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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 29: April 2018

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: Gemma Mann ) |
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| **PHE launch: New technology supports new mums to breastfeed**  Almost three-quarters of women start breastfeeding when their child is born, however by 6 to 8 weeks this drops to just 44%.    Evidence shows the right support helps mothers to breastfeed for longer. PHE’s Start4Life programme has created the Breastfeeding Friend to encourage parents to adopt healthy behaviours, now available as a skill for Amazon Alexa’s voice service.    Mothers can ask Alexa a variety of questions about breastfeeding and get helpful advice even when their hands are full.    More information is on the [Start4Life website](http://phengland.newsweaver.com/PublicHealthEnglandNewsletter/1v3lggakgkyg3wtzfde5dl?email=true&a=5&p=1056583&t=171936) or email Anna Lucas Anna.Lucas@phe.gov.uk  **Update of 0-19 Commissioning Guidance**  The Guidance for Commissioning 0-19 Integrated Services has been updated by PHE.  Updated 0-19 commissioning guidance:  <https://www.gov.uk/government/publications/healthy-child-programme-0-to-19-health-visitor-and-school-nurse-commissioning>  Employer guidance:  <https://www.gov.uk/government/publications/supporting-the-public-health-nursing-workforce-employer-guidance>  The documents can be found at the 'pregnancy to child aged five' and 'school aged children' sections of our collection page 'Public health contribution of nurses and midwives: Guidance':  <https://www.gov.uk/government/collections/developing-the-public-health-contribution-of-nurses-and-midwives-tools-and-models#pregnancy-to-child-aged-5>  Contact for more information: [wendy.nicholson@phe.gov.uk](mailto:wendy.nicholson@phe.gov.uk) or [Penny.Greenwood@phe.gov.uk](mailto:Penny.Greenwood@phe.gov.uk)    **New report looks at creating national indicators for child development outcomes**  PHE has [published findings](https://www.gov.uk/government/publications/population-surveillance-using-child-development-outcome-indicators) from work looking to create child development outcomes indicators. The report looks at how data that health visitors collect from their use of the ASQ-3 as part of the [Healthy Child Programme](https://www.gov.uk/government/publications/healthy-child-programme-0-to-19-health-visitor-and-school-nurse-commissioning) development review might be used to create indicators at a national level as part of the [Public Health Outcomes Framework](https://www.gov.uk/government/collections/public-health-outcomes-framework). A [blog](http://bit.ly/2t82N20) has been published alongside the report which summarises the opportunities for such indicators to inform the planning of early years services.  For more information go to <https://www.gov.uk/government/publications/population-surveillance-using-child-development-outcome-indicators> or contact [coleen.milligan@phe.gov.uk](mailto:coleen.milligan@phe.gov.uk)  **Family Nurse Partnership (FNP) ADAPT interim report**  The FNP ADAPT (Accelerated Design And Programme Testing) interim report sets out what has been achieved in the period to the end of 2017. ADAPT harnesses the strength of research and the pragmatism of improvement approaches to adapt, test and learn about the FNP programme, while respecting its strong evidence base. It aims to identify adaptations that will enable FNP to better meet the needs of families and respond to ongoing change in the local and national context. At the same time, it has enabled the development of a method for rapid cycle adaptation and testing. ADAPT aims to develop and test two adaptations:  • Clinical changes: focussed on six outcomes: neglect, breastfeeding, attachment, smoking, healthy relationships to prevent intimate partner violence and maternal mental health.  • System changes: to increase efficiency, improve outcomes, and personalise FNP: (i) changing eligibility criteria (ii) ‘dialling down/up’ – spending less time with clients with less serious need and more time with clients with more serious needs;(iii) ‘flexing the content’ – orientating programme content around client’s needs; (iv) ‘early graduation’  For more information go to: <http://fnp.nhs.uk/media/1246/fnp-adapt-interim-report.pdf>  **PHE announces calorie reduction programme**  The package includes:  • New evidence highlighting overweight or obese boys and girls consume up to 500 and 290 calories too many each day respectively  • A challenge to the food industry to reduce calories in products consumed by families by 20% by 2024  • The launch of the latest One You campaign, encouraging adults to consume 400 calories at breakfast, and 600 for lunch and dinner. This comes as adults consume 200–300 calories in excess each day.  Calorie Reduction Report:  <https://www.gov.uk/government/publications/calorie-reduction-the-scope-and-ambition-for-action>  For more information email victoria.targett@phe.gov.uk (for Calorie Reduction Programme) or orla.hugueniot@phe.gov.uk (for One You Campaign)  **Calorie Reduction Q & A:**    **RSE briefing**  A reminder that a briefing for councillors on Relationships and Sex Education has recently been published by the LGA, PHE, RSE Hub and Sex Education Forum.  It sets out the evidence for the protective benefits of RSE, the views of young people and parents, illustrations of RSE content by age and stage (to dispel any myths about primary school provision) and includes case studies illustrating how councils are supporting RSE in and out of schools.  **Related web links:**  <http://www.sexeducationforum.org.uk/resources/leadership-and-management-of-sre.aspx> |
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| Living Well |
| **Physical Activity, Healthy Eating and Healthier Wight: a toolkit for employers**  Developed by Public Health England and Business in the Community as a supporting document to the suite of toolkits that take a whole systems approach to wellbeing, this self-assessment toolkit will enable your organisation to audit the progress being made in implementing the measures set out in the toolkits. For more information and to access the toolkit visit: <https://wellbeing.bitc.org.uk/all-resources/toolkits/physical-activity-healthy-eating-and-healthier-weight-toolkit-employers>  Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  **Preconception to Pension: Obesity through the Life Course – Programme now available.**  Registration and abstract submission is now live for the ASO UKCO 2018 conference: Preconception to Pension: Obesity through the Life Course which is taking place on Thursday 6th and Friday 7th September at Newcastle University. Further details of the conference which his being organised in collaboration with Fuse can be found [here](https://www.aso.org.uk/events/ukco/programme/).  Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  **Testing message framing to increase physical activity among British South Asians**  British South Asians experience a higher incidence of coronary heart disease (CHD) which is not declining in line with the UK national average. Low physical activity levels are likely to contribute to this elevated risk. This study investigated the effectiveness of message framing, cultural sensitivity and their interaction on promoting physical activity among BSAs.  Link to the paper: <http://www.tandfonline.com/doi/full/10.1080/21642850.2017.1377617>  **Findings from Active Lives survey by Sport England**  Sport England has published new findings from the Active Lives survey found [here](https://www.sportengland.org/news-and-features/news/2018/march/22/figures-show-nations-activity-levels/), giving a snapshot of the nation’s activity habits. Link to the full report: <https://www.sportengland.org/media/13037/active-lives-adult-survey-nov-16-17-report.pdf>    **In Motion: A dance class for self-propelling wheelchair users aged 8-19 years old**  Northern Ballet is holding a free tester session on Sunday 18th March from 10am – 12pm. For more information visit: <https://wellbeing.bitc.org.uk/all-resources/toolkits/physical-activity-healthy-eating-and-healthier-weight-toolkit-employers> or contact Lauren Prydderch (Learning Project Manager) on 0113 220 8000 or email [lauren.prydderch@northernballet.com](mailto:lauren.prydderch@northernballet.com).  Healthy Places (H&WB Team Lead: Nicola Corrigan)  **Chief Medical Officer annual report 2017: health impacts of all pollution – what do we know?**  Professor Dame Sally Davies has published her ninth independent report as CMO discusses the threat to health posed by pollution to people living in England. The Chief Medical Officer’s annual report for 2017 presents evidence and debate around:   * Pollution caused by healthcare * Pollution and health inequalities * New pollution issues * Measurement and communication of risks   The Chief Medical Officer makes recommendations to government, the NHS, Public Health England and other agencies for action to improve the health system’s response to all types of pollution.  The report considers:   * Changes needed to better understand emerging threats * Bringing together sources of information to give public health professionals a better idea of how to improve the health of people at local level. * Link to the paper: <https://www.gov.uk/government/publications/chief-medical-officer-annual-report-2017-health-impacts-of-all-pollution-what-do-we-know> * **Improving health and care through the home** * Public Health England has released a blog on the MoU on Health Matters to which over 25 stakeholders gave a renewed commitment to joint action across government, health, social care and housing sector to improving health through the home. * The blog can be accessed here: <https://publichealthmatters.blog.gov.uk/2018/03/20/improving-health-and-care-through-the-home/> * **Negotiating Neighbourhoods: Disability, Mobility and Health** * A seminar, jointly organised by Fuse, Royal National Institute of Blind People (RNIB) and Sight Service, with focus on the findings of research with disabled and visually impaired people will be taking place on Wednesday 25th April 2018 at 10:30 – 13:30 at The Core, Science Central, Bath Lane, Newcastle, NE4 5TF. * For the programme and details on how to register can be found on the Fuse website here: <http://www.fuse.ac.uk/events/othereventswhichmaybeofinterest/negotiatingneighbourhoodsdisabilitymobilityandhealth.html>   Mental Health (H&WB Lead: Corinne Harvey)   * **Launch of Mental Health Awareness Week 2018** * The Mental Health Foundation has launched an awareness campaign to promote [Mental Health Awareness Week 2018](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=5331d89c4c&e=955474ce8a), which will take place from 14-20 May 2018.   The focus of Mental Health Awareness Week this year is on **stress**. Chronic stress increases our risk of addictive and damaging behaviour, of developing anxiety, depression and other mental and physical health problems. This year’s Mental Health Awareness Week will look at how we can tackle stress and help improve the UK's mental health. * **Launch of IAPT-LTC Pathway Guidance** * NHS England and NHS Improvement have published [The Improving Access to Psychological Therapies (IAPT) Pathway for People with Long-Term Physical Health Conditions and Medically Unexplained Symptoms](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=1863521a1b&e=955474ce8a). This document supports CCGs to expand IAPT by commissioning IAPT services integrated into physical healthcare pathways. It sets out the treatment pathway that underpins the access and waiting time standards, which all services should seek to measure themselves against. The guidance also provides evidence on what works, as well as local case studies of service-led examples.   **Project 84 – Suicide Awareness Campaign**  Project 84, a campaign by CALM, launched in March to raise awareness of male suicide in the UK and to ask the Government for a Minister to be responsible for suicide prevention and bereavement support. The project currently has an installation of 84 sculptures on top of a central London building to represent the number of men who take their own lives every week. Each represents a man who took their own life. On the [project's website](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=48e2895116&e=955474ce8a) are the names and details of each of the men, with stories told by those close to them.   Information and advice about suicide prevention can be found [here](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=bc0418e1d6&e=955474ce8a).   * **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://fingertips.phe.org.uk/profile-group/mental-health/profile/common-mental-disorders) * [Crisis Care](https://fingertips.phe.org.uk/profile-group/mental-health/profile/crisis-care) * [Mental health and wellbeing JSNA profile](https://fingertips.phe.org.uk/profile-group/mental-health/profile/mh-jsna) * [Perinatal Mental Health](https://fingertips.phe.org.uk/profile-group/mental-health/profile/perinatal-mental-health) * [Severe Mental Illness](https://fingertips.phe.org.uk/profile-group/mental-health/profile/severe-mental-illness) * To receive updates directly from NMHIN visit the [PHE subscriptions page](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=ed61c72490&e=955474ce8a)  and select ‘Mental Health Dementia and Neurology’. * **NICE Consultation and Shared Learning** * NICE is currently consulting on the following: * [Eating Disorders: Quality Standard Consultation](https://www.nice.org.uk/guidance/indevelopment/gid-qs10026/consultation/html-content-3). The closing date for comments is **9 April 2018.** * [Preventing Suicide in Community and Custodial Settings: Draft Guidance Consultation](https://www.nice.org.uk/guidance/indevelopment/gid-phg95/consultation/html-content-2). The closing date for comments is **12 April 2018**   NICE has published an updated key therapeutic topic:   * KTT 19: [KTT19: Psychotropic Medicines in People with Learning Disabilities whose Behaviour Challenges](https://www.nice.org.uk/advice/ktt19)   NICE has also published the following updated guidelines and quality standard:   * NG87: [Attention Deficit Hyperactivity Disorder: Diagnosis and Management](https://www.nice.org.uk/guidance/ng87) * QS38: [Attention Deficit Hyperactivity Disorder](https://www.nice.org.uk/guidance/qs39)   Sexual Health (H&WB Team Lead: Sharron Ainslie)  **Sexual health Campaign**  Sexual Health assets are now available to download / order for all partners (no restrictions on access) from [PHE’s Campaign Resource Centre](https://campaignresources.phe.gov.uk/resources/campaigns/68-sexual-health).  These include:   * Posters to encourage condom use and promote free condom distribution schemes, if they have one (three different designs/messages) * Wallet-sized cards detailing online support * Digital assets such as online banners * Images and films for use on social media channels   We’ve also provided the artwork for one poster design, the digital banners and social media assets if partners want to add their own logo or call-to-action.  There’s also a [Campaign Toolkit](https://campaignresources.phe.gov.uk/resources/campaigns/68/resources/3798), which gives an overview of the campaign, background/ insight, the list of assets available and how to best use them.  The resources are suitable for a range of partners, including local authorities, clinics, pharmacies, condom distribution schemes, youth settings, colleges / schools and NHS settings.  **HIV Prevention England the ‘HIV it starts with me’ spring 2018 Campaign**  The focus on this phase of It Starts With Me will be threefold:   * Based on the research, to promote awareness and confidence in the message that effective HIV treatment stops the transmission of the virus. * To challenge HIV stigma by sharing real stories of people living with HIV who demonstrate how effective treatment is and that they are not passing on the virus. * To encourage people living with HIV to continue to take treatment, both for the health benefits it produces and to stop them from being able to pass on HIV. * The spring campaign will start on **Monday 16 April** and will run for six weeks, primarily via targeted digital platforms. * THT will have online and print advertising of the campaign, promote our interactive digital tools via **www.startswithme.org.uk** and share real life stories of people who are on effective medication and have an undetectable viral load through video and written posts.   NHS Health Checks and CVD (H&WB Team Lead: Melanie Earlam)  **New NHS Health Check factsheets for local authorities**  Following the publication of the Size of the Prize and NHS Health Check infographics for the 44 Sustainability and transformation partnership (STPs) areas, Public Health England have now developed local authority level NHS Health Check factsheets.  Click [here](https://www.healthcheck.nhs.uk/commissioners_and_providers/data/local_authority_level_nhs_health_check_factsheet1/) for local intelligence on the impact of the NHS Health Check.  **Ministry of Housing, Communities & Local Government March newsletter**  Melanie Dawes, Permanent Secretary for the Ministry of Housing, Communities & Local Government has flagged the importance of the NHS Health Check.  The [March edition](https://www.healthcheck.nhs.uk/document.php?o=1692) of Permanent Secretary’s newsletter includes a call from Duncan Selbie, Chief Executive of PHE for all local authorities to offer their eligible residents an NHS Health Check. |
| Ageing Well (H&WB Team Lead: Alison Iliff, Dementia: Melanie Earlam) |
| **SACN statement on diet, cognitive impairment and dementia**  The Scientific Advisory Committee on Nutrition (SACN) position statement on current evidence on diet, cognitive impairment and dementia. Please see below link for full report.  <https://www.gov.uk/government/publications/sacn-statement-on-diet-cognitive-impairment-and-dementia>  **An Ageing Well Knowledge Hub will be launching soon**  If you would like to receive an invitation to join please email Alison Iliff on [Alison.Iliff@phe.gov.uk](mailto:Alison.Iliff@phe.gov.uk) |
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| Data, Documents, Letters, Reports & General Information |
| **Toolkits launched to combat fuel poverty and cold homes across England**  Fuel poverty is caused by a combination of low household income, inefficient housing and high energy costs. It can affect the mental and physical health of those living in cold homes and have serious impacts on their quality of life.    The toolkits were funded by the Department for Business, Energy and Industrial Strategy and developed to help health services and local authorities tackle the problem of cold homes and the impact they have on health, life chances, work and wellbeing. Cornwall Council and Citizens Advice have launched two toolkits to tackle fuel poverty across England. The toolkits can be accessed here: <https://www.citizensadvice.org.uk/cold-homes-toolkit/>  **Monitoring the Mental Health Act in 2016/17**  The Care Quality Commission (CQC) has published [Monitoring the Mental Health Act in 2016/17](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=a8b0ea2d0b&e=955474ce8a). This annual report, on the use of the Mental Health Act, looks at how providers are caring for patients and whether patient’s rights are being protected.  **Health Inequalities Manifesto 2018**  The Mental Health Foundation has published [Health Inequalities Manifesto 2018](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=b0a1fe895e&e=955474ce8a). This manifesto presents the individual and local actions that can be applied to address mental health inequalities. It reviews the latest evidence from the UK about what works to reduce risk of mental health inequalities, presenting examples of best practice and learning that is relevant to all communities across England. |
| Upcoming Meetings and Seminars |
| **From Data to Decisions: workshops for Communities of Improvement**  LKIS are planning to run over the next few months a series of free one-day workshops, From Data to Decisions, one for each Community of Improvement (CoI). The aim of the workshops is to familiarise delegates with, or provide a refresher on, Public Health data and tools.  Invitations have already been sent out for the Health Checks & CVD workshop **(30 April),** the Healthy Weight & Physical Activity workshop **(23 May)** and the Regional Tobacco Network workshop **(7 June)** – if you have an interest in these areas, have not received details but are interested in attending, please contact [scott.anderson@phe.gov.uk](mailto:scott.anderson@phe.gov.uk). Invitations for other CoIs will follow over the next few weeks, directly to members.  **Fifth UK Congress on Obesity (UKCO)**  The Association for the Study of Obesity (ASO) is proud to announce the fifth UK Congress on Obesity (UKCO) which takes place at Newcastle University on the 6-7th of September 2018. [Abstract submission](https://www.aso.org.uk/events/ukco/abstract-submission/) and [Registration](https://www.aso.org.uk/events/ukco/registration/) are now open.  Abstract Submission deadline – **Friday 8 June** |