

# Inform

Issue 52

April / May 2007

## Breastfeeding Awareness Week targeting fathers

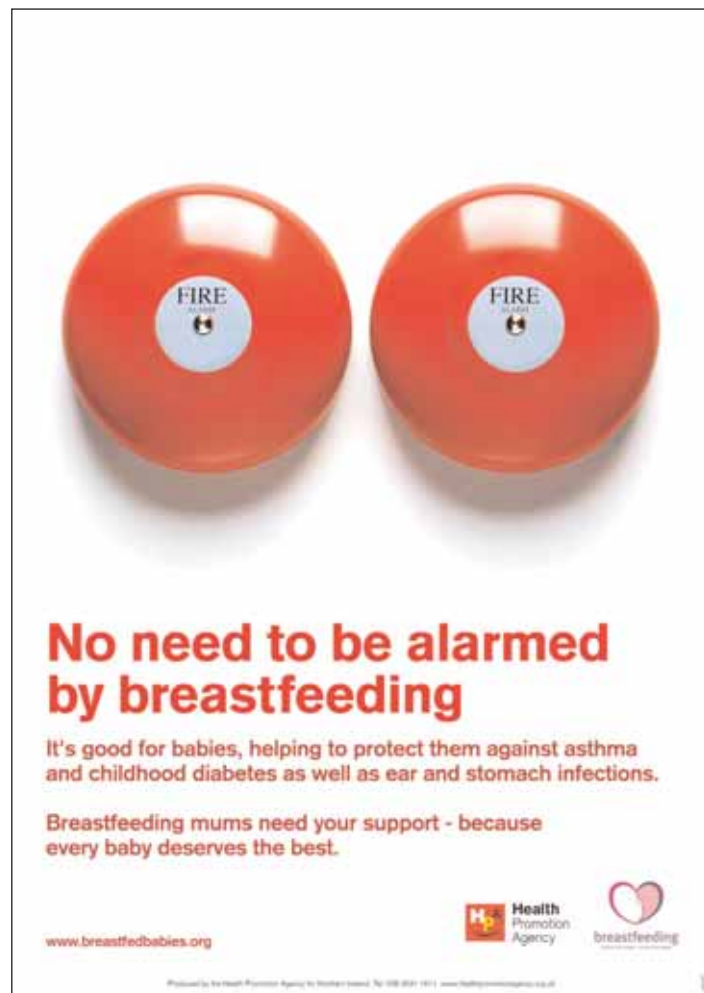
Northern Ireland's theme for National Breastfeeding Awareness Week, on 13–20 May, is aimed at expectant and new fathers. This approach reflects the recent major breastfeeding public information campaign which included new resources about the importance of breastfeeding, specifically aimed at men.

The poster opposite is one of the thought provoking images that appeared as part of the public information campaign in the sports sections of local press and in male washrooms of over 200 entertainment venues across Northern Ireland.

Other new resources produced by the HPA for National Breastfeeding Awareness Week include a new leaflet that aims to inform new and expectant fathers of the importance of breastfeeding to the health of their family and what practical steps they can take to help support their partner's decision to breastfeed. It also outlines ways in which fathers of breastfed babies can feel involved with the care of their baby and includes quotes from fathers of breastfed babies.

Janet Calvert, Regional Breastfeeding Coordinator for the HPA, said: "Mothers need and value support for their decision to breastfeed and if they feel they are getting this support from partners, family and friends they are more likely to continue feeding their baby this way. Sticking with the decision isn't always easy, especially if a mum is feeling unsupported in her choice.

Information about breastfeeding support groups and further information on this issue can be found on the HPA's breastfeeding website [www.breastfedbabies.org](http://www.breastfedbabies.org)



Breastfeeding awareness poster used in the recent campaign

**MISSION:** To make health a top priority for everyone in Northern Ireland

- INSIDE:**
- Depression awareness training for GPs
  - Exposure to passive smoking studied
  - Immunisation booklets translated
  - Mental health research report published



**Health  
Promotion  
Agency**

## HLC update

Following the launch of the Healthy Living Centre (HLC) Regional Alliance in December 2006, HLCs have been working to build awareness among key stakeholders of their role in tackling health issues and inequalities at a local community level. Following meetings with the health spokespeople from the main political parties, several parties pledged support for the work of HLCs within their recent election manifestos.

The HLC Regional Alliance is planning to hold a celebration event on Thursday 19 April in the Maureen Sheehan Centre, Belfast. The event provides an opportunity to share and reflect on experiences and knowledge gained through the HLC programme and consider how the momentum and model of HLC working can be further developed.

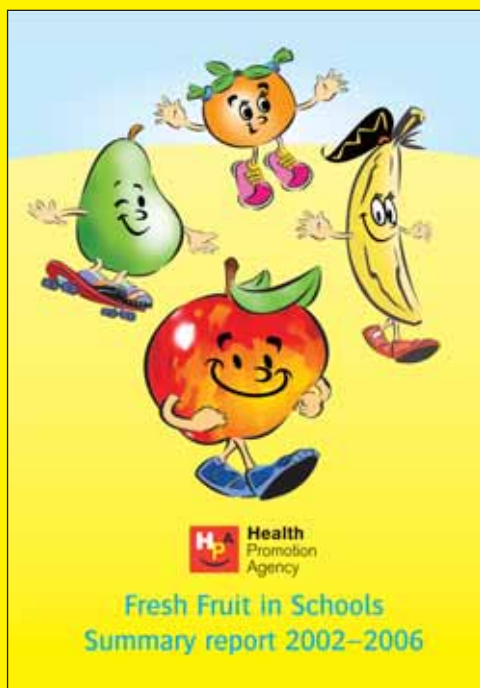
## Fresh Fruit in Schools research available

A summary report evaluating the 2002–2006 Fresh Fruit in Schools scheme was added to the HPA website in March 2007. The report highlights the factors that contribute to creating and sustaining a fruit scheme within the school setting.

The research showed that a whole school approach to food is central to the sustainability of fruit schemes. Furthermore, ongoing promotion of the scheme to pupils and parents is important.

Parental involvement is key, and results showed the scheme can be successfully sustained even when parents are asked to pay for fruit for children who previously received it free of charge. Evidence of parent's dedication to fruit schemes was shown by 76% of parents whose children currently receive free fruit reporting that they would be willing to pay for fruit.

Beyond this, the dedication and commitment of the principal and staff are fundamental to a fruit scheme's success. However some principals mentioned that it would be difficult to set up a fruit scheme without the financial and practical support provided by Fresh Fruit in Schools over the first two years. It may be that new schools taking on a similar scheme will need initial support.



## Armagh to host 'hospital without walls'

'The hospital without walls – a community asset' is the title of the 2007 all-island Health Promoting Hospitals conference. This year, the fourth annual event is being hosted at the Armagh City Hotel on 23–24 October.

Health Promoting Hospitals (HPH) work to become healthy organisations, taking action to promote the health of their patients, staff and their local community by not only providing high quality comprehensive medical and nursing care, but also by embracing the aims of health promotion.

The concept has been in development since 1988 and a great deal of work has been undertaken in the six years since the HPH networks in both Northern Ireland and the Republic of Ireland began cooperating to develop an all-island approach.

The HPH conference 2007 will highlight the contribution of hospitals and the wider health services in improving the health of the population throughout Northern Ireland and the Republic of Ireland. It will explore the potential of, and the challenges for, hospitals and communities in order to build commitment and inform future work to reinforce hospitals as healthy settings.

Parallel sessions at the conference will explore the progress to date on the five WHO/HPH standards of health promotion. To learn more about the standards, visit [www.euro.who.int/healthpromohosp/Publications/20041202\\_1](http://www.euro.who.int/healthpromohosp/Publications/20041202_1)

For further information on the conference and the submission of abstracts, visit the conference website [www.hphconference2007.com](http://www.hphconference2007.com) which will be live from late April, or contact Carrie Crossan on Tel: 028 9031 1661; Email: [c.crossan@hpani.org.uk](mailto:c.crossan@hpani.org.uk)

## Mental health campaign newsletter

The newsletter produced as part of a major public information campaign on mental health, 'Minding your head', launched in March, is now available on the dedicated campaign website [www.mindingyourhead.info](http://www.mindingyourhead.info)

The campaign was developed by the HPA in response to actions outlined in *Protect life: a shared vision*, the Department of Health, Social Services and Public Safety's (DHSSPS) suicide prevention strategy.

The campaign also includes television, radio and press advertisements, information leaflets, and posters - details of which are available on the website as well as other useful information and a directory of services.

## Sexual health radio ads Valentine's success

Don't pick up any unwanted gifts during St Valentine's week. This was one of the messages developed by the HPA in collaboration with the fpa for a new series of radio advertisements about sexual health aimed at 18 to 25 year olds and broadcast during the week of 14 February.

Research with this age group has shown that humour is an effective way to draw attention to information about sexual health issues. The advertisements used humour to raise awareness about such issues as sexually transmitted infections (STIs), unplanned pregnancies, safer sex and the impact of alcohol and drugs on decision making and personal safety.

They were broadcast on Downtown Radio, Cool FM, Citybeat Radio and Q102FM, and callers were directed to the fpa helpline number for further information. Calls to this helpline always increase in the post-Valentine period and many callers admit to having unprotected sex when they have been under the influence of alcohol or drugs.

The latest figures for STIs show that new cases of uncomplicated gonorrhoea have increased by 47%, uncomplicated chlamydia by 12%, genital warts by 10% and genital herpes by 7%. During 2005 there were 63 new cases of HIV diagnosed in Northern Ireland.

The advertisements were designed to back up a week of events organised locally by members of the Sexual Health Information Exchange Group (SHIEG) with support from the HPA. Evaluation by participants of the local events has shown a very positive response to the information received, the introductions to organisations that many did not know about, and to the method of engagement with them.

A snapshot survey at the end of the week of calls made to the helpline revealed that 90% were from men regarding further information on STIs.

## November regional sexual health conference

The 13th Annual Regional Sexual Health Conference takes place at the Radisson SAS Roe Park Resort, Limavady, on 21–22 November.

For further details please contact the Sexual Health Coordinators in the Eastern Health and Social Services Board, Joanna Gregg and Joe Harris, on Tel: 028 9082 1524; Fax: 028 9082 1285; Email: SHTeam@nwb.n-i.nhs.uk

## Evaluating work

'Evaluating your work – a planning workshop' is a one day course to be held on 7 June 2007. The aim of this workshop is to allow participants to prepare an evaluation plan of their own work, based on the principles, practice and methods of evaluation. The course flyer and an online booking form are available to download and submit under Events/Training at [www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)

## Healthy settings seminars a success

The HPA is commissioned by the DHSSPS to provide regional opportunities to assist Investing for Health teams across Northern Ireland to review progress on meeting the strategic objectives of *Investing for Health* and to share practice.

Over 80 delegates attended a 'Workplaces as a healthy setting' seminar held on 12 March in the Everglades Hotel, Londonderry. As well as getting a background to the healthy settings approach, delegates heard from three different workplaces on the challenges and successes of focusing on health within their particular workplace. Feedback was positive in terms of the focus and structure of the day, and in particular the ability to discuss practical issues relating to health in the workplace with other sectors and employers.

*Investing for Health* highlights the important role schools can play in positively influencing the health and wellbeing of children, young people, staff and the wider community. Schools are a key setting in which to improve both health and educational achievement, and play a significant role in shaping attitudes and behaviours in relation to health.

A seminar held on 14 March provided participants with an opportunity to reflect on national, regional and local developments in support of creating healthy schools and to discuss experiences and insights into developing a whole school approach to health improvement. Speakers from the Scottish and Welsh national programmes joined local speakers to take stock and consider the implications of current knowledge for the future development of policy and practice.



## Breastfeeding in special circumstances

The focus of the 2007 training seminar of the Northern Ireland Breastfeeding Coordinators' Forum was 'Breastfeeding in special circumstances'. The guest speaker was Elizabeth Jones, Neonatal Breastfeeding Specialist and Research Fellow, North Staffordshire Hospital.

The event was held in Belfast in February and, besides breastfeeding coordinators, attracted almost 60 other delegates from throughout Northern Ireland including professionals from neonatal nursing, paediatric nursing, midwifery, public health, postgraduate education and health visiting.

## Depression awareness training for GPs

In support of actions within *Protect life: a shared vision, the Northern Ireland suicide prevention strategy and action plan (2006–2011)*, and the *Promoting mental health strategy and action plan 2003–2008*, the HPA has worked in partnership with a representative group from the four Health and Social Services Boards and Trusts and Aware Defeat Depression to produce a training programme and supporting resources for GPs.

The overall aim of the training is to improve the detection, treatment and management of depression in primary care. Events have been organised throughout Northern Ireland and local nominated facilitators have delivered the training programme which is currently being evaluated.

A CD ROM of supporting information has also been produced and will be made available to all GPs by the end of March. A factsheet on depression has also been produced by the HPA in partnership with Aware Defeat Depression and is available to download from our website.



To further support the GP training, 70 practice nurses and practice managers attended training entitled 'Assessing depression effectively' which was facilitated by Jane Eldwood from Talking Life. For further information on the above training initiatives, contact Deirdre McNamee, HPA Senior Manager: Public Health, on Tel. 028 9031 1611 or Email: d.mcnamee@hpani.org.uk

## Physical activity and nutrition at Balmoral

The HPA will again take a stand at the Balmoral Show, from 16–18 May, as part of the Northern Ireland Government Departments' exhibition.

The focus will be on physical activity and nutrition and visitors to the stand will see a range of work undertaken by the HPA in these areas. This includes our interactive Body Mass Index display where people can check out their weight and height.

Our website [www.getalifegetactive.com](http://www.getalifegetactive.com) which aims to inform and motivate people to increase their level of physical activity can also be viewed, along with HPA television ads on physical activity and healthy eating. Information leaflets will be disseminated and we will be running a competition with pedometers as prizes.

We look forward to welcoming you to the stand if you are visiting the show.

## Sexual health needs of young people highlighted

The HPA facilitates the Sexual Health Information Exchange Group (SHIEG), members of which include sexual health promotion staff from Health and Social Services Boards and Trusts, the GUM (genitourinary medicine) clinic at the Royal Victoria Hospital (RVH), Belfast, and a range of voluntary and community organisations including fpa, Brook and Barnardos.

In association with SHIEG, a seminar was held on 11 January to highlight local research into the 'Sexual health needs of young people at risk of social exclusion' and to share local practice in relation to how these needs are being addressed.

The seminar was designed to support the *Teenage pregnancy and parenthood action plan 2002–2007*. The need to address this issue was also highlighted in feedback from previous seminars.

Gail Neill from YouthAction Northern Ireland presented information from the report *Blighted by inequality: young women in Northern Ireland*; Dr Audrey Simpson drew on fpa research *Out of the shadows: the sexual health and wellbeing of people with learning disabilities in Northern Ireland*, and Dr Marian McLaughlin from the University of Ulster outlined her research into inter- and intra- personal factors influencing condom use among teenage mothers.

Participants considered information concerning current practice from a range of practitioners. Michelle Harris from Barnardos discussed work with sexually exploited young people, Ruth Noonan from the Rainbow Project outlined issues concerning homosexuality, Georgie McCormick from fpa highlighted practice issues from working with those with a disability and their families, and Maeve Cross from the GUM clinic at the RVH talked about responding to the sexual health needs of ethnic minority groups.

Evaluation of the seminar was rated highly by the majority of participants with 94.3% rating the information provided as good or very good, and 91.5% rating the seminar overall as good or very good.

## HPA addiction role highlighted at UU

In February, the HPA was invited to deliver a lecture at the University of Ulster as part of the addictions module aimed at postgraduate nurses.

Victoria Creasy, Senior Manager, Public Health, delivered a lecture on 'The role of health promotion in preventing addiction'. She referred to the range of work by the HPA on drugs, alcohol and tobacco, including the settings approach, and how it can help prevent addictions.

Course participants, who work in a range of organisations including community addiction teams and arrest referral schemes, asked questions on a range of issues relating to smokefree legislation, prison health and workplace health.

## Usability testing of e-learning resource

As part of the development of the HPA's e-learning course on 'Brief interventions in smoking cessation', 13 health professionals took part in a usability test of the first module which focused on the health effects of smoking.

The participants reflected those whom the course will ultimately target and included general practitioners, practice nurses, dentists, dental hygienists, community pharmacists, community midwives and health visitors.

The health professionals worked through 'Module 1' and then fed back their opinions of the module through a questionnaire and focus group discussion. Feedback was positive with all testers finding the learning material relevant, thought provoking, and enjoyable. They felt that the learning from the module could benefit their own practice when working with patients or clients.

Suggestions for improvements to the course were highlighted through the testing. These will also be used to develop guidelines for future e-learning courses for health professionals. The testers also provided information and suggestions for the roll-out and marketing of the e-learning course to their own professional groups.

Course completion is expected to coincide with the introduction of the smoke-free legislation.

## HPA winning design for new HSC logo unveiled

The new Health and Social Care (HSC) logo has recently been unveiled. After a request for health service designers to submit sample designs for a new logo, the hard fought open competition resulted in the HPA's Design, Production and Electronic Communications Manager, Alan Martin, being selected from a large number of entries for his design which is featured below.



Alan is working with the Communication, Resource and Information Service (CRIS) to develop the logo for use across the entire Health and Social Care system. Congratulations to Alan on his winning design.

## HPA Board meeting

The next meeting of the HPA Board will be held on Thursday 10 May. It will take place at 3.30pm in the HPA headquarters at 18 Ormeau Avenue, Belfast, BT2 8HS. Members of the public are welcome to attend.

## HPA supports Northern Ireland Hospice walk

The HPA is lending support to the annual Northern Ireland Hospice charity walk by providing 7,500 'Get a life, get active ... go walking!' leaflets for entrants.

Northern Ireland Hospice Care is hoping that thousands of people will walk, run, toddle, skip or hop on Saturday 21 April as part of the 2007 Hospice Walk.

With 11 walk venues across Northern Ireland available, the 2007 Hospice Walk offers a fun day of gentle exercise for all ages as well as a great opportunity to support the local charity.

For more information visit [www.hospicewalk.com](http://www.hospicewalk.com) or Tel: 028 9077 7123.



Getting in some practice for the 2007 Hospice Walk are, from left, Margaret McConnell, Sports and Recreation Officer, University of Ulster; Olivia Nash, aka 'Mrs Walker'; and Les McLean, Director of Corporate Services and Organisational Development, HPA.

## HPA welcomes Families Matter strategy

The HPA has submitted a response to the DHSSPS's consultation on *Families matter: supporting families in Northern Ireland*.

We welcome the strategy and the Government's timely recognition not only of the vital role that parents and families can play in helping their children reach their full potential, but also of the support and assistance which parents may need to fulfil this role.

As highlighted in a recent HPA report, parents have a critical role in influencing the risk and protective factors for young people's problem drinking. Similar risk and protective factors can also be influential on other risk-taking behaviours, such as sexual risk-taking and, vitally, on a child's mental health.

## Actively Older project supports physical activity programmes

The Actively Older project, managed by Age Concern Northern Ireland in partnership with the HPA, aims to support community and older people's groups to develop physical activity programmes with older people.

In November 2006, groups from the Ageing Well Network participated in two inclusive games training events. The training incorporated coaching in new age curling and boccia, and was facilitated by Disability Sports NI. The training was extremely popular and, as a result, two further events have been planned for groups in Downpatrick and Newcastle.

The project's current training theme for all Ageing Well Network members is 'Risk management of events and activities with older people'. Four training days at venues around Northern Ireland aim to address anxieties which may prevent groups and individuals from engaging in physical activity.

Two training days took place in March at People's Park, Ballymena and at the Silverbirch Hotel, Omagh. The two remaining training days are Tuesday, April 17 at the Grosvenor House, Belfast and Wednesday, April 18 at the Millennium Arts Centre, Portadown.

For further information please contact the Actively Older project coordinator at Age Concern Northern Ireland, Tel: 028 9024 5729.

## Immunisation booklets translation project

The HPA's information booklets to inform parents about changes to routine childhood immunisation are now available in 10 other languages. On behalf of the DHSSPS, we produced three leaflets in September on the vaccination programme for babies up to 15 months old, pre-school children aged three to five, and teenagers aged 14 to 18, as well as two leaflets on the facts about the MMR vaccine, and the pneumococcal vaccine catch-up programme for children aged under two.

All five have now been translated into Arabic; Chinese (complex and simplified); Hindi; Irish; Lithuanian; Polish; Portuguese; Russian and Urdu and are available to download from the DHSSPS and HPA websites. The project, comprising 50 translations in total, is the largest translation project to be undertaken by the HPA.

We have also extended the range of languages for our antenatal leaflet *Protecting you and your baby: your first antenatal visit* to Latvian, Lithuanian, Polish and Russian. This is already available in Arabic, Chinese (complex), Hindi, Irish, Portuguese and Urdu.

## Postgraduate Diploma/ MSc – Health Promotion and Population Health

This course, available as a postgraduate diploma or as an MSc at the Jordanstown campus of the University of Ulster, seeks to prepare students from a wide variety of backgrounds for specialist roles within the expanding field of health promotion.

The course focuses on promoting the health of the public; planning for population health; advanced methods in health and social care research; epidemiology for population health; evidence informed healthcare; society, policy and population health; leadership and management in promoting the public's health; writing a research proposal; as well as completion of a research project.

The full-time diploma covers two semesters and attendance is on two half days per week. The MSc requires an additional semester's attendance. The part-time diploma is four semesters and attendance on one half day per week. The MSc is an additional academic year minimum or two additional academic years maximum.

Funding is available for five places for the next academic year, commencing in September 2007. Closing date for applicants requesting consideration for a funded place is 31 May 2007.

Application forms and further details on the course may be accessed online at <http://prospectus.ulster.ac.uk/course/?id=4424> or contact The Faculty of Life and Health Sciences Office, University of Ulster, Tel: 028 9036 6029 or Programme Director, Mrs Ann Moore, Email: [ab.moore@ulster.ac.uk](mailto:ab.moore@ulster.ac.uk)

## Exposure to passive smoking studied

The HPA has commissioned a team of researchers from the Institute of Occupational Medicine in Edinburgh to assess how the new smoke-free legislation will impact on our exposure to second-hand smoke.

The legislation, which comes into effect on 30 April and restricts smoking in enclosed public places, aims to reduce the level of exposure people have to other people's tobacco smoke.

The survey takes place during March and involves 500 non-smokers who share a home with at least one smoker. Participants will be asked to complete a confidential questionnaire on smoking patterns in the home and other areas, and about minor health problems. In addition, air nicotine measurements will be carried out in 100 homes.

This study will be repeated in 12 months time to investigate whether residential exposure to second-hand smoke has changed amongst non-smokers who share a house with smokers.

## Mental health inquiry findings influential

The UK Inquiry into Mental Health and Wellbeing in Later Life, of which the HPA is a member, published its first report in June 2006. The report, *Promoting mental health and wellbeing in later life*, has had a positive response from policy makers, professionals and older people themselves.

The Inquiry's findings have been cited and incorporated into key policy documents including *Healthy ageing: a challenge for Europe*, the report of an EU-wide project that involved 13 partners including the World Health Organization. The Inquiry was commissioned to write the chapter on mental health.

The Inquiry's findings are also influencing practice. City & Guilds are developing two new qualifications for frontline workers on promoting mental health and wellbeing for older people, largely based on the Inquiry's report. The National Institute for Health and Clinical Excellence is also developing new guidance for healthcare professionals on promoting mental health and wellbeing for older people.

Age Concern has agreed to undertake an audit of responses to the Inquiry's recommendations and publish a report of the results in 2008.

The Inquiry's final report is due in summer 2007 and planning for influencing activity is under way. For more information, please visit [www.mhilli.org](http://www.mhilli.org) or contact Michele, Inquiry Project Manager, on Tel: 020 8765 7434 or Email: [michele.lee@ace.org.uk](mailto:michele.lee@ace.org.uk)

## IfH Update 2006

The DHSSPS, in collaboration with the HPA, has produced the third annual Investing for Health (IfH) update report.

*Investing for Health Update 2006* highlights progress over the year in implementing the IfH strategy. It includes articles from many Government departments and agencies, underlining the importance of all sectors contributing to achieving IfH goals and objectives.

To view a PDF file of the full update, please visit the HPA website [www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)

## Mental health research report published

The mental health research report *Public attitudes, perceptions and understanding of mental health in Northern Ireland* has been published by the HPA.

The quantitative report is the result of research carried out in March 2006, when participants completed a questionnaire aimed at gauging the Northern Ireland public's understanding and experience of mental health problems.

Highlighting the stigma that still exists around mental health in Northern Ireland, the report uses case studies to assess attitudes to issues such as treatment and recovery.

The report, which will help to direct a public information campaign on mental health literacy in 2007, can be downloaded from the HPA website and a limited number of published copies are available from the HPA on request.

## 'Diabetes in pregnancy' findings

Staff from the Confidential Enquiry into Maternal and Child Health (CEMACH) launched the findings of the final report on diabetes in pregnancy at events in Sheffield, Birmingham and London during the last week of February.

This is the third and final report of the CEMACH national diabetes programme, which began in 2002. The programme has focused on women with type 1 and type 2 diabetes in England, Wales and Northern Ireland, and has included three modules.

Modules previously reported include an organisational survey of diabetes services for women with type 1 and type 2 diabetes in pregnancy and a descriptive study of 3,808 pregnancies in women with diabetes over a one year period.

This final enquiry module reviewed 551 cases of pregnant women with diabetes giving detailed information on demographic, social and lifestyle factors of the women and a detailed review of the standard of care provided to them before, during and after their pregnancy.

Key findings highlight pre-pregnancy care, with 50% of women not receiving counselling on control of their diabetes and diet prior to pregnancy. A similar number did not take folic acid supplements prior to pregnancy.

The report lists areas of good practice but also shows that care suboptimal in pregnancy is associated with a poor pregnancy outcome. Recommendations include clear individually tailored care plans covering the pregnancy and postnatal period.

With the most socially deprived having an increased risk of a poor pregnancy outcome, the report also covers provision of services and the importance of targeting the most vulnerable in society.

The report is comprehensive with clear messages and recommendations for primary care and secondary care providers, those responsible for clinical governance and commissioners.

The full report and slides of the presentations from the launch events are available on the CEMACH website at [www.cemach.org.uk](http://www.cemach.org.uk)

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**Inform** is published bimonthly by the Health Promotion Agency for Northern Ireland to provide information on current areas of work involving the HPA.



**Health Promotion Agency**

We hope that **Inform** is meeting your needs in terms of providing timely and relevant information about the HPA's work. We are always striving to improve our communications so we would welcome any comments you would like to make about **Inform**. Please contact the editorial office by email at [t.sheridan@hpani.org.uk](mailto:t.sheridan@hpani.org.uk) or contact us in writing at the address below.

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[www.drugsalcohol.info](http://www.drugsalcohol.info)  
[www.getalifegetactive.com](http://www.getalifegetactive.com)  
[www.knowyourlimits.info](http://www.knowyourlimits.info)  
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[www.smokefreenorthernireland.com](http://www.smokefreenorthernireland.com)  
[www.spacetobreathe.org.uk](http://www.spacetobreathe.org.uk)  
[www.thesnackpack.net](http://www.thesnackpack.net)  
[www.up-2-you.net](http://www.up-2-you.net)

## HPA delivers nutrition training

The HPA has continued to provide support to the Department of Education and the School Meals Service through the provision of training for senior school meals staff.

The HPA has recently been recognised as an approved centre to provide training on nutrition and health for the Royal Institute of Public Health certificate and diploma courses. In partnership with dietitians working in the community from all four Health and Social Services Board areas, the HPA developed an intensive five day training course for the Diploma in Nutrition and Health.

This was attended by the recently appointed nutritional standards coordinators from the five Education and Library Boards and other senior school meals staff. The candidates are also required to complete two assignments and to undertake two examinations in April.

The purpose of the training is to enhance the staff's knowledge and understanding of nutrition to enable them to fully implement the new, revised nutritional standards for school meals and other food in schools, which are due to be fully implemented by September 2007.

These courses will be of value to a range of other professionals, including those from environmental health, child care and the health sectors. For further details about the course or to register interest in attending a training course to certificate or diploma level, contact Angela McComb, Senior Manager: Public Health, HPA, Tel: 028 9031 1611; or Email: [a.mccomb@hpani.org.uk](mailto:a.mccomb@hpani.org.uk)

## Web are we now?

A website has been developed to support the public information campaign on mental health. The site [www.mindingyourhead.info](http://www.mindingyourhead.info) has dedicated sections for 'young people', 'adults' and 'older people' along with sub-categories for users to access specific content on 'yourself', 'others', 'self-harm' or 'suicide'. It is also a useful central source of advice and information for health and other professionals, as well as support groups and organisations. The site went live on 12 March to coincide with the launch of the 'Minding your head' campaign that is linked to the DHSSPS's suicide prevention strategy.



As part of our depression awareness training programme for GPs, we produced a CD ROM of supporting information which will be made available to all GPs.

A guidance section for businesses has been added to our 'Space to breathe' website – developed to help the public and businesses prepare for the introduction of the new smoke-free legislation.

The competition deadline on our [www.up-2-you.net](http://www.up-2-you.net) website is 9 April. Those aged 18 years and under and living in Northern Ireland are eligible. All correct entries will go into a draw for a chance of winning one of 10 prizes. It could be an iPod nano, a camera mobile phone with £50 of calls, or a £50 voucher for a leading clothes or sports shop.

Work on our corporate site is ongoing, with regular additions and information updates in key sections such as 'publications' and 'areas of work'. Our online application facility for job vacancies is proving a popular feature.