



# Leadership for Healthy People and Planet: A series of multi-stakeholder workshops to accelerate policy action on health and environment

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## Introduction

It is important that the environment we live in is designed and improved to **maximise brain health**, and prevention receives very little policy attention. This **co-design process** aimed to bring together a wide range of stakeholders to set a policy agenda and pathways to improve the environments where we live with a focus on **prevention, healthy ageing and brain health**.

## Results

Six topics emerged from the workshops to reflect the insights and aspirations of those participating: **knowledge sharing, collaboration, leadership for change, car dependency, how we design and live in communities, and sustainability**.

## Method

Working with involve NI, we designed **3 workshops** taking place on consecutive weeks in September. We gathered together policy makers, implementers, researchers, advocates, campaigners and the general public to engage in the process – with **54 participants** representing **30 individual organisations** represented. Participants heard from experts, made connections, discovered policy agendas and agreed actions.

The majority (93%) of participants reported **meeting or networking** with individuals they had previously not. Most (73%) reported they were **happy with the outcome** of the workshops and that they **learned more** about current research. 63% said they plan to reach out to groups to **discuss policy action**.



*“I learned a lot from other people - the value of the group was reinforced.”*

## Conclusion

The collaborative process with a range of stakeholders produced six emerging topics with regards to prevention, healthy ageing and brain health, which research, policy & practice can address to advance policy action, to improve the way we live and age. A forthcoming report will help disseminate findings.



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