

Research to support an inquiry into young people's future health prospects – 17th May 2017

Introduction

Good afternoon and welcome everyone to the information call for research to support an inquiry into young people's future health prospects. Thanks for joining us. My name is Matt Jordan (MJ), and I'm the Programme Support Officer for the Inquiry into Young People's Future Health Prospects, or 'The Inquiry' for short. In the room with me today are two of my Health Foundation colleagues. We've got:

- Liz Cairncross (LC), Research Manager
- Jo Bibby (JB), Director of Strategy.

The purpose of this call is to provide you with a bit of a brief overview of the Inquiry, and then to focus specifically on the research element of the programme; and then to go through what we're looking for from your applications. We hope that after this introductory segment, we'll be able to answer some of the questions received in advance, and then at the end we will open up a live Q and A session. Then following the call, we'll produce a transcript of this call, which will be posted on the invitation to tender page on our website. And that will be live around sometime next week. So, we hope this call will be able to address the various considerations in producing an application for the work, and also to address some of the common questions that may have arisen. If there is anything that isn't covered by this information call, and if you have any further questions, please email them to me at matthew.jordan@health.org.uk.

I'll now hand you over to Jo, who will give you a brief overview of the inquiry.

Inquiry into young people's future health prospects

Thanks Matt. Good afternoon everyone. So the first thing to say is that the piece of work that we're talking about today sits within a broader set of work we're doing, looking at young people's future health prospects. And the piece of work on young people's future health prospects is part of our wider strategy looking at how we support people to have healthy lives in the UK. I'm just going to give you a little bit of background to why the Health Foundation has chosen to focus on this area of work, and a flavour of the other activities that form part of the Inquiry so that you can see where the research fits in.

Some of you may already know the Health Foundation well from other work we've done, and if you do, you'll know that for the last 15 years or so, our predominant focus has been on improving healthcare. However, three years ago we had a new Chief Executive appointed, Jennifer Dixon, and one of the things she wanted to do was to start looking at what the Health Foundation could do looking at how we could address some of the wider determinants of health. Because we know from the evidence that healthcare only contributes to one part of our overall health as a nation. And therefore if we really wanted the Health Foundation to improve people's health, we need to be looking beyond healthcare and at all the wider social determinants.

So we've spent about the last year looking into where we could most add value as a charity in what is clearly a very big sector with a lot of work already under way. But an area that came up and has now formed the focus of this inquiry was a feeling that we were interested in looking at a particular population segment. We were interested in that segment being particularly at the younger age of the life course. And we held a two day meeting last summer with a range of international experts, people from across the UK, to help us work out exactly where we should focus.

From that, we concluded that there was an opportunity, a gap really, in knowledge and understanding in practice and policy action around what was needed to provide the right foundations for young people, during teenage years and transition into adulthood, what those foundations were necessary in order to ensure that young people had the opportunity for a long and healthy life.

So that was the reason for starting this inquiry, and through the inquiry, what we're wanting to do is, as we say, look at young people's future health prospects. So this isn't about young people's current health today particularly. It isn't about young people's current experience of the healthcare system or other parts of the care system. It's looking at what do we know young people's future health is going to look like, given what we know about their current experiences of the wider determinants of health. And particularly their opportunity for good quality work, for secure, affordable homes in flourishing communities, the extent to which they're able to build networks of stable, supportive relationships and build good social and emotional well-being, and build the habits that we know promote and maintain good health. We're looking at what do we know about the extent to which young people today are able to build those foundations which then will contribute to a long healthy life?

In order to take the work forward, we've got five strands of activity going under way in the inquiry. So I'll just talk through those, and then I'll come back to the research one in a little more detail. So the first thing that we've wanted to do is to start the inquiry by understanding what young people currently feel about the experiences they have around those factors that provide the foundations for a healthy life. So we've started a piece of work which is being taken forward by two organisations. One is [Livity](#) and the other is [Kantar Public UK](#), who will be leading a piece of engagement work with young people to engage in a range of different direct conversations, online conversations and so on, to really understand what do young people feel about their current experiences of work, of

home, of community, of self-esteem and other issues. What do they think of the factors that have led them to having those experiences, positively or negatively. And how do they think their future looks like in terms of future work, future housing, home, community, relationships and so on. We're going to hear from young people themselves and what their current experiences are, their issues, concerns, what's helped them and so on. And that will help shape some of the future work in the inquiry.

Alongside that, the other kind of foundational piece of work that will run through most of the inquiry is this piece of research, where we recognise that there's a lot of data and evidence out there that we think if we mine in different ways and pose some different questions on the data and evidence, we may be able to generate some new insights. And so the research is really about building that compelling picture of what we know about young people's future health prospects, and then how we can improve them, and with that, focus on social determinants and how they interact.

The third part of the inquiry, which we anticipate taking place early in 2018, will be a series of deliberative site visits, where we want to explore in local communities what are the factors that are mitigating, mediating, or exacerbating young people's abilities to build the foundations for a healthy life. And some of those site visits will be informed, both by some of the early outputs of the research, and also the engagement activity.

The fourth area of the inquiry will be informed through the engagement work, the research as it's emerging, and the site visits. We will be identifying particular areas of policy and practice where we want to convene national and local stakeholders to explore action that could be taken to improve young people's future health prospects. And all the way through the inquiry, we will be wanting to communicate and share the lessons and insights that are being generated.

So, the research work, just to give you a flavour of why we feel this is so important, is we feel that there's a lot of evidence and data out there that talks about young people and their

experience relative to some of the individual social determinants. So young people in work, or young people in housing and so on. But we do feel there's a gap in terms of trying to bring together all the data and evidence that is out there, that looks at the combined effect of those social determinants of health. And so what we're hoping is by doing this work, we will be able to start to paint a much richer, fuller picture of young people's current experiences, what's shaping those experiences of social determinants of health, and what we anticipate the long-term implications of that to be. And that will form the basis of subsequent action and influencing activities that we'll want to take forward. So this is a piece of work that will be used and put into action by the Health Foundation, as we move through the inquiry. So with that, I'll hand over to Liz to talk in a bit more depth about the approach to the research.

Research

Thanks Jo. Good afternoon everyone. So I'll just talk through what's there in the brief about the purpose of the research, which is very much, as Jo said, to understand the current factors that contribute to today's young people having healthy lives in the future. So as Jo said, it's very much about looking at young people of today and what their future health prospects are, by answering three questions.

First of all, given our understanding of what helps people to stay healthy and the social determinants of health, what can we infer about the future health prospects of today's young people? Secondly, what are the social and economic factors that are having the greatest bearing in shaping their future health prospects, both positively and negatively, so we're both interested in what are the protective factors, and what are the negative factors that may influence young people as they pass through the ages of 12 to 24. And thirdly, what are the greatest opportunities to improve young people's health prospects and to reduce health inequalities through action between those ages of 12 and 24 years. So those

are the key questions that we're looking to answer. And by well-being and health, we are taking, as Jo said, a social determinants approach, and we're therefore interested in how the social determinants work to create the foundations for a healthy life expectancy and an absence of life-limiting conditions.

I feel I'd like to also underline that we are looking for a piece of research that is UK-wide, so that will be an important consideration. We're looking for evidence that the research teams that bid for the work will be able to provide:

- An articulation of the assets, opportunities and protective factors that evolve between the ages of 12 and 24 and provide the foundation for a healthy life.
- A picture of the distribution among young people around the age of 25 of those assets, opportunities and protective factors.
- A description of possible future trajectories of today's young people, based on the current distribution of those assets etc. And then an analysis of which segments of the young people's population are likely to achieve a healthy life and also which of the ones that are less likely to do so.

And this will help to inform the exploration of the action required between the ages of 12 and 24 to improve young people's future health prospects. So to do this we envisage two work packages. And I think we're looking very much for the focus of the proposals to be on work package one, which is where we're looking for a scoping review to find out what is currently known in relation to young people's pathways and transitions, key points along those pathways and the gaps in the research. But I'd underline that this is not a systematic review that we're looking for.

A key deliverable though, of work package one, is the development of the research protocol for work package two. And in work package two, we envisage there will be a more detailed

analysis of, and extrapolation from, the existing data and evidence that has been identified in work package one, in order to answer the research questions that I've mentioned earlier on. And although we anticipate that the work will be predominantly quantitative, we would welcome proposals where qualitative research capacity is available, as we recognise that that could potentially shed useful insights and help us interpret the evidence from the quantitative data.

But at this stage, we feel we don't know what it will be possible to achieve in work package two, but we would work with the successful bidder to develop and agree that research protocol for work package two within the total budget envelope that's set out in the invitation to tender. I'll now hand you back to Matt for an introduction to the application and assessment process.

Application and assessment process

Thanks Liz. So I'm going to talk to you briefly about the application and assessment process. Applications will be submitted via email and these must be submitted by 12 midday on Monday 5th June. I would like you to send applications through to me at matthew.jordan@health.org.uk. Your application should include a completed tender response form and a completed budget. Please can you ensure that the details of team members who'd be working on the project are included in both the budget spreadsheet and in the tender response form. The budgets can either be submitted as an Excel file by completing that budget template which is available online, or by adding this to the specific section of the tender response form, section 4.3. In terms of sending the tender response form, this can be sent as a Word document or PDF. So after applications close, we'll review all applications, and shortlisted applicants will be invited for interviews which will be held on **Friday 30th June** at the Health Foundation office.

We'll assess those applications internally, and all applications will be assessed against criteria as outlined in the invitation to tender document. We would hope to notify shortlisted applicants by **Friday 23rd June**, inviting them to interview and to give them a timing for the day. We'll also inform unsuccessful applicants at this stage. And for unsuccessful applicants at this stage, unfortunately detailed feedback will not be provided.

Following interviews on the 30th June, we'll reach our final decision and notify applicants of the outcome in the week following the interviews, so the week commencing Monday 3rd July.

To summarise those key dates, the deadline for applications will be Monday 5th June at midday, so that's a little under three weeks away now. We'll then notify applicants who've been shortlisted for interview, along with timings of those interviews, by Friday 23rd June. Interviews will be held on Friday 30th June, and notifications of the outcome of interviews will be by Friday 7th July. I'll now hand back to Jo for some tips on completing your application and what to include in the tender response form.

Tips for completing your application

One of the things we felt was worth just emphasising was that we would expect people in their application form to focus on how they're going to approach work package one. It might be stating the obvious, but we just feel it's worth saying. Because work package one, part of that is about developing the protocol for work package two, we're obviously not asking you at this stage to try and pre-empt that work and guess what you'll be doing in work package two.

So focus on how you'll approach work package one. We will be wanting to make sure that you've got the kind of skills, capabilities, capacity and so on, to conduct work package two. And so we will want to see some demonstration of how your team will be equipped to deliver the second phase of the project, giving the relevant experience and expertise you'd

anticipate having in the organisation and team. And we also obviously want to know that you've got some kind of track record in the likely techniques and knowledge, and evidence base that would be being used. So we'd want to see an outline of your experience of research in the field of young people, of analysis of large quantitative data sets, and social determinants of health and interdisciplinary approaches, all of which we think are going to be necessary to conduct work package two effectively. As Liz has said, we do anticipate a strong quantitative approach to the work and the methods being used, but recognise there will be potential for areas where qualitative methods will add value. And that would be something that we would expect you to be exploring in work package one as you work on the proposal. We will have an inception meeting early on when we commission the work, and we will be working closely with the successful team as we go through the development of the research protocol, and the programme of research itself.

Now we'll be moving along to the segment where we'll be addressing the questions that were submitted ahead of time, and I'll now pass over to Liz to kick things off.

Q&A – questions submitted ahead of time

Question read and answered by LC

Q1: The methods and schedule of work focuses highly on a review and interpretation of existing data and evidence. What is the extent to which you would expect/require the provider to conduct primary quantitative research to collect new data; and if this were the case, do you have any expectations around sample sizes?

A: This is not something which needs to be explored in detail in your proposals, as this is a question that would arise in designing work package two, and would depend on the initial findings of work package one, which will utilise only existing data. On completing work package one, and in developing the research protocol for work package two, we will have a better idea of what is possible with available existing data and what added value the

collection of additional data would bring. So this is a question really for the phase two proposal and we want phase one to work out what is possible with the existing data and what added value we would get from additional data collection.

Question read and answered by MJ

Q2: Would it be possible to receive information on the methodology and timelines applied by the engagement workstream providers in order to ensure efforts and activities are aligned when crafting the research methodology?

A: This is a worthwhile consideration, and what I can do is to develop a short briefing which outlines the key dates and activities of the engagement strand, and I can circulate that among the attendees here. What I can also do is to upload that onto the invitation to tender page, as another attachment linked to that page. But I would note here that the engagement strand is due for completion at the end of November this year, so it's a much shorter running piece of work compared to the research.

Question read and answered by JB

Q3: Is there a possibility for the young people being recruited/engaged in the engagement workstream to also partake in activities as part of this research workstream?

A: Our answer is that we can definitely look into this. We will talk to Livity who are doing the recruitment of the young people for the engagement work. It will obviously depend on their protocols and so on, but we'll raise this with them and this is something that we can provide further information on.

Question read and answered by LC

Q4: Can you please describe how developed the recommendations for policy and practice action need to be; i.e. are you envisaging this to be in the form of guidance or concepts/ideas for interventions?

A: This will be dependent on the findings but we had anticipated that this would be concepts and ideas for interventions

Question read and answered by MJ

Q5: Are you open to consortium bids and do you have any reservations/concerns around these?

A: Yes, we will be accepting consortium bids. No reservations or concerns, but it needs to be clear that a lead applicant will need to be agreed between those partners, and this will need to be specified in the tender response forms, and we will be contracting the lead applicant.

Question read and answered by JB

Q6: What will be the balance between a national and local focus?

A: For the research, we are looking for a national picture across the UK, but one that shows variation across a number of factors, so geography will be one of them. So in terms of the analysis, if things come out that illustrate variation in terms of geography, that's clearly of interest, but we also recognise that there will be other factors that will influence outcomes and future health prospects that we would expect the research to illuminate. But overall we're looking at a national picture.

Question and answered by LC

Q7: The last question is would it be acceptable to develop the Borough of Newham and Cambridge as site studies to inform the deliberative events in early 2018?

A: This is actually outside the scope of the research call, and is one of the other strands of the inquiry, and we'll be developing that separately.

Now we'll be opening things up to participants to ask some questions, which we'll be answering one by one

Q1

HB: I was wondering, when doing the costing, do you want to only cost the first six months for work package one, or for the entire scope of the work?

LC: I think it's going to be difficult for people to cost for the full two work packages, because you won't necessarily know what you'll be doing in work package two. So I think costing for work package one will be the sensible approach. However, I would underline that the total sum in the budget on the ITT is the total sum, so work package two will have to be done within what's left after work package one.

MJ: If you have an idea of the resources in terms of staff that would be required for the whole project up until the end of 2018, please do include that, because the final amount will need to be in line with the overall budget, £180,000. But in terms of activities, focus on work package one and the amount of funds that would be allocated for that, then there will be a releasing of the remainder of the funds for work package two. I hope that answers your question.

Q2

SH: My question relates to how this fits into a wider package of works for the Health Foundation. Myself and colleagues have been working on some issues to do with young people and their future prospects, but in particular what their vision of their health delivery system may be in the future. And so while this fits outside of this scope, I wonder if there's scope for more engagement with the Health Foundation outside of this specific piece of work, and if indeed there might be tender calls in the future on something similar?

JB: Well we do have some regular open calls, which you may have come across through our Innovating for Improvement, our Scaling-Up work. So they don't tend to specify a particular focus. So if there were things on the work that you're describing around young people and future health services that fitted with that, then that would be the route to go down. We tend not to have very many highly defined research calls, so I wouldn't anticipate something exactly on that subject, but there are open call mechanisms that you might want to look at.

Q3

JH: You mentioned earlier on the five inquiry strands, for which Livity and Kantar are doing the engagement work. Is it possible to see anything involved with that engagement work, be it early findings, interim findings, or what it is they're doing to help inform this particular research in tandem?

JB: I think I understand your question, what I'd say is that their work isn't going to complete until the end of November, so in terms of the timeframes of putting in proposals by the 3rd June, they won't even have started any on-the-ground engagement work, on their timeline. So I don't think there will be anything coming out of that that's going to influence the decision making around the research tender process.



JB: Just to say it's been really useful to have this opportunity to outline the proposal in a bit more detail and hope we've managed to answer the questions that people put forward in advance, which is very helpful. So thanks for people's interest. I'll hand over to Matt to wrap up.

MJ: I think Jo pretty much covered it there. I'd just like to say thanks to everyone for taking the time out of their days to join us today. I think there were some good questions coming

out, and we hope that you found it useful. Just to repeat, the deadline for applications will be midday on **Monday 5th June**. So we look forward to seeing what you come back with, and thanks again for joining us.

END OF INFORMATION CALL