Dear Colleagues,

Welcome to the 17th issue of EPINews. In June, the European Congress of Epidemiology held their annual conference which was well represented by members from the School of Public Health. The theme of this year’s meeting was “Crisis, epidemiological transitions and the role of epidemiologists”. The meeting will be held in Cork next year, alongside the Society for Social Medicine Annual Conference. Since the last issue, there has been a large influx of new faces to the School and to the National Suicide Research Foundation. We are delighted to extend a warm welcome to all the new recruits.

This issue is once again packed full with news, research updates, events and training opportunities and as always, I would encourage you to circulate EPINews among your colleagues and direct any queries or comments to me at Niamh.mcgrath@ucc.ie or to Emmy at emmy.racine@ucc.ie.

Ms. Niamh McGrath and Ms. Emmy Racine

Lancet Global Burden of Disease (GBD) Alcohol Collaborators’ Study

Congratulations to Dr Zubair Kabir - Senior Lecturer at the School of Public Health, who contributed to a landmark publication as a co-author, in The Lancet on 23 August 2018. The study titled “Alcohol use and burden for 195 countries and territories, 1990-2016: a systematic review for the Global Burden of Disease Study 2016” was undertaken by the Global Burden of Disease (GBD) Alcohol Collaborators’ and Dr Kabir is one of the two GBD collaborators from Ireland. The study had a one-line powerful message that “there is no safe level in alcohol consumption on improving health”. Recently, Dr Kabir has become a member of the WHO-European Burden of Disease Network (EBoDN) representing Ireland at the EU level. He expresses deep concern that Irish women were one of the 7 top alcohol drinkers in the world-consuming on an average of 3.1 drinks every day. Dr Kabir strongly thinks that a comprehensive burden of disease (BoD) study in Ireland is necessary for informing health policy and improving population health in Ireland.
European Health Psychology Society Conference 2018

The 32nd Annual Conference of the European Health Psychology Society took place in NUI Galway from 21 – 25th August. The theme of the conference was “Health Psychology across the lifespan; unifying research, policy and practice”.

The School of Public Health was well represented at the Conference by members of staff and students Dr Karen Matvienko-Sikar, Dr Sheena McHugh, Caragh Flannery, Ailbhe Spillane, Samantha Dick, and Sarah Buggy presenting their research. A particular word of congratulations to Masters of Public Health Student Sarah Buggy who gave an oral presentation at the conference.

Dr Karen Matvienko-Sikar presented her work on “Core Outcome Sets in Health Psychology”. Dr Sheena McHugh presented research on ““Around the edges”: characterising a multilevel implementation intervention using behaviour change techniques”. Caragh Flannery presented research on “Physical activity interventions for overweight and obesity during pregnancy: A systematic review” and “Exploring health care professionals approach to lifestyle management in pregnant women with a BMI ≥25”. Ailbhe Spillane presented her research on “How do people experience a family member’s highly lethal self-harm? A qualitative study.”

Ms Sarah Buggy, who is currently a Masters Student on the Health Promotion Pathway in the School of Public Health, presented her research on “Effects of Maternal Stress, Depression, and Self-Esteem on Children’s Dietary Intake at 18 months”. Sarah was funded in her Masters to complete this research via a Children’s Research Network grant awarded to Dr Karen Matvienko-Sikar and Professor Patricia Kearney. Sarah did an excellent job presenting her research and representing the School of Public Health, and her presentation was very well received by the audience of international delegates.
Teaching & Learning Research and Enhancement Fund Grant for Dr Brendan Palmer to deliver R workshops.

Dr Brendan Palmer (School of Public Health and the CRF-C) and Dr Adam Kane (School of Biological, Environmental and Earth Sciences) have recently been jointly awarded a Teaching & Learning Research and Enhancement grant from UCC. This fund facilitates staff to develop their teaching and support of learning in innovative ways. Both Dr Palmer and Dr Kane have previously delivered training courses through the R statistical programming language. With this fund, they aim to build on their previous independent initiatives and deliver a comprehensive R course to staff and students this coming academic year.

The aim of this project will be to give a comprehensive introduction to the implementation of statistics which is complemented with data management and documentation modules to facilitate research reproducibility. The workshops will be conducted through the R software programming environment. R is a free software package that encompasses data analysis, visualisation and documentation and has become the industry standard in many fields, including biology, and statistics itself. Advances in R software development, namely the reorganisation of popular R packages under the umbrella banner of the “tidyverse”, has made R accessible to a wider audience. This has numerous benefits, chief amongst them being that R, as a programming language, has become more human readable, intuitive and, importantly, accessible.

This coming academic year a combination of workshops for new (3 × 3-day intensive course) and experienced (3 × 1-day course) R users will be offered. Students and staff looking to incorporate reproducible workflows into their current research practices are encouraged to attend. The first 1-day course for experienced R users will be held on Saturday, 3rd November 2018. Contact b.palmer@ucc.ie to register your interest.

European Conference on Gender Equality

The 10th European Conference on Gender Equality was held from the 20th-22nd August in Trinity College Dublin. The conference brought together hundreds of gender equality practitioners, researchers and administrators from Europe and beyond. Ms Emmy Racine and Ms Claire Collins both attended the conference on behalf of the Athena SWAN committee in the School of Public Health. The committee is chaired by Professor Patricia Kearney and is currently preparing to apply for a school level bronze award in November this year.


Visit the department website for a full list of publications.
European Congress of Epidemiology Conference

Staff and students of the School of Public Health; Professor Ivan Perry, Professor Patricia Kearney, Dr Janas Harrington, Ms Kate O’Neill, Ms Niamh Bambury and Dr Darren Dahlý attended the European Congress of Epidemiology Conference in Lyon from 4th – 6th June 2018. The theme of this year’s meeting was “Crisis, epidemiological transitions and the role of epidemiologists”. Professor Kearney was among three international speakers who delivered a welcoming address and opened the Conference. Darren gave an oral presentation, “Associations between maternal lifestyle factors and neonatal body composition in the screening for pregnancy endpoints (Cork) cohort study”. Niamh gave an oral presentation, “A review of management of latent tuberculosis infection (LTBI) in a TB contact tracing service in Cork, Ireland”.

Janas gave an oral presentation of her work “Breakfast skipping and overweight/obesity among European adolescents, a cross-sectional analysis of the Helena dataset: a DEDIPAC study”. Kate presented on her PhD work titled “Impact of a Reduction in Sugar Sweetened Beverage Consumption on Type 2 Diabetes Incidence: Comparative Risk Assessment Study”. Before closing the meeting, Professor Ivan Perry, Dean of the School of Public Health, welcomed delegates to Cork for the 2019 meeting which will be held in the School of Public Health from the 4th – 6th September 2019.

Launch of the new PG Certificate in Clinical Trials

The HRB CRF Cork is delighted to announce the launch of its new academic programme, PG Certificate Clinical Trials (online), which is anchored in the School of Public Health. The Programme’s Director is Dr Frances Shiely, HRB CRF-C and School of Public Health. This is the first of what will be a 3 year part-time programme, leading to a MSc Clinical Trials. It is part-time, delivered wholly online and is designed to take into account busy working and home lives. The course will meet the needs of a wide variety of practitioners in pharmaceutical, medical device, health, allied health and academic sectors. For further details email Dr Frances Shiely at f.shiely@ucc.ie or clinicaltrials@ucc.ie

The ESPRIT Research group are looking for Patient and Public Involvement (PPI) partners

The ESPRIT Research Group are currently looking to involve people with diabetes, their carers and family members in two exciting new research opportunities. For more information, please contact Fiona or Emmy using the contact details provided in the flyer (adjacent). Thank you!

Lunchtime Seminar Series

Thank you to Ms Gillian Maher and Prof Patricia Kearney for organising the lunchtime seminar series over the past year. PhD student Peter Barrett will take over from Gillian and continue to work with Professor Kearney to organize the seminars. We look forward to next set for seminars for the coming semester and wish Peter well in organizing them. Seminars for this term will start on Monday 17th September at 13:15 – 14:00 in G14, Western Gateway Building with a talk from Dr Ellinor Olander, Senior Lecturer in Maternal & Child Health, City University of London titled; ‘Supporting women throughout the perinatal period: the collaboration between midwives and health visitors’. Lunchtime seminars can be viewed here on the School of Public Health’s YouTube channel.
Welcome to new staff

We are delighted to welcome a number of new staff members and PhD students to the School of Public Health and to the NSRF over the past few months.

Dr. Christie Godsmark joins the academic team as an Occupational Health Lecturer. Dr. Ana Paula Ramos Costa joined the NSRF as a Post-Doctoral Researcher.

Ms Aoife Quinlan, Ms Eileen Hegarty and Ms Emer McEvoy join the administration team; Aoife is the Programme Coordinator for the new MSc in Clinical Trials, Eileen is a Finance Officer at the NSRF and Emer is an Operations Manager at the NSRF.

Dr Peter Barrett and Ms Sukainah Alkhalaf join the School of Public Health as PhD students. Peter is a Specialist Registrar in Public Health Medicine on the Irish Clinical Academic Training (ICAT) Programme. His PhD is focused on the long-term risk of maternal kidney disease after adverse events in pregnancy, supervised by Dr. Ali Khashan. Sukainah graduated with a Bachelor of Science in Nursing (BSN) in 2010, then a Master of Public Health (MPH) in 2013 from the Department of Epidemiology and Public Health, University College Cork (UCC). Sukainah’s PhD will investigate the impact of maternal chronic hypertension on the risk of adverse pregnancy outcomes and long-term cardiovascular disease. Sukainah is also being supervised by Dr Ali Khashan and Dr Fergus McCarthy.

Welcome also to Ms Jenn Murphy, Ms Jenny Cooney, Ms Mary Cleary, Ms Eunice Phillip, Ms Deirdre (Dee) Brennan and Ms. Anna Soye. Both Jenn and Jenny are working with Dr Karen Matvienko-Sikar on a project examining the effects of maternal stress on risk of child overweight and obesity. Dee is currently working with Dr Janas Harrington and Dr Emily Kelleher on various projects including the TIDIRH-Ireland training programme and the Obesity Policy Evaluation. Anna is working on the Centre for Ageing Research and Development in Ireland (CARDI) project, “Preventing Falls in older people with Diabetes” under the supervision of Dr Sheena McHugh. Eunice is working as a research assistant with the team on Prof Patricia Kearney’s and Dr Sheena McHugh’s Definitive Interventions and Feasibility Award (DIFA) for their Study Within A Trial (SWAT) project. Mary joined the School of Public Health on the REACT (Responding to Excessive Alcohol Consumption in Third Level) Project, a joint initiative between the Union of Students in Ireland (USI), the Irish Student Health Association (ISHA) and UCC Health Matters.

A final welcome to Mr Dwyer Tobin Monoghan, Ms Eva Molloy and Ms Eimear Scanlon. Dwyer is working as a Marketing Intern in the School. Eva and Eimear have just started a 9 month Professional Workplace Experience. Both are BSc Human Nutrition students in University College Dublin. We are delighted to welcome you to the School of Public Health and to the NSRF. We anticipate lots of introductions in the kitchen and around the School over the coming weeks!

Summer BBQ

The School of Public Health and National Suicide Research Foundation held a joint staff BBQ on Friday the 31st of August 2018 with a great turnout at The Courtyard Sober Lane. The two organisations celebrated the long, successful and happy relationship which was recently made official through the development of a Service Level Agreement between the NSRF and UCC.

Coincidentally, the picture was taken by one of our very own BSc Public Health graduates, Daniel Murphy, who was on duty in The Courtyard on the night. Much to his surprise in seeing many of his lecturers and School staff. Daniel graduated from the programme in 2018 and is beginning his Masters in Nutrition this year. The School wishes him well!

Thank you to all who attended and particular thanks to our new colleagues Bobby Henderson and Emer McEvoy for organising the event. We look forward to many more in the future!
SSM 2018

The Society for Social Medicine and Population Health 62nd Annual Scientific Meeting took place in Glasgow from the 5-7th September, 2018. The School of Public Health was represented by Professor Ivan Perry (Head of School), Mr Declan Whelan-Curtin (School Manager), Dr Seán Millar (Research Support Officer and Post-Doctoral Researcher) and Ms Emmy Racine (PhD student). The Society aims to promote the development of scientific knowledge in social medicine and covers a range of subjects including epidemiology, the medical and health needs of society, the provision and organization of health services and the prevention of disease. Over the course of the three days of the conference, there were many interesting talks and workshops on a wide variety of topics.

The five slide rapid fire presentations were a new addition to the conference schedule this year. Dr Millar presented a rapid fire presentation in the 'Infant, Child, Adolescent Health' session entitled ‘Parent and child misperception of child weight status: A cross-sectional analysis of the Cork Children’s Lifestyle Study (CCLaS)’. Seán presented on behalf of Dr Emily Kelleher. Ms Emmy Racine presented two rapid fire presentations in the 'Mental Health, Chronic Disease and Health Services Research' session. The first was entitled ‘Participants perspectives and preferences of clinical trial result dissemination: the TRUST Thyroid Trial Experience’. The second presentation ‘I’ve always done what I was told by the medical people’- A mixed methods study of older people’s reasons for attendance at a new fall prevention clinic’ won an award for the best presentation in the session. Well done Emmy!

At the closing of the conference, Professor Ivan Perry welcomed delegates to attend next year's conference in Cork. The School of Public Health is very excited to hold SSM 2019 in the Western Gateway Building.

Preparations for SSM/ECE AGM 2019

The School of Public Health will host the joint Society for Social Medicine and European Congress of Epidemiology AGM in September 2019. The event will be very significant for the School of Public Health and will require the help and support of all staff to make it the great success that it deserves.

A local organising committee is being formed which will represent all interested parties and will oversee a number of sub working groups. To inform the School of the organisational aspects of the event and formulate working groups there will be a special purpose School Board meeting where we will be recruiting volunteers. Please complete your availability on the doodle poll below and a date will be confirmed.

https://doodle.com/poll/38saidada4ntzied

Enterprise Ireland Funding for Karen

Congratulations to Dr Karen Matvienko-Sikar who has been awarded €16,000 from Enterprise Ireland Proposal Preparation Support for European Research Council Awards. The aim of the award is to facilitate preparation and submission of a competitive proposal to any of the European Research Council funding schemes. The funded project is titled: Maternal stress and child overweight and obesity: psychological, physiological and behavioural mechanisms.
Open Science @ UCC Conference

Open Science @ UCC is a 3-day workshop offering a comprehensive interdisciplinary introduction to open science research. Following the conference attendees will be better placed to incorporate open science techniques into their own research and prepared to respond to growing funding obligations aligned to reproducible science practices.

The event will be a mixture of lectures, tutorials, and participant-driven un-conferencing. There will also be opportunities for small-group discussion and social sessions to help form a local support network of open science advocates within UCC.

The workshop will take place the Creative Zone, located in the Boole Library. Topics to be covered will include reproducible research methods, data packaging, emerging open access publishing and more. We welcome researchers from all backgrounds and career stages, especially those looking to incorporate open science practices into their current research workflows.

This event is being organised by Dr. Darren Dahly, Senior Lecturer in Research Methods, UCC School of Public Health and Principal Statistician at the HRB Clinical Research Facility-Cork. To register, please email ddahly@ucc.ie. The registration fee is €300 per participant for the full three-day event. The full workshop programme is available here.

Cork Beats Stress

Lord Mayor of Cork Cllr. Mick Finn, launched the Cork Beats Stress initiative on September 12 2018 in City Chambers. Cork Beats Stress is a joined initiative between the GAA, Cork City Council and HSE Psychology services in Cork. The programme is unique to Cork in that it delivers community based Psychological Services through a large sporting organization, a novel concept both nationally and internationally.

The School is very proud of its link with Cork Beats Stress, through Dr. Janas Harrington. Janas is the Director of the BSc. in Public Health Sciences in the School, a member of the GAA National Health and Wellbeing Committee and a member of the Barrs Healthy Club Team. Janas spoke at the launch of Cork Beats Stress in City Chambers on behalf of the National Health and Wellbeing Committee explaining the background to the initiative, its benefits to the community to date and the importance of collaboration between different organisations to develop and promote public health initiatives like Cork Beats Stress; "The Cork Beats Stress initiative was originally set up as a partnership between the GAA Healthy Club Initiative and HSE Psychology Services in 2013. Over 1600 people from Cork have already directly benefitted many clubs across the county hosting it. Delivering services in this way has meant bringing high quality and practical support into the heart of local communities for local communities".

Places can be booked by e-mailing: CorkBeatsStress@hse.ie or by calling the Cork Beats Stress Team on 086 7871016.

City Hall Details:
Millenium Hall, Cork City Hall, Anglesea Street, Cork.
Monday Evenings: 1st, 8th, 15th, 22nd October and 5th, 12th November
7pm – 9pm

Macroom Details:
Macroom GAA Club, Macroom, Co. Cork
Thursday Evenings: 20th, 27th September and 4th, 11th, 18th, 25th October 2018
11:00 -12:30 a.m. 7pm - 9pm
Congratulations to Dr. Aisling Jennings

Congratulations are in order for Dr. Aisling Jennings, PhD student in the Department of General Practice and GP in Cork city, who received two awards recently! Aisling received the Irish College of General Practitioners (ICGP) Research Paper of the Year at the Irish College of General Physicians AGM in May for her publication: Jennings AA, Foley T, McHugh S, Browne JP, Bradley CP. “‘Working away in that Grey Area...’ A qualitative exploration of the challenges general practitioners experience when managing behavioural and psychological symptoms of dementia.” Age Ageing. 2018;47(2). In July, Aisling was awarded the Junior Researcher Prize at Society of Academic Primary Care (SAPC) ASM in London in July. The prize is a travel bursary to present at NAPCRG (North American Primary Care Research Group) in Chicago in November. Aisling received the Junior Researcher Award for her presentation at SAPC entitled: “The knowledge and attitudes of general practitioners to the assessment and management of pain in people with dementia”.

Yoga in the School of Public Health

Members of the School of Public Health and the National Suicide Research Foundation took advantage of the sunny weather and participated in a free yoga class delivered by Niamh McGrath, a PhD student in the School of Public Health. Yoga will continue in the School on Thursday mornings from 8:00am – 8:55am in WGB 4.05 starting Thursday 27th November. All welcome! For more information please contact Niamh at Niamh.mcgrath@ucc.ie.

MEET...

Mrs Bernadette Madden

Ber joined the ‘Department’ in May 2014 following a successful career of almost 29 years in banking. During her time with the bank she worked as PA to the senior executives and transferred to branch banking in 2000 when as Assistant Manager she was a mortgage and personal lending adviser. Ber feels very privileged to work with Patricia and really enjoys the academic environment and variety in her busy but rewarding position.

Did you know…….(I think you probably do)!!!

Ber is a member of UCC Players, the staff drama group, and has taken part in all of the Players’ productions since it’s formation in 2014. She is playing the part of the Honourable Rose Helibrun, prosecuting QC, in Agatha Christie’s Witness for the Prosecution in Courtroom 1, Cork Courthouse on Culture Night, Friday, 21st September and Saturday, 22nd September, when she gets to don the wig and gown (2 performances on each night). She is thoroughly relishing this role and it has some wonderful lines when she interrogates the accused murderer, Leonard Vole, and depends on the evidence of New Scotland Yard Criminal Investigation Department Detective Inspector Robert Hearne, eminent Forensic Doctor, Dr. Wyatt and the murder victim's devoted and loyal housekeeper, Janet MacKenzie, to see him go down! PhD Student Brenda Lynch is also involved in the UCC Players and is Stage Manager for the current production. Ber also loves singing and is a member of Butlerstown Variety Group who present a variety show every second year which runs for a week in the local community hall in the West Cork parish of Barryroe, near Clonakilty.

Ber is also a keen gardener and can be found most weekends getting her hands dirty!
**UPCOMING EVENTS & TRAINING**

### 2018

#### September
- **19th Nursing Ethics Conference and 4th International Ethics in Care Conference** 1st-2nd September 2018, Cork, Ireland
- **Society for Social Medicine Annual Scientific Meeting 2018** 5th-7th September 2018, Glasgow, Scotland
- **5th UK Congress on Obesity** 6th-7th September 2018, Newcastle, England
- **Euro-Global Conference on Paediatrics and Neonatology** 13th – 15th September 2018, Rome, Italy
- **Annual Diabetes in Primary Care Conference** 26th September, 2018, Cork, Ireland
- **Irish Gerontological Society Annual Scientific Meeting** 27th-29th September 2018, Cavan, Ireland.

#### October
- **54th Annual Meeting of the European Association for the Study of Diabetes** 1st – 5th October, Berlin, Germany.
- **Global Conference on Addiction and Behavioural Health** 4th – 6th October 2018, Las Vegas, USA
- **4th Annual Trial Methodology Symposium 2018** 11th October, Galway, Ireland
- **27th European Cardiology Conference** 22nd- 24th October 2018, Rome, Italy
- **15th World Neonatal Conference** 26th- 27th October 2018, Mississauga, Canada
- **24th Annual Qualitative Health Research Conference** 27th – 29th October 2018, Halifax, Canada

#### November
- **28th World Congress on Cardiology and Heart Diseases** 5th-6th November 2018, Amsterdam, Netherlands.
- **Public Health Science Conference, 23rd November, Belfast, United Kingdom**
- **13th European Diabetes and Endocrinology Congress** 26th-27th November 2018, Dublin, Ireland
- **11th European Public Health Conference** 28th November-1st December 2018, Cankarjev Dom, Ljubljana, Slovenia

#### December
- **European Conference on Epidemiology and Public Health** 3rd-4th December 2018, Lisbon, Portugal
- **New Horizons Research conference** 6th December, Western Gateway Building, University College Cork, Ireland

#### 2019

#### January
- **International Conference of Public Health and Preventive Medicine** 5th – 7th January, Sanya, China

#### February
- **5th Annual SPHeRE Network Conference** 26th February RCSI, Dublin, Ireland

#### March
- **International Forum on Quality and Safety in Healthcare** 27th – 29th March, Glasgow, Scotland

#### April
- **10th International Conference on Integrated Care** 1st-3rd April, San Sebastian, Spain
- **Behaviour Change for Health: Digital & Beyond 2019** 8th – 10th April, London, England
- **European Association for the Study of Obesity** 28th April – 1st May, Glasgow, Scotland

### May
- **Qualitative Methods Conference, 1st – 3rd May, Brisbane, Australia**
- **21st International Conference on Occupational Healthcare, 27th – 28th May, Tokyo, Japan**

### June
- **International Society of Behavioural Nutrition and Physical Activity (ISBNPA)** 5th – 8th June, Prague, Czech Republic

### July
- **Society for Academic Primary Care, 3rd – 5th July, University of Exeter, England**

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