



Dear Colleagues,

**PHE Health and Wellbeing monthly update
Issue No 17: April 2017**

Welcome to the Yorkshire and Humber Health and Wellbeing monthly update. This update is our way of sharing any good and emerging practice, new developments, updates and guidance. The update is circulated at the beginning of each month with previous month's updates. If you have anything that needs to be shared urgently, we will circulate as soon as possible.

Ensuring Every Child has the Best Start in Life (H&WB Team Lead: Alison Iliff and Gemma Mann)

Screening tests and early pregnancy scanning leaflets updated

Public Health England has updated and rebranded its leaflets on screening tests and pregnancy scans: [Screening tests for you and your baby](#). This booklet gives information on the screening tests offered during pregnancy and after the baby is born. It is available in English and 12 other languages.

[Information about the first trimester scan](#): This publication sets out early pregnancy ultrasound scan information which has been updated with rebranded artwork :

- purpose of the scan
- what will happen in the scan room
- procedures for after the scan
- what happens if a problem is found or suspected
- what will happen if the scan cannot be completed

Child Health Profiles 2017

On Tuesday 7 March PHE published the Child Health Profiles 2017 which present data across 32 key health indicators of child health and wellbeing. The profiles provide a snapshot of child health and wellbeing for each local authority in England and are designed to help local organisations understand the health needs of their community and work in partnership to improve health in their local area.

Alongside the PDF snapshots, interactive versions of the data are available for local authorities and CCGs in the [new child and maternal health section on PHE's Fingertips tool](#) for users to interrogate the data in greater depth.

School nurse toolkit: Evaluation of behaviour change interventions

School nurses are key professionals in delivering evidence-based public health programmes and interventions to support children and young people achieve best health outcomes. Evidence suggests that although school nurse interventions result in a variety of positive outcomes there is a lack of formal and robust evaluation activities. This toolkit is for school nurses who are undertaking interventions to support behaviour change in children or young people. It takes a realistic approach that can be integrated into practice. Whilst there is no single way of doing evaluation, and there is no 'one size fits all' approach to evaluation, this toolkit provides a guide to the processes and tools to use to evaluate the work you deliver. View the full toolkit [here](#).

Teenage conceptions data

The latest data on [under 18 conceptions \(Oct-Dec 2015\)](#) was released by the Office for National Statistics on 22nd March 2017.

NCMP tracking report published

PHE has released its [NCMP \(National Child Measurement Programme\) Tracking Report](#), which tracked the

height and weight of 33,000 children from Reception (age 4–5 years) to Year 6 (age 10–11 years) in state schools across four local authority areas. The aim of the report was to highlight the trends in obesity among primary school children, while identifying the socio-economic factors affecting a child's weight status. The findings, while not nationally representative, reveal that children who start with a healthy weight are likely to maintain a healthy weight while children who start with an unhealthy weight are more likely to be overweight, obese or severely obese by Year 6. The report also shows that children from certain ethnic minority groups or deprived backgrounds are more likely to develop or maintain an unhealthy weight.

Weight change in primary school age children

On 14th March PHE published [Weight change in primary school age children](#), A longitudinal analysis of data from the National Child Measurement Programme in four local authorities in England between 2006/07 and 2014/15.

New Start4Life Breastfeeding Campaign

Do you work with pregnant women and new mums? If so you'll be interested in Start4Life, PHE's programme which offers advice and practical tips to support parents and parents-to-be in making healthy lifestyle choices for themselves and their babies. This will include:

- A new digital support tool for pregnant women and new mums – the Start4Life BreastFeeding Friend (BFF) chatbot. The Start4Life BFF will be accessed through Facebook Messenger and will provide support for mothers at any time of the day or night to help make breastfeeding a better experience. The bot works as a live chat tool which is able to respond to users' questions about breastfeeding. To access the BFF chatbot from the 23rd of March simply open Facebook Messenger and search [Start4Life BreastFeeding Friend](#) or visit m.me/start4lifebreastfeedingfriend to get started.
- PR and social media activity with a focus on regions where [breastfeeding rates are at their lowest](#).
- An updated version of the '**Off to the best start**' leaflet which will be available soon on the Campaign Resource Centre to download and order.
- [Media release and digital resources](#) to help you promote the campaign in your area and on social media. Please note you will need to be [signed in](#) to the Campaign Resource Centre to view these resources. These resources are only accessible to those with .GOV and .NHS email accounts.

Mental Health Services and Schools Link Pilot Evaluation

Please click [here](#) for the full evaluation and research brief (summary report) for the Mental Health Services and Schools Link Pilots.

Sex and relationships education to become statutory in all secondary schools

- An amendment to the *Children and Social Work Bill* introduces statutory relationships and sex education across all secondary schools, including academies and independent schools *and* statutory relationships education across all primary schools.
- Faith schools will retain the right to teach according to the tenets of their faith – within requirement of Equality Act – Church of England and Catholic Education Service in support of statutory status
- PSHE: legislation gives government the right to introduce statutory PSHE at a later date, after consultation about scope

Click [here](#) for more information.

Disadvantage, Behaviour and Cognitive Outcomes Longitudinal Analysis from Age 5 to 16

The social and emotional skills we develop as children impact on many of the things we care about in adult life, including adult physical and mental health, employment, and life satisfaction. This paper contributes to the current debates about improving social mobility, by presenting newly commissioned research on social and emotional skills, and their interaction with poverty.

This paper suggests that early behaviour may have a significant influence over future outcomes, especially for children born into poverty. Parental education and maternal mental health are important factors that help drive this relationship, and explain much of its interaction with disadvantage. Assuming the relationships uncovered by this research are genuinely causal, then our results suggest that evidence-based programmes targeted at low-income families – which successfully improved maternal wellbeing, early child behaviour or early learning

– could undo much of the socioeconomic disparities in children’s outcomes. Such programmes might take advantage of funding for disadvantaged two-year-olds while being embedded within a wider local early-years system. This would be another tool to consider as part of attempts to promote social mobility and break intergenerational cycles of disadvantage. [Click here](#) to access the paper.

Living Well

Tackling Obesity (H&WB Team Lead: Nicola Corrigan)

Updated versions of PHE’s suite of catering guidance and supporting tools published
PHE recently updated the [suite of catering guidance and supporting tools](#), reflecting recent changes in government dietary recommendations for fibre, sugar and vitamin D intakes and associated messaging including;

- updates from the Eatwell Guide including updated advice for consumption of fruit juice and smoothies
- new, lower recommendations for sugar intake, and higher recommendations for fibre intake in response to the Scientific Advisory Committee’s (SACN’s) Carbohydrates and Health report published in July 2015
- new revised advice for intakes of vitamin D in response to SACN’s Vitamin D and Health report published in July 2016
- revisions necessary following publication of new National Diet and Nutrition Survey (NDNS) data in September 2016

PHE have also updated the document [‘A Quick Guide to the Government’s Healthy Eating Recommendations’](#).

Childhood Obesity: Follow-Up

This follow-up report on childhood obesity in the UK argues that the government needs to take more robust action to tackle the impact of deep discounting and price promotions on the sales of unhealthy food and drink. In relation to the child obesity plan, the committee welcomes the measures announced on sweetened beverages but highlights that greater action on several key areas could make the strategy more effective overall. The committee will continue to follow up on how the money from the sweetened drinks levy is distributed. [Click here](#) for report.

Getting Active Outdoors

Sports England has commissioned the Outdoor Industries Association to explore the outdoors sport, activity and recreation market in England. [Click here](#) for more information.

NIHR CLARHC for Yorkshire & Humber Healthy Weight Networking Meeting

Please find **attached** notes from the above meeting which took place in Sheffield on the 3rd March.

What is the effectiveness of obesity related interventions at retail grocery stores and supermarkets? —a systematic review.

Please click [here](#) to read the article.

Join KHUB

Yorkshire and Humber Healthy Weight and Physical Activity Community of Improvers network is now on Knowledge Hub. Important information, publications and meeting information will be published Col community network page. [Click here](#) to join the group.

Everybody Active Every Day (H&WB Team Lead: Nicola Corrigan)

Results from the Department for Transport-funded Propensity to Cycle Tool project

Data produced for a Department for Transport funded tool highlights just how much more cycling people in

England could do, given the right policies and investments. New analysis for the [Propensity to Cycle Tool](#) shows that if English people were as likely as the Dutch to cycle trips of similar length and hilliness, nearly one in five of us would cycle to work. This [Evidence Brief special](#), produced with the PCT team from CEDAR and the Universities of Leeds, Westminster and Leeds, looks at where in England has the highest cycling, including urban and rural examples. It also examines the potential benefits of increasing cycling to health and to the environment.

Providing physical activity interventions for people with musculoskeletal conditions

Arthritis UK launched new report, Providing physical activity interventions for people with musculoskeletal conditions. The report has been produced in partnership with the Department of Health, Public Health England and NHS England and is also endorsed by the Royal College of Practitioners, Local Government Association and Chartered Society of Physiotherapists. It is intended for organisations responsible for commissioning and providing local services, as well as musculoskeletal and physical activity organisations who may find it of interest.

The report highlights the importance of providing physical activity interventions for people with musculoskeletal conditions and details the resources that local authorities and commissioners can use to enable and support people with musculoskeletal conditions to be physically active.

Physical activity is a key part of a public health approach to musculoskeletal conditions and it has a range of benefits for people with musculoskeletal conditions in terms of improving quality of life and supporting people to be independent. It can reduce joint and back pain by 25% while also improving sleep, managing stress and reducing depression, anxiety and dementia.

Download the full report [here](#)

Making Strides in Schools symposium report

In September 2016, the National Centre for Sport and Exercise Medicine (NCSEM) hosted a one-day symposium to draw upon the growing interest and exposure of running programmes in primary schools across the UK and bring together key stakeholders from across sport, health, education and academic sectors. Please click [here](#) to access the report.

Yorkshire Local Disability Sport Contacts

Please find **attached** details of local disability sport contacts.

Get Out Get Active

Get Out Get Active (GOGA) is an exciting new programme that supports disabled and non-disabled people to enjoy being active together. Funded by Spirit of 2012, all partners are focused on getting some of the UK's least active people moving more through fun and inclusive activities. [Click here](#) for more information.

Erasmus + sport programme

Erasmus Plus is the European Programme for education, training, youth and sport for the period 2014-2020. It brings together all the previous EU and international schemes for education, training, youth and sport, replacing the seven previous programmes including:

- Lifelong Learning Programme
- Youth in Action
- Erasmus Mundus
- Preparatory Actions for Sport

Education and training are at the core of the Europe 2020 Strategy for smart, sustainable and inclusive growth, and of the Integrated guidelines for the economic and employment policies of the Member States.

More information regarding the programme including who can apply and how can be found in the **attached** document.

Hull Schools Stand Up

All Hull schools are challenged to keep their students active and on their feet for at least 50% of the time spent during classroom based lessons on Wednesday 28th June 2017. Please see **attached** flyer for more information.

Sport England – investment opportunities

Please find **attached** more information.

The Daily Mile

Please find **attached** a briefing note which provides an overview and current evidence base for The [Daily Mile](#) initiative which is popular and being taken up by many schools to improve fitness and wellbeing.

Reducing Smoking (H&WB Team Lead: Scott Crosby)

Adult Smoking Habits in the UK: 2015

The [Adult Smoking Habits in the UK](#) bulletin describes smoking data for the UK and its constituent countries from the Annual Population Survey in addition to smoking data for Great Britain from the Opinions and Lifestyle Survey. The data showed that in 2015, of all adults in the UK 17.2% smoked, down from 20.1% of adults who smoked in 2010. In addition, 2015 saw the highest proportion of quitters since 1974 (56.7%) with half of all e-cigarettes users stating their main reason for “vaping” was as a means to quit smoking.

Reducing Harmful Drinking (H&WB Team Lead: Liz Butcher)

Alcohol licensing: information databases

This guidance provides information about a number of [information databases](#) that hold useful data about mortality, drug use and other relevant topics for public health teams who are involved in licensing decisions. It also includes information about data-sharing agreements.

The databases covered are:

- [Local alcohol profiles for England](#)
- [Primary care mortality database](#)
- [National Drug Treatment Monitoring System](#)
- [Hospital episode statistics data](#)
- [Data sharing agreements](#)

Updated Alcohol Identification and Brief Advice (Alcohol IBA) e-learning programme

Public Health England has worked with Health Education England e-Learning for Healthcare to update the Alcohol Identification and Brief Advice (Alcohol IBA) e-learning programme. The programme is designed to help professionals deliver simple advice to individuals whose drinking might impact their health. The [Alcohol IBA e-learning resources](#) are available for free to all NHS staff as well as being available via OpenAthens and via PHE's [Alcohol Learning Resources website](#).

Mental Health (H&WB Team Lead: Corinne Harvey)

New toolkits for employers on suicide prevention and postvention

PHE has worked in partnership with Business in the Community and the Samaritans to produce a set of toolkits for employers on suicide prevention and how to respond effectively when a suicide does happen. These toolkits were published to coincide with the publication of ONS statistics on suicide by occupation. The toolkits can be found on the [BITC website](#).

Web-Based Mindfulness Intervention for Families Living With Mental Health Problems

The aim of this study was to explore the participants' experiences of using an 8-week web-based mindfulness programme in terms of user value and usability.

The programme's usability was satisfactory and largely corroborated by the surveys. The programme was experienced as a valuable tool to cope with stress in both private and professional contexts, making it a viable option to support families living with mental health problems. Time for self-care, a widened perspective, a less judgmental and more accepting attitude, deterring automatic reactions and setting limits helped the participants to deal with their situation and health. The programme's ease and flexibility of use were major advantages, although the training requires discipline.

Motivators and barriers to use were illuminated, which should be considered in the development of further online services and study designs.

Read the full abstract [here](#).

Sexual Health (H&WB Team Lead: Sharron Ainslie)

Faulty of Sexual and Reproductive Health

The guideline has been updated to reflect the most up to date evidence and information on the effectiveness of emergency contraception methods, how they compare to each other, contraindications and restrictions in use. Please see attached FSRH press release. [Click here](#) to access new Emergency Contraception Guideline from the FSRH.

FSRH Workforce Standards

The Faculty of Sexual and Reproductive Health has updated their workforce standards. The document outlines good practice standards for SRH services and contracts. Please [click here](#) for the document.

Drugs Recovery (H&WB Team Lead: Liz Butcher)

Report Illicit Drug Reaction (RIDR) reporting system

PHE, in collaboration with MHRA, is piloting a national online system for reporting the adverse effects of NPS and other illicit drugs, which is very similar to the way in which adverse effects of pharmaceutical products are reported to the MHRA's Yellow Card Scheme. The RIDR pilot is part of PHE's wider work on developing a NPS information system, aiming to reduce the length of time between the emergence of drug-related health harms and the development of effective clinical responses, leading ultimately to a lower incidence of drug-related morbidity and mortality.

The RIDR online reporting form enables health professionals to report the harmful effects of NPS that they encounter in their patients. It is intended to be used by health professionals who work in emergency departments, general practice, drug treatment services, sexual health services, mental health services, prison health services and any other services where staff may come into contact with people who have developed acute or chronic problems associated with their use of NPS.

Please see **attached** letter. And the RIDR reporting system can be accessed via [this link](#).

NHS Health Checks (H&WB Team Lead: Melanie Earlam)

Letter from Duncan Selbie on latest evidence on the efficacy of the NHS Health Check programme

Please see **attached** letter from Duncan Selbie which was sent to Directors of Public Health on 14th March 2017.

NHS Health Check total eligible population for 2013-18

See **attached** National Gateway Documents have been sent by PHE (22 February 2017) to Directors of Public Health. Send completed form to nhshealthchecks.mailbox@phe.gov.uk.

Please note that the form, signed by Directors of Public Health, should be returned to PHE by **21 April 2017**

Fixed-dose combination therapy for the prevention of atherosclerotic cardiovascular diseases

Atherosclerotic cardiovascular disease (ASCVD) is the leading cause of death and disability worldwide, yet ASCVD risk factor control and secondary prevention rates remain low. A fixed-dose combination of blood pressure- and cholesterol-lowering and antiplatelet treatments into a single pill, or polypill, has been proposed as one strategy to reduce the global burden of ASCVD.

This study aims to determine the effect of fixed-dose combination therapy on all-cause mortality, fatal and non-fatal ASCVD events, and adverse events. The researchers also sought to determine the effect of fixed-dose combination therapy on blood pressure, lipids, adherence, discontinuation rates, health-related quality of life, and costs.

The authors concluded that the effects of fixed-dose combination therapy on all-cause mortality or ASCVD events are uncertain. A limited number of trials reported these outcomes, and the included trials were primarily

designed to observe changes in ASCVD risk factor levels rather than clinical events, which may partially explain the observed differences in risk factors that were not translated into differences in clinical outcomes among the included trials. Fixed-dose combination therapy is associated with modest increases in adverse events compared with placebo, active comparator, or usual care but may be associated with improved adherence to a multidrug regimen. Ongoing, longer-term trials of fixed-dose combination therapy will help demonstrate whether short-term changes in risk factors might be maintained and lead to expected differences in clinical events based on these changes.

Read more [here](#)

Ageing Well (H&WB Team Lead: Alison Iliff, Dementia: Melanie Earlam)

Future Years forum and newsletter

Future Years acts as a forum for highlighting and effectively responding to key issues facing the ageing population of the Yorkshire and Humber region. It does this by

1. Working in partnership with interested and relevant agencies which reflect the diversity of the region's population.
2. Sharing information and resources including, for example, data, details on legislation, developments and initiatives, problems and examples of best practice.
3. Supporting and promoting the development of partnership working and multi-sector approaches.
4. Supporting and promoting initiatives and developments relevant to the regions ageing population.
5. Conducting research and specific pieces of work; source and gather evidence; collating and sharing findings and information with partners and other stakeholders.
6. Engaging with older people, to ensure their involvement and consultation in key regional strategic developments.

Those registered with Future Years will receive an emailed newsletter telling them about events, giving information on new developments affecting older people and new research. Future Years also holds quarterly workshops to which you will be invited and may invite you to take part in consultations.

If you would like to register with Future Years please email admin@futureyears.org.uk

Dementia-Friendly Housing Charter

This charter aims to help housing organisations better understand dementia and how housing, its design and supporting services can help improve and maintain the wellbeing of people affected. Free registration is required in order to access the charter. [Click here](#) to register.

Blueberry concentrate improves brain function in older people

Drinking concentrated blueberry juice improves brain function in older people, according to research by the University of Exeter. In the study, healthy people aged 65-77 who drank concentrated blueberry juice every day showed improvements in cognitive function, blood flow to the brain and activation of the brain while carrying out cognitive tests. There was also evidence suggesting improvement in working memory of the 26 healthy adults in the study, 12 were given concentrated blueberry juice providing the equivalent of 230g of blueberries once a day, while 14 received a placebo.

Before and after the 12-week period, participants took a range of cognitive tests while an MRI scanner monitored their brain function and resting brain blood flow was measured.

Compared to the placebo group, those who took the blueberry supplement showed significant increases in brain activity in brain areas related to the tests.

Full reference: Bowtell, J. et al . [Enhanced task related brain activation and resting perfusion in healthy older adults after chronic blueberry supplementation](#). Applied Physiology, Nutrition, and Metabolism, March 2017.

Trends in diagnosis and treatment for people with dementia in the UK 2005-2015

The objectives of this study were to describe changes in the proportion of people diagnosed with dementia and the pharmacological treatments prescribed to them over a 10 year period from 2005 to 2015 at a time of UK policy strategies and prioritisation of dementia. We aimed to explore the potential impact of policy on dementia care.

Over the 10 years studied, there is evidence of a sustained positive change in diagnosis rates of dementia and in the quality of drug treatment provided to those diagnosed. The prescription of antedementia drugs more than doubled and the prescription of potentially hazardous antipsychotics halved after the introduction of national dementia strategies. These data support the formulation and delivery of national policy to improve the quality of care for people with dementia.

Read the full article [here](#).

Data, Documents, Letters, Reports & General Information

Sector-led improvement conference: evaluation summary

The second Yorkshire and Humber sector-led improvement (SLI) conference was held on 17th February 2017 in York. Keynote presentations were given by Chris Goulden, Deputy Director of Policy at the Joseph Rowntree Foundation and Jane South, Professor of Healthy Communities at Leeds Beckett University. Please see **attached** evaluation summary.

Wider Determinants of Health: March 2017 launch

The [Wider Determinants of Health tool](#) presents local indicators and resources, drawing attention to the broad range of individual, social and environmental factors which influence health outcomes. The tool is designed to provide the public health system with intelligence regarding the wider determinants of health to help improve population health and reduce health inequalities. It presents indicators at a local authority level and enables comparisons across authorities and with England as well as regional and sub-regional averages. A range of further resources such as case studies, interventions and guidance are provided, allowing users to explore particular topics further.

Kings Fund Report on the impact of financial pressure on health services

[Click here](#) to access the Kings Fund report on the impact of financial pressure on health services. One of the four services they focussed on was genitourinary medicine, which they found to be under particular strain and that this had affected the quality of patient care.

Working with the voluntary, community and social enterprise sector

The Local Government Association has published [Public health working with the voluntary, community and social enterprise sector: new opportunities and sustainable change](#). The case studies in this report show how public health and the voluntary, community and social enterprise sector (VCSE) are working together to make a real difference to people's health and wellbeing.

Health and wellbeing in rural areas

This report, produced in partnership with Public Health England, highlights the specific needs and challenges for health and care provision in rural communities. The report includes case studies showcasing the ways in which local authorities in England are tackling health inequalities, improving access to services and building up community resilience.

[Click here](#) to download the report.

National CQUIN Templates 2016/17

[Click here](#) to download National CQUIN templates 2016/17. The healthy weight and physical activity CQUINs can assist in any work with health providers to support the employee health and wellbeing agenda.

NICE quality standard on community engagement

NICE recently published their '[Community Engagement: Improving Health and Wellbeing quality standard](#)'.

This quality standard covers community engagement approaches to improve health and wellbeing and reduce health inequalities, and initiatives to change behaviours that harm people's health. This includes building on the strengths and capabilities of communities, helping them to identify their needs and working with them to design and deliver initiatives and improve equity. NICE quality standards focus on aspects of health and social care that are commissioned locally.

Underserved populations resource

In January 2017 Public Health England published [Tackling Tuberculosis in underserved population: a resource for TB control boards and their partners](#). The resource is a living document to help improve our understanding of health needs among underserved populations, and provides exemplars of good practice across the country that could be used to improve outcomes in this population. The TB Control Board is currently looking at how best to use the resource in the context of Yorkshire and Humber and the North East, at a time when the proportion of cases of complex TB and those with social risk factors is increasing.

Air Quality: A Briefing for Directors of Public Health

This [briefing](#) provides Directors of Public Health, local authority Officers and other interested parties with the information needed to help you consider the appropriate public health response to air pollution in your area. There is extensive evidence about the health impacts of air pollution, growing media and public interest and an indicator on mortality attributed to particulate matter (PM) air pollution in the Public Health Outcomes Framework.

This briefing describes the latest evidence, outlines the role that Public Health officials can play, highlights techniques to get a better understanding of the local issues, and presents evidence-based principles for communicating with the public on air pollution.

Informed Choice? Giving Women Control of their Healthcare

This report has found that across the country women are not being treated appropriately when it comes to their physical, mental and gynaecological health. Using a survey of over 2,600 women and freedom of information requests, the report highlights the need for improvements in the quality of care for women with fibroids and endometriosis in particular.

Report can be accessed by [clicking here](#).

Be Clear on Cancer

The Be Clear on Cancer Respiratory Symptoms campaign will be relaunching this summer. The planned launch date is 18th May and it will run over the summer, with the creative from last year largely remaining the same. Resources available now. Please see **attached** for more information.

Upcoming Meetings and Seminars

Healthy Weight & Physical Activity COI

Wednesday 3rd May at 10am – 12.30pm at Blenheim House, Leeds.

Contact : primal.kaur@phe.gov.uk

Obesity Network Seminar: Opportunities and Challenges

Venue : Leeds Beckett University, Headingley , Leeds , LS6 3QS

Date: Tue 25 April 2017

Time: 08:30 – 13:00

How to book: [Click here](#) to register for free.

CPD Event - Healthy Communities (Natural Environment)

PHE are delighted to inform you that they are continuing to develop a series of educational events for public health staff in the region to help support the public health workforce and provide an opportunity for continuing professional development.

The next education event will be on

Date: Tuesday 2nd May 2017

Venue: Cedar Court Hotel, Park Parade, Harrogate, Yorkshire, United Kingdom, HG1 5AH

The theme for this session is **Healthy Communities (Natural Environment)**. We have a great line up of speakers involved on the days from Leeds Beckett University, Park Run, Fields in Trust, Yorkshire Dales

National Park and Experience Community, full details of the programme are provided in the attachment.

We have allocated 3 places per local authority as usual, any unused places will be re-allocated on the 10 April 17 to any waiting list, bookings are available through [Eventbrite](#). Please find **attached** an agenda.

Making Every Contact Count (MECC) Conference Yorkshire and Humber

Venue: Showroom Workstation, 15 Paternoster Row, Sheffield, S1 2BX
Date: Wednesday 26 April 2017
Time: 9:30 – 15:30pm

This event will focus on system wide approaches to positive lifestyle behavioural change and opportunistic interventions to promote wider wellbeing using MECC.

Making Every Contact Count (MECC) is an approach to behaviour change that utilises the millions of day to day interactions that organisations and individuals have with other people to support them in making positive changes to their physical and mental health and wellbeing. MECC enables the opportunistic delivery of consistent and concise healthy lifestyle and broader wellbeing information. This enables individuals to engage in conversations about their health and wellbeing at scale across organisations and populations.

The conference programme goes beyond 'What is MECC?' into the implementation and evaluation stages to address key questions on training, evaluation, impact and scalability the benefit of the local population.

Who should attend?

Attendance to this free event is welcomed from anyone that has an interest in promoting and supporting lifestyle behaviour change and is particularly appropriate to colleagues working within the NHS, Local Authorities, Emergency Services, Health Promoting organisations and Third sector organisations.

Conference Agenda

The conference will include both academic input along with good practice case studies and will cover:

- Making the case, why do we need to Make Every Contact Count?
- Motivations for behavioural change
- MECC Tools and resources available to you
- Good practice workshops from across a range of sectors
- MECC in context with the NHS 5 year forward view (Sustainability and Transformation Plan's)
- Exploring prevention at scale and placed based partnership working

Event registration is available via the following link: [Registration](#)

Data Sharing Masterclass

Public Health England and Health Education England are jointly organising Data Sharing Masterclass. This free event is aimed primarily at blue light services in Yorkshire and Humber and will explore issues relating to data sharing and usage between blue light services and health and social care partners. Stuart Bolton from the national Information Sharing Centre of Excellence will be joining us for the morning session.

Date: 8th May 2017
Time: 10am - 4pm
Venue: Radisson Blu Hotel, Leeds

More information and how to book to follow.

Asset Approaches to Health and Wellbeing

Minding the Gap is delighted to present the fifth of a series of events which will re-visit The Marmot Review – Fair Society, Healthy Lives. The conference will explore the theory evidence and practice of Asset Based approaches to better health and wellbeing and ask the question 'what makes us healthy?' rather than 'what makes us ill?'. The conference will also focus on Social Prescribing, sometimes referred to as community

referral. Social Prescribing recognises that people's health is determined primarily by a range of social, economic and environmental factors and aspires to address people's needs in a holistic way.

It also aims to support individuals to take greater control of their own health.

Venue: Queens Hotel, Leeds
Date: 3rd May 2017
Time: 9:30am to 4:00pm
How to book: Please see **attached** Asset Approaches to H& W Programme & Booking Form.

Dance and Health Links

A networking event bringing the dance and health sectors together to build partnerships:

Date: Friday 28th April 2017
Time: 13.00 – 16.00
Venue: CAST, Waterdale, Doncaster, DN1 3BU

Live online event: 'While you're here' ... the value of taking 30 seconds to advise people who are overweight about losing weight

Date: Wednesday 26 April 2017
Time: 15.00 – 16.00

Hear Professor Susan Jebb discuss the results of the BWEL (testing a brief intervention for weight loss in primary care) trial which tested the effect of GPs advising people who are overweight about losing weight and hear what it means for us in primary care.

At the end of a consultation about another health problem, GPs spent just 30 seconds advising their patient that the best way to lose weight was to attend

Register [here](#) to receive further details.