



Doeth Am Iechyd  
Cymru  
HealthWise  
Wales

# HealthWise Wales

Research plans 2015 – 2018

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# The public health challenge:

- Post-industrial legacy of socio-economic deprivation
- Widening inequalities gap in and health and wellbeing
- Rapidly changing environments -- ecology, economy, demography
- Build resilience for an aging population

## What we need:

- A new partnership between the public, researchers and policy makers
- Public at the heart of knowledge generation and translation into practice



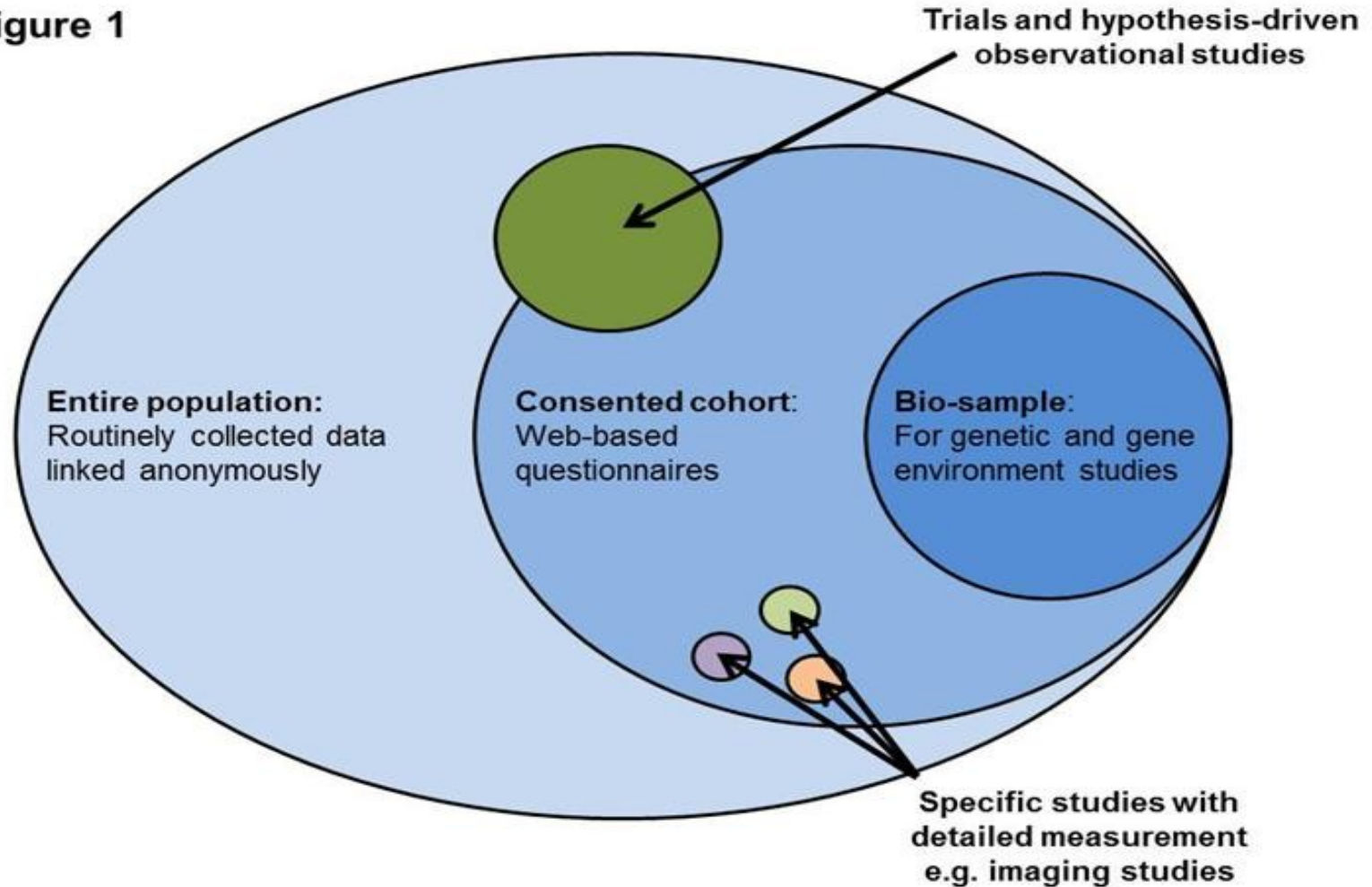
# HealthWise Wales

A dedicated research programme for the co-production of health and wellbeing that will:

1. Actively engage and encourage the public to be informed, inspired and involved in research
2. Invite the public to participate in the identification of key research priorities, design studies in partnership with scientists and provide data for analysis
3. Create a database of potential participants for research studies
4. Create a cohort with regular follow up to obtain exposure and outcome data that are not routinely available from other sources

# HealthWise Wales research platform

Figure 1

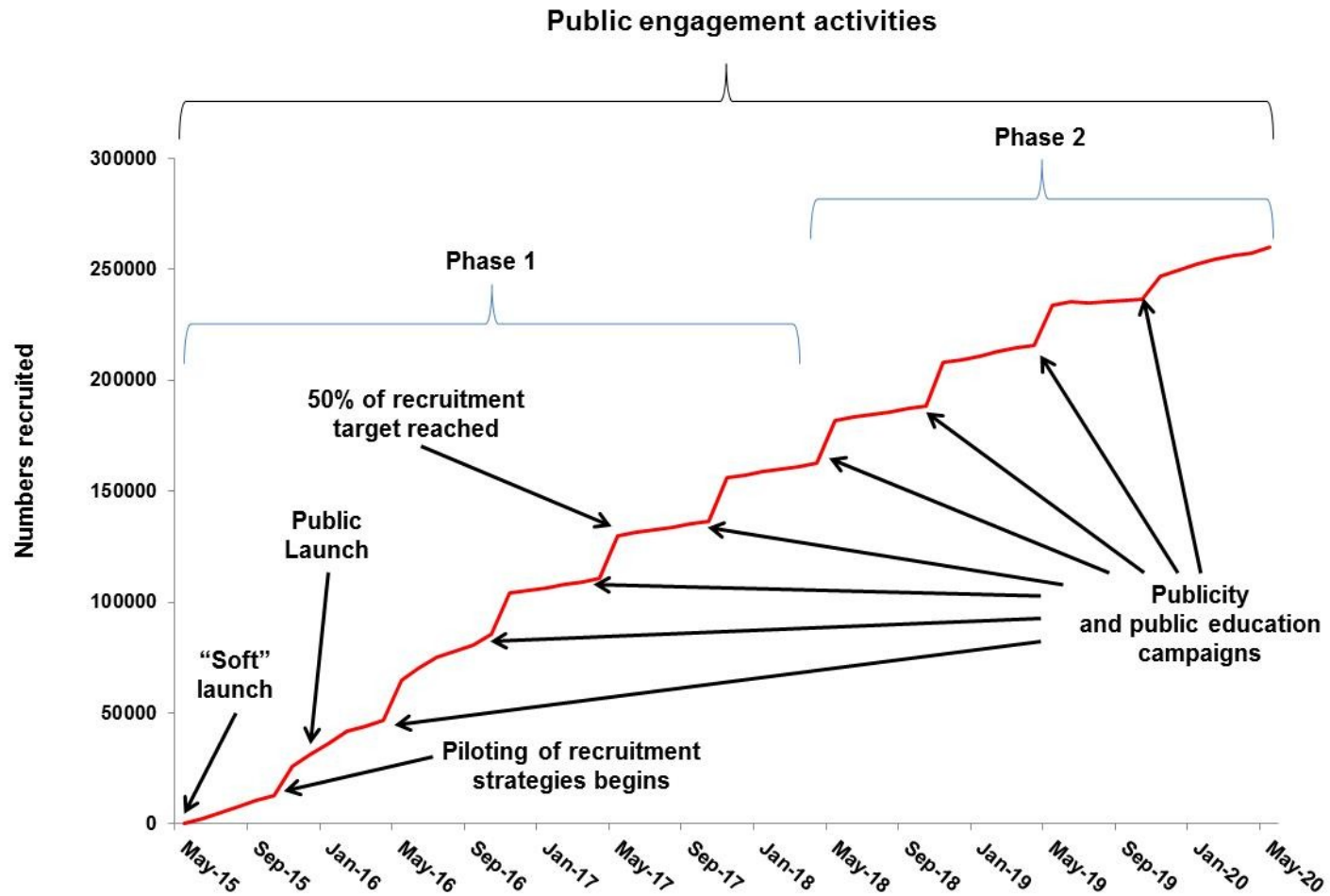


# HealthWise Wales research aims

1. To better understand the facilitators and barriers, and develop and test models to increase public engagement in health and social care research
2. Investigate the widest possible range of social, environmental and biological determinants of health and wellbeing during the life-course
  - multiple causal pathways and epigenetic mechanisms of influence
  - interplay between socio-economic deprivation, health and wellbeing
3. Develop and test interventions to improve population health and wellbeing
  - impact of bundles of interventions on health and wellbeing across the life-course

# Recruitment

Figure 2: Recruitment targets



# Implementation plan

Development phase: Oct 2014 – Apr 2015

Preparatory phase: May 2015 – Oct 2015

Phase 1: Nov 2015 – Apr 2018



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You can improve the health and care of people in Wales. Join us and donate your information by answering a few simple questions. A small amount of your time will make a big difference to health and wellbeing in Wales.

# HealthWise Wales

"Your Health, Your Research"

[Join Us >](#)

HealthWise Wales is an opportunity for everyone in Wales aged 16 or over to take part in research to create better health, care and wellbeing. By joining today, your information and experience can help us to understand what works, and shape the services that we need in the future. Together we can make a big impact and address the health challenges we face in Wales today.





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Welcome to [HealthWise Wales](#).

Taking part in HealthWise Wales is voluntary. If you join and then change your mind, you can leave the study at any time.

We will keep the information that you share with us. It will be held securely by Cardiff University and the NHS Wales Informatics Service. Names and personal details will be stored in a different place to all other study information.

The study has been approved by the Wales Research Ethics Committee 3 (Wales REC3).

Please read the information on the following pages before agreeing to take part in the study.

If you would like further details, you can find these in the '*About the Study*' section.

Next



By taking part, you are agreeing to:

1. Provide us with your contact details (e.g. name, address, email address, phone number) and some personal details (e.g. sex, date of birth, ethnic group).
2. Answer some questions about your lifestyle and health.
3. Allow us to use your details to access and use the information in your routinely collected NHS records.
4. Be contacted every 6 months or so by the study team, to give us information about your lifestyle, health and wellbeing.
5. Be contacted to take part in events where we ask you about the topics we should be studying.
6. Be contacted by the study team about other studies that you may want to take part in.
7. Allow us to share anonymous information with other researchers if they have scientific and ethical approval for the questions that they would like to answer with the information, and have the right training.

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By agreeing to take part, you also declare that:

1. You have read and understood the information on this website.
2. You are currently living in Wales, or using health services in Wales.
3. You are aged 16+.

If you do not understand any of the above information, you can contact us to discuss:

1. By phone on 0800 9 172 172 (free from most landlines) or 02920 768 090.  
Our office hours are 8.00 am to 7.00 pm, Monday to Friday.
2. By email on [healthwisewales@cardiff.ac.uk](mailto:healthwisewales@cardiff.ac.uk)
3. Using the enquiry form on the "Contact Us" page.

If you don't want to take part, you don't have to do anything. Thank you for reading this far.

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Now that you understand what is involved, do you agree to take part in the [HealthWise Wales](#) study?

To [join the study](#), please enter your email address, select a password, and press the 'I agree' button.  
(Please ensure that your password is at least 8 characters long, be a mix of upper and lower case letters and contain at least one number.)

Email address

Confirm email address

Password

Confirm password

I agree



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## Main menu

Please select your next questionnaire

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| How I feel   | Awaiting completion |
| How I live   | Awaiting completion |
| What I think | Awaiting completion |

# May 2015 – Oct 2015

- Testing data collection systems, study materials, recruitment support systems, record linkage (n=500)
- Task and Finish group to develop strategy for bio-sampling
- Focus groups with the public – community groups
- Workshops with researchers
- Scope research plans for phase 1, data collection modules 2 and 3, case studies
- Strategy for recruiting children
- Formal Launch in Phase 1

# Case studies

To illustrate the utility of HealthWise Wales as a platform for research, using four case studies

## Qualitative studies

- public engagement research
- the role of altruism in promoting research participation
- issues around the deemed consent legislation for kidney donation

## Epidemiological studies

- mental health
- infections and antibiotic prescribing

Using the database of participants to support recruitment to other studies

# Get involved

- Join HealthWise Wales
- Visit our stand
- Circulate the link, pens and postcards to your networks
- Tell us what you think:  
Complete the “What I think” questionnaire  
Send us an email  
Complete the feedback form on the website
- Take part in workshops



Thank you for listening  
Please let us know what you think  
Email: [healthwisewales@cardiff.ac.uk](mailto:healthwisewales@cardiff.ac.uk)

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