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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 30: May 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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| Living Well |
| Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  Consultation on the UK Nutrient Profiling Model 2018 review  Public Health England (PHE) was asked by the Department of Health and Social Care to review the UK Nutrient Profiling Model to bring it in line with current UK dietary recommendations. The review included developing a modified Nutrient Profiling Model (draft 2018 NPM).  This consultation seeks your views on the modifications to the UK Nutrient Profiling Model, specifically its alignment with current UK dietary recommendations.  Please read the introduction to the consultation document, attached below and found [here](https://www.gov.uk/government/consultations/consultation-on-the-uk-nutrient-profiling-model-2018-review) for more information about this consultation.  Respond with your comments on the 2018 review of the UK Nutrient Profiling Model consultation to [nutrientprofilingmodel@phe.gov.uk](mailto:nutrientprofilingmodel@phe.gov.uk). This consultation closes at **9:30am on 15June 2018.**  A summary of responses will be published following the conclusion of the consultation.    Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  NICE Guidelines: Physical activity and the environment  This attached guideline which was published in March 2018 covers how to improve the physical environment to encourage and support physical activity. The aim is to increase the general population’s physical activity levels.  **This guideline includes recommendations on:**  • strategies, policies and plans to increase physical activity in the local environment  • active travel  • public open space  • buildings  • schools  **Who is it for?**  • Local authorities and metro mayors, including agencies contracted to deliver environmental changes for local authorities  • Others responsible for open spaces used by the public such as in workplaces, community-owned gardens and playing fields  • Housing, local enterprise partnerships and others responsible for the built environment  • Public transport planners and providers  • Organisations working to ensure people with limited mobility can be physically active  For more information please go [here](https://www.nice.org.uk/guidance/ng90).    ‘Get Yourself Active’ newsletter  For all the latest news from Get Yourself Active please go [here](https://mailchi.mp/764de2ff45ae/the-latest-from-get-yourself-active-january-1580769?e=db4a1d76ad).  Summary of news included in the newsletter:  • Step Change Studios invites you to attend their first professional showcase, Fusion • SportsAble appoints new COO and directors to support growth ambitions  • GOGA star mentor wins prestigious Torch Trophy Trust award  • Personal Health Budget Experience Survey • British Blind Sport announce National Youth Swimming Gala  Dance in Health & Wellbeing e-newsletter  One Dance UK has launched their first Dance in Health & Wellbeing e-newsletter which will be produced quarterly in aim to share latest news and good practice with wider partners.  Summary of news included in the e-newsletter:  • Major new opportunities for dance in schools in England  • Older people’s dance receives Sport England funding  • Research on Dancing in Time shows promise  To view the e-newsletter and to sign up to future updates please go [here](https://mailchi.mp/onedanceuk/dance-in-health-and-wellbeing-spring-2018?e=f6af482049).  Go Kids Go – Workshop  Go Kids Go charity are providing free wheelchair mobility-training workshops across the UK. The next course being in Yorkshire on **Sat 19th May in Bradford** (please attached flyer).  On the workshop they teach skills such as coping with slopes and rough ground, back wheel balancing, road safety and emergency evacuation techniques. Play games for example wheelchair basketball and try out wheelchair dance.    Typhoo National Junior Athletics Championships  Please see the following link to the entry forms for the National Junior Athletics Championships, <http://www.activityalliance.org.uk/get-active/events/3780-typhoo-national-junior-athletics-championships> where you will find the following information:    ·       Rules and Procedures  ·       Information and Standards  ·       Registration Pack  ·       Easy read entry form  ·       Group entry spreadsheet  For more information please contact Catherine Slater , Engagement Advisor, East Midlands and Yorkshire, Activity Alliance via e-mail : [catherine@activityalliance.org.uk](mailto:catherine@activityalliance.org.uk)  English Federation of Disability Sport changes name to Activity Alliance  The English Federation of Disability Sport (EFDS) is delighted to announce new name. A first of many milestones in the charity’s 20th anniversary year, from Thursday 26 April 2018 EFDS will be operating as **Activity Alliance**.    Commenting on the new name, **Barry Horne Chief Executive of Activity Alliance** said:  “We are the same team with the same passionate focus on disability, inclusion and sport, but with an exciting new name and image. Through our work with amazing people and influential world-renowned activity programmes for disabled people, we know the time is right for us to embrace this change.    “Activity Alliance brings our members, partners and disabled people together to make active lives possible. Collectively, we continue to challenge perceptions and change the reality of **disability, inclusion and sport**.”    A brand identity has been developed to support the organisation’s new name and wider remit, which is being introduced a few months ahead of the charity’s 20th anniversary in September.    The change follows a thorough strategic review that included research about the charity’s purpose and its impact. As part of the review, the charity carried out stakeholder consultations with staff, member organisations, disabled people and partners.    The feedback consensus was that the original name, ‘English Federation of Disability Sport’ limited the organisation’s potential.    The review concluded that a new direction and wider remit were needed around well-being, activity and health, creating the opportunity for the charity to deliver greater impact for disabled people.    Find more information on Activity Alliance on website [www.activityalliance.org.uk](http://www.activityalliance.org.uk) and [www.activityalliance.org.uk/brand](http://www.activityalliance.org.uk/brand)  Healthy Places (H&WB Team Lead: Nicola Corrigan)   |  |  | | --- | --- | | |  | | --- | | The Department for Transport’s Cycle Safety Review - Regional Engagement Events  Regional Engagement Events. Locations & Dates:  • London - Wednesday 16th May 2018  • Bristol - Friday 18th May 2018 • Birmingham - Monday 21st May 2018  • Manchester - Wednesday 23rd May 2018   The Department for Transport invite anyone with an interest in improving safety for cyclists and pedestrians to join them at one of these special events, for example age and disability groups, parents, teachers and pupils, cyclists, would-be cyclists, pedestrians, joggers, dog walkers, motor cyclists, horse riders, scooters, local, parish and district councillors, public transport operators, professional drivers and couriers...  **Why now?** The Department for Transport is currently running a Cycle Safety Review, and has launched a 'call for evidence' that forms part of a wider consultation on road safety issues related to cycling.   **What are the issues?** It invites those with an interest in improving safety and perception of safety for cyclists and pedestrians to provide evidence, drawing on experience from the UK or other countries, that can be used to shape future policy decisions. The six key consultation themes are:  • how to improve safety through changes to road infrastructure • the law and rules of the road • road user training and testing • education • vehicles and equipment • attitudes, understanding and awareness of different road users  **Why we need your insight** The scope of the consultation considers the wider societal benefits of cycling and walking, perceptions of safety – especially for vulnerable road users – and the common misunderstandings and differences of opinion between cyclists and other modes/road users.  Understanding this complexity, the Department for Transport is keen to engage with a wide range of stakeholders, and members of the public, and is facilitating these workshop events to discuss the issues. We invite anyone with an interest in improving safety for cyclists and pedestrians to join.  **AGENDA – Events Will Last For Approx. 2.5 Hours With The Following Programme:** 10.00 - 10.30 registration and coffee 10.30 – 10.45 DfT presentation setting the context for the Review 10.45 – 11.00 Stakeholder perspectives 11.00 – 12.30 Interactive group discussions, responding to the six consultation questions  12.30 – Closing remarks from DfT   Please note that the event in Manchester starts at 17.00 and will finish at 19.30  Book your place at one of the regional events now and have your say. Booking can be made on Eventbrite by clicking the location you wish to attend:  [London, Vestry House Museum, Walthamstow - Wednesday 16th May 2018](https://www.eventbrite.co.uk/e/department-for-transport-cycle-safety-review-four-regional-engagement-events-tickets-45433937129)   [Bristol, City Hall, Bristol City Council, Bristol - Friday 18th May 2018](https://www.eventbrite.co.uk/e/department-for-transport-cycle-safety-review-regional-engagement-event-bristol-tickets-45434143747)  [Birmingham, Room 116, Summer Lane, Transport for the West Midlands - Monday 21st May 2018](https://www.eventbrite.co.uk/e/department-for-transport-cycle-safety-review-regional-engagement-event-birmingham-tickets-45434359392)   [Manchester, 2 Piccadilly Place Transport for Greater Manchester - Wednesday 23rd May 2018](https://www.eventbrite.co.uk/e/department-for-transport-cycle-safety-review-regional-engagement-event-manchester-tickets-45434480755)   Further details of the consultation can be found [here](https://www.gov.uk/government/publications/cycle-safety-review)   The call for evidence, which closes on 1st June, can be found [here](https://www.gov.uk/government/consultations/cycling-and-walking-investment-strategy-cwis-safety-review) | |   Invitation to TCPA Regional Events: Raynsford Review of Planning – Interim report  TCPA are holding regional events following the launch and publication of The Raynsford Review of Planning Interim Report on Tuesday 15th May.  **South**: 15th May, 17:00 – 18:30, TCPA, 17 Carlton House Terrace, London, SW1Y 5AS  **West Midlands**: 25th May, 13:00 – 15:00, Birmingham City Council  **Yorkshire**: 4th June, 13:00 – 15:00, Leeds City Council  **North**: 14th June, 13:00 – 15:00, Gateshead Council    Over the last 10 months, the TCPA has been progressing the Raynsford Review of Planning, chaired by its President, Rt. Hon Nick Raynsford, the highly respected former planning minister. The Raynsford Review aims to provide a holistic appraisal of the kind of planning system the nation needs. It will identify the ingredients for a successful and positive planning system in terms of:  • the vision for the future of the nation;  • the principles underpinning a fit-for-purpose planning system;  • the structures and processes at a national, sub-national or city-regional, local and neighbourhood scale;  • the leadership, resources and skills needed to transform planning.  The interim report aims to promote debate about the future of the planning system in England by setting out how the system was founded, examining its current structure and providing an initial analysis of the evidence present to the review about its current performance. The report ends by offering a series of provisional propositions that will help to inform the recommendations of the final report to be published in the winter of 2018.  Each event will be chaired by **Nick Raynsford** and **Hugh Ellis** and will be a chance to discuss the interim report and feed in to the final output of the review. As you have previously engaged in the process, we would very much look forward to continuing our engagement as we look to the future of planning and place-making.  Please RSVP by e-mail to [raynsfordreview@tcpa.org.uk](mailto:raynsfordreview@tcpa.org.uk) stating the event you wish to attend, your name, role and organisation.  Reducing Smoking (H&WB Team Lead: Scott Crosby)  Letter: Progressing a smokefree NHS  The below attached letter gives Duncan Selbie’s personal thanks to NHS Trusts for the positive action they have taken towards making the ambition for a smokefree NHS an everyday reality. Ninety per cent of mental health services have already adopted the Preventing Ill Health by Risky Behaviours – Alcohol and Tobacco CQUIN, and many acute services are also implementing this – training staff to develop brief advice as an integral part of patient care, and agreeing local pathways for patients to receive smoking cessation support. The letter also outlines a pilot survey of Trusts across the South of England to better understand their current smokefree status, with a view to extending the survey across England later in the year.    Mental Health (H&WB Team Lead: Corinne Harvey)  Perinatal and infant mental health webinar  You are invited to attend the following webinar on 21st May 2pm-3pm: : “Perinatal and infant mental health webinar: Latest PHE knowledge and intelligence tools to improve mental health during pregnancy and the postnatal period” which will cover:  1. The Fingertips Perinatal Mental Health Profiling tool (10mins) : This profile was developed by the National Mental Health Intelligence Network. The project is supported by NHS England and draws upon previous work undertaken in collaboration with the National Child and Maternal Health Intelligence Network. The profile is designed to support planners, providers and stakeholders to plan services, undertake needs assessments and benchmark against similar populations. It brings together available metrics around mental health postnatal period and babies aged <1 year. It includes metrics at local authority, CCG and Acute Trust level, organised across four domains: Demographics, Risk & related factors, Prevalence, Identification & access.  2. The Mental health in pregnancy, the postnatal period and babies and toddlers needs assessment reports (10mins) : The National Child and Maternal Health Intelligence Network have developed reports that are available for each local authority and clinical commissioning group, which bring together information on risk factors and estimates of prevalence for mental health conditions for women during pregnancy and the postnatal period as well as for babies and toddlers. The reports, which were originally developed in 2015, have now been integrated with PHE’s Fingertips tool.  3. Local perspective: Our local knowledge and intelligence team will apply these two products to your local area and provide a picture from what the data is currently showing. (15mins)  4. Q&A Session (20mins)  To register for this event please click on the **EventBrite link:** [**https://www.eventbrite.co.uk/e/perinatal-and-infant-mental-health-webinar-registration-45194485924**](https://www.eventbrite.co.uk/e/perinatal-and-infant-mental-health-webinar-registration-45194485924) , then click “register” and “check out”. Fill in the short registration form with your details and click “add to calendar”.  On the day of the webinar, you will receive a skype invite with instructions for joining the webinar via skype or telephone.  Please note that the webinar will be recorded.  NHS Health Checks and CVD (H&WB Team Lead: Melanie Earlam)  Letter on NHS Health Check – setting the estimated NHS Health Check total eligible population for 2018-19  As the steward of the NHS Health Check programme, PHE facilitates the return of data on the number of NHS Health Check appointments offered and received for each local authority (see letter below). PHE provides local authorities with an estimate of their total eligible population (TEP). Figures for 2018/19 TEP have been calculated by PHE using the latest available Office of National Statistics data (mid-2016 ONS resident population estimates) minus the estimated number of people on existing disease registers. To estimate the number of people on existing disease registers and therefore not eligible for a NHS Health Check, the age and sex specific weightings used in the NHS Health Check Ready Reckoner tool were applied to local population. Directors of Public Health and Commissioners of the NHS Health Check programme are invited to review the estimates for their area and, if not happy with the latest estimates calculated by PHE, to submit revised figures and evidence for consideration. You can find PHE estimates for your local authority in the below attached spreadsheet.    CVD programme article in LGA magazine  Councils play a crucial role in helping prevent heart disease by inviting millions of people to have an NHS health check titled article is featured on page 14. To view article please [click here](https://www.local.gov.uk/sites/default/files/documents/First%20April%202018.pdf).  The current and potential health benefits of the National Health Service Health Check cardiovascular disease prevention programme in England: A microsimulation study  Please [click here](http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002517) to access full article.  Teleconference invitation to Health Matters on ‘Preventing Type 2 diabetes’ – Thursday 24 May 2018  The next edition of Health Matters, ‘Preventing Type 2 diabetes’, will be launched via teleconference (TC) on **Thursday 24 May 2018, 12.45pm – 1.30pm** *(postponed from 29 March)*. The early signs from the Healthier You: NHS Diabetes Prevention Programme are positive and across the majority of England, people at high risk of Type 2 diabetes can now get help through the programme. But more needs to be done to identify those who could benefit from the programme, to streamline the referral process and enhance the lifestyle interventions on offer.  Duncan Selbie, Chief Executive of PHE, will be joined for the launch by a panel of experts. **Why you should take part:** The TC, which will include an interactive Q&A session, will consider the further roll out of the Programme, the most effective ways to identify and refer eligible individuals and the effective commissioning of enabling infrastructure, such as behavioural interventions to enable weight loss, increased physical activity and improved nutrition.  The session will be of particular value to local authorities and CCGs, NHS and social care professionals and voluntary and community sector organisations. Please dial in 5-10 minutes prior to the start time: Local call rate: 0330 336 9105, National free phone: UK: 0800 358 6377 and Conference code: 2706998. RSVP: Please register for the TC [here](https://bit.ly/2GeRryu).  You will then receive supporting materials on 24 May, prior to the call.  Data, Documents, Letters, Reports & General Information  NIHR School for Public Health Research PhD Studentships  The NIHR School for Public Health Research is funding up to 25 PhD Studentships as part of an initiative to build capacity in public health research. The studentships will begin in October 2018 and will be distributed across the School’s eight academic Centres.  Studentships will be aligned to the School’s research programmes and themes:  ·         Public mental health  ·         Places and communities  ·         Children, young people and families  ·         Health inequalities  ·         Efficient and equitable public health systems  ·         Changing behaviour at a population level  Applications are welcome from individuals with a strong academic record who wish to wish to develop a career in public health research.  Successful applicants will be expected to complete a PhD during the award period.  This award will fund tuition fees up to the value of Home/EU fees; students with overseas status are advised to contact the supervisors and the host institution.  Closing date for applications: **12 noon, Wednesday 9th May 2018**.  For more information and to view a list of projects please view the [PhD Studentships application information pack](http://sphr.nihr.ac.uk/wp-content/uploads/2018/04/NIHR-SPHR_studentships_Advert-and-Projects_v1.0.pdf).  To apply please complete the [PhD Studentships application form](https://forms.ncl.ac.uk/view.php?id=1594323) |
| Upcoming Meetings and Seminars |
| From data to decisions: workshops for Communities of Improvement  LKIS are running 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 direct to all members, for all workshops except for Alcohol & Drugs. We still have places available on several workshops – 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) for more details, including how to register.  Sexual Health CoI: **16 May 2018**  Making Every Contact Count (MECC) CoI: **4 June 2018**  Children & Young People CoI: **18 June 2018**  Mental Health and Suicide Prevention CoI: **17 July 2018** |
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