Career Journey – a personal view

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NIHR School for Public 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)](https://www.nihr.ac.uk/)

- 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

- 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

• 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
- NIHR SI 2018
- PhD 2018
- NURF 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

DiRECT Study

DiABETES UK

CARE. CONNECT. CAMPAIGN.

National Prevention Research Initiative

• Gathering the evidence

Intake24

Open Lab

Food Standards Agency

GMS

National Institute for Health Research
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