



Dear Colleagues,

PHE Health and Wellbeing monthly update
Issue No 16: March 2017

Welcome to the Yorkshire and Humber Health and Wellbeing monthly update. Thank you for subscribing to the monthly update. This monthly 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)

PSHE advocacy statement and guide

Yorkshire and Humber advocacy statement and guide for Personal, Social, Health and Economic (PSHE) education and Sex and Relationships Education (SRE) in schools has now been signed off by DsPH. Please see **attached** copy.

Young people's specialist substance misuse treatment - 2015-16 annual report Rapid mixed methods evidence review, commissioned by PHE and undertaken by The Children's Society

On the 12th January the Alcohol, Drug and Tobacco Team published two important documents about young people's substance misuse.

The first is the 2015-16 [annual report](#), which provides data on young people's use of specialist substance misuse treatment services, which form part of the National Drug Treatment Monitoring System (NDTMS).

The second, a rapid mixed methods [evidence review](#), commissioned by PHE and undertaken by The Children's Society, is a review of young people's specialist substance misuse services. Four main commissioning principles have been developed for the commissioning and provision of specialist substance misuse provision for young people, based on the findings, research and evidence based guidelines.

National Child Measurement Programme (NCMP) Local Authority Profile

The annual update of the [NCMP Local Authority Profile](#) for child obesity for England was also published on 7 February. Data has been added for the academic year 2015 to 2016, broken down to local authority (LA) level. The tool displays prevalence of obesity, overweight, healthy weight and underweight at local, regional and national level over time, for children in Reception (aged 4 to 5 years) and Year 6 (aged 10 to 11 years). Users can compare LA data by region or between 'CIPFA nearest neighbours' (LAs with similar characteristics). Inequalities data for child obesity prevalence by sex, deprivation and ethnic group by LA is also provided. [A short statistical commentary can be found on gov.uk.](#)

PHE Breastfeeding Q2 statistics published 2016/17

At 9.30am today PHE published [official statistics](#) showing breastfeeding prevalence at 6-8 weeks after birth by local authority. Quarter 2 of 2016/17 is the third reporting period and the data was submitted to PHE by local authorities on a voluntary basis. Information within this publication is presented at a local authority, PHE Centre and England level.

2016 Impact Report from Youth Sport Trust

It has been another significant year for the Youth Sport Trust. The issues surrounding mental health and increasing obesity levels mean our mission has never been more relevant.

We have seen a 60% increase year-on-year, in the number of young people we have provided direct opportunities for, to participate in high quality PE and sport.

Our work has touched over 800,000 children and young people which signifies the real and tangible difference the Youth Sport Trust is making.

You can access the report [here](#).

State of Child Health Report 2017

Is poverty killing our children? This is a comprehensive list of 25 measures of the health of UK children, ranging from specific conditions such as asthma, diabetes and epilepsy, risk factors for poor health such as obesity and a low rate of breastfeeding, to child deaths. The data provide an “across the board” snapshot of child health and wellbeing in the UK.

This [report](#) suggests that there is a strong association between deprivation and mortality, for example infant mortality is more than twice as high in the lowest compared with the highest socio-economic groups. Nearly one in five children in the UK is living in poverty and inequality is blighting their lives, with those from the most deprived backgrounds experiencing much worse health compared with the most affluent. Despite some improvements in the health of UK children over the last decades, there is clear disparity with Europe, and major cause for concern.

Rebalancing Act - Publication

PHE are pleased to advise of the publication of a downloadable/online document, Rebalancing Act, from Revolving Doors - A resource for Directors of Public Health, Police and Crime Commissioners and other health and justice commissioners, service providers and users. The [resource](#) can help to inform local planning, for strategic and operational plans, and draws together a wealth of information to focus on the work needed to address health inequalities.

Review of Youth Justice System by Charlie Taylor and Government response

This can be found [here](#).

Child Sexual Exploitation and Policing Knowledge Hub

New information is now available on the CSE and Policing Knowledge Hub. On the [site](#) you will find a range of materials that can help support your work in tackling CSE.

Future Years Newsletter

Please [click here](#) to subscribe to Future Years news, campaigns and events.

Living Well

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

NHS Standard Contract requires healthy eating options

The NHS Standard Contract for 2017/2018 has been published and includes a new element, 19.3, which is linked to the hospital food CQUIN. 19.3 says that from April 2017 all contracts must require that healthy eating and drinking options are provided and promoted, including outside normal working hours, and that the full range of mandatory requirements in the Government Buying Standard are applied.

Read Food for Life's policy briefing on the hospital food CQUIN [here](#).

Do you know about our Cooking Skills programme?

Cooking skills are increasingly being recognised as a vital link in encouraging and enabling people to eat for good health. Our Food for Life Cooking Skills team offers a range of support programmes for health settings, including the pioneering, practical, Care to Cook? course developed to help community health and social

care workers support older people to eat well at home and in care settings.

For more information, contact [Jane Sixsmith](#), or visit food for life [website](#).

Food for Life Policy Round-Up

Please see **attached** latest addition of Food for Life Policy Round-Up. Please [click here](#) to subscribe.

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

This Girl Can

Sport England is relaunching its successful 'This Girl Can' campaign which seeks to tell the real story of women who play sport by using images that are the complete opposite of the idealised and stylised images of women we are now used to seeing.

Click [here](#) and sign into your restricted CRC account to access a briefing pack for activation partners.

Sport England Active Lives Survey

Sport England launched the first Active Lives report on 26 January. [The Active Lives Survey](#) is the largest collection of data in England on the levels of physical activity and sport participation. The survey itself is carried out by Sport England, but PHE has commissioned additional questions which relate to the topics of dance and gardening. Sport England are also producing a map which depicts physical activity rates at local authority level.

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

No Smoking Day 2017

The No Smoking Day 2017 will take place on 08 March this year and the campaign is now being promoted by GASP Consultancy. You can find out more about resources to promote the campaign on the [GASP website](#). If you need any further information, please email: nosmokingday@gasp.org.uk

Burning Injustice: Reducing Tobacco-Driven Harm and Inequality

The APPG on Smoking and Health launched this Inquiry to review current action on tobacco control by central Government, local authorities and the National Health Service in a period of tight public spending restraints. There are grounds for serious concern in all three cases that funding is being reduced for work on tobacco control and that the funds that are available are not always being used effectively. The report makes evidence-based recommendations to central Government, local authorities and the NHS about this critically important public health issue in a time of limited resources and increasing pressures on the NHS and social care systems.

The [report](#) provides evidence-based recommendations to the government, local authorities and the NHS for effective action to further reduce smoking prevalence at a time of austerity. All the key tobacco control measures set out in the WHO Framework Convention on Tobacco Control have now been implemented in England. Many of these measures, such as the advertising ban, smokefree laws, taxation and standardised packaging, are self-sustaining. However other measures, including mass media campaigns, smoking cessation services and enforcement measures such as tackling tobacco smuggling, require ongoing funding. The inequalities created by smoking will only be eliminated if these measures are sustained.

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

New One You Alcohol Days Off app

Now that Dry January has come to an end, we have created a new One You app to provide people with a simple and easy way to track the days they drink alcohol and the days they don't. The One You Days Off app is designed for people who like a drink but want help to cut down. People simply nominate days to take off drinking and get practical, daily support to help them stick to it.

The [One You Days Off app](#) is available from the app store now and we have digital and social assets on the [Campaign Resource Centre](#) for you to use to promote this new resource.

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

Good Practice in Social Prescribing for Mental Health: The Role of Nature-Based Interventions

Social prescribing is used for a wide range of client groups, including people with mild to moderate mental health problems, complex Long Term Conditions and for people with both short term and enduring mental health problems. Social prescribing has been shown to produce positive outcomes, such as emotional, cognitive and social benefits and includes a range of prescribed interventions and activities from online Cognitive Behavioural Therapy courses, community art groups and befriending clubs, right through to green gyms and 'exercise on prescription' schemes.

Social prescribing (sometimes called 'community referral') is a way of linking patients in primary care with sources of support within the community – usually provided by the voluntary and community sector – providing GPs, other practice staff and social workers with a non-medical referral option that can operate alongside existing treatments to improve health and wellbeing.

This [paper](#) highlights a number of examples of Social Prescribing which has been shown to produce positive outcomes, such as emotional, cognitive and social benefits and discusses opportunities and barriers.

Yorkshire and the Humber Mental Health Network News

Please [click here](#) to subscribe to the newsletter.

Minding the Gap News Brief

If you want to subscribe latest addition of Minding the Gap News Brief please contact icopley@wakefield.gov.uk

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

Termination of Pregnancy Services

Is your local Service information available on NHS Choices?

PHE is working with NHS Choices on information provided on Termination of Pregnancy services. We would encourage local areas to check information for their area and advise NHS Choices if information needs to be added / updated. If you notice that your area is in need of updated information please e-mail carla.stanke@phe.gov.uk who will be happy to collate your information and inform NHS Choices.

HIV testing report and NICE/PHE testing guidelines

PHE has published its first report into [HIV testing in England](#). This report evaluates the effectiveness of HIV testing policies, identifying both strengths and areas for improvement in HIV testing activities and the systems that monitor them.

The report recommends that specialist sexual health clinics should increase HIV testing among attendees, with particular focus on sexual partners of people with HIV and black African women.

The report also recommends that gay/bisexual men should be encouraged to have regular HIV tests at specialist sexual health clinics, at other venues, or by ordering self-sampling HIV kits on-line.

All hospitals and general practices, especially those in areas with extremely high levels of HIV should check that their HIV testing practices and policies are in line with the new NICE/PHE [HIV testing guidelines](#). These guidelines define areas as:

High prevalence – local authorities with a diagnosed HIV prevalence of between 2 and 5 per 1,000 aged 15 to 59 years.

Extremely high prevalence – local authorities with a diagnosed HIV prevalence of 5 or more per 1,000 aged 15 to 59 years

Research Works

Research to inform Public Health England's approach to commissioning and delivering HIV Prevention England Programme & National Health Promotion Programme for Sexual Health and Reproductive Health Information.

As part of an ongoing process of evaluation, Public Health England (PHE) has commissioned research in order to explore stakeholders' current views and engagement in:

1. National HIV Prevention Programme for most at-risk populations (MARPS) HIV Prevention England (HPE) is currently delivered by Terrence Higgins Trust (THT)
2. National Health Promotion Programme for Sexual Health and Reproductive Health Information– currently delivered by the Family Planning Association (FPA)

An independent qualitative research company, Research Works Limited, has been commissioned to complete this study which will involve qualitative telephone depths and online consultation with LA sexual health commissioners, providers, opinion formers and advocacy groups. More information will follow shortly.

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

PHE Report on the Expectations of the Drug Treatment & Recovery System

On Thursday 26 Jan, PHE published an [evidence review](#) of the drug-misuse treatment system in England. PHE were commissioned by DH to undertake a review of what can be expected of drug treatment. Alongside the evidence of how drug treatment can reduce health and social harms, it also looks at the evidence for how social factors, such as housing problems and unemployment influences and moderates treatment effectiveness. The findings of this review will be used to inform and support the implementation of the Government's new drug strategy. PHE will issue a press release for immediate use to highlight the publication of the document.

Secure setting statistics from the National Drug Treatment Monitoring System (NDTMS) 2015-16

PHE has published its first [annual report](#) on individuals receiving specialist substance misuse interventions in secure settings in England on 26th January 2017. This publication is comprised of two sections, the first section reports on drug and alcohol treatment in adult secure settings, and the second section reports on treatment delivered in secure settings for children and young people. These settings include Youth Offending Institutions for under-18s, Secure Training Centres, Secure Children's Homes and Welfare Only Homes.

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

NHS Health Check ESCAP Evidence Synthesis Report published

Public Health England has commissioned Cambridge University to conduct an [analysis of all current evidence for the NHS Health Check programme](#). This report has been produced by the independent Expert Scientific and Clinical Advisory Panel (ESCAP) which reviews all evidence of the programme. The report sets out the ongoing case for prevention, summarises the key findings of the evidence synthesis and presents recommendations for future priorities for action.

2017 NHS Health Check Best Practice Guidance

The 2017 update of the NHS Health Check Best Practice Guidance has now been [published](#). The update includes:

- a new recommendation to use a validated diabetes risk assessment tool as part of a check;
- updated advice on information governance and data flows; and
- information on new dementia training resources.

If you have any questions contact polly.kwok@phe.gov.uk

2017 Conference

The national team would really appreciate your help with disseminating the resources from the conference; we have all the presentations as well as summaries from the round table discussions on our [website](#). There is also a short video of our morning plenary speakers – David Mowat, MP, Kevin Fenton, Matt Kearney and Jamie Waterall.

NHS Health Check Q3 data

The latest data was published on 23rd February and can be found by clicking the [link](#).

Knowledge Hub

The Yorkshire & Humber NHS Health Check Community of Improvers Network is open to join on the Knowledge Hub. **IF YOU'RE NEW TO KNOWLEDGE HUB**, [please register here](#). You'll be able to accept your invitation on your home page when you sign in for the first time.

NHS Health Check dementia training resources

New resources for helping practitioners who carry out the NHS Health Check promote steps to prevent dementia will be published on 9 February. The resources produced jointly by PHE, Alzheimer's Society and Alzheimer's Research UK will help practitioners explain that dementia is not an inevitable part of ageing and that simple life style changes that are good for the heart are also good for the brain. The resources are published on the [NHS Health Check website](#).

NHS Health Check e-bulletin

Please [click here](#) to subscribe to newsletter and regular updates.

NHS Health Check Q3 data

NHS Health Check Q3 data can be accessed one NHS Health Check Website: [link](#).

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

Staying Put: Developing Dementia-Friendly Care and Support for People with a Learning Disability

This [report](#), written by a partnership of voluntary sector organisations, calls for an improvement in the way that the needs of people with learning disabilities and dementia are addressed. It focuses on how best to support the growing number of people with dementia or learning disabilities from a policy, research and practice perspective. The paper explores how best to develop support, services and treatments for the growing number of people with a learning disability and dementia. It builds on earlier work, across the voluntary sector strategic partnership which focuses on dementia support within the context of the protected characteristics defined under the Equality Act 2010.

New Dementia Pathway launched

The new dementia toolkit is an Aladdin's cave of information; the Dementia Interactive Care Pathway [Toolkit](#) provides a one-stop shop resource for professionals working in dementia care.

Following a partnership between academia, the NHS and the third sector, clinicians can now access a free toolkit containing a comprehensive roadmap and resources for the care of people with dementia.

Falls in Older People

This quality standard has been updated to set out the best practice for health and social professionals to support them in preventing falls. The [guidance](#) has been updated to highlight the importance of routine appointments with family doctors, at hospital, or during home visits by social care workers, as they can help to prevent falls, disability and loss of independence. It also calls for people aged 65 and over to be regularly asked questions about whether they have fallen over in the last year or feel unsteady on their feet.

A review of what works to support older people to maintain a healthy diet

We are pleased to announce the publication of a report by Public Health England South East: 'Helping older people maintain a healthy diet: a review of what works'. It is now available [here](#).

This report incorporates a review of the evidence of 'what works' to support older people (aged 65 or over) to maintain a healthy diet to reduce the risk of malnutrition in a community setting.

It provides examples of promising practice from around England, including examples from the South East, to highlight what others are doing and the impact their work is having. For the purposes of this study 'older people' are defined as being >65 years old. Its purpose is to support local decision makers with further information to begin conversations around malnutrition, health and older people. It is intended for anyone working on older people's health, particularly those working on nutrition and those supporting older people to age well in their daily lives.

What Works Wellbeing – Retirement and Wellbeing

This briefing is available [here](#).

Clinical Network Dementia e-bulletin

Please [click here](#) to subscribe to the newsletter.

Data, Documents, Letters, Reports & General Information

Y&H Sector Led Improvement Conference

Y&H Sector Led Improvement Conference took place in York on 17th February. It gave colleagues from all parts of the public health system the opportunity to share their work and to learn from others in the region. We are currently collecting all the presentations from the day and will share them online on the new regional PH website launching in April – watch this space for the link. In the meantime you can relive the day or see what you missed by visiting Dr Andrew Furber's Storify <https://storify.com/FurberA/yorkshire-and-humber-public-health-sector-led-impr> or by searching Twitter for the hashtag #YHSLI2017.

Update to the Public Health Outcomes Framework, Health Profiles, Local Tobacco Control Profiles, Local Alcohol Profiles for England and NCMP Local Authority Profile

In line with the Official Statistics release cycle, on 7 February 2017 PHE published an update to the [Public Health Outcomes Framework \(PHOF\) data tool](#). On the same day, the online [Health Profiles](#), [Local Tobacco Control Profiles](#) and [Local Alcohol Profiles for England](#) were also updated.

HCV Action e-update

Midlands and East Hepatitis C Educational Event took place on 10th February. Main areas of focus were :

- Updates from the hepatitis C Operational Delivery Networks (ODNs) in the Midlands and East region
- Showcasing and sharing good practice in the prevention, testing, diagnosis and treatment of hepatitis C
- Identifying specific issues and potential solutions for tackling hepatitis C in the Midlands and East.

Hepatitis C Commissioning Toolkit published in December

Please [click here](#) to access toolkit.

For all HCV Action updates please visit www.hcvaction.org.uk also get free hepatitis C related updates and tools by emailing your full contact details to hcvaction@hepctrust.org.uk.

NDTMS reporting consultation

PHE is keen to gather information on how the reports and toolkits from the NDTMS (National Drug Monitoring Treatment System) are being used in the current operating environment and whether they are still meeting user's needs. There will be an [online consultation](#) to gather information on your current use of NDTMS reports. This is an opportunity for users of NDTMS data to provide feedback on how we can improve existing reporting and what works well and what doesn't. The feedback will be used to shape future reporting and to ensure maximum utility of the data collected to support local planning and decision making and to help improve outcomes for those in drug and alcohol treatment. The consultation will be open from Wednesday 7 February until Friday 31 March 2017.

e-Bug Approved Educator Training: A free face-to-face training for educators!

[e-Bug](#) have developed face-to-face training for educators called the “*e-Bug Approved Educator Training*”. The free half day training aims to give educators the skills, knowledge and confidence to teach about important health topics using e-Bug resources.

Recently the e-Bug team delivered the “*e-Bug Approved Educator Training*” to over 30 Healthy School Leads in Wales; this pilot was supported by Public Health Wales. Feedback was incredibly positive and e-Bug now has official “*Approved e-Bug Educators*”. e-Bug hope to deliver this training on a termly basis across the UK.

For further info please contact e-Bug@phe.gov.uk.

Launch of Act FAST campaign

On 2 February, in partnership with the Stroke Association, PHE relaunched the national Act FAST stroke campaign. The campaign runs until 31 March. Act FAST aims to raise awareness of the symptoms of stroke and to encourage people who recognise any one of the symptoms, in themselves or others, to call 999. All resources will be available on the [campaign resource centre](#).

Join the NoHoW weight loss maintenance study

Have you, or has someone you know, recently lost weight and would like help keeping it off? Join the NoHoW study to trial a web-based toolkit, Fitbit Charge 2 and Fitbit Aria smart scales for FREE (worth around £200).

What's involved?

You will be given access to a web-based toolkit to help you learn how to maintain your weight loss. If you remain within the trial for over 12 months you can keep your Fitbit Charge 2 and Fitbit Aria smart scales, and at the end of the study you will also receive £30 love to shop vouchers as a small thank you for your time and commitment. This study is approved by the School of Psychology Research Ethics Committee at the University of Leeds (16-0243; 26/09/16).

To participate you need to meet the following criteria:

- Lost 5% body weight and had a BMI of 25 or more in the last 12 months
- 18 years +
- Be willing and able to travel to The University of Leeds on 5 occasions over 18 months
- Weigh yourself at least twice a week and wear a Fitbit for 18 months

Want more information?

Find out more and complete the online eligibility form on our website <http://uk.nohow.eu/> Alternatively, please contact the NoHoW research team on 0113 343 0622 or at nohow@leeds.ac.uk

Annual Health and Wellbeing Awards

The Royal Society for Public Health has launched its annual Health and Wellbeing Awards. The Awards recognise and celebrate a wide range of activities, policies and strategies that empower communities and individuals, improve the population's health and address the wider social determinants of health. You can enter the awards in one of six categories:

- Arts & Health Award
- Community Health Development Award
- Healthier Lifestyles Award
- Public Mental Health & Wellbeing Award
- Technology & Health Innovation Award
- Workplace Health & Wellbeing Award

Please go to their website via below link:

<https://www.rsph.org.uk/our-work/awards/health-wellbeing-awards.html>

Upcoming Meetings and Seminars

Y&H Children & Young People Community of Improvers

Friday 17th March 2017, 10:00-13:00, Blenheim House, Leeds, LS1 4PL

Y&H Making Every Contact Count (MECC) Community of Improvers

Tuesday 21st March 2017, 10:00-13:00, Blenheim House, Leeds, LS1 4PL

The Next Act? Alcohol, Cancer, Tobacco: Confronting the Harm to Our Communities

Friday 24th March 2017, 10:00-15:45, Barnsley Town Hall (see **attached** flyer to book a place)

Launch of New School Nursing Champion Training

22nd March 2017, 9.00 – 4. 30 pm at Wakefield Town Hall. See **attached** flyer to book.