



MAKING LIFE BETTER

WELCOME

NEWS

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CMO Foreword

Welcome to the Winter edition of the MLB Newsletter.

I am pleased to introduce you to my All Departments Officials Group (ADOG) colleagues Siobhan Broderick, Director of Population Health in the Department of Health and Julie Anderson, Head of Prisoner Wellbeing and Health lead in the Northern Ireland Prison Service.

I am also happy to note that planning has begun for the next Joint Public Health Conference. The 2025 all-island Conference will be held online later in the year and the proposed theme is “Healthier by design: approaches in policy and practice to tackle the social and commercial determinants of public health”. Further details will be available in later editions of this Newsletter.

I hope you enjoy this edition of the MLB Newsletter and remember to contact MLBNetwork@hscni.net if you want to submit an article for inclusion in a future Newsletter.



Get In Touch

If you have any questions about the content of MLB News, have work you want to share with the Network or wish to join please email :
mlbnetwork@hscni.net

All Departments Officials Group (ADOG) - Introductions

I joined the Northern Ireland Prison Service in December 2012 as the Head of Learning and Development.

My role was extended in 2015 to include Healthcare Lead and Head of Interventions/Forensic Psychology. In 2017, I moved into the role of Head of Prisoner Wellbeing and Health Lead which incorporates Healthcare Lead and Safer Custody. I have led work with Healthcare in Prison colleagues in the areas of suicide and self-harm prevention, reducing harm and substance use. I also led the development of the Care and Supervision Unit Operational Framework and digital solutions for Supporting People at Risk Evolution and Care and Supervision Units.

ADOG provides a great opportunity to engage with colleagues from all departments and share experience. Key deliverables for the Prison Service in 2025 will be the development and implementation of our Promoting Positive Behaviour approach and the introduction of rechargeable vapes as part of our smoking cessation activity.

My team is the policy lead for MLB and membership of ADOG brings a number of benefits. These include enabling leadership and active involvement in cross cutting initiatives and policies to improve the health and wellbeing of people in NI; providing a platform to shape and influence policies that seek to reduce health inequalities; providing access to a collective pool of knowledge and expertise of fellow ADOG members and providing opportunities for collaboration across government to share best practice and to identify common challenges.

This year brings a number of opportunities for ADOG to shape and influence a refreshed MLB sitting within the new PfG framework. This new architecture will provide leverage to the MLB vision of working collaboratively across government to address health inequalities. Within my area, there are a number of relevant work priorities including supporting and implementing the NI provisions in the Tobacco and Vapes Bill, bringing forward legislative proposals to introduce minimum unit pricing for alcohol and our planned new obesity strategy. Adult obesity is a significant challenge for us. Through ADOG there is an opportunity for us to improve lives.



Julie Anderson
Head of Prisoner Wellbeing & Health Lead
NI Prison Service



Siobhan Broderick
Director of Population Health
Dept of Health

News from the Network

Mental 2021-2031 Health Strategy



Mental Health Strategy - Early Intervention and Prevention

The Public Health Agency (PHA) leads on delivery of Actions 1 and 2 of the Mental Health Strategy which focus on mental health promotion and early intervention. The [Mental Health Strategy - Early Intervention and Prevention Action Plan 2022-2025 | HSC Public Health Agency](#) (EI&P) outlines the steps to deliver on Actions 1 and 2. The plan is focussed on the promotion of good mental wellbeing for the population as a whole, taking early action with those who may be at greater risk and identifying needs early in order to provide support as soon as problems arise.

The PHA co-ordinates a collaborative approach to implementation of the plan, led by a cross sectoral Steering Group and a number of sub groups with membership from a range of government departments, health and social care, the community and voluntary sector, and academia.

Any queries about the Mental Health Strategy - Early Intervention and Prevention Action Plan or requests to join the stakeholder list should be directed to mentalhealthEIPactionplan@hscni.net

Significant progress has been made:

- A data and outcomes framework is being developed to provide a consistent way of measuring mental wellbeing at a population level and tools to support measurement of outcomes from interventions or services
- A mental health and emotional wellbeing campaign was delivered urging people to prioritise workplace mental health
- Raising awareness of public mental health approaches and developing ways to share learning and good practice including a virtual Project ECHO learning network [Public Mental Health Learning - ECHO Northern Ireland](#)



ABOVE - Staff from the Public Mental Health Conference Planning Group



- Refresh and relaunch of the Minding your head website <https://www.mindingyourhead.info> which is a valuable informational resource created to provide up-to-date information and self-help advice for mental health and wellbeing
- Work is underway in partnership with the Department for the Economy and with Universities, further education colleges and training providers to ensure a strong focus on mental health promotion and early intervention for students and trainees

Did you know?



NISRA
Northern Ireland
Statistics and Research Agency
Gníomhaireacht Thuaisceart Éireann
um Staitisticí agus Taighde

DataPortal

A dedicated section has been developed on the NISRA Data Portal website at data.nisra.gov.uk to facilitate the high-level monitoring of progress on the key Making Life Better indicators. This is the fourth article in a series which highlights the data and tools available on the NISRA Data Portal.

Adult mental health

On the Data Portal, tables relating to mental health sit under MLB Theme 3 – Empowering Healthy Living. The Census table below details ‘emotional, psychological or mental health conditions’ by age and sex, highlights the differences by age-group and sex for these health conditions in Northern Ireland. The notes in the table tell us that this data relates to a self-assessment of whether a person has one of these long-term conditions. In the table, you can use the pivot function to make the output easier to look at and compare. This data can be displayed easily in other formats as suits the user, such as as a line graph.

Statistic	Census Year	Northern Ireland	Emotional, psychological or mental health	Sex	Unit	16-24	25-34	35-44	45-54	55-64	65-74	75+
						years	years	years	years	years	years	years
All usual residents	2021	Northern Ireland	Has an emotional, psychological or mental health condition	Female	Number	10,040	14,746	15,988	19,170	19,295	8,818	4,982
All usual residents	2021	Northern Ireland	Has an emotional, psychological or mental health condition	Male	Number	6,911	10,497	11,114	14,086	14,672	6,873	2,532

When you create an account and log in to the Portal, you can save your tables to a favourites list or save output using the save queries option, so you can retrieve them quickly. You can also use the widget function in the system to create an html version of table output or charts which can be saved to your desktop, website, blog etc. and will automatically update when new data is added to the corresponding table on the Portal.

To find out more about widgets, why not check out [the user guide and instructional video](#) on the [NISRA Data Portal FAQs and training materials page](#).

On-line training sessions will also be available.

Please contact mlbnetwork@hscni.net to register your interest.

If you need further information or assistance relating to the NISRA Data Portal, contact us at info@nisra.gov.uk

NICS staff requiring statistical input and advice should continue to contact their departmental statistics colleagues in the first instance.