

Career Journey – a personal view

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NIHR Research Professor

NIHR Senior Investigator



1990

1994

NHS

NHS

RESEARCH



PhD



Academia

NHS



Research

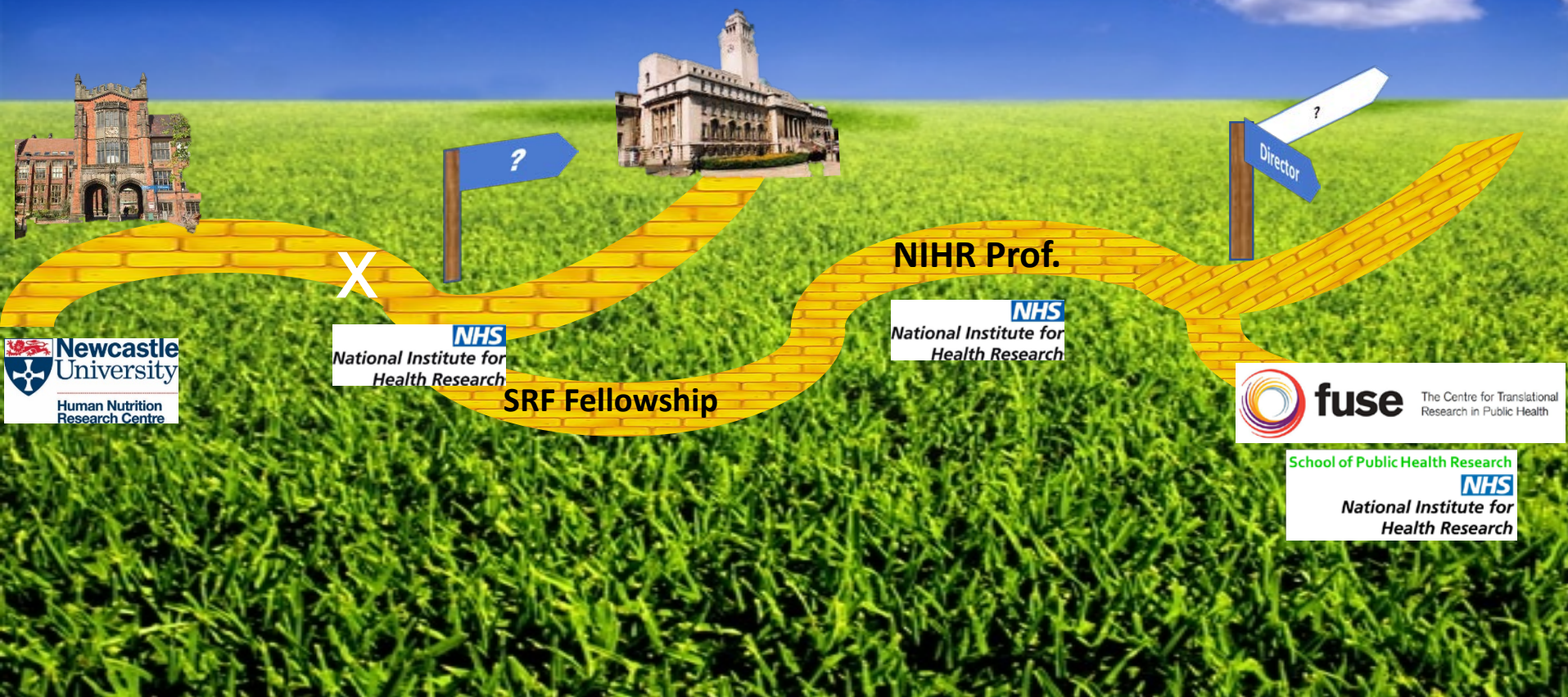


2003

2005

2013

2014



2014

2015

2016

2017-2022



NHS
National Institute for
Health Research

NIHR Prof.



School of Public Health Research
NHS
National Institute for
Health Research

Renewal



School of Public Health Research
NHS
National Institute for
Health Research



NIHR School for Public Health Research

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National Institute for
Health Research

- Established in April 2012 renewed 2017 by national competition
- Budget of £20 million over five years, the [NIHR School for Public Health Research \(SPHR\)](#)
- Partnership between 8 leading academic centres with excellence in applied public health research in England
- New funding PhD students to start 1st October

Members 2017-22

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- Fuse a collaboration between Newcastle, Durham, Northumbria, Sunderland and Teesside universities
- University of Sheffield
- The LiLaC collaboration between the University of Liverpool and the University of Lancaster
- University of Cambridge
- University College London
- Imperial College, London
- London School of Hygiene and Tropical Medicine
- University of Bristol

SPHR - Aims



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

Research programmes from 2018

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- Three research programmes
 - Public mental health
 - Children, young people & families
 - Places, communities and systems
- Three cross-cutting themes
 - Inequalities
 - Efficient and equitable public health systems
 - Changing behaviour at population level

All SPHR is subject to external peer review (academic, practice and lay)

Career journey

What has NIHR ever done for me?

NIHR SRF Fellowship
2005-2010



NIHR Prof 2013-2018

NURF 2018



PhD 2018

NIHR SI 2018



- Changing behaviours: prevention of obesity

Transforming the Foodscape



School for Public Health Research



National Prevention Research Initiative



- Supporting individual behaviour change: treatment of obesity and maintenance of weight loss



National Prevention Research Initiative

- Gathering the evidence



Open Lab



Food
Standards
Agency
food.gov.uk
Buidheann
Inbhe-Bidhe



Career Journey – or “to career”

- Remember NIHR mission
- Seek help & support
- Look at guidance... Read the question
- Build collaborations
- Build partnerships
- Get mentorship
- Learn from examples of success
- Seize opportunities
- Don't give up at first attempt
- Good luck

