



# How to do it all

Clare Griffiths



# A bit about me

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- I'm not really a statistician...
  - I've been working in health statistics since 1998 after completing a Masters degree in Medical Demography at the London School of Hygiene and Tropical Medicine
  - I studied Human Sciences at UCL
  - Mortality statistics is the area I have specialised in most but in more recent years health indicators and their production has been my focus
  - I led the covid dashboard team at PHE then UKHSA before "returning" to DHSC in early 2023.
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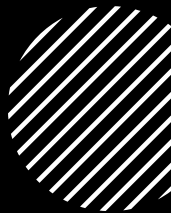


# Can you do it all?

- Spoiler alert...
- No!



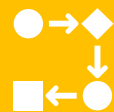
# Lean out, not in



We succeed by lifting others up



Demand to be listened to



Don't accept that the only way to succeed is to "lean in" to the system



Campaign for change

# Some practical things you can do

