

QMUL MSc dissertation Projects

16th October 2024

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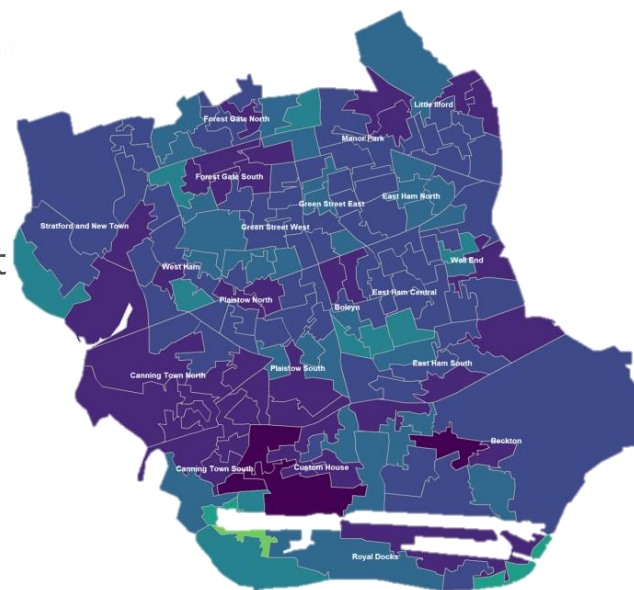
This is
Newham...



A little bit about Newham

- 70%+ of Newham residents are of a global majority (non-white) descent
- Most of Newham's 353,000+ residents live in the most deprived third of neighbourhoods of England
- Almost 44% of children (under 16s) in Newham live in income deprived households, compared to 29% nationally
- 80% of people in poverty in Newham are in working families
- There is greater poverty and lower economic resilience than in most other places in London, the poverty rate after housing costs in Newham is 36% compared to 22% in the UK
- Newham has one of the highest rates of religious adherence in London, only 27% of residents describing themselves as having "no religion"

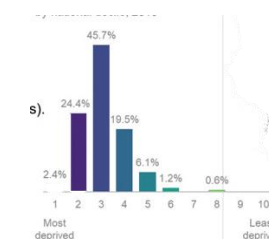
Source: GLA*



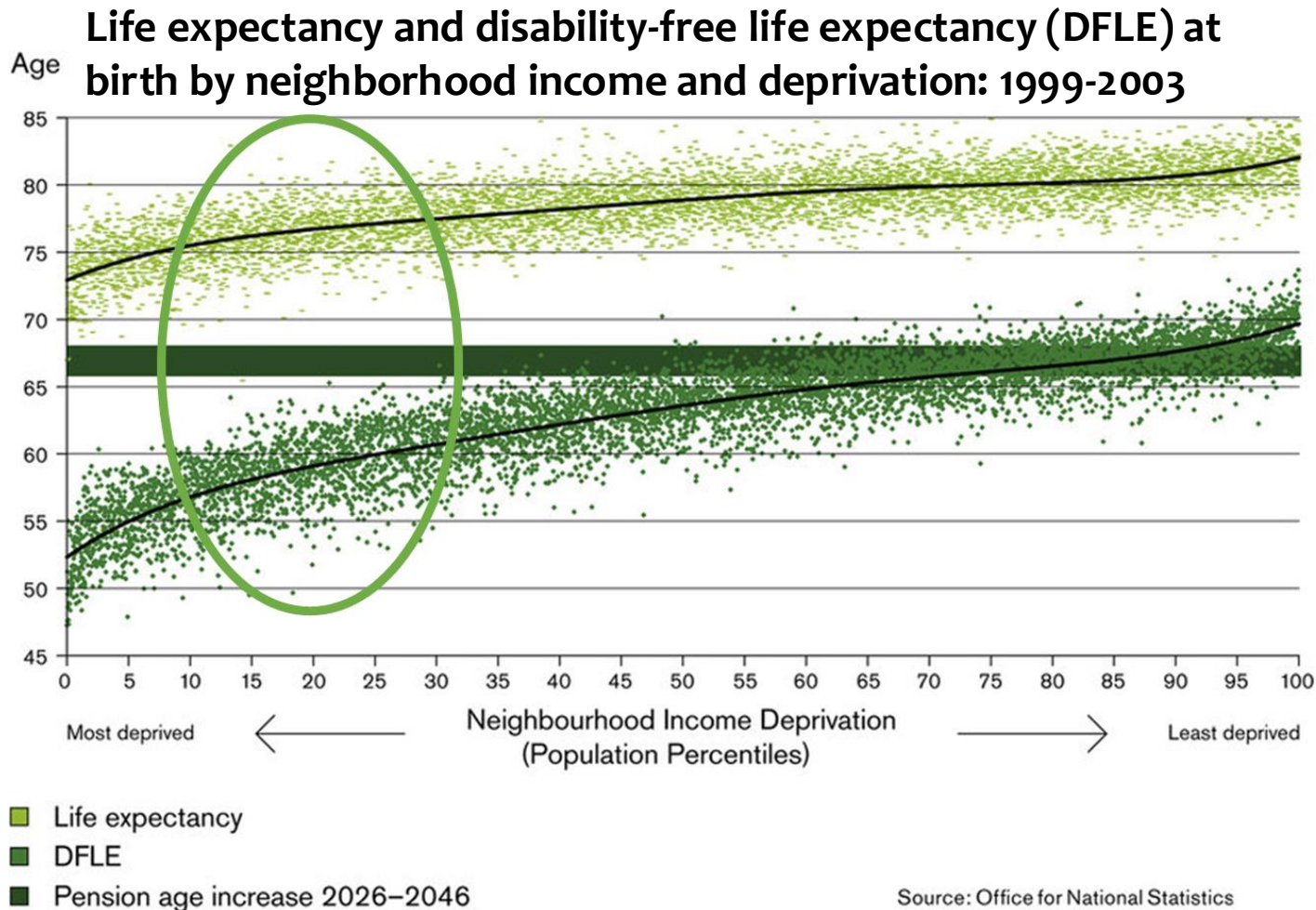
Ethnic makeup of Newham (2018)

Ethnicity	Number	%
White - British	47,247	13.4
White - Irish	2,717	0.8
Other White	46,779	13.2
BAME	256,503	72.6
White and Black Caribbean	4,065	1.2
White and Black African	3,898	1.1
White and Asian	3,853	1.1
Other Mixed	5,661	1.6
Indian	52,566	14.9
Pakistani	35,461	10
Bangladeshi	44,259	12.5
Chinese	5,536	1.6
Other Asian	23,380	6.6
Black African	39,434	11.2
Black Caribbean	14,932	4.2
Other Black	9,244	2.6
Arab	4,484	1.3
Any other ethnic groups	9,729	2.8

Source: GLA*



Impact of Deprivation on Health



Inequalities in Life Expectancy and Healthy Life Expectancy are very steep; in the poorest neighbourhoods they hit very early.

- Newham females have the 5th lowest Life Expectancy (LE) at birth out of all London boroughs. Males are the 13th lowest
- Newham females are the 4th lowest and males the lowest out of all London boroughs for healthy LE at birth

QMUL x Newham collaboration

- Newham Centre for Health and Care Equity -
 - The Centre brings together Newham Council, the NHS, voluntary, community and faith organisations, groups and residents and academics to do community-centred research in order to improve health equity
 - Overarching goal: tangible benefits for residents via research, projects and proactively solve the challenges to good health outcomes found in Newham
- Previous collaboration with QMUL
 - Specific joint research projects with embedded academics around refugee and migrant health, diet, nutrition and weight amongst others
 - Decolonising Health Innovation: A Panel Discussion (Prof Lola and Dr Matthew Harris)

Why do your MSc project with us?

- The opportunity to effect real world change - contribute to addressing an evidence gap for issues specific to global majority communities
- Co-production - Gather and analyse insights from residents and voluntary and community members and promote grass-roots insight gathering
- Evidence based policy making - the evidence and research from the projects will be used to inform public health policy, all important experience in an evidence and policy setting
- Political policy making landscape – understand how national and local political priorities inform policy formation and agenda setting in public health

MSc dissertation projects

	Research Question/Aim
1	What are the barriers to continuing breastfeeding following discharge from hospital
2	Understanding community-specific communication channels and methods
3	Review 2nd dose MMR vaccination call/recall processes with Newham families
4	Collect data and analyse the amount of Ultra Processed Food (UPF) being included in secondary schools in Newham
5	Explore challenges faced by women in low income households with gestational diabetes in initiating and sustaining a health promoting diet for their families

1. Understanding community-specific communication channels

Project	Community-specific communication channels
Research project description	Defining knowledge translation for communities in Newham: Explore community-specific communication channels to better understand local community and community specific communication channels and which methods work best for different communities. A mapping of specific communication channels for health messaging. Using community insights and research to review previous council comms to review and implement improvements to Council health promotion and health messaging approach.
A little bit of context	Newham's population is made up of numerous communities and sub-communities. In order to ensure we are able to reach as many residents as possible with public health (and Council) messaging, we need to better understand the communication channels that are used by different communities across the borough.
What we expect from the project	(1) Survey of community groups and members (2) Possible interviews with survey respondents and community members (3) Mapping of channels and which communities they reach (4) Understanding of why community-specific communications is important
Why the research is important	In order to improve health literacy and access to services, as well as reduce health inequalities, it is important to be able to reach as many residents as possible. Having this understanding will not only help us to reach more residents, as we know that Council channels don't reach everyone, but also help target messaging to communities when necessary. The information from this project will not only support public health work but also wider Council communications and other teams.

2. Review 2nd dose MMR call/recall processes

Project	Review 2 nd dose MMR call/recall processes
Research project description	Evidence synthesis and review of existing interventions for improving 2nd MMR vaccination rates, and to identify and get feedback on opportunities to improve uptake and effectiveness. This project may require community focus groups / surveys to ensure the evidence review can be compared to local perceptions and attitudes.
A little bit of context	Children receive their MMR vaccinations in 2 doses – at 12 months old and 3 years and 4 months old. Local vaccination uptake data shows that the proportion of eligible children in Newham are receiving the booster dose of MMR is significantly lower than the number who receive the initial dose. At present, we don't have any specific and local insights into why this is happening for this specific vaccination.
What we expect from the project	(1) Review of existing call / recall processes within Newham (2) Review interventions for improving 2nd MMR vaccination rates (3) Identification of opportunities to improve uptake and effectiveness through feedback from local parents
Why the research is important	While there is some evidence to understand the reasons for low second dose uptake in other areas which may be applicable in Newham, it is important to understand the barriers to getting the second dose for local families in order to ensure future work to reduce these barriers or improve processes is appropriate and reflects the challenges Newham families are facing rather than making assumptions.

3. What are the barriers to continuing breastfeeding following discharge from hospital?

Project	What are the barriers to continuing breastfeeding following discharge from hospital?
Research project description	Review of literature and investigation of barriers to continuing breastfeeding rates following discharge from hospital and identifying best practice and policy recommendation.
A little bit of context	From discharge at hospital, breastfeeding rates in Newham decrease at 10-14 days and then again by the 6-8 week point. Based on the benefits of breastfeeding for both parent and child, it is important to understand the potential reasons behind this decrease and if anything can be done to support parents to continue breastfeeding for longer following discharge from hospital care.
What we expect from the project	Review of literature and investigation of barriers to continuing breastfeeding rates following discharge from hospital, as well as what has helped parents to continue breastfeeding to the 6-8 week point and beyond. This will identify best practice and use of resources within the infant feeding workstream and inform the implementation of various schemes including breastfeeding welcome communications, a peer support service and Family Hubs initiatives.
Why the research is important	In order to improve breastfeeding rates, as well as reducing associated health inequalities, it is important to be able to understand the resident experience of the infant feeding journey. Having a local understanding will help us to tailor existing communications and services to the needs of our population and ensure that all parents are supported effectively in a safe, culturally competent and effective way.

4. Analyse the amount of Ultra Processed Food (UPF) included in secondary schools in Newham

Project	Analysis of UPF in secondary schools in Newham
Short description	A policy recommendation: Use catering providers food order lists to analyse the amount of ultra-processed foods being provided in secondary schools across Newham.
A little bit of context	Past findings have shown that UPF make up almost two-thirds of the countries school meals. Policy changes are needed to cap the amount of processed foods school lunches contain which could help boost diets and health of children and young people. We would be particularly interested to look into how this compares locally in the Newham context.
What we expect from the project	Collation and analysis of data from school catering providers to describe the amount of UPF's served in schools with a short report written.
Why the research is important	Newham Council sit on the national School Food Review coalition, so we would take the findings to this group, linking with existing evidence on the health impacts of UPF's on adolescents, and build a case to inform the School Food Standards if/when they are reviewed by Department of Education.

5. Overcoming the challenges faced by women with gestational diabetes in initiating and sustaining health-promoting family diets

Project	Women in low income families with gestational diabetes initiating and sustaining health promoting diets for their families
Short description	An exploration of the barriers and facilitators of women in Newham making health decisions on behalf of their families
A little bit of context	• Women seeking care for gestational diabetes at NUH account for 13.7% of London's Gestational diabetes cases and South Asian women account for 68% of those diagnosed and managing gestational diabetes at Newham General Hospital (ELDB, 2023). • T2DM rates - Over 47% of Newham's adult population is overweight and over 29% of Newham children in year 6 are classified as obese worse than the average for London (24.8%) and England (22.7%). • Newham has one of the highest number of multigenerational households in London, decision making in the household has wider scoping implications.
What we expect from the project	Primary data collection, stakeholder interviews, literature review
Why it has been selected	• Gestational diabetes diagnosis was identified by healthcare professionals as a key intervention opportunity, Understanding who holds the key to decision making in households is imperative for behaviour change interventions for diabetes, obesity, CVD • Existing studies don't account for diverse voices or the nuances of diaspora groups living in urban areas



Dissertation on social prescribing in Northeast London

- See [here for the NHS definition of social prescribing](#)
- Data on benefits of social prescribing Northeast London
- 100,000 cases of social prescribing, with 2,000 recorded outcomes
- Observational study, descriptive statistics

Working with Dr Victoria Tzortziou Brown