

Human Health Project (HHP), A Company limited by Guarantee, Report of the Trustees' (incorporating the Directors Report) for the year ended 30th June 2023 that have been vetted by HHP. Northern Ireland charity number 101323. Company number NI625043. Room 311, Scottish Provident Building, 7 Donegall Square West, Belfast BT1 6JH

TRUSTEES' REPORT

1. Vision and Mission

Vision: We envision a world where all people affected by health challenges live healthy lives supported by a community that cares.

Mission: To improve the health of the underserved and vulnerable through holistic information, education and advocacy.

2. Strategy

- Continue to focus on increasing health literacy, improving healthcare equity and access improving healthcare outcomes and decreasing medical errors and deaths.
- Focus on using our health literacy programmes to prevent noncommunicable diseases with an initial focus on Type 2 Diabetes and associated conditions.
- Make fundraising a primary focus of the organisation to fund the expansion of the work of the charity, helping more people in need.
- Apply for funding with all four HHP programs delivered in a unified experience with health literacy underlying all of HHP's programs.
- Identify and attract partnerships with clinician groups, health trusts, charities, universities, and other entities with whom we have a synergy.
- Recruit local councilors, assembly members and members of the UK parliaments to assist with furthering the HHP cause.
- Recruit one or more celebrities to be a spokesperson(s) for HHP.

In the year to June 30th 2023 and up to the time of completion of this report: Human Health Project (HHP) is a Northern Ireland holistic, health literacy charity. The organisation is a separate legal entity from, but closely affiliated with HHP in the Republic of Ireland and the US. It was founded by Dr. Phil Harrington, following a 3-year undiagnosed illness. The work of the charity is achieved primarily through the amazing work of HHP's team of dedicated volunteers in combination with grant and donor funding.

Health literacy is a necessary tool to navigate the complexities of the healthcare system and health conditions, especially for the underserved and vulnerable. Human Health Project aims to educate and empower individuals so that they can understand and access the healthcare system and manage their health, it works to achieve this goal using a three-pronged approach; Information, Education and Advocacy.

The target demographic of HHP's work comprises disadvantaged patients and caregivers within the age range of 18-69 who often struggle to effectively express their symptoms and needs. This includes individuals from low to middle-income backgrounds, with a specific emphasis on women, older adults, immigrants and refugees. These groups are frequently underrepresented and face numerous barriers in accessing appropriate healthcare services.

In 2024, we will translate our short patient education video courses into additional languages, and we will collect Shared Patient Information for non-communicable conditions with an initial focus on Diabetes. In parallel with work on our programmes, we will work on the development of our Unified Patient Experience which unites all our programmes using AI, into one guided experience, driven by profile and health condition real world data/Shared Patient Information.

Our Programs:

[Shared Patient Information \(Real World Data\)](#): HHP conducted pilot Migraine and Lupus surveys, where holistic Shared Patient Information was collected from over 13,000 people from 2016 to 2020. These surveys collected a) Causes b) Triggers c) Symptoms d) Treatments e) Treatment side effects and f) Treatment outcomes for these two health conditions. The data included conventional, natural, alternative, and over-the-counter treatments as so to draw from diverse experiences. 50 pages of survey reports can be seen for each of the two pilot conditions on this page <https://humanhealthproject.org/hhp-real-world-data-program/> Scroll down the page to view "What our Members are Saying" which displays the outcomes collected in 2020, at the bottom of the page. The HHP product and tech team are currently working on developing a unified patient experience which unites all our four programmes into one patient experience with real world data being used to best guide individuals to the resources and data that will be most helpful to them. Our next health condition focus is on non-communicable conditions, commencing with Diabetes and its associated conditions.

[Learning Academy](#): We launched our Learning Academy in 2021. The pilot, with substantial outcomes, includes six courses with the following titles:

<https://humanhealthproject.org/learning-academy/>

- "Your Rights as a Patient"
- "Patient Empowerment and the ePatient Movement (How to Stand Up for Yourself and be Heard)"
- "What to do When You Can't Get a Diagnosis"
- "Finding Credible Information Online (How to Research Online as an ePatient)"
- "Health Literacy (The Language of Health)"

- “How Real World Data is Transforming Healthcare.”

Courses in production which will be released in 2024 in multiple languages as well as the 6 existing courses include

- Where to Get Help in Northern Ireland
- Preventing Medical Errors
- Building Your Healthcare Team
- Approaches to Patient Advocacy
- Understanding the Role of a Patient Advocate
- What is an ePatient
- Managing Opioids and Controlled Substance
- Accessing Your Medical Records
- Making sense of your Medical Tests

[Patient Advocacy](#): HHP piloted its Peer-Led Patient Advocacy programme, titled "Understanding the Healthcare System" in 2022 with very good outcomes. The workshops are one to one and a half hour long and cover essential topics including:

- Knowing your Patient Rights
- How to Stand up and Be Heard
- How to Research online as an ePatient
- Where to Get Help in Northern Ireland

Webpage: <https://humanhealthproject.org/workshops/>

Currently online workshops take place monthly.

[Peer to Peer Events](#): From 2020 to 2022, We hosted 6 online peer to peer panels to over 1,000 attendees. Panelists were made up of patients and experts from Northern Ireland, Republic of Ireland the US and Canada. The latest panel was titled, “How to Stand Up for Yourself: Patient Empowerment and the ePatient Movement with a focus on IBD (Inflammatory Bowel Disease, Crohn’s & Ulcerative Colitis)”, and all panels are available on the Human Health Project website for anyone to watch <https://humanhealthproject.org/events/>

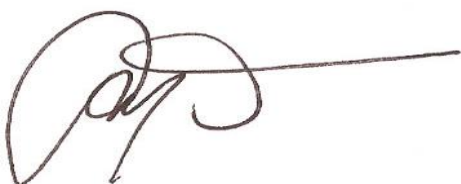
The charity had debts of £373 at the end of June 30th 2023.

The accounts were verified by an independent examiner.

There were no revenues and expenditure of £33 in the year to June 30th 2023.

The trustees have had regard to the Commission's Public benefit requirement statutory guidance.

The Trustees report was approved by the Trustees on January 26th 2024

A handwritten signature in dark ink, featuring a large, stylized initial 'P' followed by a series of loops and a long horizontal stroke extending to the right.

Philip Harrington Chief Executive signed on behalf of the Trustees