



Health Education England



# Population Health Fellowship Newsletter

February 2022

Welcome to the first edition of Health Education England's  
Population Health Fellowship Newsletter

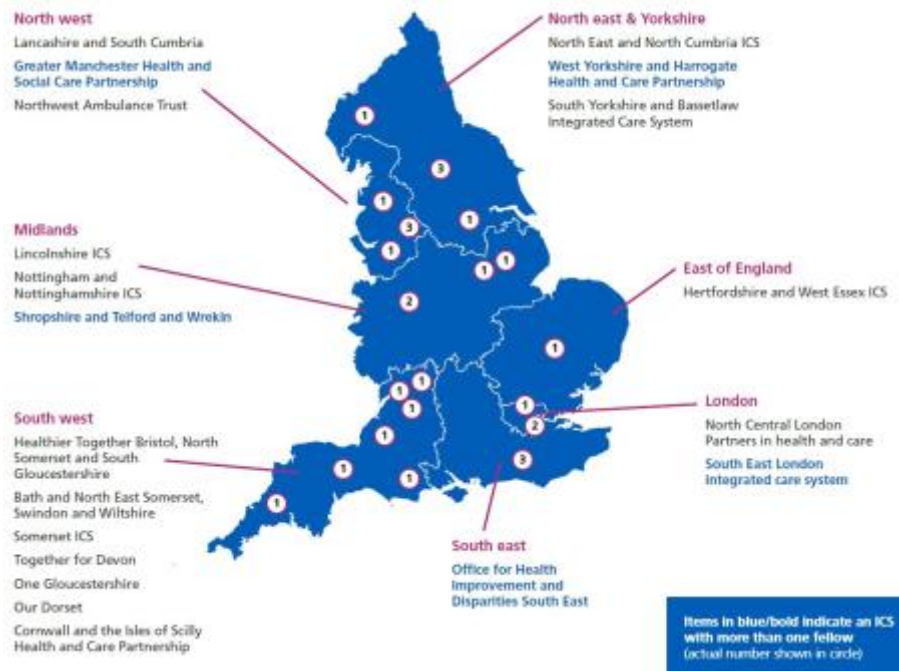
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*Our aim is to provide stakeholders with updates and key messages around the fellowship programme as well as other population health related work led by the Long Term Conditions and Prevention Programme in HEE.*

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We launched the first national multi-professional Population Health Fellowship programme for NHS clinical workforce in February 2020, and our first cohort of 14 fellows completed their learning in

July 2021. We are now in our second year of running the fellowship scheme and have 26 learners on the programme. They come from a wide range of backgrounds including nursing, allied health professions, pharmacy, medicine and dentistry. Here is a map illustrating the spread across England's Integrated Care Systems:




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*To find out more about our fellows, click [here](#) for their biographies and project summaries.*

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Click [here](#) to read an interview with Dr Anna Moore talking about her experience so far.



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*Anna Moore is an HEE Population Health Fellow for Lewisham, an Education Fellow at the Royal London Hospital in Simulation and a Respiratory specialist registrar, North East Thames.*

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## Cohort 2 learning programme: reflections from Lori Atim

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*Our cohort 2 fellows are now four months into the programme. We have invited Lori Atim, Workforce Transformation Lead at the London Academy of Public Health, to reflect on the learning programme so far.*

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The Academy of Public Health for London had been commissioned to lead on the year-long learning programme for the Health Population Fellowship Cohort 2. The Academy of Public Health was established in 2016 by Health Education England in partnership with several stakeholders to include Public Health England and the Association of Directors of Public Health with an initial HEE investment of £1m. Working as a collaborative, the Academy is a vehicle to support workforce transformation and enable population health and prevention priorities to be delivered at scale and pace. The Academy was established to support delivery of the strategic workforce agenda set out in:

- The NHS Five Year Forward View
- Fit for The Future
- Better Health for London

- Eight sustainability and transformation plan for London and Kent, Surrey and Sussex
- Developing People Improving Care

The structural elements of the population health fellowship learning programme were designed to have an interactive feel and less of a lecture style. The programme contact days are designed to have a more inbuilt learning with each workshop rather than a series of 'one off' events. This is reinforced in the consistent presence of the same facilitator. The structure encourages a more robust connected learning and bonding of networks. This is especially seen in the fellows' allocated 'Buddy Groups': these groups remain the same throughout the programme as part of the first agenda item - reflection space. The consistent feature of the reflection space and peer support space, combined with additional learning outcomes outside of the designated contact days, ensures bonding of networks and sustainability for the fellows with a focus on goal setting once the fellowship has ended. They build on their learning and thinking around how they connect with the core Public Health workforce and each other. All learning days are on a Tuesday, from 10am to 3pm, giving space for continuation of learning and focus on tasks once the workshops have finished, and to allow for the challenges of online working. In addition, informal drop-in spaces have been created and offered to the fellows to provide additional support.

**Below are the topics that we have covered thus far, and some feedback received from the fellows:**

**Workshop 1:** Establishing the fellowship; understanding the meaning of population health

"I enjoyed the workshop. Good opportunity to reflect and slow down. Different way of working compared"

**Workshop 2:** Understanding the importance health inequalities in population health

"Thank you for a great day, it was also good to have some clarification around learning logs and mandatory

**Workshop 3:** Understanding population health: the workforce and systems

"Really good to have time to reflect on articles – I have already used some of this in my thinking today

**Workshop 4:** Understanding the role of human behaviour in population health

"I really liked learning from the experts. It was presented in a very clear manner. I also loved the quiz

**Workshop 5:** Skills development in critical appraisal and research

"I found interesting to do the pre-workshop task and discuss the findings with the fellows in the

**Workshop 6:** How to use data to support population health

"Discovering the fingertips data and group discussion was useful"

The fellows have enjoyed their experience of the learning programme and can expect the remaining workshops to focus on how to further develop as a leader, have appreciation of diversity, equality, and inclusion in a population context, and partake in numerous group supervision sessions that will support fellows in the progress of their projects and address any challenges faced. Alongside this will be the continuous 'reflection space' to tie in last workshop and any reflections, or learnings that they have tried and noticed. The Academy has enjoyed delivering the learning programme to the 26 fellows and looks forward to the next phase of delivery.

## Sharing Success

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*Yan Ning (or Johnson as he prefers to be called) is a senior ophthalmology registrar of the North London deanery in the final stages of his training to become a consultant eye surgeon. He currently works across sites at both Western Eye Hospital, Imperial College Healthcare NHS Trust and Moorfields Eye Hospital and is a Population Health Fellow on our second cohort. **Johnson has written a blog for The Kings Fund - 'What has population health got to do with me, an eye surgeon?'** <https://www.kingsfund.org.uk/blog/2021/12/making-sense-population-health-clinicians-perspective>*

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## Population health and the climate crisis: Interview with Dr Maslah Amin, Clinical Advisor at Health Education England



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*As the COP26 in Glasgow came to an end, we spoke to Mas, DEQ Clinical Advisor for Population Health and Sustainability, on the link between population health and the climate crisis, HEE's role and his thoughts on the future.*

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## **When it comes to population health, why does the climate crisis matter?**

Population Health as a discipline looks at the wider determinants of health, which are a diverse range of social, economic and environmental factors which affects health.

Climate change is one of the most important of these determinants as it has significant implications for our health now and in the future. Indeed, the medical journal The Lancet has described climate change as the greatest threat to global public health and has called for urgent system wide changes to address this. It has also highlighted some of the effects due to climate change. For example, temperature changes leading to extreme temperatures and weather events are happening more often, and with that comes greater risks of heat related illnesses, vector (e.g. mosquitoes) and water borne diseases. Places will become uninhabitable, and the resulting population displacement will bring with it many health-related issues. Likewise, the threat to food security could mean a likelihood of conditions linked to malnourishment and undernourishment. These are serious threats to the population health and many events are already happening now around the globe.

A key focus of population health is health inequalities. We know that the climate crisis is having a greater impact in some areas and therefore it has the potential to exacerbate health inequalities. Island systems are among the most vulnerable to climate change, therefore as an island, the UK could be more affected than others by the climate crisis.

## **What is the role of HEE and the wider NHS in this?**

The link between health and social care services and addressing the climate crisis isn't always obvious. But, as a major employer and the biggest producer of carbon emissions among public sector organisations in England, contributing almost 5% of UK emissions, the NHS has a great responsibility to look at how we're delivering our services and consider how this will affect present and future population health.

Our models of healthcare delivery will need to change. For example, it is said that around 3.5% of all road travel in England relates to NHS patients, visitors, staff and suppliers. In the past two years, due to the COVID-19 pandemic, we have shown that we can do some things differently - for example, holding consultations and appointments virtually where possible. It's about changing the way we think. Besides outcomes and logistics, generally we used to take into account the cost elements of how we deliver healthcare, but now we need to consider and minimise the impact this is having on the environment and by extension, population health for the present and future.

In response to this, the NHS has set a target to become a net zero organisation by 2040. If we accomplish this target, this would make us the first national service that is carbon neutral - as far as I am aware no other health service has set such ambitious targets.

I think it's important to highlight that when we speak of net zero, we don't mean not releasing any carbon into the atmosphere - that isn't really feasible right now. What we mean is, reducing emissions as much as possible and offsetting the rest through carbon capture initiatives, such as planting trees, for example, to absorb carbon dioxide in the atmosphere.

The long-term impact of the NHS net zero initiative will of course have a significant impact on population health overall, by helping to prevent further climate damage and the subsequent health implications. However, many environmental factors which have a direct and detrimental effect on the population also need to be addressed - health depends on things like cleaner air, pollution, housing, as well as extreme temperatures and weather disasters. So, there is much more work to do around environmental impact beyond net zero if we want to improve population health.

During the COP26, HEE announced three principles to address how we will play our part in the NHS net zero target:

1. Educate every future NHS clinician about sustainability and the net zero initiative through the programmes we commission and deliver.
2. Promote sustainable working practices for all colleagues, using digital/virtual solutions as our default, and working with partners and suppliers with the right sustainability credentials.
3. Reduce the size of our physical estate and ensure that our offices apply smart energy and recycling initiatives.

The second two principles refer to how we work within HEE. In terms of the first principle - obviously, our remit is around education and training, which plays a vital role in our collective ability to tackle the crisis, and so we have an important role in this. Without education, people have no way of knowing about the climate crisis and sustainable practices, and unless people know about it, they won't be able to do anything to change it. Therefore, education empowers people to make choices which help to create change - both on a larger and individual scale. This programme of work will of course take time, and as always it will need to be in close collaboration with our system partners, subject matter experts and relevant third sector organisations - we can't do this on our own.

### **Are you optimistic about the future?**

Whether the world is ready or not, now is the time to act - this crisis won't wait for us to catch up.

All of the evidence shows that much of the damage has already been done, and what we are doing now is trying to minimise the extent of that damage, its impact on people and our ecosystems, and to build a future that avoids further exacerbating it.

With our ambitious plans in place, yes- I am ambitious and optimistic that we can improve things, but it's going to have to be a sustained effort, system wide and worldwide.

## **What's next - Cohort 3**

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*We are pleased to announce that HEE is working on launching the third cohort of the Population Health Fellowship programme in September 2022. Work has begun in our regions to identify host organisations and the selection of fellows is open from February 2022. **Further information can be found on the [programme website page](#) or by e-mailing us on [populatonhealthfellows@hee.nhs.uk](mailto:populatonhealthfellows@hee.nhs.uk).***

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