

Health Action Campaign Volunteer Role Description

Role: Research Officer

Reporting to: The Director

Aim: To research good quality information to help people live longer, healthier lives.

- What choices can people make to improve their chances of living longer, healthier lives?
- How can we help people act on what they know to be healthy choices?
- What can the government, the food industry and employers do to make healthy choices the easy choices for people in their daily lives?

As a Research Officer you can help find answers to these questions through one or more of the following:

1. Research and draft new articles for our health website or review and update existing articles, or
2. Help with our research into health behaviour change - for instance by helping conduct or analyse behavioural surveys; or by reviewing how we can best apply health behaviour change findings in our work as a public health charity, or
3. Help research what can be done to make healthy choices the easy choices for people in their daily lives - for example by helping continue and build on the research which led to our *Healthy and Wealthy?* report.

Most people know what a healthy lifestyle is but what they know and what they do are often two different things. For example most people know that smoking significantly increases health risks but nearly ten million people in the UK still smoke. Hence our research into health behaviour change.

And making healthy choices is difficult if you are surrounded by unhealthy options and living in what health campaigners often describe as an obesogenic environment. Hence our research into what government, the food industry and employers can do to make a difference.

Time commitment: 3 – 6 hours per week, either in or out of office hours

Person Specification

- A graduate/professional
- Proven research skills and an enquiring mind
- An interest in health
- IT skills (and own computer)
- A good command of English
- Good written communication skills
- Able and willing to respond constructively to feedback

What impact you will have

We all know prevention is better than cure.

Yet 95% of NHS resources are committed to waiting for people to have accidents and fall ill and then treating them. And successive governments, under pressure from business lobbyists, have chosen to tackle the symptoms rather than the causes of preventable, lifestyle related illness.

So you can help us make a real difference to the nation's health, as we work alongside other health organisations to achieve change.

What's in it for you?

- The chance to help make a real difference to people's health (and so help ensure the NHS remains financially sustainable).
- A genuine intellectual challenge. How do we help individuals, governments and businesses do what is right, when there are often many forces pulling them in other directions?
- The opportunity to dig below the media headlines and find out what is and isn't good for our health.

This is also a very flexible volunteering opportunity. You can research from wherever is convenient for you, whenever suits you - while having the opportunity to meet other team members at meetings in central London.