

# CUMBERLAND COUNCIL'S RESEARCH PLAN SUMMARY

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## PURPOSE OF THE PLAN

This research plan will help Cumberland Council and partners gather information about how to improve everyone's health by understand what causes good and poor health. The plan supports the Council's vision for everyone to have good health and wellbeing and to provide excellent public services. The research plan will be delivered in line with the Cumberland Approach.

## HOW WE DEVELOPED THIS

- We spoke with 107 people including community groups, council staff, elected members, and experts. They shared 211 different questions and gaps in knowledge.
- These were organized by factors that affect health, and then grouped into larger research areas, removing any repeated questions.
- We ranked the research areas using a priority scoring system alongside Council data to decide what the most pressing priorities for Cumberland are.

## SCORING

The scores helped make sure that the research areas we focused on:

- Align with the Council's overall plan
- Can be changed by the Council
- Can change in the next four years
- Address real gaps in knowledge
- Are important to the community

## RESEARCH PRIORITIES

**To understand how people experience the following across coastal, rural and urban communities.**

- Poverty
- Routes to employment and education
- Cared for children
- Mental health
- Housing need
- Substance misuse
- Obesity and food insecurity

## OUTCOMES

- This research aims to show the different factors that affect health inequalities in coastal, rural, and urban areas in order to inform the re-design of key services.
- The HDRC team will undertake an annual review of the delivery of this Research Plan reporting on the effectiveness and what has been achieved.

## MORE INFORMATION

For more information, view our full research plan and research governance framework on our website [www.cumberland.gov.uk/hdrc](http://www.cumberland.gov.uk/hdrc) or Cumbria Observatory [www.cumbriaobservatory.org.uk](http://www.cumbriaobservatory.org.uk). You can also email us at [hdrc@cumberland.gov.uk](mailto:hdrc@cumberland.gov.uk)