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of Essex

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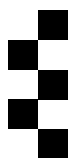
WHERE CHANGE HAPPENS 1964–2024



**PUBLIC HEALTH AND WELLBEING:  
IMPACT THROUGH  
PARTNERSHIP**

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WHERE CHANGE HAPPENS 1964–2024



In 2024, we're celebrating 60 years of making change happen. At Essex, we're big believers in the power of change to create hope for a brighter future. Our journey together is just getting started.

# Better health and wellbeing for all

“The Institute of Public Health and Wellbeing at the University of Essex is an inclusive space, fostering dialogue across a community of researchers, stakeholders and any other interested parties. We bring new potential to advance the most important challenges ahead and contribute towards improving the health and wellbeing of many.

“We believe the best medical approaches and technologies need to be coupled with clear thinking about how to reduce social and economic barriers to health and care. This will help to limit inequalities and discrimination, which will contribute to achieving good public health and wellbeing for all.

“That’s why public health and wellbeing at the University of Essex is regional, national and international in its research scope, collaborations and impact.

“Our Institute brings together the University’s community of experts to provide pioneering leadership in the production of world-class research, knowledge exchange and impact. Working with regional, national, and international partners, we are driven by a collective goal of creating a healthier and fairer society.”

**Professor Mariachiara Di Cesare**  
**Director, Institute of Public**  
**Health and Wellbeing**



# Our vision for improving lives

**The Institute of Public Health and Wellbeing's mission is to produce, co-produce and deliver world-class, timely and robust scientific evidence to support decision-making processes, inform policies for promoting health and wellbeing, and reduce health inequalities locally, nationally, and globally.**

## Our strategic priorities

**People:** At the heart of our mission lies the formation of a world-class team of researchers and practitioners in public health and wellbeing comprising individuals with diverse expertise and experiences.

**Communities:** We seek to be a cutting-edge centre as a physical and virtual hub for world-class research, with collaborative partnerships and the co-creation, development and scaling-up of research.

**Knowledge:** Needs and priorities are identified based on our partnerships with stakeholders, leading to high quality and creative research and innovation and multi and interdisciplinary cross-fertilisation of ideas.

**Innovation:** Through the integration of people, community, and knowledge generation, our Institute aspires to establish itself as a centre of excellence for innovative and timely solutions addressing real world needs, problems, and priorities.

## Our multidisciplinary approach

Our members include researchers from across all of Essex's academic departments, spanning the arts and humanities, science and health, and social sciences.

Our multidisciplinary approach allows us to examine the root causes of ill-health, from every perspective, and help prevent them.

## Our research centres

Our **Centre for Coastal Communities** delivers research, innovation, and impact to address the challenges coastal communities face and take advantage of the opportunities they offer.

Working in partnership with service users, policymakers, frontline professionals, and the public as well as local authorities and national groups, our research explores place-based policies for levelling up the life chances of people living in coastal towns.

Our **Centre for Global Health and Intersectional Equity Research** will monitor global health indicators to build an observatory that maps the health status of vulnerable population groups, providing vital evidence for researchers and policymakers.

Flagship projects include the National Institute for Health and Care Research (NIHR)-funded Gendered violence and poor mental health among migrants in precarious situations (GEMMS).



# Our unique research perspective

**Our Institute is anchored by our strong foundations in and commitment to social justice, and our commitment to influencing and guiding public health and social policy.**

**Our focus lies at the intersection between the social, biological and environmental determinants of health; implementation research including interventions, outcomes, evaluations and policy; wellbeing and health promotion; and human rights, community participation and voice.**

**Deputy Director, Professor Susn McPherson, explains our unique research perspective.**

“We understand the far-reaching impact of inequality and seek to find the right solutions. Essex researchers across three faculties are revealing the influence of inequality in society and how it impacts health and wellbeing.

“Our strength in data science, quantitative and qualitative research methodologies and artificial intelligence techniques can make a significant impact on improving health and wellbeing by analysing issues and delivering insights to guide decisions.

“Our research focuses on health and wellbeing across the lifespan. We know that physical and mental health evolve throughout the various stages of life so understanding the factors that influence the ultimate health and wellbeing outcomes of individuals is crucial.

“This is a catalyst for integrating our ongoing research efforts within our diverse research community and also serves as a resource for regional, national, and international decision-makers and policy developers.

“Our other key focus is health and wellbeing from cells to society. We showcase expertise across the spectrum of micro-level to macro-level influences shaping health and wellbeing. By connecting our researchers, we aim to create a dynamic platform for integrating translational and implementation research, effectively connecting the two ends of the spectrum.”



**“We understand the far-reaching impact of inequality and seek to find the right solutions.”**

**Professor Susan McPherson,  
Deputy Director, Institute of Public  
Health and Wellbeing**

# Mental health and wellbeing





## **Our mental health research addresses health inequalities and social determinants of mental health; stress, trauma and resilience; psychosocial approaches and rights-based mental health care; inclusive involvement, participation and voice; and social prescribing, green care and exercise.**

We employ a range of theories, approaches and methods to tackle important questions in the UK and around the world.

Our research benefits from strong relationships with international organisations including the UN Human Rights Council; our pioneering work in green exercise; our thriving training programmes in clinical psychology and related therapy disciplines; our commitment to citizen participation; and our unique interdisciplinary approaches combining clinical and academic disciplines led by internationally recognised experts.

The School of Health and Social Care and the Institute for Social and Economic Research (ISER) work on mental health inequalities and social determinants of health, seeking to understand disadvantages faced by different groups.

Adversity and distress are major drivers of poor mental wellbeing, while forms of resilience can help prevent future mental health difficulties. Across ISER and several departments, including Psychology, Health and Social Care, Sociology and Criminology, and Psychosocial and Psychoanalytic Studies, we examine stress, trauma and resilience from micro to population levels.

Our experts in Health and Social Care and the School of Sport, Rehabilitation and Exercise Sciences have worked with partners including the Blossom Programme, a nature-based group therapy programme for domestic abuse victims. Film-makers in our Department of Literature, Film, and Theatre Studies have created documentaries on post-traumatic stress among war veterans and young people navigating school closures.

We recognise the importance of psychosocial responses to supporting mental health and Essex Law School addresses rights-based approaches to mental distress. Experts in our School of Philosophical, Historical, and Interdisciplinary Studies and our Department of Language and Linguistics have been involved in critical research examining ethics and practices that relate to the UK Mental Health Act.

Experts in our School of Sport, Rehabilitation and Exercise Sciences and our Department of Psychology carry out pioneering research on green exercise and nature-based interventions developing innovations and assessing their application. Experts in our Department of Government have evaluated national and international social prescribing programmes.

# Working with trauma victims

## **In the wake of the Jimmy Saville scandal, the Independent Inquiry into Child Sexual Abuse for England and Wales was established and one Essex researcher played a critical role.**

Dr Danny Taggart, from the School of Health and Social Care, offered victims of child sexual abuse the chance to share their experiences and be heard with respect through the Inquiry's Truth Project.

He ensured adult survivors of childhood sexual abuse were supported to provide their testimony directly, in a way which acknowledged the trauma they suffered and minimised causing further harm. Over 6,000 people shared their experiences in the Truth Project, making this the largest example of public participation in an inquiry in UK history.

Dr Taggart found that most survivors had a positive experience of disclosure, challenging long held societal beliefs about the dangers of talking about child sexual abuse.

"The people who came to the Truth Project came from all walks of life and are ordinary people who had also suffered an unusually damaging crime or series of crimes. Many of these survivors had been let down in the past when they tried to tell those in authority about their abuse and had been ignored.

"The Truth Project offered a different type of opportunity to be finally heard, believed, have their experiences taken seriously and also to make an important contribution to a public inquiry that will lead to social change," said Dr Taggart.

### **PTSD support**

Dr Nick Cooper, from the Department of Psychology, is providing a pioneering evaluation of the efficacy of nature-based angling interventions for veterans suffering with post-traumatic stress disorder (PTSD) run by iCARP CIC (Investigating Countryside and Angling Research Projects).

"Working in partnership with the University, this research is playing a vital part in redefining how we approach treatment around mental health and potentially making a transformative impact on the lives of many people who are currently not able to access appropriate treatment," said Dr Mark Wheeler, CEO and co-founder of iCARP.



**“Many of these survivors had been let down in the past when they tried to tell those in authority.”**

**Dr Danny Taggart, School of Health and Social Care**

# Digital health and health informatics



## **At Essex, we push the boundaries of research into the use of digital health and health informatics to provide more granular insights into health challenges we are facing in modern times.**

Through advanced analytics techniques and data science in health informatics we enhance opportunities for clinical and public health interventions and prevention strategies.

Bolstered by our interdisciplinary collaborations and partnerships, we conduct research using state-of-the-art wearable devices, ambulatory self-report and computing technologies to help manage depression, understand bone health and mobility, reduce stress, improve sleep, and deliver gamified interventions for promoting physical activity.

Experts in the School of Computer Science and Electronic Engineering deploy a range of technologies to explore everything from dementia to depression. They use a virtual reality (VR) application, based on cognitive behavioural therapy, to support young people with body dysmorphic disorder; their PEDAL project is exploring how VR and an exercise bike can help people with dementia navigate their local environment; and the NEVERMIND e-health project implemented a smart shirt and a mobile application with lifestyle behavioural advice, mindfulness-based therapy, and cognitive behavioural therapy for the self-management of depressive symptoms.

Experts in the schools of Mathematics, Statistics and Actuarial Science, Computer Science and Electronic Engineering, and Health and Social Care use advanced health informatics methods to answer urgent epidemiological and clinical questions.

AI and machine learning models have been developed for skin cancer detection, tooth identification and counting, hospital waiting list optimisation and prioritisation, and identification of neural biomarkers that predict the presence of depersonalisation or derealisation disorders among individuals who have experienced severe trauma or prolonged stress and anxiety.

Through our industry partnerships we enhance health and wellbeing while fostering business growth. In partnership with YuLife, a health insurance provider, we are conducting a project to evaluate and amplify the benefits to health and risk profile of customers who engage with the YuLife gamification app using the latest modelling techniques and research from the public health and wellbeing domain.

# Using AI for health

## **Diagnosing cancer early can mean the difference between life and death and one Essex researcher is showing how artificial intelligence (AI) can provide new tools for detection.**

By analysing a vast dataset of skin lesions, Dr Haider Raza, from the School of Computer Science and Electronic Engineering, developed an AI model that surpasses traditional methods.

Working with Check4Cancer, Dr Raza is transforming skin cancer detection.

The new Check4Cancer risk score and the integration of image and metadata enhance diagnostic precision.

Commercialising this technology and expanding its application to diverse skin tones, will improve early detection globally.

“Through the power of artificial intelligence, we’re revolutionising the detection of skin cancer, slashing waiting times, and reducing unnecessary biopsies,” said Dr Raza.

### **AI advances**

Using over 8,000 clinically-validated samples of coughs, Dr Javier Andreu-Perez, from the School of Computer Science and Electronic Engineering, developed an AI tool that recognises the sound of COVID-19-positive coughs, providing a cost-effective rapid testing technique now deployed across clinics in Mexico.

“CoughDetect was developed as an app to differentiate COVID-19 from non-COVID cough sounds. As the pandemic evolved, we repurposed the technology to detect chronic pulmonary disease. We are excited to explore the transferability of AI based technology to make diagnosis accessible and cost-effective,” he said.

Dr Michael Kampouridis and Dr Faiyaz Doctor, from the School of Computer Science and Electronic Engineering, and Dr Xinan Yang from the School of Mathematics, Statistics and Actuarial Science, in partnership with East Suffolk and North Essex NHS Foundation Trust are developing an AI driven decision support tool for consultants and operational managers responsible for scheduling patients’ surgeries.

“By optimising the schedule of trauma and orthopaedics surgeries, we’re not only improving patient throughput but also significantly reducing waiting times. It offers a significant step towards enhancing operational efficiency and patient care,” said Dr Michael Kampouridis.



**“We’re  
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**Dr Haider Raza, School of Computer  
Science and Electronic Engineering**



# Non-communicable diseases

A low-angle, close-up shot of a person's legs and feet as they run on a paved path. The person is wearing blue leggings and white sneakers with tan soles. The background is a blurred park with green grass and trees under a clear blue sky. The lighting is bright, suggesting a sunny day.



## **Non-communicable diseases (NCDs) are the number one killer worldwide and responsible for almost four out of five deaths globally.**

Our research brings together quantitative and qualitative methods to understand how we can improve the prevention and control of NCDs, ensuring we reduce premature mortality and better understand the inequalities that drive NCDs.

The School of Life Sciences conducts a range of cancer diagnosis and treatment research, including less invasive methods for cervical cancer screening, the development of microrobots for targeted stem cell delivery and cancer treatment, and next-generation liquid biopsies for early-stage detection. In the School of Psychology researchers have focussed on understanding the psychosocial aspects of the uptake of cancer screening.

We are a key partner of the World Heart Federation and its World Heart Observatory, providing the scientific knowledge to understand the burden of cardiovascular diseases and associated risk factors. Experts in the School of Health and Social Care are using advanced epidemiological techniques to explore inequalities in cardiometabolic risk factors, the link between mental health and cardiovascular diseases, and the lived experience of menopausal women with congenital heart conditions.

Essex Law School works on consumer protection, trade and human rights law specific to tackling risk factors associated with NCDs and associated health inequalities through legal mechanisms.

In the School of Health and Social Care, experts work with regional stakeholders to improve weight management services; examine the lived experiences of stroke survivors, caregivers, and families; and evaluate the use of wearable devices for detection of atrial fibrillation. Experts in the Department of Psychology are using neuroscience techniques to investigate the impact of age-related and stroke-related motor control decline.

Experts in the School of Sport, Rehabilitation and Exercise Sciences focus on finding practical solutions to increase physical activity and prevent NCDs and support rehabilitation through practice and policies.

Dementia is a key focus across a number of our departments. We are exploring risk and protective factors; early detection; health and social care considerations; the lived experience of persons living with dementia among underserved and vulnerable populations; policies surrounding dementia care; and dementia policy analysis.

# Reducing health risks

## **Data and information are key to understanding needs, trends, causes, responses, and prediction in global cardiovascular health and we are playing a key role.**

In partnership with the World Heart Federation, Professor Mariachiara Di Cesare, Director of the Institute of Public Health and Wellbeing, is helping the cardiovascular community play a crucial role in the collection and analysis of that data.

The World Heart Observatory is a knowledge hub that curates, aggregates and visualises data on cardiovascular conditions, biological risk factors, social determinants of health, health systems and policy responses.

It will inform evidence-based decision-making for health at population level; identify gaps and research needs; develop capacity for cardiovascular disease data collection among the clinical and non-clinical research community and other heart health organisations; and create a forum for research and debate on cardiovascular health.

“Our partnership with Essex paves the way for world-class research that can be applied to solving challenges in improving and expanding cardiovascular health. Our partnership will help capture the evidence for guiding the policies

essential to changing the course of cardiovascular diseases worldwide,” said Professor Pablo Perel, World Heart Federation Senior Scientific Advisor.

### **Improving engagement**

Working with the Essex East Suffolk and North Essex NHS Foundation Trust (ESNEFT) Psychological Research Unit (EEPRU) for Behaviour Health and Wellbeing our psychologists undertake research that advances understanding of the prevention, and management of ill health and the promotion of positive public health and wellbeing. They have shown people from disadvantaged backgrounds are less likely to take part in cancer screening.

“An important discovery is that we need communication to focus less on the “live longer” message and more on the here and now benefits for health and wellbeing. We have also identified ways to help people to overcome lack of self-confidence or their sense of fatalism around cancer which then improves their participation in screening,” said Professor Sheina Orbell, Department of Psychology.



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**Professor Pablo Perel,  
World Heart Federation  
Senior Scientific Advisor**

# The health-environment connection



## The importance of the environment in shaping human health and wellbeing is central to our research.

We are focussing on the direct impact which environment has on our health, using a variety of data and methodologies developed to untangle the complexity of this issue.

With our eyes firmly set on UN Sustainable Development Goal number three (good health and wellbeing), we are exploring how issues such as water and sanitation, climate change, ecosystems, affordable and clean energy, sustainable cities and communities, and sustainable production and consumption can impact health.

In the School of Life Sciences experts integrate research at all levels of biological organisation, from genes to ecosystems, and by adopting a one-health approach to understand how diverse organisms (microbes, animals and plants) and issues (climate change, pollution and food insecurity) influence and connect human and planetary health.

Life sciences experts are researching environmental epigenomics, antimicrobial resistance in the environment, bioaerosols, zoonotic diseases, multi-drug resistance, and critical aspects of food systems such as improving the nutritional value of crops.

Experts in the School of Health and Social Care are informing public health responses by working in partnership with Test and Trace's Joint Biosecurity Centre and HM Prison and Probation Service to lead research into both environmental monitoring in prisons, and wastewater surveillance in schools to detect SARS-CoV-2 and other public health markers.

In the School of Sport, Rehabilitation and Exercise Sciences experts were the first to demonstrate that being active in nature leads to significant improvements in mental health, especially amongst vulnerable people with complex needs.

In the Institute for Social and Economic Research experts are researching the impact of housing circumstances on epigenetic ageing and in Essex Law School, in collaboration with the Brazilian Federal Government, academia, and civil society, experts are addressing homelessness and drug policy through the lenses of mental health, human rights, and social justice. In the Department of Government experts are exploring the substantial theoretical and empirical efforts needed to achieve planetary health and wellbeing.

# Our healthy world

**Today everyone understands the benefits of being outside in the natural environment but it was Essex researchers who coined the phrase ‘green exercise’ and first evidenced the positive impact on mental wellbeing.**

Our Green Exercise Research Team has worked with national charities like Mind, RSPB and Wildlife Trusts through to Care Farming UK, Trust Links and the Wilderness Foundation.

Their research helped secure Big Lottery funding for Mind which led to Ecominds, a £7.5 million, five-year programme supporting 130 environmental projects that have improved the mental health of participants.

This has helped more than 12,000 people living with mental ill-health to get involved in nature-based activities to improve confidence, self-esteem and their physical and mental health so they can then return to work and reduce feelings of social isolation.

“Having had the privilege of engaging with multiple external partners, I have experienced first-hand the remarkable impact participating in nature-based activities has on the health and wellbeing of community groups, especially those vulnerable cohorts who benefit the most,” said Dr Jo Barton, School of Sport, Rehabilitation and Exercise Sciences.

## **Environmental insights**

Researchers in the School of Life Sciences studying fruit bats in Nigeria revealed significant health risks and highlighted the dangers of hunting and eating them, prompting government discussions about regulations to protect wild animals and public health.

“As the lead researcher, our focus is clear: driving action. We’re spearheading efforts to raise awareness and enact policy changes to address the risks of hunting and eating bats in Nigeria, ensuring a healthier future for all,” said Dr Efstathios Giotis, School of Life Sciences.

Our EU-funded InChildHealth project saw our School of Life Sciences engage with schools across Europe and Essex to investigate air quality in schools and homes.

“Our work aims to investigate how air quality in environments occupied by children impacts their health and wellbeing,” said Dr Robert Ferguson, School of Life Science.



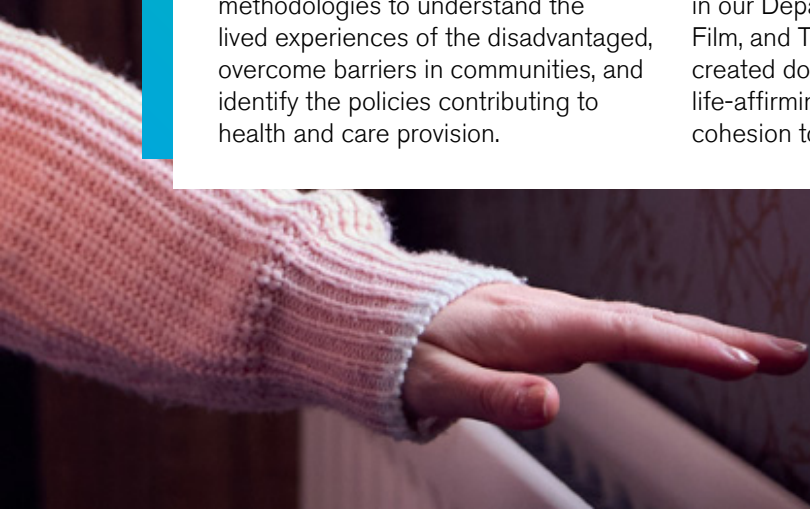
**“I have experienced first-hand the remarkable impact participating in nature-based activities has on the health and wellbeing of community groups.”**

**Dr Jo Barton, School of Sport, Rehabilitation and Exercise Sciences**

# Health inequalities and health systems







**At Essex, we believe good health and wellbeing for all is achievable by better addressing the multiple root causes of ill-health and by taking a collaborative, interdisciplinary and global approach.**

Understanding societies and the burden of inequalities that shape them, coupled with the application of scientific, medical, and practice-based advances, is at the heart of our commitment to good public health and wellbeing for all.

Health inequalities are one of the most pressing public, population, and global health challenges of our time. Reducing health inequalities is our mission. It requires understanding and tackling the multitude of factors contributing to inequalities, including the social and wider determinants of health, and supporting health systems with the best evidence base for making informed organisation- and practice-focused decisions.

Experts in the Department of Economics, Institute for Social and Economic Research, and School of Health and Social Care are embracing the challenge of exploring the role of the wider determinants of health in shaping individual and population health and wellbeing profiles.

Our research employs diverse methodologies to understand the lived experiences of the disadvantaged, overcome barriers in communities, and identify the policies contributing to health and care provision.

We work with community and government stakeholders to drive needs-based research that promotes fairer and better health and care, championed by our strategic research centres: the Centre for Coastal Communities and Centre for Global Health and Intersectional Equity.

At a local level, in the School of Sport, Rehabilitation and Exercise Sciences, a team has evaluated a place-based project designed to reduce health inequalities in the Epping Forest District in Essex, where there are concentrations of economic and health deprivation within specific locations.

Experts from the Institute for Social and Economic Research and the School of Health and Social Care have been awarded £5 million for a collaborative project to help reduce health inequalities across the county of Essex. The new Health Determinants Research Collaboration, the first of its type in the region, is funded by the National Institute for Health and Care Research. Film-makers in our Department of Literature, Film, and Theatre Studies have created documentaries highlighting life-affirming stories of community cohesion to inform public debate.

# Reaching disadvantaged communities

## **Accessing healthcare is a human right but the UK's health system is currently failing Gypsy, Roma, Showmen, and other Traveller communities. Researchers in the School of Health and Social Care are changing that.**

People in these communities live on average ten years less than the general population, and they continue to experience deep and persistent exclusion, discouraging and preventing access to healthcare.

They face a series of interacting barriers, including a lack of trust, which create a wide range of health inequalities as well as other issues of social and material disadvantage.

Led by Professor Ewen Speed, this project applied principles of involvement to develop methods for including the most persistently marginalised groups in healthcare research and provision. The team spent 18 months working with community groups to develop collaborative ways of working that are 'culturally competent'.

"We learned huge amounts about the best ways of working with marginalised groups to ensure direct and meaningful

involvement is maintained across project design and delivery. For example, the importance of developing specific levels of cultural competency in meeting the expectations of these groups," said Professor Ewen Speed, School of Health and Social Care.

### **Coastal disadvantage**

Dr Emily Murray, Director of the Centre for Coastal Communities, has used data from the Understanding Society survey of UK life, run by our Institute for Social and Economic Research, to explore the relationship between young people's place of residence and later physical and mental health outcomes.

Analysis found that self-rated health as well as long-term illness were significantly worse for those who lived in coastal areas as teenagers, and that mental health was worse compared to people living in equally deprived areas inland.



**“We learned huge amounts about the best ways of working with marginalised groups.”**

**Professor Ewen Speed,  
School of Health and  
Social Care**





# Women's health

**At Essex we recognise that the health of women and girls represents the cornerstone of healthy societies and that a range of socio-economic, cultural, environmental, and political factors impact on critical health outcomes.**

We use interdisciplinary approaches to generate evidence that supports women's health and wellbeing.

Experts in the Department of Sociology and Criminology research how social norms impact women's willingness to use contraception, and the effectiveness of their use; how men and women define consent; differences in how consent is enacted in relationships versus casual sex; how alcohol plays a role in consent and sexual assault; intersections of gender, sexuality and equality; assisted conception; and the role of digital intimacies in online romance fraud.

Drawing on the fields of international human rights law and public health governance, researchers from Essex Law School, have sought to look at the expectations, or norms, in relation to the right to health, with a particular focus on sexual and reproductive health and rights.

Experts in the School of Health and Social Care, Essex Business School, and School of Computer Science and Electronic Engineering are at the forefront of research focusing on supporting women's health in the workplace, including inclusivity, experience of miscarriage, and transition through the menopause.

Global health experts in the School of Health and Social Care and Essex Business School are supporting international organisations in understanding the impact of women's empowerment on maternal and child health, levels and trends in maternal and child nutrition, maternal health surveillance in low- and middle-income countries, and maternal health care delivery.

# Empowering women

## **One in four mothers who have a child taken into care in England will re-appear in further care proceedings within seven years but our researchers hope to change that.**

Research by Professor Pamela Cox, from the Department of Sociology and Criminology, on 'recurrent care' comprises theoretical innovation and the development of evaluation methodology to establish the field of Recurrent Care Proceedings which has influenced national policy, practice and thinking.

The research is helping to improve services across the UK for mothers who have experienced repeated child removals.

Professor Cox has developed an enhanced theoretical and clinical understanding of, and ability to, meet birth parents' previously unmet needs. She has been involved in establishing a Community of Practice supporting key workers and service managers and Essex evaluation methods have enabled services in the East of England, London, North West and Midlands to demonstrate significant initial one-off savings plus recurring annual savings, enabling them to secure new or ongoing commissioning.

"Our work, always in collaboration with others, has helped to create space, evaluative learning and resource which have enabled highly innovative local responses to take root. These responses remain precarious and must be nurtured and protected if they are to survive short-term policy cycles," said Professor Pamela Cox, Department of Sociology and Criminology.

### **Better welfare for all**

Professor Neil Kellard and Dr Anna Sarkisyan from Essex Business School use advanced modelling to analyse the effects of women's empowerment on children's health across countries and over time. Their work is contributing to our understanding of how individuals' rights are translated into better welfare.

"Our results underline the vital role of women's rights and the importance of a country's institutions in supporting their positive effect on child wellbeing," said Professor Kellard.



**“Responses remain precarious and must be nurtured and protected if they are to survive short-term policy cycles.”**

**Professor Pamela Cox, Department of Sociology and Criminology**



# Partnering with us

**Public health and wellbeing research at Essex means working in partnership. We know that knowledge exchange and working together provides the best outcomes which is why we work with a range of partners.**

We provide research design, advice, consultancy and service evaluations. We work with the health, social care and the voluntary sectors regionally, nationally and internationally.

Using a variety of methodologies we can design evaluations collaboratively to help organisations improve care for service users, carers and employees.

Contact us to find out how partnering with us could transform public health and wellbeing.

## **How to get in touch**

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## Scan to find out more