Steven Carter	Advanced Health Improvement Practitioner	Hartlepool Borough Council
Mandy Cheetham	Research Associate	Teesside University
Joe Chidanyika	Advanced Public Health Practitioner - Clinical Lead	Middlesbrough Council
Hayley Coleman	Public Health Registrar	South Tees Public Health
Tracy Collins	Senior Lecturer	Northumbria University
Michael Cook	Knowledge & Evidence Specialist	Public Health England
Victoria Cooling	Consultant	Victoria Cooling Consultancy
Lesley Cooper	PhD Studnet	Teesside University
Gayle Dolan	Consutlant in Health Protection	PHE
Louisa Ells	Reader in public health and obesity	Public Health England / Teesside University
Gillian Gibson	Director of Public Health	Sunderland City Council
Emma Giles	Senior Research Lecturer in Public Health	Teesside University
Liam Gilfellon	Director of Service Development and Programmes, Mental Health Concern	Concern Group
Anna Goulding	RA	Newcastle University
Jo Gray	Associate Professor	Northumbria University

L Haley	Research Associate	Fuse, Teesside University Constantine Building Room C2.28
Tom Hall	Director of Public Health	South Tyneside Council
Angela Hannant	Public Health Programme Lead	Gateshead Council
Bernie Hannigan	Director - Research, Translation & Innovation	PHE
Steven Hardy	Head of Molecular and Diagnostic Data	Public Health England
Louise Harlanderson	Making Every Contact Count, Development Lead for Health Weight, Physical Activity and Nutrition Public Health	Gateshead Council
Louise Hayes	Research Methodologist	Newcastle University
Emily Henderson	x	x
Nicola Hodgkiss	Head of Academic Public Health Support	PHE
Helen Howlett	Senior Research Nurse	Northumbria Healthcare Trust
David Hunter	Professor of Health Policy and Management	Newcastle University
Andrea Jones	Chief Clinical Officer	HAST and Darlington CCGs
Nicola Jones-Anderson	Student Health Visitor	North Tyneside Council
Eileen Kaner	Professor of Public Health & Primary Care Research	Newcastle University
Peter Kelly	Centre Director - PHE North East	Public Health England
Nicky Kime	Senior Research Fellow	Leeds Beckett University
Mark Lambert	Consultant in Public Health Specialised Services	Public Health England
David Landes	Consultant	Public Health England
Mabel Lie	Research Associate	Newcastle University
Nicola Love	Epidemiological and information scientist	PHE
Gregory Maniatopoulos	Senior Research Associate	Newcastle University
Petra Manley	Consultant Epidemiologist	Public Health England
Louise McFarlane	Student Public Health School Nurse	North Tyneside Council
Grant McGeechan	Lecturer in Health Psychology	University of Teesside
Ruth McGovern	NIHR Post Doctorate Fellow	Newcastle University
Rachel McIlvenna	Health Improvement Specialist- Addictions & Vulnerable Groups	South Tees Public Health
Susanna Mills	Public health specialty registrar	Public Health England
Eugene Milne	Director of Public Health	Newcastle City Council
Elizabeth Morgan	Director of Public Health	Northumberland County Council
Nick Neave	Associate Professor, Director of	Northumbria university

	the Hoarding Research Group	
Julia Newton	Medical Director AHSN NENC	Academic Health Science Network NENC
Rachel Nicholson	Public Health Manager (Children)	North Tyneside Council
Lawrence Nyanzi	Programme Director DrPH	Teesside University
Amy O'Donnell	Faculty Fellow	Newcastle University
Rob Papworth	Strategic Development Manager	Stockton Council
Samuel Parker	GP & PhD Student	University of Newcastle upon Tyne
Yongong Peng	Professor of Data Science	University of Sunderland
Andy Pringle	Reader	Leeds Beckett University
Sheena Ramsay	Clinical Senior Lecturer & Hon Consultant in Public Health	Newcastle University
Martyn Regan	PHE Regional Professor of Public Health	University of Manchester
Laura Ritson	Fuse Manager	Newcastle University
Sarah Slater	x	x
Rebecca Smittenaar	Analytical Lead (Systemic Anti-Cancer Therapy)	PHE
Falko Sniehotta	Professor of Behavioural Medicine and Health Psychology	Newcastle University; Fuse
Sarah Sowden	Associate Lecturer and Specialty Registrar in Public Health	Newcastle Council / Newcastle University
Chris Speed	Deputy COO	NIHR Clinical Research Network: North East and North Cumbria
Ruth Stevens	Service manager	Northumbria Healthcare NHS Foundation Trust
Judith Stonebridge	Consultant Public Health	Northumbria Healthcare Foundation Trust
Claire Sullivan	Deputy Director of Health, Wellbeing & Workforce	Public Health England
Susan Taylor	Partnerships Manager	County Durham and Darlington Foundation Trust
John Townsend	Senior Sexual Health Advisor	South Tyen Sexual Health
Louise Unsworth	Associate director	Public Health England
Peter van der Graaf	Fuse Knowledge Exchange Broker	Teesside University
Paul van Schaik	Professor of Psychology	Teesside University
Angela Wearn	PhD Researcher	Northumbria University
Mark Welford	Communications Officer	Fuse, the Centre for Translational Research in Public Health
Paula Whitty	Joint Director of Research, Innovation & Clinical Effectiveness	Northumberland Tyne & Wear NHS Foundation Trust

Stephanie Wilkie	Senior Lecturer	University of Sunderland
Michelle Younger	Senior Innovation Manager	Thirteen Group



## Appendix 2: Supplementary paper by Dr Mark Lambert (presented during the regional show case)

### **Towards population health care research priorities in North East England**

Public health is the science and art of achieving good population health through the organised efforts of society. Achieving good population health requires provision of health care services; the way these services are planned and delivered and the extent to which these services meet individual and population need all matter for maximising the contribution to the health of the public.

This paper is about the gaps in knowledge about understanding and meeting health care needs. It is written to support the preparation for a Regional Research Conference on public health, to be held in June 2018. The ideas were formulated for the North East Health Care Public Health Network, and have been developed on the basis of conversation and consultation amongst the group.

There is much to celebrate about public health research in the North East. Fuse, the centre for translational research in public health is an immense asset which has important insights for the health and wellbeing. But public health research in other domains of public health practice has not kept pace. To address this imbalance, we start here by indicating gaps in knowledge about identifying and meeting health care needs. This paper is intended to stimulate discussion and debate and refine thinking about areas to explore. The key themes are outcomes, value, organisation and system working, personalisation and inequality.

#### **i) Outcomes and Value**

What redistribution of resources is required to maximise the health benefits from the system?

What (preventive) health offers should be available:

- a) to people at high risk of disease (particularly among those with multiple risk factors) and

- b) to those multiple conditions

For preventive interventions in health care settings in particular:

- a) How can we improve resourcing (funding models) and delivery (When, where, how, by and with whom and how often?)
- b) What are the constraints on further development of the preventive offer, and which are the more fruitful to address?

How can we take account of multiple perspectives on the question of value- particularly the tension between groups and personal preferences?

What endeavours are consistent with obligations to the individual and to the population maximising value, particularly limiting low value interventions?

How should we assess the differential effects on population health and health inequalities?

What is the impact of more informed choice on disease prevention programmes?

## **ii) Organisation and system working**

What does a health care system oriented towards prevention look like (particularly for those at high risk or with multiple conditions) how could the system response to these groups be better resourced and organised?

What difference do organisational arrangements and spans of control make to delivering system goals?

How does system complexity and change affect delivery of system goals?

How should specialised public health resources be deployed to maximise the population health gains from the health care system?

What planning, support and performance systems maximize the value and outcomes of the health care system?

How can we secure the dissemination and use of existing knowledge to improve the health care system?

### **iii) Personalisation**

How can patients and the public be engaged to greater effect in changing the health care system (both particular services and pathways and the wider system) beyond small scale demonstration projects?

What is the potential for change from shifting the main focus of change from health care organisations and clinicians towards interactions with patients and the public?

What is the place of patient centred care/ shared decision making in this?

### **iv) Inequality**

How should we identify the causes of differential access to health care and adverse health care outcomes?

What are the methods for tackling identified inequalities in both health care outcomes and access to effective health care interventions? Are different approaches required for different forms of condition or intervention (such as those with asymptomatic conditions)?

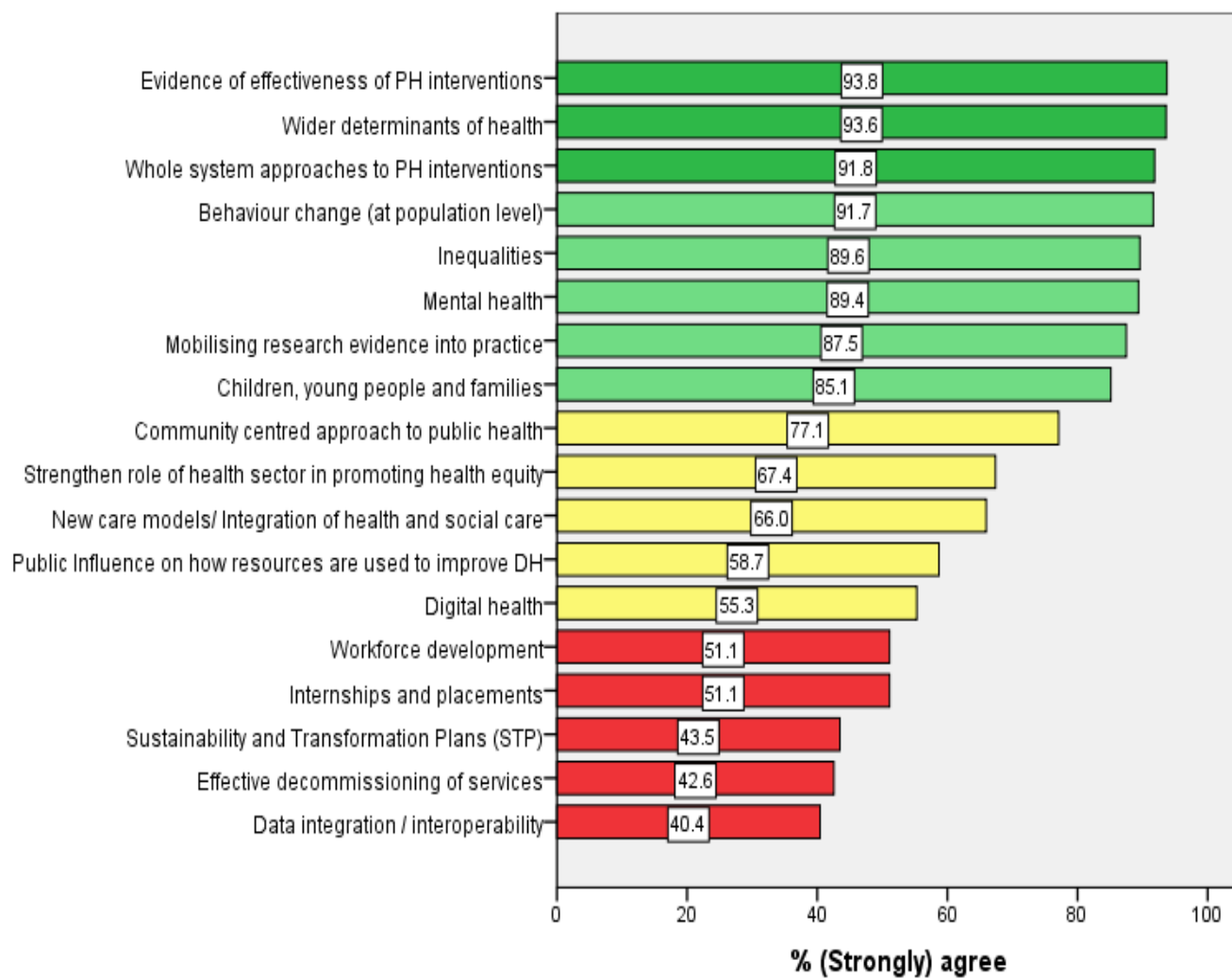
What responses are needed for vulnerable populations with particular needs- such as people with learning disability and those in the criminal justice system?

These questions are still to be prioritised and refined. There will be partial answers to some of these questions already. Hence the answers to many of these questions may lie in drawing together what is known on these topics

Mark Lambert, on behalf of the North East Health Care Public Health Network

May 2018

## Appendix 3: Delphi survey results



## Appendix 3: Delphi survey results – Other suggestions

- Prioritising limited resources in austerity
- Health literacy
- Palliative care
- Health Protection
- Implications of Brexit
- Key 'influence points' in early-mid life course
- Links between health funding and health need
- Obesigenic environments
- Co-production with industry, media, NGOs
- Social isolation (urban & rural areas)
- Addiction
- Psychology of ageing