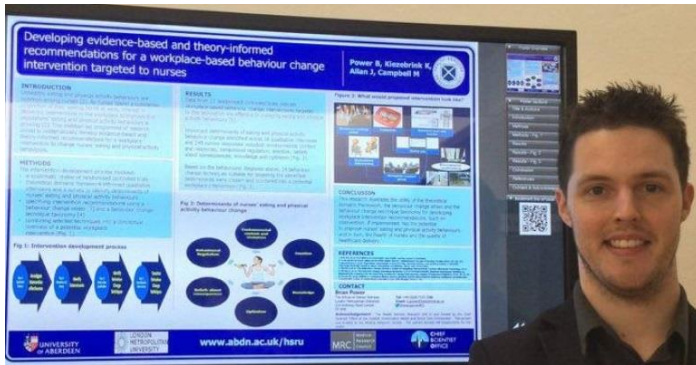


Dr Brian Power – CAHPR Public Health Research Awards

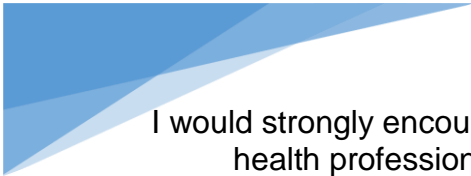


Above: Brian Power with his award winning poster

Dr Brian Power (dietitian) won a Public Health Research Award in 2016 and attended the Public Health England (PHE) conference to present a poster.

Brian applied for three reasons. Firstly, to increase the visibility and credibility of his research. Secondly, to improve the quality and impact of his research by presenting it at the PHE annual conference. Thirdly, to achieve recognition for the hard work and achievements of the research team at the University of Aberdeen Health Services Research Unit.

Brian gave very positive feedback on the awards. On a personal level, winning the award increased his confidence to move research work forward and enhanced his excitement about research. Attending the conference would not have been possible otherwise. It enabled him to learn from others and improve knowledge about behaviour change in public health. For example, he met the PHE's behavioural insights team and discussed their work. He also met colleagues from Newcastle University and University College London and exchanged ideas about behaviour change.



I would strongly encourage any allied health professional undertaking research within a public health domain to apply for next year's award. I am very happy and proud about winning the award. I would like to say a huge thank you to CAHPR and PHE for the award.

Dr. Brian Power

Introduction to the winning abstract

Developing evidence-based and theory-informed recommendations for a workplace-based behaviour change intervention targeted to nurses

Tackling obesity through a reduction in levels of excess weight in adults has been identified as a priority by Public Health England (PHE). Reports in the United Kingdom indicate 56% of nurses are overweight or obese. These prevalence rates are consistent with prevalence rates in the general population. Considering the high prevalence of overweight and obesity in nurses, there is a need for effective behaviour change interventions in this group. Also, given the increasing governmental policy emphasis on the workplace as a priority setting for targeting overweight and obese adults it is important to identify the types of workplace interventions that show the most promise in this group. As such, this research relates to PHE priorities by providing the best way to support eating and physical activity behaviour change in nurses within the workplace and ultimately reducing levels of excess weight in adults.

<http://cahpr.csp.org.uk/cahpr-public-health-research-awards>