

**Canolfan Iechyd y Boblogaeth  
Centre for Population Health**



**Canolfan Genedlaethol ar gyfer Ymchwil ar Iechyd a Llesiant y Boblogaeth  
National Centre for Population Health & Wellbeing Research**



Ymchwil Iechyd  
a Gofal **Cymru**  
Health and Care  
Research **Wales**



**2020-21  
Annual Report**





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# Foreword

Welcome to the National **Centre for Population Health** and Wellbeing Research Annual Stakeholders Report 2020 – 2021. In this most unique of years, this report sets out our work packages for this new funding period (2020-2025) and describes how the Centre has worked with partners and collaborators over 2020-2021 to support the national and international research response to the COVID-19 pandemic.

In April 2020, the Centre began its new period of funding from the Welsh Government through Health and Care Research Wales. We'd like to take this opportunity to thank them for their continued support.

As part of this new funding award, the Centre continues its commitment to applying a life course approach to research, focusing on two established work programmes of 'Healthy Development' and 'Healthy Working Life'.

Shortly prior to the start of the new funding period we witnessed the most significant public health crisis in our lifetime. The global COVID-19 pandemic has brought into perspective more than ever the importance of population health and population health research. And much of our research this year has been understandably focused or re-focused because of the rapidly changing situation.

The Centre and its partners have been heavily involved in the research response to COVID-19 pandemic. In the **Healthy Development** work programme the 'Born in Wales' study engaged with expectant and new parents in Wales to understand their experiences of pregnancy through the pandemic. In addition to producing regular reports to registered schools, the 'HAPPEN' Primary School Network created and delivered research to better understand the impact of COVID-19 on the health and well-being of primary school pupils and school staff across Wales.

The 'COVID & Young People' study surveyed teenagers and students, asking young people how the pandemic affected them, their communication, education, friendships, and family life. The information gathered from these surveys was anonymised and combined with multiple data sources through the Secure Anonymised Information Linkage (SAIL) Databank (including health, education and social care data) to create an in-depth COVID-19 population study.

Other research has sought to understand the challenges faced by children who are shielding or live in shielding families, and the impacts on their health and well-being. Also, a national survey of adults in Wales has explored how a history of childhood adversity and access to resilience assets affects understanding of, and compliance with, restrictions put in place to control COVID-19 and how such information may help inform health messaging and other infection control measures going forward.

In the **Healthy Working Life** work programme, the Centre has continued to work with industry partners to evaluate the impact of chronic diseases on people's abilities to live happy, productive lives.

The Centre has helped inform the response to the crisis by working with partners in Welsh Government to track the prevalence of COVID-19 through geographical information mapping.

Aiming to understand the broader impact of COVID, the Centre has also successfully achieved external funding to help understand issues such as the impact of 'long COVID', working collaboratively as part of multidisciplinary research groups across the UK.

Through forging and strengthening ties, information sharing, and jointly planning dissemination activities the Centre has succeeded in working with partners and collaborators during this unprecedented year—working in an agile and responsive way to contribute to tackling COVID-19 in Wales and beyond.

Thank you for taking the time to read our report.

Kind regards

**The Executive Board**



# About Us

We are the National **Centre for Population Health** & Wellbeing Research, funded by the Welsh Government through Health and Care Research Wales. We undertake research by making sense of data that can help support and improve people's health and wellbeing throughout their life. Our work explores and tackles some of the most difficult public health challenges and provides new insights to help policy and decision-makers make informed improvements to population health – including, for example, by reducing social inequalities and healthcare costs.

To achieve this we bring together a team of researchers, statisticians and data analysts from the Universities of Swansea, Cardiff, and Bangor alongside Public Health Wales as well as our third sector partner Children In Wales to understand, evaluate and inform population health improvements.

Our research takes a life-course approach and is comprised of Healthy Development and Healthy Working Life work programmes:

## Healthy Development

Our research informs work that aims to give children a healthy and happy start in life. There is considerable evidence that a person's experiences in childhood play a vital part in shaping their future – with positive early years child development being associated with good health and educational outcomes in childhood, and better health and employment outcomes in adulthood. Our research covers the following areas:

- ¥ Maternal health and wellbeing (first 1000 days).
- ¥ Early years (0-7 years) evaluations.
- ¥ Children and Young People, teenagers and community interventions.
- ¥ Impact of Adverse Childhood Experiences.

## Healthy Working Life

Our research aims to identify some of the key health challenges many face through their lives. We aim to understand how these challenges can limit people's chances of living full healthy and happy lives. We also aim to understand the wider determinants of health and how these can limit these opportunities. Our research covers the following areas:

- ¥ Chronic conditions.
- ¥ Workplace health.
- ¥ Health challenges in at risk groups.
- ¥ Built environment evaluations.

## About Us

Our Executive Board is made up of our research leads who are responsible for developing and implementing the Centre's policies and programmes of work. Our research team is made up of our data analysts, statisticians and research officers who are responsible for undertaking and supporting research within our Healthy Development and Healthy Working Life work packages. Our Core Centre team is made up of those staff responsible for the operational day to day running of the Centre, supporting both the Executive and research teams to undertake and fulfil the Centre's research objectives.



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Director



**Prof Jayne Noyes**  
Chair



**Dr Alisha Davies**  
Deputy Director



**Prof Ronan Lyons**  
Executive Board



**Prof Mark Bellis**  
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**Prof Alan Watkins**  
Executive Board



**Dr Richard Fry**  
Executive Board



**Dr Mark Atkinson**  
Research Officer



**Amrita  
Bandyopadhyay**



**Dr Roxanne Cooksey**  
Research Officer



**Dr Emily Marchant**  
Researcher



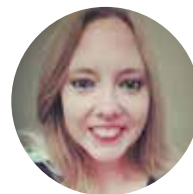
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Research Officer



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Kennedy**



**Hope Jones**  
Researcher



**Dr Laura Cowley**  
Research Officer



**Sarah Peddle**  
Patient & Public  
Involvement Chair



**Solmaz Safari**  
Patient & Public  
Involvement



**Dr Helen Davies**  
Patient & Public  
Involvement



**Dr Rachael Hunter**  
Patient & Public  
Involvement



**Soo Vinnicombe**  
Patient & Public  
Involvement Lead



**Sam Dredge**  
Centre Manager



**Mike Seaborne**  
Research  
Infrastructure  
Support Officer



**Sarah Toomey**  
Communications  
Officer

# Key Achievements 2020-21

**Health and Care  
Research Wales  
infrastructure  
award to the Centre**



Direct funding  
awarded

**£628,068**



Jobs created  
through direct  
funding

**14**

## Grants won during reporting period

Grants Won	Led by Centre	Through Collaborating
Number	5	10
Value	£2.1m	£21m
Funds to Wales	£1.65m	£1.62m
Funding to Centre	£1.1m	£800k
Additional jobs created for Wales	1	14
Additional jobs created for Centre	3	3



Number of  
publications



Number of public  
engagement events



Number of public  
involvement opportunities



# Summary of the Year 2020 – 2021

In this most unique of years, the Centre has been able to identify the challenges resulting from the COVID-19 pandemic and respond to these to achieve increased understanding of how the pandemic has impacted the population in both Wales and internationally.

The ability to achieve this understanding by accessing and evaluating population level data sets and its ability to work as part of multidisciplinary groups has led to the Centre successfully supporting and winning a number of grants.

The Centre was successful in being part of a multidisciplinary group awarded funding to deliver a MRC project, Controlling COVID19 through enhanced population surveillance and intervention (ConCOV): a platform approach.

The aim of the project was to rapidly model and evaluate the impacts of different approaches on disease transmission and its consequences in the general population and in specific subgroups and settings. The Centre, in its role supporting the HAPPEN Network, engaged with primary school teachers to help understand the behaviours in school that impacts the prevalence of the pandemic.

The Centre was also part of a multidisciplinary group, funded through the COVID National Core studies programme enabling the UK to use health data and research to inform both the short, medium and long term responses to COVID-19, as well as accelerating progress to establish a world leading health data research infrastructure for the future.

Achieving this funding has demonstrated the Centre's ability to harness external funding and provide Welsh representation as part of the critical UK research response to the pandemic.

Working within its Healthy Development work programme, the Centre has been able to develop a new birth cohort survey (Born in Wales) to help understand the experiences of expectant parents throughout lockdown. The initial findings were presented in a policy discussion in the Senedd in December.

Research supporting expectant parents was built on by working as part of the MuM-PreDICT study, working with academic partners across the UK and the NHS to help understand the consequences for mothers living with 2 or more health conditions.

This year the Centre has again been successful at achieving publications in a number of internationally recognised journals. Notably Professor Ernest Choy was a co-author in the Lancet paper titled 'Rituximab versus tocilizumab in anti-TNF inadequate responder patients with rheumatoid arthritis'.

Working in collaboration with the United States Centre for Disease Control and Prevention, Professor Jane Noyes co-authored 'Evidence-Based Practice for Public Health Emergency Preparedness and Response undertaking an evaluation into the International Emergency response to COVID'.

Evaluating the impact of COVID in Wales, Professor Ronan Lyons and Doctor Richard Fry co-authored a paper in the BMJ paediatric journal 'Staff-Pupil SARS-CoV-2 Infection Pathways in Schools in Wales: A Population Level Linked Data.

Overall, the successes of this year have been the result of the Centre's ability to identify the challenges presented by COVID and provide a rapid analysis of these challenges with the aim of supporting the health and well-being of the population of Wales and beyond.

# Work Programmes | Healthy Development



Our work aims to understand the journey from pre-birth up to early adulthood. Through our research we aim to understand the challenges faced and what influences health and well-being.

## Maternal Health and well-being (first 1000 days)

In June 2020, the Centre launched a new expectant-parents survey (Born in Wales) to understand parents' pre-and post-natal experiences and the first 1000 days of the child's life.

Initial findings, from over 500 responses, identified the effects of COVID-19 restrictions and the virus on maternity and health services.

Seven in 10 women reported negative experiences, such as feeling 'isolated', 'alone', 'lonely', 'distant', 'not supported'.

The majority of mums-to-be wanted their partners to be able to attend appointments with them noting - "Not being able to have my partner in appointments has been very upsetting".

However, some women have reported changes due to COVID as a positive experience. "This has been the best possible time I could have ever gotten pregnant as I usually hate hospitals, hate crowds, generally don't like people etc. the midwives and all other support have been amazing".

Our researchers presented the study's initial

findings at the Senedd Members debate 'Support for babies and new parents during COVID19' held on the 9<sup>th</sup> December 2020.

## Early Years (0-7 years) Evaluations

Research in this area aims to evaluate interventions that support a child's early life. Current research focuses on assessing interventions such as the Flying Start programme and Foundation Phase schooling on a child's health and well-being.

### Highlighting Collaboration

#### Flying Start evaluation

Working with the local Public Health Wales team in Rhondda Cynon Taf, data analysis was undertaken to assess and compare the Welsh Government's targeted early years programme (Flying Start). The Centre provided support to researchers to access the SAIL Databank to undertake data analysis and linkage.

The study identified that around one quarter of children younger than four had access to Flying Start assistance. Children on free school meals were more likely to be school ready if they live in a Flying Start area which provides further evidence of the positive effect that Flying Start has.

## Impact of COVID on Children and Teenagers

Given the challenges faced by children, young people and teenagers through the last year, their views have been more critical than ever. The Centre has supported the HAPPEN project in seeking to identify how children feel about their mental health and well-being.

The HAPPEN at Home survey asked children aged 9 – 11 years old how being in lockdown had affected their health and well-being. Over 1000 children (1 in 3 were from deprived areas in Wales) responded.

About their well-being overall, children said they were happier with life in lockdown compared to before lockdown. 91% said they were able to stay in touch with friends and 89% saying they had space to relax.

Discussing activity and play, the survey reported that those children living in a deprived area documented fewer places to play, with 57% in deprived areas and 72% in non-deprived areas saying they had a space where they could play. Three-quarters of young people felt COVID had negatively impacted their mental health and well-being.

Just over 1,000 young people took part in the COVID and Young People Survey. Initial findings from the first 300 highlighted that most young people were being significantly impacted by COVID and the subsequent restrictions including school closures and social distancing measures. Many reported feeling less happy with specific concerns regarding exams, future prospects and the lack of support available.

## Highlighting Collaboration

### The Impact of Adverse Childhood Experiences

Working with colleagues in the Wales Violence Prevention Unit and the World Health Organization Collaborating Centre on Investment for Health & Wellbeing and Public Health Wales, the Centre co-authored a Health Needs Assessment: The impact of COVID-19 on children and young people's experiences of violence and adverse childhood experiences (ACEs).

This assessment aimed to understand children and young people's experiences of violence and ACEs during the COVID-19 pandemic in Wales and was produced to help inform Welsh Government and local authorities.

As a result of this collaboration partners across public health, police and academia submitted a successful bid in response to the NIHR call on 'Unlocking data to inform public health policy and practice'. Via the Centre, the research brings together partnership and expertise in ACEs, innovative methods of data capture and analysis, and anonymised routine data linkage, and will maximise the use of data to facilitate cross-sector working across public health, police, education, social services, courts, charities and local authorities.

## Highlighting Collaboration

### Childhood adversity and health and well-being during Covid-19 telephone survey

A study exploring levels of ACEs and how they may have altered how Covid-19 and associated measures have impacted individuals' physical and mental health and well-being was established in December 2020 by the World Health Organization Collaborating Centre on Investment for Health and Well-being (WHO CC) on behalf of Public Health Wales and Bolton Council.

Two early career researchers funded through the Centre collaborated with colleagues in the WHO CC to successfully coordinate the establishment of a telephone survey with representative samples of adult residents across Wales and Bolton, including questionnaire design, obtaining ethical approval, interviewer training, and data management.

# Work Programmes | Healthy Working Life



This year, more than ever, the Centre has sought to identify health and well-being challenges faced by adults of working age in different settings that impact their ability to live happy, healthy lives.

## Chronic Conditions

The health and well-being challenges faced by those living with chronic conditions are well known. These challenges can limit an individual's ability to undertake everyday tasks both in their home and work life.

Our research is particularly focused towards supporting those who suffer from arthritis and other rheumatic diseases, aiming to limit the impact these diseases can have.

The Centre continues to work with partners in industry to look at the impact of biosimilar drugs (biological medicines which are highly similar to another biological medicine already licensed) for use to support chronic conditions.

In a study funded by Novartis and in collaboration with Biogen, researchers from Cardiff and Swansea University used linked, routinely collected health data from SAIL, to explore the patient pathways of those using Etanercept and Etanercept Biosimilar and examining the effect of these medications.

Etanercept is a type of drug known as a biological therapy that can be used for rheumatoid arthritis and other inflammatory conditions.

The rationale for the study was to establish the justification of using Etanercept to treat arthritis, and to see if the biosimilar medication was tolerated in patients, enabling similar treatment at a reduced cost.

## Rural Health

In partnership with Aberdeen University, the Centre has begun a study looking at the challenges faced by people with rheumatic and musculoskeletal diseases in rural settings in Wales and Scotland.

Due to the Pandemic, outpatient clinics have had few, if any, face to face appointments with many GPs open only for telephone consultations. This has changed the relationship between public and health service providers, perhaps permanently. Over the next several months and years, there will be further changes in how Covid-19 continues to affect service provision.

The research team will be studying services and treatment of rheumatic and musculoskeletal diseases before and during the Covid-19 crisis. It may be that remote consultations (by telephone or video services) between GP and patient and between Consultant and patient may be more common in the future than they were pre-Covid.

## Impact of COVID on leadership in schools

The workplace is a common determinant of a person's ongoing health and well-being.



As a direct result of COVID, headteachers and senior school leaders have been exposed to a new working situation and environment, requiring decision-making and leadership relating to the numerous challenges they have had to master and manage.

To understand the impact of these demands, the Centre is collaborating with Newcastle University, London South Bank University and Glasgow Caledonian University in the COVID-19 Senior Leaders Study, an international collaboration through the COVID-19 Health Literacy Network.

Being part of the network, which includes 36 countries, allows our researchers to use comparable international data and provides an opportunity to measure and interpret similarities and differences.

The study findings are helping researchers provide evidence-based insights into the challenges and impacts of COVID-19 across the world, and the findings will feed into the global dataset on leadership staff internationally as well as in primary and secondary schools in Wales.

## **Primary school staff reflections on school closures due to COVID-19 and recommendations for the future**

Aiming to understand the possible challenges faced on returning to school. A total of 208 school staff completed a national online survey through

the HAPPEN primary school network.

- 1) prioritise the health and wellbeing of pupils and staff. This includes more focus on wellbeing activities and less focus on attainment/ assessments and protecting staff breaks to promote workplace well-being;
- 2) focus on enabling parental engagement and support. Introduce support sessions for parents and include regular check-ins during periods of home learning;
- 3) improve digital competence amongst pupils, teachers and parents. Ensure the provision of equipment and training in building digital skills. Offer a combination of paper-based and digital home learning activities;
- 4) consider opportunities for smaller class sizes and additional staffing. Ensure support is directed to need whilst providing pastoral care; and
- 5) improve the mechanism of communication between schools and families, and between government and schools. Ensure that schools receive advance notice of local or national changes in guidance.

These findings were then provided to Welsh Government through the Technical Advisory Group (TAG) to give evidence for decision making in opening schools.

# Marketing Collaborations

**Collaborative research calls for a collaborative approach to marketing, communications and dissemination. Better reach built through collaboration is an essential part of the Centre's strategic marketing. Marketing collaborations allow us to work with others for mutual benefit.**

**Partnerships over the last year have allowed us to strengthen stakeholder relationships and increase our work's reach and exposure and that of our partners in the UK and internationally.**

## **One Wales response requires a One Wales marketing effort – reinforcing public messaging during the pandemic**

During the pandemic social media has been flooded with misinformation; it is more important than ever to maintain strong and consistent communication channels.

The Centre has worked throughout the pandemic to reinforce public messaging from Welsh Government and Public Health Wales - helping to connect the public with vital information and messages by sharing messages across the Centre's marketing platforms.

### **Highlighting Collaborations**

#### **'One Wales' Response**

Our researchers have been integral to the 'One Wales' response to coronavirus, a multi-agency team of academic, health, administration and government bodies to react quickly and effectively to COVID-19. Dr Richard Fry, Senior Research Officer at the Centre, adapted geospatial modelling methods to estimate the near-real-time prevalence of infections at the community level using COVID-19 testing data.

Dr Fry worked with research and marketing colleagues to produce a video illustrating how coronavirus had spread through Wales during the pandemic second wave was shared by the then Health Minister Vaughan Gething during a BBC Wales Ministerial briefings in October 2020. The Centre worked with its One Wales partners to promote this information to critical stakeholders, networks and the public.

Collaborators: HDR UK, ADR Wales, SAIL Databank, ADP, BREATHE, Welsh Government, Public Health



## Global collaborations – co-creating

Global collaboration is vital to tackle global challenges. The Centre works with institutions and organisations worldwide to pull together and pool resources to advance research. This collaboration requires a strategy of co-producing marketing campaigns and content.

### Highlighting Collaborations

#### BEACHES Project

BEACHES (Built Environments And Child Health in WAles and AuStralia), is a collaborative project between academics in the Centre and Australia. The project will provide findings that will enable policy-makers at international, national, regional and local levels to develop prevention programmes and modify the built environment to reduce childhood obesity and non-communicable diseases. In June 2020, the Centre led the production of and launched a marketing campaign for the project, working to publicise it both in the UK and Australia.

Collaborators: College of Engineering at Swansea University; as well as Australian institutions, led by Telethon Kids Institute, including The University of Western Australia, Curtin University, Queensland University of Technology and Monash University.



## Supporting and helping increase reach of partner's campaigns and initiatives

The Centre regularly works with partner institutes and organisations to increase the visibility and reach via our social media networks and content sharing.

### Campaign Case study

During April 2021 the Centre marketing team shared the ACE Support Hub's campaign #Timettobekind.

The campaign recognises that life has been hard recently, especially for our young people, with many experiencing isolation, stress and anxiety.

The campaign was based on the premise that by offering support to one another, we can help make Wales a kinder nation and help break the cycle of adverse childhood experiences (ACEs). Campaign materials included a short campaign film shown on national TV in Wales (S4C and ITV) and social media posts to encourage engagement with the campaign using the hashtag #TimeToBeKind.



# Patient & Public Involvement

**As part of the Centre's application to the Health and Care Research Wales Award 2020-2025 all groups were asked to submit a plan for Patient and Public Involvement (PPI) activity going forward. This gave the Centre the opportunity to increase our commitment to integrate PPI into the research being undertaken by the Centre and any affiliated groups working in partnership with the Centre's research.**

**A Patient and Public Involvement structure was produced as part of this application and is designed to help achieve this integration.**

## PPI Advisory Group

The Centre for Population Health's Patient and Public Involvement Advisory Group, a key part of the PPI structure, was formed in April 2020. The group was established to act in an advisory capacity to the Executive Board of the Centre for Population Health. It advises on the strategic direction of the CPH as well as on the development of effective Patient and Public Involvement (PPI) ways of working at every stage of research development, management and dissemination.

This is all approached in the context of the UK National Standards for Public Involvement in Research with the standards underpinning our approach to our research.

The makeup of the Group is composed of a lay chair, three or more lay members, the PPI lead for the Centre as well as the Centre Director and Centre Manager. Other members of the Centre, including Executive members, attend as appropriate. We meet quarterly and keep in touch in between for specific issues.

Each lay member also sits on either the Healthy Development or Healthy Working Life advisory groups with the aim of ensuring PPI informs the direction of the Centre's research activities from the top down. Members are also welcome to take part in individual projects but it is not an expectation.

## Members

### Chair - Sarah Peddle

As well as professional experience in local government education services, Sarah has a great deal of PPI experience, including contributing to funding applications, trial management groups, a variety of PPI Groups and facilitation of training. Sarah was keen to bring these experiences to the role of Chair.

### What made you want to become a PPI member?

"I joined the Public Involvement Community in May 2017 and have been involved in a wide range of PPI opportunities since joining. I have always had an interest in health and care research and have sought these opportunities to become more involved as a patient/ member of the public. As a mum of two primary aged children, with a chronic health condition which affects my daily life and with professional experience in local government education services, I was keen to get involved with the Centre".

### Lay Members:

#### Helen Davies

Helen's professional background is in health research, with over 20 years of research experience working within a variety of settings including healthcare and education. PPI involvement was an integral part of her research.



### **What made you want to become a PPI member?**

“Now in retirement I was very keen to transfer the skills and knowledge learnt in my working life as a health researcher and felt it was time to refocus my attention to contribute to the voice and opinions of patients and public in order to direct research. I’ve done a full circle! From a researcher who includes PPI in her research, to a PPI advisor to help inform research!”

### **Rachael Hunter**

Rachael has a background in the NHS where she worked as an NHS Clinical Psychologist working with children and families, and in health settings. She now works at Swansea University as a Senior Lecturer in Clinical Psychology and is Programme Director of the Clinical Psychology and Mental Health MSc.

### **What made you want to become a PPI member?**

“I am always keen to make sure organisations are pushed to really work closely with people who have lived experiences they can draw on.

This is especially important for research, because too often research objectives are set by people who can be far removed from the actual experience and as a result, may have different ideas of what’s important. I am always keen to try and make sure research is meaningful, valuable and relatable for the community it is serving.”

### **Solmaz Safari**

Solmaz Safari is a tutor at Swansea University, with a background in IT. She wanted to be involved in interesting research as a PPI member for various projects.

### **What made you want to become a PPI member?**

“I think my involvement is because I am from a minority group. I think I can pass my voice from my community to the PPI panel.”

## **Case Study**

### **Born In Wales**

As well as the central Advisory Group, the Centre encourages researchers to develop project specific PPI – whether the project is in early stage development or is already funded and in progress.

The Born in Wales project is an ongoing exploration of experiences and outcomes for people having babies in Wales. The Born in Wales PPI group was established to give the Centre advice and guidance on how best to engage with Black, Asian and Minority Ethnic (BAME) families.

In 2018, more than 1 in 4 of all live births in England and Wales were to mothers born outside the UK and 13% of all babies born in 2013 to 2017 belonged to a Black, Asian and Minority Ethnic (BAME) group.

Although it is important to recognise that even in these groups, maternal and neonatal death is rare, the differences are significant, with Black women five times more likely to die during pregnancy and Asian or Asian British babies having a 73% increased risk of neonatal death compared to White babies.

Hope Jones, Researcher at the Centre for Population Health, explains:  
“Born in Wales aims to engage with families all around Wales. Working with our PPI group is invaluable to encourage this engagement with our local communities. Collaborating with our PPI group helps us to encourage diversity and inclusivity in everything we do and allows us to represent all types of families growing up in Wales.”

If you would like to find out more please contact Soo Vinnicombe, PPI Lead, at: [s.vinnicombe@bangor.ac.uk](mailto:s.vinnicombe@bangor.ac.uk)

# Conclusion

Reflecting back on this year as the first of our new funding period, it has been one of unprecedented challenge but real achievement for the Centre. We have been able to help inform responses to the health and well-being challenges many have faced as a result of the COVID-19 pandemic.

Our research has sought to understand these challenges and offer solutions, with the aim of informing policy and increasing understanding to impact provision and practice as well as responding to rapid response requests from policy makers and funders. Going forward this flexibility and scientific rigour will continue to be our ambition.

The success achieved in the vaccination roll-out programme by NHS Wales has meant that there can be reason to hope that life can begin to return to normal. However, the medium and long-term effects of the pandemic are yet to be seen. Our ability to be able to help understand what these may be will form a part of our work in the coming years.

Going forward to next year, collaborating as part of multidisciplinary groups such as the COVID-19 National Core studies and Mum-PreDict will direct our work to ensure that these effects can be identified and tracked.

Continuing to deliver on our work programmes, the Centre will ensure that our research is aligned to Welsh Government policy. Within our Healthy Development work programme, we will continue to prioritise research around the first 1000 days, by seeking the views of expectant mothers and fathers aiming to understand how their experiences of pregnancy can make a difference to the early days of a child's life. We will also continue support research focusing on Children and Young people and those who experience Adverse Childhood experiences.

Delivering a life-course approach to research, the Centre will continue to undertake and support research that informs how people can live longer, healthier and happier lives. Our Healthy Working Life work programme will begin to evaluate the health and well-being challenges that may arise due to changes in work practices resulting from the pandemic.

Alongside our commitment to undertaking and supporting research that helps to improve the health and well-being of the population in Wales, the next year will see the Centre begin to implement its medium term ambition of showcasing Wales' reputation as providing leading expertise in Population Health research. This will mean building on our collaborations with our current partners and on building new relationships.





Ymchwil Iechyd  
a Gofal **Cymru**  
Health and Care  
Research **Wales**



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✘ National Centre for Population  
Health & Wellbeing Research -  
NCPHWR

NCPHWR,  
Data Science Building,  
Swansea University Medical  
School,  
Singleton Park,  
Swansea SA2 8PP

01792 295621

[NCPHWR.research@gmail.com](mailto:NCPHWR.research@gmail.com)