

SCAPPS Pre-Conference Workshop

Linking Population Health and Behaviour Change Theory



WEDNESDAY, OCTOBER 11, 2017

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Quick Details

Location | Common Ground, 30 Harvey Road, Suite 2, St. John's, NL, A1C 2G1

Cost | \$50

People | Dr. Daniel Fuller, Dr. Mary Jung, Dr. Erin McGowan

Time | 9am to 4pm

Schedule

- 9-9:30am: Welcome, introductions, ice breaker
- 9:30-10:30am: What is population health? Overlap and divergence from behavior change theory.
- 10:30-11am: Break
- 11am-Noon: What is behavior change theory? Overlap and divergence from population health.
- Noon-1pm: Lunch (Provided)
- 1pm-2pm: Small Group Discussion
- What are key overlapping concepts?
 - What are key diverging concepts?
- 2-2:30pm: Report back on small group discussion
- 2:30-3pm: Break
- 3-4pm: Writing exercise and next steps

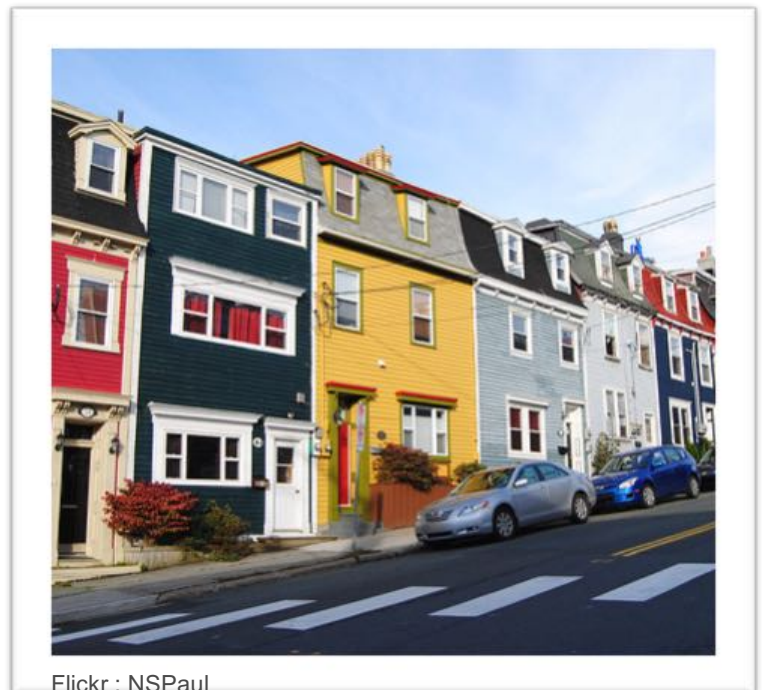
THIS WORKSHOP WILL INTRODUCE PARTICIPANTS TO THE CONCEPTS OF POPULATION HEALTH AND POPULATION HEALTH INTERVENTION RESEARCH. IT WILL PROVIDE THE THEORETICAL AND CONCEPTUAL BACKGROUND TO LINK BEHAVIOUR CHANGE THEORIES WITH POPULATION HEALTH.

Learning Objectives

1. Discuss and apply population health and behaviour change concepts.
2. Link population health concepts with behaviour change theories.
3. Provide tangible suggestions about how to link population health and behavior change.
4. Write conceptual paragraphs discussing similarities and differences between population health and behaviour change.

Workshop Output

The objective of the workshop is to begin the process of preparing a conceptual manuscript for publication. Our objective is to start the conversation and provide opportunities for participants to follow up on the workshop and prepare manuscripts. We feel this is a lofty but attainable goal. Possible venues for population include Annals of Behavioural Medicine or Social Science and Medicine.



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Workshop Facilitators

Dr. Daniel Fuller

Dr. Daniel Fuller is an expert in population health, physical activity, and urban planning for health. He is a Canada Research Chair in Population Physical Activity at Memorial



University. He is a leader in the International Bikeshare Impacts on Cycling and Collisions Study (IBICCS) and the Canadian Urban Environmental Health Research Consortium (CANUE) Neighbourhoods and Health Group.

Dr. Mary Jung

Dr. Jung directs the Health and Exercise Psychology Laboratory (<http://hepl.ok.ubc.ca>).



Her major research area is self-regulation of health behaviours, with a specialization in exercise, physical activity, and dietary behaviours, and the creation of community-based self-regulatory skills interventions for individuals at risk or living with Type 2 Diabetes.

Dr. Erin McGowan

Dr. McGowan's research focused on promoting healthy lifestyles through theory-driven physical activity interventions. Specifically, promoting physical activity and all aspects of cancer care and treatment.



Dr. McGowan is interested in the development and implementation of time-effective physical activity interventions in community settings, the effectiveness of varying delivery methods of theory-driven physical activity interventions.

Readings

Population Health Readings

1. Rose, G. (2001). Sick individuals and sick populations. *International Journal of Epidemiology*, 30, (3), 427-432.
2. Hawe, P., Potvin, L. (2009). What is population health intervention research? *Canadian Journal of Public Health*, 100, (1), S18-S14.
3. Kindig, D. A. (2007). Understanding population health terminology. *The Milbank Quarterly*, 85, (1), 139-161.
4. Link, B.G., & Phelan, J. (1995). Social conditions as fundamental causes of disease. *J Health Soc Behav, Spec*, 80-94.
5. Carpiano, R. M., & Daley, D. M. (2006). A guide and glossary on postpositivist theory building for population health. *Journal of Epidemiology and Community Health*, 60(7), 564-570.
6. Frohlich, K.L., & Potvin, L. (2008). The inequality paradox: The population approach and vulnerable populations. *American Journal of Public Health*, 98(2), 216-221.

Exercise Psychology Readings

1. Prestwich, A., Sniehotta, FF., Whittington C., Dombrowski, SU., Rogers, L., Michie, S. (2014). Does theory influence the effectiveness of health behavior interventions? Meta-analysis. *Health Psychology*, 33(5), 465-474.
2. Bernard, P., Carayol, M., Gourlan, M., Boiché, J., Romain, AJ., Bortolon, C., Lareyre, O., Ninot, G. (2016). Moderators of theory-based interventions to promote physical activity in 77 randomized controlled trials. *Health Education and Behavior*, ePub.
3. Rothman, A. J. (2004). Is there nothing more practical than a good theory?: Why innovations and advances in health behavior change will arise if interventions are used to test and refine theory. *International Journal of Behavioral Nutrition and Physical Activity*. 1:11.
4. Johnston, M., & Johnston, D. W. (2016). What is Behavioural Medicine? Commentary on Definition Proposed by Dekker, Stauder and Penedo. *International Journal of Behavioural Medicine*.
5. Michie, S., Johnston, M., Abraham, C., Lawton, R., Parker, D., & Walker, A. Making psychological theory useful for implementing evidence based practice: a consensus approach. *BMJ Quality & Safety*, 14 (1),
6. Michie, S., van Stralen, M. M., & West, R. The behaviour change wheel: A new method for characterizing and designing behaviour change interventions. *Implementation Science*, 6 (42)

Contact us

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