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| **Title of Research Presentation:** **An exploration of prison staff and residents' experiences of participating in the Wellbeing Champions Programme: The Human 5** |
| **Background:** It is well established that people in custody experience poorer mental and physical health at disproportionately higher rates than general populations. Yet prison settings have the potential to reduce inequalities by adopting health practices and policies which seek to support and promote healthy behaviours and environments. Health and wellbeing interventions based on principles of empowerment, participation and peer support have shown promising results for prisoners (residents). An innovative health promotion programme has been delivered at 2 female prisons in England. The Wellbeing Champions Programme seeks to address both resident *and* staff wellbeing needs. It is both a framework for understanding health and its wider determinants, and a tool for facilitating shared learning and goal-setting. It aims to embed health and wellbeing into the culture of the prison, its methods are participatory, and its goal is to enable healthy behaviour change through the process of empowerment, choice and control – core values of health promotion practice. **Objectives:** This study explored experiences of staff (15) and resident (23) Wellbeing Champions. Its aim was to inform our understanding of how programmes focused on both resident *and* staff wellbeing relate to how well health and wellbeing are integrated within the culture of the prison; how the values of health promotion might influence healthy behaviour change for residents and staff in a challenging setting; and how a participatory approach influences whether Wellbeing Champions identify and overcome some of the wider determinants of health in prison. **Methods:** Adopting a purposively qualitative approach Wellbeing Champions attended focus groups of 6-10 staff/residents. Qualitative content analysis was used to analyse the data. Taking a deductive approach, categories were determined in the context of the research questions which related to health promotion theory. **Results:** Preliminary analysis of the interviews will be available for the conference.**Discussion:** An exploration of health promotion in female prison settings with a focus on core values including empowerment, choice and control. How might programmes which bring together both staff *and* residents influence how they collectively address barriers to health and wellbeing in a prison setting?**Keywords: Health Promoting Prisons; inequality; participatory; empowerment; behaviour change; determinants; gender** |