



# Public Health Practitioner Graduate Trainee Information Session

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Hampshire  
County Council



Portsmouth  
CITY COUNCIL

# Content



Welcome and introductions (Em)



What is Public Health (Jo)

## Public Health Practitioner Graduate Trainee Programme

### Introduction to the programme



# What is Public Health?

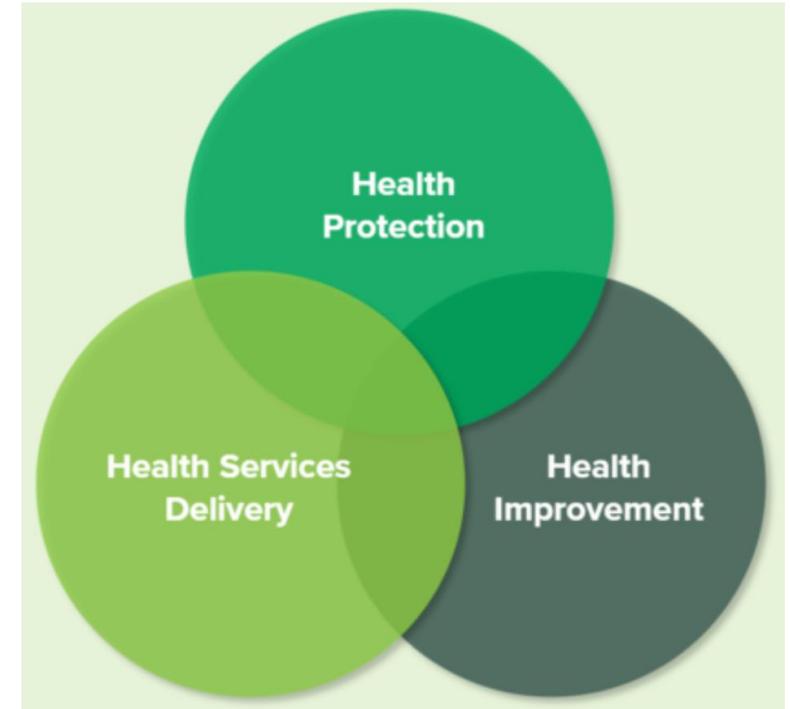
- Improving the health and addressing health inequalities of our populations
- Giving everyone the chance to lead long, healthy and fulfilling lives

*“the science and art of promoting and protecting health and wellbeing, preventing ill-health and prolonging life through the organised efforts of society”*

Knowledge and Intelligence

Workforce Development

Academic Public Health

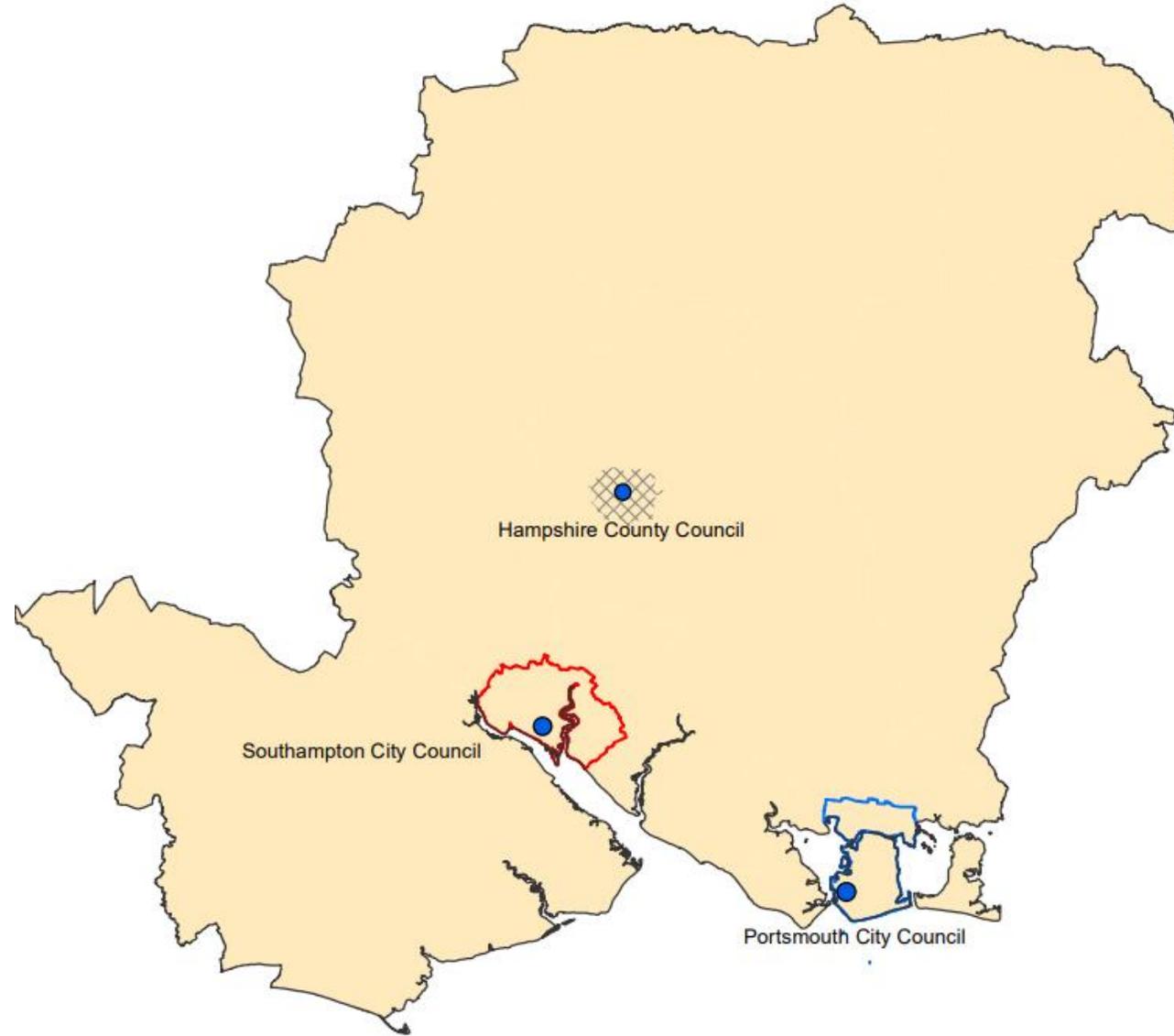


# What we do



# Graduate Trainee Recruitment areas

One Post in each area - Portsmouth City, wider Hampshire County (Post at Southampton City - withdrawn)



# Public Health Hampshire

- The population of Hampshire is estimated to be 1.409 million people. There are slightly more females, 51%, than males.
- Compared to England, Hampshire has an older population structure, with a greater proportion of the population aged 50 years and over and a lower proportion of working age, 20 to 44 years.
- Young people (aged 0-19 years) make up 22.6% of the population compared to 23.6% nationally.
- Hampshire has fewer young working age people (aged 20-44 years) compared to England as a whole; 27.9% in Hampshire compared to 32.4% in England.
- Older people, aged 70 years and over, make up 16.6% of the population compared to 13.4% nationally.
- The population of Hampshire is expected to increase by 6.3% over the seven-year period from 2020 to 2027, this equates to an increase of 88,211 people.
- Hampshire is among the least deprived authorities in England according to the Index of Multiple Deprivation (IMD) 2019, although there are pockets within Hampshire that fall within the most deprived areas in the country.
- According to the 2021 census, Hampshire's population is less diverse than England as a whole, with 92.6% of residents describing themselves as belonging to White ethnic groups compared to the national average of 81%. The diversity of the area's population is increasing, 7.4% of the population described themselves as of an ethnic background other than White in 2021, up from 5% in the previous census conducted in 2011.

Both sexes, all ages, 2019,  
disability-adjusted life year per 100,000

High rank ●●●●● Lower rank

	Hampshire	SE England	England
Tobacco	1	1	1
High fasting plasma glucose	2	2	2
High body-mass index	3	3	3
Dietary	4	4	4
High blood pressure	5	5	5
Alcohol use	6	6	6
High low-density lipoprotein	7	7	7
Occupational risks	8	8	8
Non-optimal temperature	9	9	9
Kidney dysfunction	10	12	11
Air pollution	11	11	12
Drug use	12	10	10
Malnutrition	13	13	13
Low physical activity	14	14	14
Low bone mineral density	15	15	15
Childhood sexual abuse and bullying	16	16	16
Unsafe sex	17	17	18
Other environmental	18	18	17
Intimate partner violence	19	19	19
Water, sanitation and hygiene	20	20	20

Figure one: Global Burden of Disease Data for Hampshire, South East England and England (Source: VizHub – GBD Compare (healthdata.org))

2023-2026

# Public Health Strategy



## Healthy places, settings and communities



Our key areas of focus and ambitions

### Transport and climate change

Include healthy streets, active travel and air quality in everything we do.

### Planning for health

Build healthy new places, and ensure our town centres and places we live in are accessible, safe and sustainable.

### Healthy settings

Develop healthy workplaces, community and educational settings.

### Hampshire County Council's role as an anchor institution

Contribute to the health of local communities, through our size, work, buildings, spaces and purchasing power. Encourage others to also take on this role.

## Healthy people



Our key areas of focus and ambitions

### Health protection

Contribute to the prevention, early detection and control of infectious and non-infectious risks to health; and support NHS screening and vaccination programmes.

### Public Health emergencies

Build capacity and capability to respond to Public Health emergencies.

### Public Health intelligence

Provide Public Health intelligence, advice and leadership to the NHS. This will inform service and pathway design, and tell us where to act to reduce health inequalities.

### Criminal justice and preventing violence

Deliver programmes with partners that reduce the impacts of violence, improving the health of families, communities and within the criminal justice system.

## Healthy lives



Our key areas of focus and ambitions

### Best start in life

Enable a healthy start in life for all Hampshire babies, children and young people.

### Healthy adults

Prevent the causes of ill-health and long-term conditions, focusing on those entering mid-life.

### Healthy older people

Enable older adults to remain healthy and independent for longer.

### Mental wellbeing

Work to improve mental health, wellbeing and prevent suicides.

### Sexual health

Support good sexual and reproductive health, through the provision of quality services and information.

### Domestic abuse

Prevent domestic abuse through the promotion of healthy relationships and earlier support. Reduce the impacts of domestic abuse on Hampshire families.

### Substance misuse

Reduce the number of residents harmed, by providing quality prevention, treatment, recovery and enforcement services.

# Portsmouth Public Health

## Meeting the needs of our population

### OUR CITY

**208,100**

residents



57th most deprived local authority in England (out of 317).

### EMPLOYMENT

Portsmouth's unemployment rate is **4.8%**

compared with 4.1% nationally.

**6.9%**

of residents have no skills compared with 5.6% average for South East and 8% nationally



### EDUCATION

**5.2%**

of 16–19 year olds are not in education, employment or training.

Children meeting the expected reading standard:

Portsmouth is ranked

**148/152**

local authorities at end of primary school



**147/152**

local authorities at end of secondary school



### LIFE EXPECTANCY

**Men 78.5**

compared with 79.4 nationally.

**Women 82.4**

compared with 83.1 nationally.



### HEALTHY LIFE EXPECTANCY

**15 YEARS SHORTER**

**14 YEARS SHORTER**

in most deprived areas compared to least deprived.

### NUMBER OF DEATHS

In Portsmouth in 2020 there were

**254 deaths**

in people under the age of 75 from causes considered to be preventable

### LONG-TERM CONDITIONS

**12%**



of working age residents have limiting long-term illness or disability



In Charles Dickens ward, this rises to **18%**



### CAUSES

The main causes of the life expectancy gap are:

Cardiovascular disease

Cancer

Respiratory disease

Rates of these are all significantly higher in Portsmouth than in England.



They are caused by environmental factors and risky behaviours – like smoking, alcohol, poor diet and inactivity.

### OBESITY

**2/3**

adults are obese or overweight which leads to preventable heart disease and cancer.

**28%**

of children are classified as obese at the end of primary school.



### MENTAL HEALTH

**12.9%**

of residents report having a long-term mental health problem compared to 11% in England.

**2,520**

children and young people accessed at least one mental health service in the 12 months to May 2022 (an increase from 2,150 in July 2021)

### ALCOHOL

**1 in 5 people**

(22%) are drinking to unhealthy levels, with up to 4,400 adults estimated to be alcohol dependent.

### SMOKING

**14%** of Portsmouth adults are estimated to smoke, rising to **27%** of manual workers.

Smoking remains the biggest preventable cause of ill-health and early death.



## Health and Wellbeing Strategy Priorities 2022-2030

### The causes of the causes:

1. Tackling poverty
2. Improving educational attainment
3. Positive relationships
4. Housing
5. Air quality and active travel

# The Public Health Practitioner Graduate Trainee role



A 2.5-year fixed term contract - hands-on experience of public health delivery



Build on knowledge through hands –on workplace experience alongside formal training & education



Protected study time a day a week / action learning sets every 6 weeks



Opportunity to undertake placements and/or projects to gain wider experience



Supported to complete a portfolio to become a registered public health practitioner with UKPHR

# Day to day tasks that a graduate trainee will take part in...

- Project manage a variety of public health projects ensuring quality, evaluation and value for money and within agreed timescales.
- Build relationships and work jointly with a wide variety of people and organisations that influence health
- Use data sources to analyse needs and benchmark performance against other geographical areas.
- Identify gaps in service provision and scope, develop and implement new opportunities.
- Undertake insights work on local populations needs to tackle unmet need.
- Communicate health improvement information and key messages to the public.
- Deal with complex and sensitive data in relation to quality in line with Data Protection principles.

# Is this role for you?

- ✓ Are you passionate about improving the health of your community and addressing health inequalities (avoidable differences in health) of the most vulnerable?
- ✓ Do you want to develop a career in Public Health and support evidence based and innovative public health projects?
- ✓ Do you have a degree in Public Health or related discipline such as Health Promotion, Health Sciences, Social Sciences, Human Geography, Anthropology
- ✓ Do you live in the local area – Portsmouth, Southampton, wider Hampshire County

# What we are looking for

## **To apply for the Public Health Practitioner Graduate Trainee programme you must:**

- ✓ Have a public health or related qualification at undergraduate or post-graduate level.
- ✓ Not currently be employed in a public health team.

## **We will prioritise people who:**

- ✓ Live locally to the employing local authority

## **To grow a diverse and representative workforce we particularly welcome applications from**

- ✓ Minority ethnic groups
- ✓ People:
  - with personal experience or links with communities experiencing health inequalities and social exclusion,
  - living with a long-term health condition or disability, or
  - from a community experiencing deprivation.

# Other Local Authorities Recruiting

You can view the roles currently being advertised by other local authorities at the below link:

<https://wessex.hee.nhs.uk/south-east-public-health-practitioner-graduate-trainee-programme/>



<b>Oxfordshire County Council</b>
<b>Buckinghamshire Council</b>
<b>Hampshire County Council</b>
<b>Portsmouth City Council</b>
<b>Reading Borough Council (Berkshire West)</b>
<b>Bracknell Forest Council (Berkshire East)</b>
<b>West Sussex County Council</b>
<b>East Sussex County Council</b>

# The application process

- Depends on the Local Authority – written application & an interview
- Use opportunity to speak with local leads for more info
- Tailor to the area
- Explain how you meet the essential job description criteria
- Interviews will vary - Microsoft Teams / in person
- There will be a panel of 3 – 4 people
- Interviews will last approx. 45 mins
- There will be a series of questions
- Opportunity for you to find about us
- Let us know in your application if you have any disability, a learning difficulty medical condition that may affect your performance – we will make reasonable adjustments to enable you to perform at your best.

# Top tips for interview preparation



Reflect on what you know about the area – what's interesting from a public health perspective?



Be clear on how you meet the essential job description criteria



Familiarise yourself with the public health practitioner standards – see resource list



Consider if there are any standards you feel you meet with confidence and examples to demonstrate this.



Consider if there are any standards you do not yet meet. This is good to explore as it can help to highlight your areas for development.



Make some notes on your experience that is related to public health – you can bring these to interview.

# Practice Interview Questions

- Tell me about yourself and why you want to work in public health?
  - Why did this role interest you?
  - What skills or qualities can you bring to this role?
  - What is your understanding of some of the public health challenges within this locality?
- Can you give an example of how you ensure you meet important deadlines?



# STARR Technique

S

Situation

Describe a situation or problem that you have encountered

T

Task

Describe the task that the situation required and why it was important

A

Action

Describe the action(s) you took, obstacles that you had to overcome

R

Result

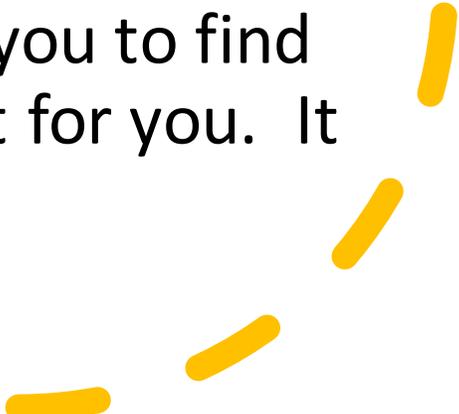
Highlight outcomes achieved and how success was measured. Employers like results driven employees.

R

Reflect

Sometimes it is appropriate to say that you reflected on what happened and decided how you would tackle the problem next time.

# Tips for interview response

- Use the STARR method to structure your examples.
  - Keep your answers to the point
  - Use 'I' for your answers to demonstrate what you did – Focus on A = action
  - Have a range of STARR examples – across essential criteria
  - Bring a pen and pad for notes
  - Breath - the interview is an opportunity for us to find out about you and for you to find out about the role and if it's right for you. It is a supportive process.
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Location of post	The post advert or where the post will be advertised	Dates the post is advertised	Interview dates Week commencing	Contact person to discuss the role further, in confidence please email
<b><u>Post 1</u></b> <b>Portsmouth City Council</b>	<a href="#">Graduate Public Health Practitioner - PCC Standard Site Minimal Template Careers (oraclecloud.com)</a>	closes 5 <sup>th</sup> July	w/c 17 July	<a href="mailto:publichealth@portsmouthcc.gov.uk">publichealth@portsmouthcc.gov.uk</a>
<b><u>Post 2</u></b> <b>Hampshire County Council</b>	To follow	28 <sup>th</sup> June to 16 <sup>th</sup> July	7 <sup>th</sup> August (tbc)	<a href="mailto:Louise.bevan@hants.gov.uk">Louise.bevan@hants.gov.uk</a> <a href="mailto:Abbie.Twaits@hants.gov.uk">Abbie.Twaits@hants.gov.uk</a>

# Useful resources

- **Public Health Practitioner Graduate Trainee Hub**
- <https://content.hyperfinemedia.co.uk/ph-practitioner-graduate-trainee>
- **Other Local Authority adverts**
- <https://wessex.hee.nhs.uk/south-east-public-health-practitioner-graduate-trainee-programme/>

## Other Resources

- [UK Public Health Register – Introductory day for practitioner registration \(ukphr.org\)](http://ukphr.org)
- [UKPHR-Practitioner-Standards-2018-2nd-Ed.pdf](#)
- [Practitioner Training - Working across Wessex \(hee.nhs.uk\)](http://hee.nhs.uk)
- [Specialty training - FPH](#)

Any questions

