

**RSPH**

ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE

**1,200**

attended our conferences  
and training

**Impact Report 2013–2014**  
Championing the public's health

**35,015**

Health Champions

**66,141**

achieved qualifications

# We are pleased to introduce the first RSPH Impact Report, which gives us an opportunity to reflect on and celebrate our past achievements while looking ahead to some of our exciting future developments.



Since the publication of our 2012 Review we have been focused on the development of our new five year strategy which has resulted in a period of significant change and growth for the organisation. We believe we are now well placed to work towards our vision that **everyone has the opportunity to optimise their health and wellbeing.**

The Institute of Healthcare Management (IHM) joined us at the end of 2012 and much of the past year has been spent strengthening our relationship, aligning our work and developing the future strategy for this important membership organisation. We strongly believe this will enable us to effect real change across healthcare and public health by providing a strong, united voice and it has been extremely rewarding to see the commitment that exists in the healthcare sector for IHM. We are grateful to everyone who has helped us develop plans for IHM in its new home at RSPH.

Our strategy focuses on harnessing the considerable expertise that exists within RSPH, our membership and our many important partnerships. Together we work to disseminate research and best practice, and create opportunities for education and training both to protect and improve the public's health. Our ultimate aim is to empower the public to lead healthier lives by supporting the public health and wider workforce, and is based on our three strategic goals:

- To enable communities to make the most of their health and wellbeing.
- To develop and support networks to improve the public's health.
- To be the trusted, independent voice for the public's health and wellbeing.





We have structured this report around our three goals to highlight our achievements during 2013, key activities so far in 2014 and our ambitious plans for the future.

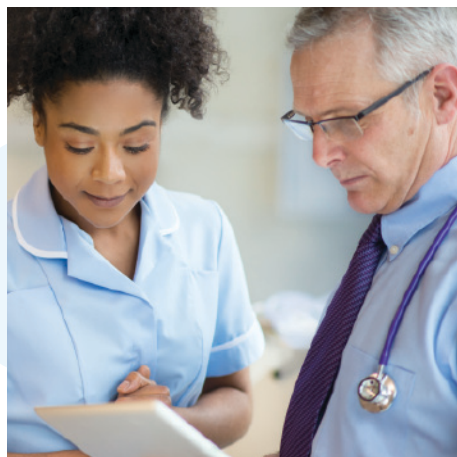
We would like to thank all the trustees, staff, our president and vice presidents, and members and partners of RSPH and IHM who have helped us to progress and extend our reach across so many sectors. Your commitment to our endeavours has challenged, motivated and inspired us and we look forward to continuing to work with you over the coming years.



**Shirley Cramer CBE**  
Chief Executive



**Dr Fiona Sim**  
Chair



**“In 2013, we were delighted to invite Lord Kamlesh Patel of Bradford to join us as Vice President. His passion and expertise in public health has proven to be invaluable to our work and it is a pleasure to work with him as an ambassador for RSPH.”**



**Lord Hunt of Kings Heath**  
President

**Leadership**

Patron Her Majesty The Queen  
President Lord Hunt of Kings Heath  
Vice Presidents Baroness Cumberlege,  
Baroness Massey of Darwen and  
Lord Patel of Bradford

**Members of the Council  
at 31 December 2013**

- Dr Fiona Sim – Chair
- Dr Nigel Carter – Treasurer
- Dr Heather Hartwell
- Dr Gareth Morgan
- Dr Carol Wallace
- Mr Malcolm Wright –  
joined 14 March 2013
- Dr Eugenia Cronin
- Professor Sheena Asthana
- Dr James Gibson
- Mr Phillip Woodward
- Professor John Ashton –  
left 11 June 2013
- Dr Robin Philipp –  
left 12 September 2013
- Dr Jennifer Lisle –  
left 12 September 2013

# Enabling communities to make the most of their health and wellbeing

We are facing unprecedented public health challenges, including continued increases in non-communicable diseases. To protect the health and wellbeing of our population, RSPH work in a variety of settings and across the life course to provide individuals with the skills they need to improve their own health, and that of others.



As part of the teen pregnancy strategy in Southwark, we have been rolling out RSPH qualifications to unemployed parents as well as professionals and young people. When people finish the course and receive a certificate, they have reported back that this raises their confidence in not only changing their own behaviours but helping friends and family as well. Since rolling out these courses and training to over 300 Southwark residents and professionals we have seen a dramatic drop in teen pregnancy figures.

Emma Corker, Teenage Pregnancy Co-ordinator, Southwark Council



By 2025 it is estimated that five million people will have diabetes

## Building skills through qualifications

Developing the skills of the public health and wider workforce is instrumental in protecting and improving the public's health and wellbeing. Our qualifications enable learners of all ages, professions and experience to gain new skills, develop their careers and build in confidence, ensuring they are better equipped to engage in health protection or improvement activities.

We are proud to be an Ofqual Awarding Body, and currently offer **58 accredited qualifications** across nine public health subject areas enabling us to drive real change across a wide range of settings and health behaviours.

In 2013 we saw significant increases in candidates across our qualifications, in particular:

**32% increase in health and safety candidates**

**20% in hazard analysis and critical control points (HACCP)**

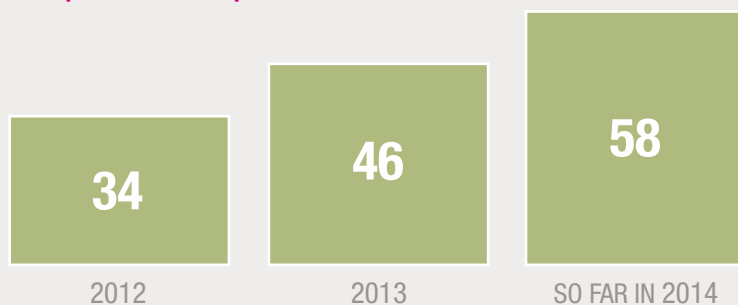
**18% in nutrition**

Our Level 2 Award in Understanding Behaviour Change proved particularly successful and volunteers and public health professionals reported improved listening and communication skills as a result.

**Total number of health champions trained: 35,015** providing a unique workforce of individuals with the enthusiasm, skills and knowledge to positively impact on individual health within communities across the UK.

## In 2013 over 2,000 centres provided qualifications for 66,141 learners

### Our qualifications portfolio





## New additions to our qualifications portfolio in 2013

- Level 2 Award in Understanding Alcohol Misuse
- Level 2 Award in Encouraging Physical Activity
- Level 2 Award in Encouraging a Healthy Weight and Healthy Eating
- Level 2 Award in Understanding Sexual Health
- Level 2 Award in Supporting Smoking Cessation
- Level 2 Award in Understanding the Misuse of Substances
- Level 3 Diploma in Anatomical Pathology Technology
- Level 2 Diploma in Pest Management
- Level 2 Certificate for Proficiency in Protecting the Welfare of Animals at Time of Killing
- Level 2 Award for Proficiency in Protecting the Welfare of Animals at Time of Killing
- Level 2 Award in Using Aluminium Phosphide Safely for the Management of Vertebrate Pests
- Level 2 Certificate for Youth Health Champions



### Institute of Healthcare Management Support for personal development

We work with our network of over 3,000 health and care managers, leading healthcare organisations and opinion leaders to identify and address emerging challenges for managers at all levels and stages of their careers. We use these insights to inform our educational portfolio. Highlights from our programme in 2013 included:

- Over 150 managers successfully completed our Vocational Training Scheme for General Practice Managers in England and Scotland, strengthening their practice management skills.
- 142 managers from the NHS, military, voluntary and private sector became IHM Accredited Managers in recognition of their commitment to excellence in management practice.
- A new partnership with BPP University launched a suite of accessible master classes, spanning leading change, conflict resolution and performance management, and a new Post Graduate Certificate in Health Service Leadership.
- The RSPH 2013 Annual Conference brought together both organisations on a national stage with Bob Hudson and Duncan Selbie.

Our 2014 events programme featured a range of eminent speakers including Dr Clare Gerada, Roy Lilley and Dame Deirdre Hine who provided thought provoking insight and practical workshops to managers at all levels across the UK.



Shirley Cramer and Dr Fiona Sim with IHM Companions Duncan Selbie and Bob Hudson at the 2013 RSPH Annual Conference.

## Looking forward

### Already released in 2014:

- Level 2 Award in Understanding Mental Wellbeing
- Level 2 Certificate in the Safe Use of Fumigants for the Management of Invertebrate Pests
- Level 4 Diploma in Anatomical Pathology Technology

### Coming soon

- Level 2 Award in Understanding Dementia (in partnership with the Alzheimer's Society)
- Level 2 Award in Identifying and Controlling Food Allergy Risks



"It's definitely boosted my confidence and it was hugely enjoyable from start to finish"

Scott Hood, East Lothian Council, the second person in the UK to achieve the Level 3 Diploma in Pest Management through the RSPH Centre Killgerm

"We know that most care professionals want to provide the best care possible, but sometimes lack the knowledge or tools to understand dementia and care for someone with the condition. 80% of people in care homes have dementia or memory problems, so there is a real need to develop a standard benchmark of ability expected for people working directly in dementia care which this new qualification will provide."

Kathryn Smith, Director of Operations, Alzheimer's Society

By 2015 there will be 850,000 people with dementia in the UK.

“Early interventions can improve lifetime health and wellbeing, prevent mental illness and reduce costs incurred by ill health, unemployment and crime.”

*No Health Without Mental Health, 2011*

## Improving the health of the next generation

In order to prevent ill health and tackle the growing burden of health challenges ahead, we believe in supporting and encouraging young people to take responsibility for their own health and that of their peers. We do this through providing young people with the tools to make healthy choices.

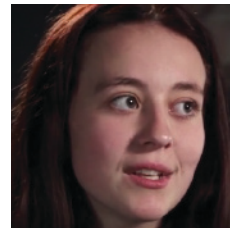
### Level 2 Certificate for Youth Health Champions

Building on our increasingly popular Level 2 Award in Understanding Health Improvement, this new qualification has been developed for young people, aged 14-19, to motivate, empower and educate them to develop healthy behaviours and engage in healthy conversations with others.

“Our attendance has gone up”



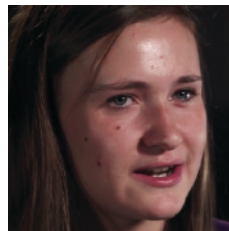
“A couple of people have quit smoking”



“I’ve grown in my confidence”



“Life skills I can take with me anywhere”



“Although it’s challenging it’s really fun as well”



“You get to help others”

Our qualification was inspired by a successful programme in North East Essex and, since receiving accreditation in 2013, the first group of students from Manningtree High School in Essex were presented with their certificates by Duncan Selbie, Chief Executive of Public Health England, at a graduation ceremony in September 2014.



“Engaging the ‘wider workforce’ and health trainers and champions in order to support behaviour change within communities and provide peer-to-peer support is key to helping people make healthy choices. There is huge potential in including public health training across a range of professions to improve the public’s health and we are committed to increasing opportunities and access.”

Dr Heather Davison, Director of Education and Development.

### Truth, Dare or Share board game

In 2013 we partnered with South London and Maudsley NHS Foundation Trust, Uscreates and student groups to develop an innovative board game to help young people realise the importance of mental wellbeing and to enable them to better cope with the transition from primary to secondary school. Following a successful pilot, our plan is to support the roll-out of the game to secondary schools across the UK.



Students who played the game said it made them feel happy, helped them express their feelings, boosted their confidence, and taught them how to work better as part of a team.

# Developing skills in the community

Health disparities are widening across the country and we work to address these inequalities through targeted interventions within communities.



## Well London

In 2013 we developed, with input from community volunteers, a bespoke training programme for Well London, a Big Lottery funded initiative which aims to improve health outcomes across 20 of London's most disadvantaged communities through health and wellbeing programmes.

Our programme targeted volunteers living where health inequalities often persist and included teaching new skills in communication, project management, outreach work and delivering health messages.

The programme enabled volunteers to improve their confidence and the ability to influence their community through supporting their peers to make positive health and lifestyle changes. 95% reported their health and wellbeing had improved as a result of attending.



## Case studies

Corinne applied through Enfield Council to become a trainee health trainer and passed the RSPH Understanding Health Improvement and Understanding Behaviour Change level 2 qualifications to become eligible to apply to undertake the health trainer qualification. Following completion of her training Corrine has been offered a paid health trainer role in Enfield. She is delighted the training has led to employment in her chosen field and that the qualifications equipped her with the basic knowledge and skills needed to secure employment. Her Assessor, from RSPH Centre RBE associates, Sophie Strachan comments *"Corrine's confidence has really grown and she now can use all her skills and knowledge combined in a way she didn't think was possible"*.

Fartun is an English speaking Somali Muslim woman who wanted to encourage exercise and improve diet among people in her community. Drawn to the Public Health Champions programme in Enfield Council, Fartun initially had some literacy support from RBE Associates, alongside completing the RSPH qualifications in Understanding Health Improvement and Understanding Behaviour Change before successfully applying to take the health trainer certificate. *"I wanted to make sure that people in my community started to take part in activities to enable them to become healthier and more informed. I wanted them to know exercise can be fun which is why so many of the women I know now attend local Zumba classes regularly. The training helped me recognise that inequalities are unevenly and unfairly distributed. I wanted to make sure that my community play their part in improving health and become more involved citizens. Too many services don't engage with Somali communities, yet this helps bring them together."*

For Corrine and Fartun the opportunities enabled them to get into paid employment in health and social care and to work closely with their local communities.



*"In particular I learnt about other people's cultures, communicating with others from different cultures, learning about how healthy living can be incorporated into all lifestyles."*

*"I have helped my relatives with healthy eating, we used to use a lot of oil and sugar and I told them you don't need so much – they thought that was impossible. But my brother is not using sugar and has reduced from using 5 to 10 spoons of oil to just one."*

*"My confidence increased as I learnt more, it has helped me to communicate better with others."*

*"Now I understand the world outside is not that scary."*

Well London volunteers



## A 25 year gap in life expectancy exists in London between the most affluent and most deprived communities

Institute of Health Equity,  
University College London



# “Genuinely inspired by the behaviour change conference”

David Norton, Environmental Health Officer,  
Central Bedfordshire Council

## Developing the skills of the workforce

Ensuring accessible opportunities exist for the public health and wider workforce to develop their skill set strengthens their ability to face health challenges.



### In 2013 we reached over 1200 individuals, from as far afield as Nigeria, Thailand and Australia through our conferences and training

“I am a member and feel so lucky to be involved in this society. My colleagues and myself will be more knowledgeable and confident in advising our patients as a result and it has been particularly reassuring to hear from others who have shared the same challenges as us.”

Natalie Carr, Philip Kingsley  
Trichological Clinic

Delegates heard from eminent speakers, were presented with original research, examples of innovation, and given opportunities to learn and practice new skills in topics spanning behaviour change, mental wellbeing, private water supplies, vitamin D, *Pseudomonas* and *Campylobacter*.

Our Train the Trainer sessions were particularly popular enabling individuals to build the skills to inspire and train others to achieve our qualifications, further contributing to the wider workforce.

We also developed an innovative seminar programme covering a range of arts, culture and heritage topics to explore the impact of art on health and its role in building healthy communities.



## Looking forward

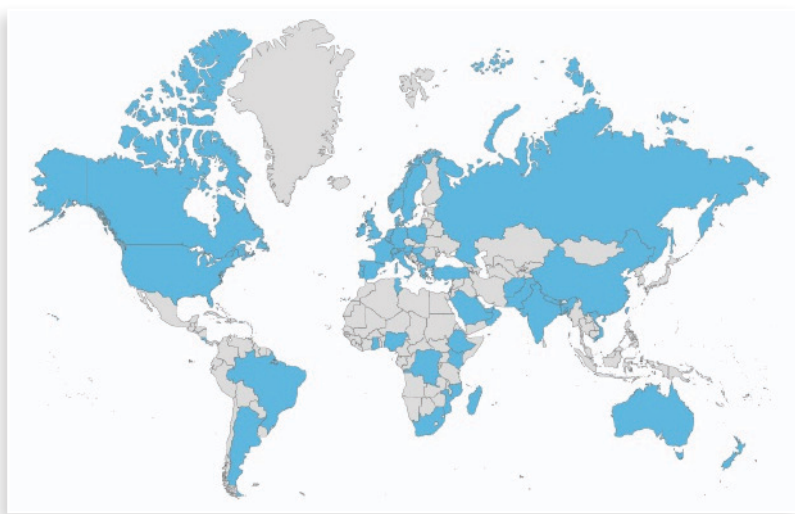
We have had over 1300 delegates attend our training courses and conferences so far in 2014 and have added new training programmes in response to the changing public health structure and the needs of the workforce.

Managing People and Managing Change are new one day courses targeting specific skill development for the public health workforce.

## Water webinars

A new educational partnership in 2013 with Pall Medical resulted in the creation of 11 webinars throughout 2014 on water hygiene in buildings. The series brings together 20 international water experts and has support from organisations including Public Health England, the World Plumbing Council, the Chartered Institute of Plumbing and Heating Engineering and the Drinking Water Inspectorate. With over 300 people from every continent registering for each webinar the series has had global impact.

### Countries reached through the series of webinars



“Pall Medical is dedicated to providing water purification within buildings, accompanied by national and international educational programmes on water hygiene. The RSPH is therefore the ideal partner in developing an international webinar series on in-premise water hygiene problems, solutions and safety plans. Hand selected experts present information at the cutting edge of their topic areas to a global and multi-disciplinary audience made up of both RSPH members and non-members with interest in public health and healthcare management. One of the strengths of the webinar series is the accessibility of knowledge brought to many who would be unable to discover it otherwise. We hope the relationship and educational programs will continue long into the future.”

Dr Catherine Whapham  
RSPH Water Special Interest Group Member & Global Marketing Manager -  
Healthcare Water, Pall Medical



As an Engineer and Safety Advisor I find the content to be very accessible and highly relevant. Through providing this webinar series freely to the general public, RSPH has enabled a wide range of individuals to benefit from what I think, is one of the best, most informative and well organised web based CPD events I've attended, and allow them to further their knowledge of issues which directly impact our everyday work.

Michael Purcell, B.Eng(Hons) MIEI.  
DipSHWW, CMIOSH, Project Engineer.  
Chartered Safety Advisor, Douglas  
Carroll Consulting Engineers



90% of UK pneumonias are not investigated. A significant proportion of those are likely to be *Legionella*

# The trusted, independent voice for the public's health and wellbeing



RSPH has an independent voice that is evidence based, underpinned by extensive research, insight and endorsement from our members, networks and key stakeholders.



We worked alongside the RSPH Research Team and utilised their research discipline and public health expertise in order to help produce a Health Trainer Service National Report. Collaborating with the team was a pleasurable experience, they quickly grasped the need, mastered our datasets and used their expertise to author the report. The team were easy to work with and delivered the report to agreed timescales, meanwhile the report itself struck a chord with its intended large audience. We look forward to working with RSPH again in future.

David Hopkinson, DCRS National Service Lead, Midlands and Lancashire Commissioning Support Unit.



“The need for an independent voice for the public's health has never been stronger and RSPH is uniquely placed to both generate and lead debate on a number of challenges facing the UK today. We are looking forward to continuing RSPH's tradition of highlighting these issues through our policy development work and creating thought-provoking and innovative campaigns.”

Duncan Stephenson, Director of External Affairs

## Publications and research

### Health Improvement in Local Government: Challenges and opportunities (March 2013)

Our third yearly update on health improvement commissioning as public health made the move into local authorities.

### Arts, Health and Wellbeing Beyond the Millennium: How far have we come in 15 years? (June 2013)

An overview of innovations, research and progress in arts and health practice over the last 15 years, set against a context of changing health policy in the UK and internationally.

### Health Trainers - half year review (November 2013)

A review demonstrating the effectiveness and suitability of the health trainer service to improve health, particularly among the lowest socio-economic groups, who are often the hardest to reach.

### The views of public health teams working in local authorities Year 1 (February 2014)

Based on focus groups with a wide variety of stakeholders, our research offered insight following the transition of public health into local authorities, the opportunities and challenges being experienced, and giving a voice to those directly affected by the changes.

### The RSPH guide to commissioning for health improvement (May 2014)

Our commissioning update was developed to make sense of the public health system reforms, particularly for those involved in commissioning for health improvement. The report urges individuals to look at commissioning across a broad arena and not just services in isolation.

### Tackling health inequalities: the case for investment in the wider public health workforce (June 2014)

The report advocates greater investment and better understanding of the impact of the “wider public health workforce” - people who are not professionally qualified public health practitioners, but have the ability or opportunity to positively impact public health in their community. It concludes that this workforce could be instrumental in reducing the burden of health inequalities, the financial cost of which was last estimated at close to £60billion.

# Looking forward

## New External Affairs department

In order to amplify our voice, in 2014 we established an External Affairs department whose responsibilities cover policy development, media relations and campaigning.

Our media coverage has seen our advocacy work, in particular on electronic cigarettes and HPV vaccinations, widely reported in outlets including the Guardian, the Telegraph, the Times, Sky, BBC and, in early 2014, Shirley Cramer participated in a debate on Radio 4's Moral Maze on Public Health v Individual Differences.

### Upcoming work includes:

- Developing a range of campaigns with our members' input on broad public health issues during 2014.
- Undertaking a series of reports with DCRS on the effectiveness of health trainers.
- Publishing a piece of work with Public Health England on the extent to which the UK's 80,000 Allied Health Professionals can promote health and wellbeing.

### Speaking out

In 2013 we started to develop position papers on topical public health issues, with support and input from our membership. Our position papers are evidence-based, citing the most recent research and involvement from partner organisations and have been developed in areas as diverse as community development, mental health and wellbeing, arts and health and hand hygiene.

Looking ahead we have also developed calls to action on areas including extension of HPV vaccination to men, dementia prevention, alcohol and obesity, antimicrobial resistance and rodenticides.

Throughout 2013 we were invited to speak at a wide variety of events and conferences including those of the American Public Health Association, Health Management Institute of Ireland, Soil Association and Association of Anatomical Pathology Technologists.



"It is well known that our health system will be unable to cope with the increase in age and lifestyle related diseases and through its ongoing work with the wider public health workforce, RSPH has demonstrated the huge potential that exists for this group to help improve health behaviours and reduce health inequalities. RSPH's research has enabled us at PHE to gain a better understanding of the opportunities and impact of the wider workforce and to incorporate this into our work programme."

Tony Vickers-Byrne, Director of HR, Public Health England

## A voice for managers



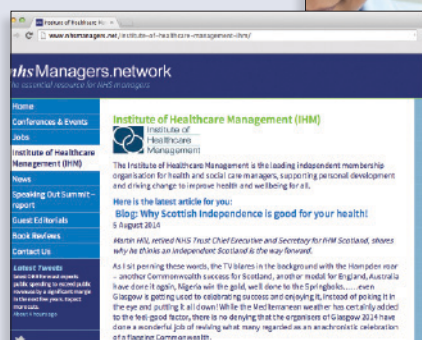
We speak out on issues that impact on a manager's ability to deliver safe and effective care, celebrating good practice and the difference managers make to improving patient outcomes.

Our member bulletin, created in 2013, along with an increasing number of blogs and interviews from eminent individuals in healthcare, enable us to provide a range of opinions, examples of innovation and news from diverse settings including the armed forces, prisons and the NHS.

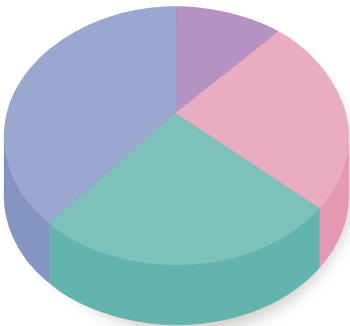
Representing and speaking out for our members is a priority. We consult our members through focus groups and surveys to share their view and better understand emerging issues.

A survey early in 2014 revealed an appetite for greater collaboration between the public and private sectors, and while there was confidence in the ability of their organisation to deliver safe, compassionate care, there was uncertainty about the future.

These insights will help inform our positioning on the issues that matter to managers across the four nations in order to address the challenges ahead. Culture change, integrated care, leadership, diversity and creating patient centred care are just some of the focuses for our policy and campaigns and we will shortly produce a manifesto for practice managers.



**ONLINE READERSHIP 2013:  
GEOGRAPHIC DISTRIBUTION**



■ EUROPE    ■ REST OF THE WORLD  
■ ASIA PACIFIC    ■ NORTH AMERICA



“Publishing original research in two international journals and 18 issues every year enables us to communicate emerging evidence, innovation and new ways of thinking to a global audience. Our journals provide an important vehicle for knowledge-sharing in order to inspire and encourage new developments and improvements to health.

The success of our journals is evident in our member feedback, their rising Impact Factors and the ever increasing number of authors coming to us to publish their research.”

Janice Constable, Director of Membership and Events

**Public Health**

*Public Health* is one of the world’s oldest public health journals, having been in continuous publication since 1888. The journal went from strength to strength in 2013 with downloads increasing to **327,000**.

Submissions rose significantly to 896 originating from over 60 countries and 1,000 submissions are predicted for 2014, a huge increase from 2004 in which we received 218. This demonstrates the attraction of the journal to academics, universities and public health professionals across the world. At the end of 2013 the highest numbers of article submissions came from China, the USA, UK, India and Iran.

**The journal saw over 25,000 downloads per month in 2013 with online readership from all over the world.**

*Public Health* maintained its Impact Factor of 1.350 in 2013 and in 2014 it rose to 1.475, the biggest Impact Factor it has ever earned.

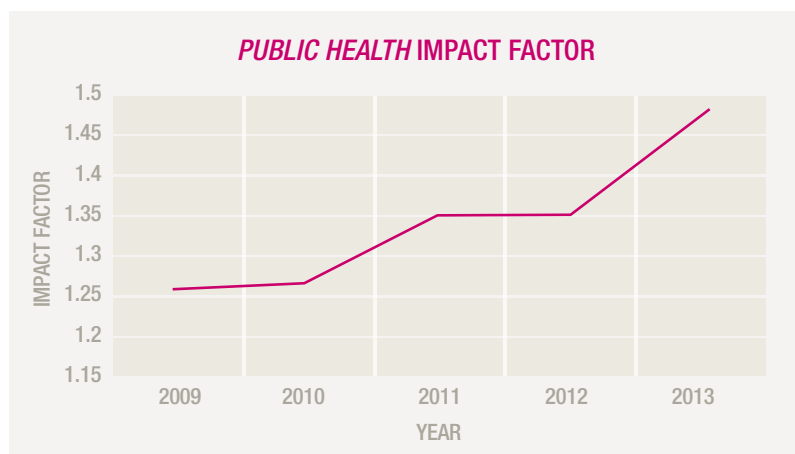
In 2013 both of our journals partnered with Public Health England at their Annual Conference to publish papers and research from the conference. We also attended the American Public Health Association Annual Meeting at which the RSPH Annual Lecture was given by our Chair Dr Fiona Sim, with guest speaker Dr Howard Koh, MD, MPH, Assistant Secretary for Health, U.S. Department of Health & Human Services, Washington, DC.

**Together our journals  
have generated 441,000  
article downloads**



## Looking forward

So far in 2014 we have produced a special issue on WHO reform, guest edited by Professor Larry Gostin and Dr Devi Sridhar. Furthering our international presence, our Editors-in-Chief presented abstracts in Alaska at the World Congress of Epidemiology, are running a session at the American Public Health Association Annual Meeting on how where you live affects your health and wellbeing, and in 2015 we are attending the World Congress on Public Health in Calcutta.



## Perspectives in Public Health

Online access for our practice-orientated member journal increased by 30% in 2013 with **114,000 articles** being downloaded throughout the year.

Visitors came from 203 countries with the UK, USA and Australia topping the list.

Partnerships between our publisher SAGE and organisations including Research4Life resulted in a number of libraries in developing countries receiving free or highly discounted access to the journal, further extending the reach of the research published and offering an opportunity to hear fresh perspectives on public health. A new online submission system implemented in February 2013 saw an increase in submissions, coming from 31 countries. Special issues throughout 2013 included Arts and Health, Community Health Workforce, Food Safety and Health Protection.

A new initiative saw the editorial teams for both journals running a conference on How to Get Published in October 2013 providing practical tips and workshops for aspiring authors.



# Looking forward

Our 2013 Impact Factor, increased to 1.035 and themes in 2014 have included Child Health, Food Safety Management and Public Health Workforce around the Globe.

# Developing and supporting networks to improve the public's health

Our key **partnerships** and global networks enable us to bring together those who share our vision and help to facilitate knowledge sharing, exchange of ideas and celebrate excellence in public health.

Some of our many partnerships include: UK Health Forum, World Federation of Public Health, Smoke-Free Action Coalition, Healthy Universities Network, HPV Action, Alcohol Health Alliance UK and the Pharmacy and Public Health Forum.

## Prince's Trust

To further improve the health and wellbeing of the next generation, in 2013 we supported the development of the annual Prince's Trust Youth Index. The project brought the issue of mental health among unemployed young people to the forefront of public thinking and identified youth unemployment as a public health issue.



## Food for Life Partnership (FFLP)

This programme aims to transform food culture in schools and promote healthy eating from a young age. In 2013 we were invited to join the partnership to enhance and strengthen public health expertise through bespoke health and wellbeing training across FFLP staff, their partner organisations and stakeholders. Building on the successful schools programme which has seen benefits to health and education extend beyond the school gate, the FFLP approach is expanding into a range of other settings including nurseries, hospitals, universities, care homes and workplaces.



## One in ten young people feel unable to cope with life

PRINCE'S TRUST, 2013

## John Snow Society

The John Snow Society, which has its home at RSPH and is supported by the London School of Hygiene and Tropical Medicine, now has over 3,000 members bringing together epidemiologists from all over the world. 2013 was a special year celebrating the bicentenary of John Snow's birth and was celebrated at a variety of talks, events, a Gala dinner and art exhibitions in March and April. Speakers included Professor Dame Sally Davies, Chief Medical Officer, Jon Snow, Channel 4 News Broadcaster, Dr Margaret Chan, Director General WHO, and Professor David Heymann, Chair PHE.



## Access to professional networks

With over 3,000 members spanning the four regions of the UK, IHM provides access to unrivalled networks and communities for health and care managers. Our Regional Networks and Divisions were particularly active throughout 2013 and 2014, organising a wide range of networking and learning opportunities and assisting with our future strategy development.

As home to some of the nation's most respected and senior healthcare leaders, IHM's Regional Networks provide unparalleled opportunities for managers at all levels of their careers to exchange ideas and interact on some of the key challenges they face. In 2014, eight IHM members were listed as part of the Health Service Journal's Top 50 CEOs in England including Sir David Dalton (Salford Royal Foundation Trust), Andrew Cash (Sheffield Teaching Hospitals Foundation Trust) and Peter Homa (Nottingham University Hospitals Trust).

As part of implementing our new strategy for IHM, we have also begun to establish and strengthen partnerships with a range of organisations across the health and care sector. This included IHM backing the NHS Confederation's 2015 Manifesto which echoed concerns IHM members had about future structural reorganisation of the system.

# Recognising best practice

## Accreditation

Our **Training Programme Accreditation** clients have significantly grown over the last few years and in 2013 new clients included Knowsley Council, the Children's Food Trust, Rentokil Initial, Community Health Foundation Learning, South London and Maudsley Trust, Bourne Leisure and 2 Sisters Food Group.

In 2013 we launched a brand new **Campaign Accreditation** scheme evaluating the effectiveness of public health campaigns in shifting knowledge, awareness and attitudes contributing to the goal of changing health behaviour.

"The comments made by RSPH during the assessment have helped us to develop the programme to provide maximum impact on the health of the community ensuring our front line staff and colleagues have the knowledge and confidence to use every opportunity to help members of the community to improve their health and wellbeing."

Matthew Ashton, Director of Public Health, Knowsley Council



## Lifebuoy Unilever campaign accreditation

Lifebuoy Unilever was our first client and accreditation covered both their educational handwashing campaign and associated products. Lifebuoy's international handwashing campaign has reached 183 million people since 2010 in Asia, Africa and Latin America, impacting those living where diarrhoeal disease is highest and where soap usage is infrequent, to help more children reach the age of five. As part of our accreditation we undertook an independent review of a range of activities, including their hand hygiene programmes, product range, their role within Unilever's Sustainable Living Plan, and their communications materials.

## Reassurance and Trust

RSPH Certification audits organisations for their compliance with written standards for both health protection and improvement. These include:

- NHS England's Information Standard, which provides the public with assurance that health and social care information is accurate.
- BRC (British Retail Consortium) standards both for Packaging and Storage and Distribution, developed to prevent problems such as food contamination within retail supply chains.

We hold a five star reputation for competence, impartiality and service with clients in every part of the UK and seven EU countries. Our service for the logistics (Storage & Distribution) sector grew by 38% in 2013, making it our fastest growing service. 2013 also saw the number of our Information Standard clients pass 120, another milestone on the way to our becoming the market leader in this field.

In 2013 we were part of a task force working on a second issue of the Information Standard, ensuring individuals can have confidence in the health information they receive.



"Our continuing relationship with RSPH and the expert assessments they have undertaken have really helped us to enhance the quality of our training programmes. The accreditation confirms that our training programmes meet nationally recognised standards for the retail, convenience, manufacturing and logistics sectors and that the programmes deliver good value for our organisation. Having the RSPH accreditation demonstrates to our colleagues and customers our commitment to high quality training."

Michelle Walker, Academy Compliance Training Manager for Morrisons Supermarkets

## Every year 1.7 million children die before the age of 5 due to diarrhoea and pneumonia



"Providing the public with information they can trust enables them to make informed decisions and healthy choices and the Information Standard provides a valuable sign to accurate, evidence-based information. Our reputation as a certification body is evident in our growing client base who share our belief in the importance of the availability of reliable health information."

Dr Chris Suter, Director of Qualifications and Certification



# Celebrating good practice

Our awards programme allows us to celebrate achievement and innovation across a wide variety of settings, promoting good practice, furthering the evidence base and inspiring others. We are continually impressed by the increasing standard and innovation shown by applicants across all awards.



The robust assessment process provided us with the opportunity to critically analyse our health and wellbeing programme which has enabled us to further develop our programme to benefit our staff, focusing in particular on how we evaluate the impact on staff and our members. The recommendations from RSPH prompted us to review the role of our 30 internal health and wellbeing advocates, who will now be trained through the RSPH programme. We have also introduced a recognition scheme to celebrate their efforts and raise awareness amongst staff of their offering. In the very near future, our staff will benefit from our advocates' new approach; to act as coaches delivering a tailored, supportive programme to individuals and teams across the RCN.

Royal College of Nursing 2013 Winner, Health & Wellbeing Awards



## 2013 Health & Wellbeing Award Winners

Body & Soul

DC Leisure Management Ltd

Derbyshire Community Health Services NHS Trust

Food Nation

Forest of Dean District Council

Freshwinds

Liverpool Community Health NHS Trust

Purely Nutrition

Royal College of Nursing

StreetGames

Wirral Metropolitan College

Patient.co.uk

## Arts and Health Awards

The awards reached their sixth year in 2013 and concentrated on creative arts in custodial and secure settings. We received nominations spanning all the major art forms demonstrating the real ambition that exists among the prison workforce to make a difference to the lives of some of the most marginalised and isolated in society.

In November 2013 the Arts and Health Awards Ceremony celebrated the achievement of the winners and those that received special commendations. Six organisations received awards for their outstanding contribution in this field and seven organisations received special commendations.

## Health & Wellbeing Awards



Also reaching their sixth year, the 2013 Awards invited applications from organisations who demonstrated achievement in the development and implementation of health promotion and community wellbeing strategies and initiatives. From a long list of applicants we selected twelve organisations to receive an award spanning the voluntary, public and private sector.

## Looking forward

The 2014 Arts and Health Awards focused on creative arts and the wellbeing of older people and saw a 50% increase in applications.

The number of submissions for the Health & Wellbeing Awards doubled in 2014, revealing the huge commitment that exists in organisations in all sectors to improve health.

## Public Health Minister's Award

Following a new initiative from Jane Ellison Minister for Public Health, we worked in partnership with the Department of Health to develop and launch the first Ministerial Award to recognise excellence in public health. With a focus on workplace health and wellbeing initiatives which have had a significant impact, we received over 65 applications from organisations spanning the private sector, public sector, education, the third sector, healthcare system and social enterprises.



## Membership

Our work would not be possible without the invaluable expertise, continued support and ongoing commitment from our membership. The rich diversity of RSPH membership, spanning every profession within health protection and promotion from across the globe, helps us to develop cutting edge policy, consultation responses and will help as we begin to amplify our voice.



Membership continued to be vibrant throughout 2013 with an 8% increase in the number of new members and student membership proving exceptionally popular, increasing by 50%.

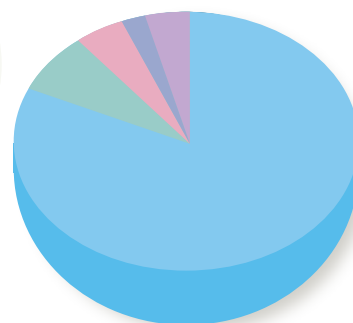
Our annual members' survey during 2013 showed our members value their membership and the benefits it brings. In particular, members rated the journals very highly and RSPH scored well on the net promoter score which calculates how willing a member is to recommend membership to a colleague or friend.

Highlights of our programme of member events in 2013 included visiting the Old Operating Theatre in London and talks on sugar and changing behaviour around hand washing. We also introduced a new benefit for members, providing access to a regular bulletin on different health aspects of housing.

## Water Special Interest Group

In 2013 we set up our first special interest group bringing together members with an expert knowledge and interest in water quality and safety in order to offer balanced, informed opinion on our work. The group have so far contributed to seven water safety consultations, including the CD259: Consultation on Control of Substances Hazardous to Health Regulations and HSG274 Part 2 - The control of legionella bacteria in hot and cold water systems. The group has been an integral aspect of our educational programme contributing to three conferences, the 11 water hygiene webinars, and developing resources for the RSPH website.

## WHERE OUR MEMBERS COME FROM



- UK
- EUROPE
- NORTH AMERICA
- ASIA PACIFIC
- REST OF THE WORLD



In addition to providing accessibility to original research, my membership has enabled me to reach a global audience by becoming a contributor to the journal *Perspectives in Public Health*. Sharing ideas and evidence across the world is key to improving health. For me the RSPH provide important channels to facilitate this communication and increase my understanding of many global health issues.

Rosmond R.O. Adams, MD, MSc.,  
FRSPH, Focal Point NCD, Alcohol  
and Tobacco Control, Department of  
Wellness, Disease Prevention and  
Management, Ministry of Health  
Wellness and the Environment,  
Kingstown



More special interest groups are being set up later in 2014, including a group for food safety culture.

# financial resources



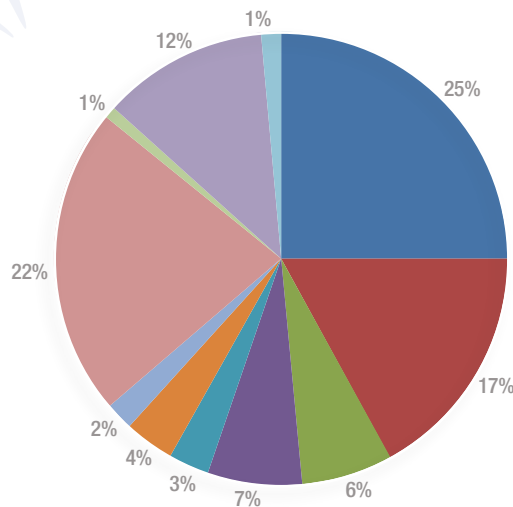
## Parthy Parthipan, Director of Finance and Corporate Resources

“2013 was a great year for the RSPH. With the full year operations of the IHM and the revaluations of our buildings, our net asset position has nearly doubled from 2012 and we hope to continue this trend in the future. Our full accounts can be viewed at the Charity Commission website from November 2014 (Charity Reg. no. 1125949). We have been focused on creating a better workplace for staff developing our staff benefits and implementing changes to the design of the workplace to ensure we provide a happy work environment.

We will continue with our commitment to improving the health and wellbeing of the staff throughout 2014.”

### Incoming resources 2013

- QUALIFICATIONS
- MEMBERSHIP AND PUBLISHING
- COURSES AND CONFERENCES
- CERTIFICATION
- ACCREDITATION
- POLICY AND PROJECTS
- TRAINING
- INSTITUTE OF HEALTHCARE MANAGEMENT
- BOOKSHOP
- RENTAL/ROOM HIRE
- VOLUNTARY INCOME/DIVIDENDS



### Resources expended 2013

- QUALIFICATIONS
- MEMBERSHIP AND PUBLISHING
- COURSES AND CONFERENCES
- CERTIFICATION
- ACCREDITATION
- POLICY AND PROJECTS
- TRAINING
- INSTITUTE OF HEALTHCARE MANAGEMENT
- BOOKSHOP
- RENTAL/ROOM HIRE
- GOVERNANCE/OTHER

