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Dear Colleagues,

PHE Health and Wellbeing monthly update

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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.

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| Ensuring Every Child has the Best Start in Life (H&WB Team Lead: Alison Iliff and Gemma Mann) |
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| Super Movers  Please [click here](https://www.bbc.co.uk/sport/football/supermovers) for sports super movers webpage. |
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| Living Well |
| Physical Activity Nurse Clinical Champions Training  Open Access Course - for Nurses  Public Health England (PHE) is offering free locally tailored training sessions for nurses in primary and secondary care focusing on practical tips to integrate physical activity advice into everyday nursing practice. Primary and secondary care professionals should consider physical activity as an option in routine consultations because low physical activity levels in the UK are responsible for 1 in 6 deaths.    A trained facilitator will deliver the practical, interactive sessions based on the latest national and international data, research and evidence. CPD material has been developed for the training course which aims to increase a professional understanding, confidence and expertise for nursing practice.  Throughout the CPD session, the trainer will introduce resources that have been designed to help clinicians and nursing professionals promote physical activity everyday.  Please see below date and link to book.  <http://www.yhphnetwork.co.uk/links-and-resources/physical-activity-clinical-champions/>  Loneliness and Social Isolation as Risk Factors for Coronary Heart Disease and Stroke  Adults who have few social contacts (i.e., who are socially isolated) or feel unhappy about their social relationships (i.e., who are lonely) are at increased risk of premature mortality. The influence of social relationships on mortality is comparable with well-established risk factors, including physical activity and obesity. Yet, compared with our understanding of these risk factors, we know much less about the implications of loneliness and social isolation for disease aetiology.  This report found that individuals experiencing prolonged periods of social isolation and/or lack social relationships are associated with an increased risk of developing CHD and stroke. The report also suggests that addressing loneliness and social isolation may have an important role in the prevention of two of the leading causes of morbidity. Risk factors for loneliness and social isolation such as gender, socioeconomic  position, bereavement and health status are well established and hold the key to identifying people who may benefit from intervention.  Click here for full [report](http://www.yhphnetwork.co.uk/media/1569/loneliness-and-social-isolation-as-risk-factors-for-coronary-heart-disease-and-stroke-oa-2018.pdf).  Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  Making Obesity Everybody’s Business: A Whole Systems Approach to Obesity  Obesity is a complex problem with a large number of different but often interlinked causes. No single measure is likely to be effective on its own in tackling obesity. To have a significant impact on obesity levels, it is clear that everybody needs to get involved. Local authorities are particularly well placed as the functions they are responsible for serve all generations in society and can directly influence people’s health.  This briefing focuses on the Whole Systems Obesity programme, which will provide local authorities with a different approach to tackling obesity. The programme is exploring the evidence and local practice to develop guidance and tools to help councils set up a whole systems approach to obesity in their local area. This involves the whole local system of stakeholders, recognising that it is a problem that goes far beyond public health. It makes tackling obesity everybody’s business.  [Click here](http://www.yhphnetwork.co.uk/media/1550/making-obesity-everybody-s-business-a-whole-systems-approach-to-obesity-lga-2018.pdf) for briefing.  Policy Position: Obesity  This policy position outlines our position on obesity across the life course and the policies we believe are necessary to tackle it. It has been developed in partnership with the membership. The Association of Directors of Public Health is a member of the Obesity Health Alliance, a coalition of over 30 organisations who have joined together to fight obesity.  There is a strong relationship between deprivation and obesity. Recent figures from the Obesity Health Alliance show that three in five (60%) of the most deprived boys aged 5-11 are predicted to be overweight or obese by 2020, compared to about one in six (15%) of boys in the most affluent group. In 2015/16, 40% of children in England’s most deprived areas were overweight or obese, compared to 27% in the most affluent areas. The link between lower incomes and obesity is also true for adults. For example, in 2015, abdominal obesity varied with household income in both men and women. 55% of women in the 2nd lowest income quintile had a very high waist circumference compared with 37% of those in the highest income quintile. On average, there are more fast food outlets in deprived areas than in more affluent areas.  [Click here](http://www.yhphnetwork.co.uk/media/1551/policy-position-obesity-adph-2018.pdf) for [Policy document](http://www.yhphnetwork.co.uk/media/1551/policy-position-obesity-adph-2018.pdf).  National Child Measurement Programme (NCMP) Local Authority Profile updated – and now includes severe obesity  PHE Obesity Risk Factors Intelligence team published the [NCMP Local Authority Profile online data tool](https://fingertips.phe.org.uk/profile/national-child-measurement-programme) for child obesity for England on 9 January 2018. This annual update adds data for the academic year 2016 to 2017 at local authority (LA) level. It also includes a new ‘severe obesity’ indicator, not reported on separately before.    Severely obese children are at risk of developing a number of serious acute and chronic health problems. These children therefore pose a significant concern in terms of their health and well-being, and may require the provision of specialist services. Although in relative terms the prevalence of severe obesity is low, in absolute terms this represents a large number of children nationally (14,787 Reception children and 22,646 Year 6 children). Severe obesity prevalence in children has strong associations with ethnic group, deprivation and sex and there is significant variation in prevalence across the country.    The NCMP 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).  The tool also presents inequalities in obesity prevalence by sex, deprivation and ethnic group by LA. In addition trend data for England, for obesity prevalence and overweight (including obese) prevalence in boys and girls has been brought together in one place. [A short statistical commentary can be found here](https://www.gov.uk/government/statistics/ncmp-local-authority-profile-academic-year-2016-to-2017-update).  Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  Impact of Free Access to Leisure Facilities and Community Outreach on Inequalities in Physical Activity: A Quasi-Experimental Study  There are large inequalities in levels of physical activity in the UK, and this is an important determinant of health inequalities. Reducing the cost of participation is one potential means to increase physical activity and address these inequalities. The report investigates the impact of the ReFresh scheme, introduced in Blackburn with Darwen, a deprived LA in the northwest of England in 2008, that provided free access to activities in leisure centres (swimming pools and gyms) at most times of the day along with community outreach activities.  The research found that the introduction of a scheme providing widespread free access to leisure facilities alongside outreach activities led to an increase in swimming and gym attendances at these facilities, an increased proportion of the population participating in swimming or gym activity and increased overall physical activity levels. The increases in participation were greatest in the most disadvantaged socioeconomic group—decreasing inequalities.  Click here for full [report](http://www.yhphnetwork.co.uk/media/1571/impact-of-free-access-to-leisure-facilities-and-community-outreach-on-inequalities-in-physical-activity.pdf).  Healthy Places (H&WB Team Lead: Nicola Corrigan)  25 Year Environment Plan  Please [click here](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/673203/25-year-environment-plan.pdf) to view the publication.  Healthy High Streets Full Document and Summary Brief  Healthy high streets can be considered an asset that promotes and improves the health of local residents and the wider local community. Good. Healthy examples feature good quality design and furniture, providing accessible, safe communal spaces that can be used to create healthier, safer and more cohesive local communities.  This report is aimed at local decision-makers and examines how high streets are used as an asset to improve the overall health of local communities. It provides a rapid assessment of evidence relating to pedestrian friendly, healthy high streets in urban settings, with specific reference to design interventions and street furniture.  The Healthy High Streets Full Document and Summary Brief are now published.  Please find the both documents here: <https://www.gov.uk/government/publications/healthy-high-streets-good-place-making-in-an-urban-setting>  Active People, Healthy Places  Local sport, leisure and physical activity services can help people to live longer, healthier and happier lives. This makes them fundamental to achieving councils’ aspirations for the wellbeing of their communities.  Councils have a critical local leadership role for sport and physical activity in their places. In the current economic climate, and in the face of national challenges such as high levels of obesity and inactivity and an ageing population, it is more important than ever that local authorities and their delivery partners demonstrate strong evidence of impact, value for money and service excellence.  [Click here](http://www.yhphnetwork.co.uk/media/1554/active-people-healthy-places-lga-2018.pdf) for report.  Reducing Smoking (H&WB Team Lead: Scott Crosby)  E-Cigarettes are Beneficial in Short Term but Longer Forecast is Uncertain  This report suggests there is strong support that electronic cigarettes can help older smokers avoid the worst health consequences of cigarette smoking but can also lead younger non-smokers to try the deadly habit. They found “no available evidence whether or not e-cigarette use is associated with intermediate cancer endpoints in humans.” They also found no evidence whether or not e-cigarettes cause respiratory disease.  However, after examining over 800 published studies has concluded that electronic cigarettes can help older smokers avoid the worst health consequences of cigarette smoking but can also lead younger non-smokers to try the deadly habit.  Click here for the [report](http://www.yhphnetwork.co.uk/media/1576/e-cigarettes-are-beneficial-in-short-term-but-longer-forecast-is-uncertain-bmj-2018.pdf).  Mental Health (H&WB Team Lead: Corinne Harvey)    **Funding and Staffing of NHS Mental Health Providers: Still Waiting for Parity** The King’s Fund has published [Funding and Staffing of NHS Mental Health Providers: Still Waiting for Parity.](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=a845e3731a&e=955474ce8a) This report indicates the spending gap between NHS acute hospitals and NHS mental health providers is widening. It includes an analysis of the annual financial accounts of NHS mental health, acute and specialist provider trusts; an analysis of the national workforce data; a review of CQC inspection reports for the 54 mental health trusts; and review of board papers of eight mental health trusts.  National Mental Health Intelligence Network Profiling Tools The National Mental Health Intelligence Network (NMHIN) has been conducting further developments on their suite of mental health profiling tools. Click on the links below to access the updates:   * [**Common Mental Health Disorders**](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=427bc45628&e=955474ce8a) * [**Crisis Care**](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=b535fafb4e&e=955474ce8a) * [**Mental health and wellbeing JSNA profile**](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=520c7d405b&e=955474ce8a) * [**Perinatal Mental Health**](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=7f024ce448&e=955474ce8a) * [**Severe Mental Illness**](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=453b57b6db&e=955474ce8a)   Sexual Health (H&WB Team Lead: Sharron Ainslie)  Teenage Pregnancy Prevention Framework  This framework aims to help local areas assess their teenage pregnancy prevention programmes to see what’s working well and identify any gaps. It highlights the need for a multi-agency whole-system approach to prevent unplanned pregnancies and support young people to develop healthy relationships. The framework is accompanied by a presentation and data reports that will help to inform local authority commissioning decisions.  Click here for [framework](http://www.yhphnetwork.co.uk/media/1574/teenage-pregnancy-prevention-framework-phe-2018.pdf)  Drugs Recovery (H&WB Team Lead: Liz Butcher)  Drug health harms – national intelligence network  Please see attached notes December’s National Intelligence Network meeting on drug health harms.    NHS Health Checks (H&WB Team Lead: Melanie Earlam)  Health Matters: NHS Health Check: A world leading CVD prevention programme  The latest edition of PHE’s Health Matters, a resource for local authorities and health professionals, focuses on how the NHS Health Check is playing an important role in the prevention and early detection of cardiovascular disease (CVD) in England.  CVD is the number one cause of death globally, with an estimated 17.7 million people having died from CVD conditions in 2015, representing 31% of all global deaths. It is also a leading cause of disability and death in the UK, affecting around 7 million people and being responsible for 1 in 4 premature deaths in the UK, specifically 26% of all deaths in England in 2015.  [Read a blog](http://phengland.newsweaver.com/PublicHealthEnglandNewsletter/1iwyn035leym8jrolgsvwu?email=true&a=5&p=937194&t=171936) by Jamie Waterall, the National Lead for Cardiovascular Disease Prevention and Associate Deputy Chief Nurse at PHE.  Blood pressure action plan 2018  The Blood Pressure System Leadership Board has published an updated blood pressure action plan today. This plan builds on the previous publication ‘Tacking high blood pressure: from evidence into action’ and seeks to engage new stakeholders in this important agenda.  To access the updated plan please [click here](https://www.gov.uk/government/publications/high-blood-pressure-action-plan).  A comprehensive review of NHS Health Checks in Leeds  A review of outcomes in Leeds from the NHS Health Check was conducted for the period 2011 to 2016. The review focused on outcomes such as diagnosis of cardiovascular disease (CVD) and identification of behavioural risk factors. Recommendations for improving the uptake of the NHS Health Check (NHSHC) and reaching vulnerable groups are made. Please [click here](https://www.gov.uk/government/case-studies/a-comprehensive-review-of-nhs-health-checks-in-leeds) for full case study.  NHS Health Check: stocktake and action plan  [This report](https://www.gov.uk/government/publications/nhs-health-check-stocktake-and-action-plan) provides a stocktake of the NHS Health Check programme as PHE approaches the end of the first 5-year cycle of the programme.  Reducing Health Inequalities (H&WB Team Lead: Alison Patey)  Challenging Health Inequalities: Support for CCGs  Health inequalities are currently estimated to cost the NHS a total of at least £20 billion each year so it is imperative to harness the influence of each CCG to challenge where health inequalities can be reduced and greater equality established.  This guide has been created to help identify areas of variation in emergency admissions in more and less deprived CCGs and to promote a discussion where variation occurs.  [Click here](http://www.yhphnetwork.co.uk/media/1545/challenging-health-inequalities-support-for-ccgs-nhs-2018.pdf) for guide. |
| Ageing Well (H&WB Team Lead: Alison Iliff, Dementia: Melanie Earlam) |
| 10 Ways To Make Your Home Dementia Friendly  If you have dementia or you are living or helping with someone who has dementia there are things you can do to help them and yourself. As you will appreciate, there are things that can be done to help people living at home, with or without support, stay independent and enjoy the environment they’re used to. But there are a few adjustments that may need to change to make things a little easier.  Click here for [10 top tips](https://blog.alzheimers.org.uk/dementia-insight/dementia-friendly-home-10-tips/?utm_campaign=GeneralNews2Dec2017&utm_content=&utm_medium=email&utm_source=Smartfocus) |
| Data, Documents, Letters, Reports & General Information |
| Clinical Champions engaging the most inactive at local level  Please [click here](http://www.cspnetwork.org/news/clinical-champions-engaging-most-inactive-local-level) to view the article Written By Katey Burnett, RN, Nurse Physical Activity Clinical Champion, Yorkshire and Humber.  Recovery Games  Please see below letter and links for more information.  <https://www.youtube.com/watch?v=PIq94sGoDfk>  Aspire Services Website [www.aspire.community](http://www.aspire.community)    Yorkshire dance Launches series of workshops for dance artists, teachers, & practitioners across Yorkshire  Yorkshire Dance has announced its 2018 programme of professional development workshops for dance artists, practitioners and teachers.  **Dance Transports** comprises five two-day workshops, one each month from February to June, in towns and cities around Yorkshire, with highly-acclaimed artists and organisations from around the UK.  This year’s programme is the fourth by the dance development organisation for the Yorkshire region.  **Alesandra Seutin**, Artistic Director of Vocab Dance Company will lead a workshop in Barnsley exploring how to generate ideas for dance theatre with talented young dancers.  Choreographer **Ella Robson Guilfoyle** will visit Bridlington to run a workshop exploring ways to create movement for dance, circus and theatre.  Yorkshire Dance’s own home in Leeds will host **An Introduction to Dance for Parkinson’s**, led by Dr Sophia Hulbert and visiting artists from English National Ballet. This course will provide participants with an insight into how to structure dance classes for people living with Parkinson’s, as well as focusing on the artistic imperative behind a Parkinson’s programme.  **An Introduction to Dance for Parkinson’s** is presented jointly by Dance for Parkinson’s Partnership UK, People Dancing and Yorkshire Dance.  Durham-based **TIN Arts** – an innovative social enterprise which runs participatory dance programmes for people of all ages and abilities in the North East of England – will be resident in Brigg, North East Lincolnshire, to explore talent development for dancers with a learning disability, autism or both and in particular how to create dance which leads to performance. The workshop will focus on creating a positive, creative environment suitable for all levels of ability.  The final workshop in the Dance Transports programme will be led in York by **Gecko**, the award-winning and internationally-acclaimed physical theatre company, currently touring the UK with its new theatre show, *The Wedding*. Helen Baggett will share the company’s approach to engaging young people in dance and physical theatre.  Hannah Robertshaw, Programmes Director of Yorkshire Dance, says, “ Dance Transports brings some of the most exciting national dance leaders to Yorkshire to inspire our local dancers and dance teachers. Creating opportunities that are affordable and local are incredibly important and we hope that anyone involved in the delivery of dance feels inspired to join one of our residencies over the next few months.”  Places are on sale now for all five workshops, from Yorkshire Dance  0113 243 9867 or online at [yorkshiredance.com](http://www.yorkshiredance.com) |
| Upcoming Meetings and Seminars |
| International Society for Physical Activity and Health (ISPAH) congress in London  The 7th International Society for Physical Activity and Health (ISPAH) congress is being held in London on 15 to 17 October 2018, and is **now accepting symposia applications, abstracts and financial supporters / exhibitors**.  This flagship physical activity and public health congress is being held in London for the first time, co-hosted by Public Health England and Sport England. It will have three main themes:   * Addressing inequalities within and through physical activity * Evidence into policy and practice to achieve population change * Physical activity and the wider determinants of health   In the wake of a wealth of new and emerging developments such as new national physical activity guidelines and the World Health Organization’s Global Action Plan on Physical Activity, ISPAH 2018 will bring together experts from academia, policy and practice to share learning and discuss ‘what next’ at this focal point for physical activity and health.  A range of high profile speakers from across disciplines are already confirmed as keynote speakers, including:   * Prof Dame Sally Davies - Chief Medical Officer for England an Chief Medical Advisor to the UK Government * Prof Fiona Bull  - NCD Prevention Program Manager, World Health Organisation * Prof Ross Brownson – International expert on disease prevention and policy change, Washington University * Prof Richard Wilkinson – International expert on health inequalities and co-author of *The Spirit Level: Why More Equal Societies Almost Always Do Better*   Opportunities to be involved in this unique global opportunity:   * [Symposium](https://www.phe-events.org.uk/hpa/frontend/reg/tOtherPage.csp?pageID=303561&eventID=671&traceRedir=4&eventID=671) application – Submit a chaired themed discussion session on a particular topic with a number of contributors – closing date 31st January 2018. * [Abstract](https://www.phe-events.org.uk/hpa/frontend/reg/tOtherPage.csp?pageID=265769&ef_sel_menu=2906&eventID=671&eventID=671) submission – Share your research, best practice and case studies through an oral or poster session – closing date 16th February 2018. * [Satellite event](https://www.phe-events.org.uk/hpa/frontend/reg/tOtherPage.csp?pageID=303561&eventID=671&traceRedir=4&eventID=671) - Host an event linked to the congress themes that engage the ISPAH congress audience pre or post conference - closing date 31st January 2018. * [Supporter or exhibitor](https://www.phe-events.org.uk/hpa/frontend/reg/tOtherPage.csp?pageID=265686&ef_sel_menu=2608&eventID=671&eventID=671) - Be part of the Congress as a financial supporter / exhibitor and take advantage of an event that will enable you to engage over a 1,000 international leaders to raise awareness of your organisation and products. * [Register as a delegate](https://www.phe-events.org.uk/hpa/frontend/reg/tOtherPage.csp?pageID=265693&ef_sel_menu=2606&eventID=671&eventID=671) – As per previous ISPAH Congresses delegate places are expected to sell out, so take advantage of the early bird rate by registering as soon as possible.   For further information – please visit [www.ispah2018.com](http://www.ispah2018.com) or contact us at [ISPAH2018@phe.gov.uk](mailto:ISPAH2018@phe.gov.uk). We look forward to seeing you in London to discuss how we can get more active people for a healthier world!    Yorkshire and the Humber Early Intervention in Psychosis (EIP) Network  Thursday 22nd March 2018  12.30-16.30 (Lunch and registration from 12.30, meeting starts 13:30)  Leeds - Oxford Place Centre  This Network meeting is focussed on physical and mental health and our keynote speaker will be Dr David Shiers. [Click here](https://www.eventbrite.co.uk/e/yorkshire-and-the-humber-eip-network-tickets-39657862735) to register.  Yorkshire and the Humber Transport and Health Conference  **Venue:**             National Railway Museum, Leeman Road, York, YO26 4XJ  **Date:**                Thursday, 8 March 2018  **Time:**               Full Day event  **This Free full day conference aims to:**  Explore the links between transport and health, recognising the co-benefits of working together to improve air quality and accessibility and increase physical activity, share local and national examples of good practice and recognise and explore the challenges that transport and health face in working together and influencing the wider system.  The conference will also develop skills and tools to increase engagement across transport, health, planning policy areas, develop new partnerships to work more effectively together in the future and consider the wider context: inclusive growth, sustainability and the wider determinants of health; and what further links could be explored.  **Who should attend:**  Elected members (especially transport portfolio holders, LEP Transport Board members), Local Authority transport leads, City Region transport leads, Public Health practitioners with an interest in transport, health and wellbeing or physical activity, Academics and community and voluntary sector organisations.  A detailed programme will be circulated in due course.  To register your interest, please email your name, organisation and contact details to: [YHR-Reception@phe.gov.uk](mailto:YHR-Reception@phe.gov.uk)  Equal North Network Meeting: ‘Children and Young People’  Venue:              Great North Museum Hancock Newcastle upon Tyne, NE2 4PT  Date:                Monday, 12th March 2018  Time:                10.30 – 15.30  The network will bring together a community of individuals, from both academia and practice, with a common interest in health and social inequality from across the north of England at this event.  Registration is FREE and lunch will be provided  Please register [HERE](https://forms.ncl.ac.uk/view.php?id=1212664) |
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