The Public Health White Paper ‘Healthy Lives, Healthy People’ emphasised the importance of behaviour change in increasing the health of the nation and it has become a central part of public health interventions.

There are many approaches to behaviour change however the ultimate goal is to develop positive, clear steps to empower and support individuals to abandon at risk behaviours in favour of healthy, sustainable lifestyles.

This conference brings together experts from organisations including Public Health England, NICE and the Cabinet Office to explore why behaviour change should be used as a vital aspect of health improvement.

Delegates will be presented with:

- The principles of behaviour change
- Evidence for behaviour change
- Case studies of successful programmes
- Practical advice on how to develop and implement programmes.

Who should attend?
This conference will be vital learning for those working in commissioning as well as anyone interested in implementing a behaviour change programme or offering training in the subject.

Conference Programme

State of the Nation – An overview on health inequalities and the need to improve health - Dr Fiona Sim, Chair of RSPH and GP

Role of Public Health England in facilitating the commissioning and practice of evidence-based behaviour change interventions - Professor Sir John Newton, Chief Knowledge Officer, Public Health England

Role of the NICE behaviour change group and behaviour change in the context of health promotion and health education - Paul Lincoln, Chair of the NICE Behaviour Change Group, NICE

The scientific basis of “evidence-based” behaviour change interventions - Professor Susan Michie, Professor of Health Psychology, UCL

Finding out “what works”: Assessing the impact of behaviour change interventions - Dr Laura Haynes, Head of Policy Research, Cabinet Office

A London model for behaviour change - Dr Helen Walters, Director of Adult and Older People’s Services, Greenwich LA

Commissioning strategic programmes for change and choice architecture - Claire McDonald, Behaviour Change Project Lead, NHS and PHE

Local, effective interventions for behaviour change - John Nawrockyi, Director of Adult and Older People’s Services, Greenwich LA

Wednesday 30th October 2013
28 Portland Place, London W1B 1LY

For more information and to book, please visit www.rsph.org.uk/behaviourchange
Administration details

No time like the present: Understanding the unique opportunities available for Using Behaviour Change Within the Current Economic, Social and Cultural Context

Wednesday 30th October 2013.

Please return to: Kim Butler, Courses & Conference Department, RSPH, John Snow House, 59 Mansell Street, London E1 8AN.

Venue: The Conference will take place at 28 Portland Place, London W1B 1YL. Nearest underground stations are Great Portland St and Oxford Circus; both are within easy walking distance.

Programme information: Registration from 9.15am. Conference starts at 9.45am. Close at 4.30pm.

Enquiries: Please contact Kim Butler on 020 7265 7314 or kbutler@rsph.org.uk

Continuing Professional Development: 5 CPD credits.

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☐ Public sector and charities: £175 – Early Bird £157
☐ Private Sector (Non-Members): £235 – Early Bird £211

Cheques must be made payable to RSPH. Please note, places are guaranteed only upon receipt of payment and payments must be received by the RSPH 4 weeks prior to the course.

Cancellation: Substitutions can be made at any time. If notification is received 8 weeks prior to the course, a full refund will be made minus an administration charge of £40. Cancellations received after this time will receive no refund. Please note that notification of cancellation must be made in writing. The organisers reserve the right to change the timings and/or identity of the speakers.

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