

Embedding Public Health, Inclusion Health and Planetary Health into the ARU MBChB Curriculum: A Curriculum Audit and Innovation Plan



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Anglia Ruskin University (ARU) Medical School, *the only medical school in Essex*, serves a region with significant health inequalities, coastal deprivation, and diverse communities.

As part of its commitment to excellence in education and social accountability, ARU is developing a structured public health, inclusion health, and planetary health audit and integration plan for its MBChB curriculum.

This initiative is aligned with the *NHS Long Term Plan (2019–2029)*, *General Medical Council Outcomes for Graduates (2018)*, and *Fit for the Future: A Ten-Year Health Plan for England*.

Building on existing commitments to equality, diversity and inclusion (EDI), community engagement, and innovative teaching, ARU will conduct a systematic curriculum audit benchmarked against national exemplars.



Core themes

The audit will map learning outcomes, teaching sessions, placements, and assessments against a public health rubric.

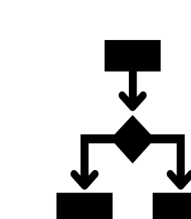
Key threads will include :

- Health inequalities
- Epidemiology
- Evidence-based medicine,
- Prevention and Health Promotion
- Health protection
- Quality improvement and Patient Safety
- Leadership and Systems thinking,
- Digital and Data literacy
- Inclusion Health/Social Justice
- Planetary health.



Innovative Teaching/Pilots

- **Data-to-Infographic Workshops:** Students will analyse NHS/ONS datasets to create accessible health inequality infographics for patients and policy stakeholders, fostering advocacy and digital health literacy.
- **Year 3 QI Sprint Projects:** In partnership with local Integrated Care Systems, students will run short Plan–Do–Study–Act (PDSA) cycles in GP or community clinics, addressing real service priorities (e.g., vaccine uptake, hypertension case finding).
- **Simulation-based learning** (e.g., outbreak response, vaccine counselling) using simulations.
- **Volunteering in community clinics** (e.g., Colchester Compassionate Community Clinic) to embed authentic, patient-centred learning.
- Short “*sustainability threadlets*” introducing planetary health in clinical teaching.



Key Outcomes

Through this project, ARU aims to:

- **Deliver the first comprehensive public health curriculum audit in Essex**, aligned with GMC and NHS priorities.
- **Embed innovative pilots** such as data storytelling workshops and QI sprint projects with ICS partners.
- **Strengthen student engagement** with underserved communities through volunteering, simulation, and community-based learning.
- **Produce a replicable audit framework** for UK medical schools seeking to integrate public health, inclusion health, and planetary health.
- By linking academic innovation to regional health needs, ARU will **create a sustainable model of medical education** that supports prevention, reduces inequalities, and prepares future doctors for the complex challenges outlined in the NHS Long Term Plan.

References

- General Medical Council. *Outcomes for Graduates*. GMC; 2018.
- NHS England. *The NHS Long Term Plan*. NHS; 2019.
- Faculty of Public Health & Medical Schools Council. *Public Health Content in the Undergraduate Medical Curriculum*. FPH/MSc; 2018.
- Planetary Health Report Card (PHRC). <https://phreportcard.org/>

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