



Office for Health Improvement & Disparities

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Health and Wellbeing Monthly Update

Issue Number: 74. March 2022

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 we have anything that needs to be shared urgently, we will circulate as soon as possible.



Healthy Places and Sustainable Communities

Team Lead: Nicola Corrigan

The impact of the environmental determinants of health on our lives are far reaching. By considering how the places in which we live, work and play impacts on our health and the inequalities that exist, we can support health improvement for our populations.

Healthy Place and Air Quality

Lead: Amanda Craswell

Yorkshire and Humber Homes and Health Webinar Series- Watch online now

The Yorkshire and Humber Homes and Health Webinar Series consisted of seven webinars with over 50 expert speakers, that reached more than 700 people from more than 100 different organisations. You can now watch every webinar [Online](#)

LGA/ADPH Annual Public Health Conference 2022

Wednesday 23 – Thursday 24 March 2022 (FREE TO REGISTER)

This [Virtual Conference](#) organised by the LGA in partnership with the Association of Directors of Public Health (ADPH), will be opened by **Professor Chris Whitty**, Chief Medical Officer for England, who will be joined by leading public health experts in a range of sessions over two days, exploring the very latest thinking on national policy issues, as well as offering insights from those delivering on the ground.

Research Briefing: Planning for the Future

This briefing examines the white paper, [Planning for the Future's](#) proposals in 2020 and the other planning changes made during the Covid-19 pandemic - including changes to the standard method for calculating housing need - and the most recent proposals in the Levelling Up white paper.

Levelling up White Paper

The Government's [Levelling Up the United Kingdom](#) White paper was released in February 2022 and aims to address regional disparities in the United Kingdom. A link to the full report can be found below.

Online Event: Place-based Violence Reduction

This [Webinar](#) will explore how to assess progress and identify areas for improvement in place-based approaches to violence reduction using a toolkit for local systems to assess their current progress towards violence reduction and identify areas for improvement.

Royal Society for Public Health: Submissions invited for Spatial Planning special edition

The RSPH's journal – Perspectives in Public Health – will be doing a special edition on Spatial Planning and are [welcoming submissions](#) based on practical case study examples. The deadline for submissions is 23 September 2022.

Physical Activity and Community Based Approaches

Lead: Nicola Corrigan

[Physical activity for general health benefits in disabled children and disabled young people](#)

The Office for Health Improvement and Disparities (OHID) has published the UK Chief Medical Officers' physical activity guidelines for disabled children and young people. The publication is comprised of:

- a. a scientific evidence review into the benefits of physical activity.
- b. an infographic which communicates the key messages and specific guidelines on the type and intensity of physical activity for health benefits.
- c. a methodology report which provides further detail on the evidence review and the methodology for co-producing the infographic.

The infographic is the first of its kind to be coproduced with disabled children, disabled young people, their families and wider support systems, and so this resource is not only vital in fostering a more inclusive approach to promoting sports and physical activity, but also sets the standard for how research and the development of guidance, particularly those that are relevant to underserved groups, should be actively shaped by their insights, experiences, and knowledge.

[Moving Healthcare Professionals Programme](#)

Moving Healthcare Professionals is a national programme, led by the [Office for Health Improvement and Disparities](#) (OHID) and us, to support healthcare professionals to increase their knowledge and skills, and incorporate physical activity within routine care to support quality improvement and better patient outcomes.



Prevention and Key Risk Factors

Team Lead: Scott Crosby

Addressing the broad individual, environmental, societal and commercial factors that influence and drive addiction and its consequences, to reduce inequalities and improve the health, safety, and well-being of our population.

Commercial Determinants of Health & Gambling-Related Harms

Lead: Simone Arratoonian

Commercial Determinants of Health/Alcohol

Discover how 'NoLo' (no and low alcohol) drinks are marketed, viewed and consumed in the UK via this [webinar](#) hosted by the Institute of Alcohol Studies, led by researcher Dr Emily Nicholls, University of York. This thought-provoking session highlights that although in theory such products should help people to moderate their drinking, the way they are marketed and perceived may undermine potential benefits.

Gambling-Related Harms – Engagement Event

Following the successful bid to the Gambling Commission, a 3-year programme to prevent and reduce gambling-related harm on behalf of ADPH Y&H is now underway. Initial steps involve gathering insight from priority groups (gamblers and affected others) who could benefit from earlier recognition of risky gambling or need for support; and engagement with regional partners to understand where and how we can intervene earlier and support people more effectively.

An engagement workshop is planned for 30th March 2022, to which key stakeholders are invited to join the conversation. Because many people who develop problems with gambling often notice and seek help for other issues first, this may be particularly relevant to colleagues working in debt advice services, mental health support services or alcohol treatment/support.

The event will include speakers Matt Gaskell (Clinical Lead, NHS Northern Gambling Service) and Zoe Clarke (Programme Manager, Addiction and Inclusion, OHID).

Please look out for an Eventbrite invitation to sign up which will be cascaded to local authority public health teams for onward posting to colleagues at the beginning of March.



Health and Wellbeing Across the Life Course

Team Lead: Alison Iliff

Ensuring that our children have the best start in life and are ready to start school, that our young people are supported so they enter adulthood physically and mentally resilient, ready to start work, that adults are able to secure and maintain a good job and a home, and that older adults have fulfilling, productive and connected lives.

Healthy Ageing

Lead: Alison Iliff

The **Lift Someone out of Loneliness** campaign continues until mid-March, encouraging people to carry out small acts of kindness to help somebody who may be feeling lonely. Resources are included under the Every Mind Matters umbrella and available on the [Campaign Resource Centre](#)

Community connections as we age: lessons from the pandemic. The Centre for Ageing Better is holding a webinar on Wednesday 9th March, 10.30–11.30 to explore what needs to be in place to enable everyone to maintain, rebuild or grow social connections as we age. Presenters include Leeds Older People's Forum, describing the collaboration during the pandemic has led to new ways of working to keep people connected as they age. Register for the webinar [here](#).

For those who want to follow up the recent [Ageing Well in our Homes webinar](#), Housing LIN, the network for those working in housing, health and social care focusing on solutions that enable everyone to live well in good quality housing, hosts regular webinars on issues covering the latest housing research, policy and funding initiatives. Register to attend the [HAPPI Hour](#) sessions.

Deconditioning and falls in acute hospitals webinar, 9th March 14.00-15.00. This webinar will discuss best practice in relation to falls, frailty and deconditioning and share experience of promoting an active wards approach in an acute hospital setting. Register to attend the webinar [here](#).

Public Mental Health & Suicide Prevention

Lead: Laura Hodgson

Physical health checks for people living with severe mental illness

We would like to bring your attention to a new resource that has been published by Equally Well - [Physical health checks for people living with severe mental illness: A partnership approach to improving health checks in Primary Care](#) This resource presents a partnership approach to improving physical health checks for people living with severe mental illness. Through data and intelligence, a summary of key strategic drivers and policy commitments and accessible check lists, the resource aims to provide guidance on the prioritised action required to prevent premature mortality, morbidity and inequalities experienced by people with severe mental illness.

Lift Someone Out of Loneliness – Better Health Every Mind Matters Campaign

As part of Better Health: Every Mind Matters, the Department for Digital, Culture, Media and Sport have launched their next phase of Loneliness campaign activity. Campaign assets can be downloaded from the [Campaign Resource Centre](#).

Feeling lonely is something that all of us can experience at any point and it can have a huge impact on our wellbeing. It's important to remember that these feelings can pass and that there are lots of ways we can help each other too. This campaign will encourage people to '*Lift Someone Out of Loneliness*', by carrying out small acts of kindness to help someone who may be feeling lonely, knowing that this is likely to help them feel less lonely too. Fancy a cuppa? Fancy a walk? Sometimes reaching out to each other with as little as three words can make a big difference. The campaign will

point people towards the [Every Mind Matters loneliness webpage](#), where there is advice for ways to help yourself or others who may be feeling lonely, and suggested support routes.

IAPT National Campaign: Help Us Help You...Join Our Comms Team in a National Webinar

The Help Us Help You campaign is due to launch on 17th January 2022. After being gifted the song rights by Apple Corps and Sony, the campaign creative will use lyrics from the Beatles' song 'Help' to powerfully bring to life the message that anyone can experience feelings such as anxiety and depression and that it's totally normal to ask for help. Campaign content will be focused around the 'Help' lyrics, starring familiar faces who have been affected by mental health, as well as NHS therapists and patients who have benefited from IAPT.

MBRRACE-UK Saving Lives, Improving Mothers' Care

The most recent MBRRACE report *MBRRACE-UK Saving Lives, Improving Mothers' Care – Lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2017-19* has been released. The full report includes a detailed chapter on mental health. Click [here](#) to access the full report or the lay summary.

Help is at Hand Postvention Resource

The primary route to order Help is at Hand is via the [DHSC Publications order line](#). Orders can be made via the online platform or by telephone. The product code for Help is at Hand is 2901502. Orders of less than 10 of Help is at Hand, or 20 of z-cards (available April 2022), are automatically approved.

Health Education England has published the [Psychological Professions Workforce Plan for England](#)

The Psychological Professions Workforce plan aims to support local systems to meet the requirement to deliver growth in the psychological professions workforce by over 60 per cent and make use of the diverse roles available to deliver services, as set out in the NHS Long Term Plan. The plan sets out a direction of travel to maximise the impact of this workforce for the public to 2024. It highlights the role of the national NHS bodies, Integrated Care Systems, employers and higher education institutes in working together to support this direction.

Moving for Mental Health report by Sport for Development Coalition and MIND

A joint report from the Sport for Development Coalition and Mind has been released. It recommends initiating a new cross-Government strategy to strengthen the use of physical activity and sport to support mental health and wellbeing following the Covid-19 pandemic. The report can be found here: <https://www.yorkshiresport.org/2022/01/11/moving-for-mental-health-report-calls-for-cross-government-strategy/>

Long Term Conditions inc NHS Health Check and CVD

AIM study - New ways of supporting both the medical and social needs of people with multiple long term health conditions

AIM is a national study to explore new ways of supporting both the medical and social needs of people with multiple long-term health conditions.

As part of this work, the team are carrying out **interviews** and an **online survey** to gather views on people's experiences of living with these conditions and the views of those supporting or caring for them.

Interview study

- The team are interested in talking to the following people over the telephone or online video call:
 - People living with multiple long-term health conditions
 - Those who provide care, including family members or unpaid/paid carers
 - Health and social care professionals

- The online survey will take 20 minutes and it will collect views about what specific factors are important in supporting the care needs of people with multiple health conditions, from:
 - Health and social care professionals
 - Service managers
 - Researchers
 - Database managers/Data scientist
 - Patient/Service user representatives
 - Carer representatives

If you would like to participate in this work, please email Ikumi Okamoto for more details:

I.Okamoto@soton.ac.uk Further information can be found on website here: [AIM project page](#).

Sexual Health Impacts Across the Life Course

Yorkshire and the Humber Sexual Health Facilitator: Georgina Wilkinson

SPLASH reports published

The 2022 Summary Profile of Local Authority Sexual Health (SPLASH) reports have been published on the [Sexual Health Profile](#) on Fingertips - all indicators in the reports have been updated to the latest data available. This is the direct [link](#) – select your LA from the 'Geography' tab.

SARC campaign: turn to us, we are here

The NHS has launched a new national campaign to raise awareness of Sexual Assault Referral Centres (SARCs), in line with the beginning of Sexual Abuse and Sexual Violence Awareness Week 2022 (07/02/22). The campaign aims to raise awareness of and promote the use of SARCs. SARCs are located across England and offer specialist practical, medical and emotional support 24/7.

Resources are available to order or download [here](#). For further information about the campaign see here:



SARCs Campaign
Toolkit Final Feb 22.

Help up help you – cervical screening campaign

The Office for Health Improvement and Disparities (OHID), with the support of NHS England and NHS Improvement, have launched a Help Us Help You – Cervical Screening Campaign, to highlight the benefits of cervical screening and remind people that that it can help stop cancer before it starts. The campaign encourages those eligible for screening - women and people with a cervix aged 25-64 - to respond to their cervical screening invitation letters and to book an appointment at their GP practice if they missed their last one.

Resources are available to order or download [here](#). For further information about the campaign see here:



Cervical Screening
Campaign 2022 Part

More cases of antibiotic resistant gonorrhoea identified in England

It has recently been confirmed that there are some additional cases of ceftriaxone resistant gonorrhoea in England. Further details are available [here](#).

Rise in extremely drug resistant Shigella in gay and bisexual men

The UK Health Security Agency (UKHSA) is reminding people how to minimise the risk of Shigella, a sexually transmitted infection with growing antibiotic resistance. Further details are available [here](#).



Inclusion Health

Leads: Cathie Railton and Andy Maddison (Rough Sleeping & Homelessness)

North East and Yorkshire and Humber NHSEI Clinical Lead for Inclusion Health

Mat Sidebottom has been recruited to the new role of Clinical Lead – Inclusion Health. Mat is currently Director of Nursing/Chief Nurse at Bevan Healthcare. The role will support improving networks across Integrated Care Systems (ICSs) to help build capacity and capability in inclusion health and inform commissioning and service development work across our region.

Yorkshire and Humber Refugee Integration Strategy

Migration Yorkshire has developed the strategy 'Making Connections Building Resilience' following consultation with partners and organisations from across the region. The strategy is part of a wider project, Refugee Integration Yorkshire and Humber, which aims to develop a range of strategic work in the region, including research, coordination, partnership building, training and guidance. The

strategy lays out a vision for refugee integration and identifies key priority areas and themes across the wider determinants of health for the region. More information is available [here](#)

Welcome resources for Afghan families

DLUCH and the Home Office have developed a framework document that sets out the context for the Welcome Resources and summarises how councils can use them in providing support to Afghan families. They piloted a cultural orientation week for Afghan arrivals in a bridging hotel and held workshops which were designed to increase arrivals' understanding of life in the UK, education and employment, health, language, law, safeguarding and cultural norms (including parenting, gender equality and domestic violence). The pilot received overwhelmingly positive feedback from participants and demonstrated the importance of such training in developing cultural understanding among arrivals, which is crucial to their longer-term integration and helps mitigate against potential tensions developing between existing and new communities. Building upon the learning from the pilot, they have developed a menu of central 'Welcome Resources' (formerly referred to as 'Khush Amaded' (Welcome)) for councils to draw upon in providing integration support. The materials can be accessed by joining their knowledge hub. To join the Welcome Workshops Resources group as a member, you will be asked to specify your interest and purpose in joining the group and to provide details of your position/institution. Click on this link and then log in to access the resources for councils: <https://khub.net/web/welcome-workshopsresources>

Updated [position statement](#) on asylum seeker age assessment

The Royal College of Paediatrics and Child Health (RCPCH) has recently updated their position statement on age assessments for asylum seekers.

Bridges and deserts: creating a solid foundation for Gypsy, Roma and Traveller civil society

[Friends, Families and Travellers](#) (FFT) have published a [report on the Gypsy, Roma and Traveller civil society micro-sector of the voluntary sector](#). Their research sought to map this micro-sector to better our understanding of the type and size of Gypsy, Roma and Traveller equality organisations in the UK. This report outlines the main findings of their research, with the purpose of informing funders and others wishing to support, sustain and strengthen civil society and achieve real change.

OHID Migrant Health Guide

The Migrant Health Guide [here](#) provides various information regarding the health needs of migrants.

Latest data reinforces the safety of COVID-19 vaccinations in pregnant women

We urge pregnant women to get vaccinated as latest data reinforces previous findings on



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the safety of COVID-19 vaccines in pregnancy.

The latest data from UKHSA shows that vaccinated women who gave birth between January and October 2021 had a very similar low risk of stillbirth, low birthweight and premature birth compared to women who were not vaccinated in pregnancy.

Previous studies have shown the risk of being severely ill with coronavirus (COVID-19) is higher for unvaccinated women. Out of 235 [pregnant women who were admitted to intensive care with COVID-19](#) between January and September 2021, none had received 2 doses of vaccine.

Around 1 in 10 children starting school at risk of measles

A new campaign warns parents and guardians of the serious risk to children's health from measles, reminding people to ensure their children are protected by 2 doses of MMR vaccine.

UKHSA and the NHS are calling on parents and guardians to ensure their children are up to date with the measles, mumps and rubella (MMR) vaccine, and all other routine childhood immunisations, as the latest data shows MMR vaccination uptake has dropped to the lowest level in a decade.

In a new campaign drive, parents and guardians are being reminded that during the pandemic, the NHS has continued to provide routine childhood immunisations and they are crucial in protecting children against preventable diseases.

[Around 1 in 10 children starting school at risk of measles - GOV.UK \(www.gov.uk\)](#)

More cases of antibiotic resistant gonorrhoea identified in England

Three new cases of antibiotic-resistant *Neisseria gonorrhoeae*, the bacteria which causes gonorrhoea, have been confirmed in England.

These cases are in addition to [the case announced in December 2021](#).

A woman in her 20s in London and a heterosexual couple in their 20s based in the Midlands have recently been diagnosed with a strain of *N. gonorrhoeae* with resistance to the antibiotic ceftriaxone.

Ceftriaxone is the main antibiotic used to treat gonorrhoea in the UK and being infected with a ceftriaxone resistant strain means that this antibiotic will not easily treat the infection. Follow-up tests are still awaited to see if treatment has been successful in these 3 recent cases.

[More cases of antibiotic resistant gonorrhoea identified in England - GOV.UK \(www.gov.uk\)](#)

UKHSA review shows vaccinated less likely to have long COVID than unvaccinated

A new review shows that people who have had one or more doses of a coronavirus (COVID-19) vaccine are less likely to develop long COVID than those who remain unvaccinated.

We have undertaken a rapid evidence review looking at the effects of vaccination against long COVID or post-COVID symptoms. The [review includes 15 UK and international studies](#) that were undertaken up until January 2022.

[UKHSA review shows vaccinated less likely to have long COVID than unvaccinated - GOV.UK \(www.gov.uk\)](#)

Lyme disease public health profile indicator

On 1 March we will release a new Lyme disease public health profile indicator on UKHSA's ['Fingertips'](#). This data will show laboratory confirmed acute Lyme disease cases by local authority in England between 2017 and 2021. Lyme disease is a tick-borne bacterial infection that can be transmitted to humans when they are bitten by an infected tick. However, not all ticks in the UK carry the bacteria that causes Lyme disease and being bitten by a tick does not always result in Lyme disease infection. This data will enable local authorities, health protection teams and other services to provide appropriate health promotion advice locally, including tick awareness and the provision of disease management guidance. A 'Tick toolkit' for local authorities will be circulated in due course.