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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 32 July 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 |
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| Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  Whole systems obesity programme – sharing draft guide before final publication  In spring 2019, PHE will publish a guide and supporting resources to help local authorities across England with the process of setting up a whole systems approach to tackling obesity. The guide and resources are being co-developed and tested by 11 pilot local authorities.  In July 2018, PHE will invite expressions of interest for other local authorities to review and/or use the draft guide and resources – this will be communicated through PHE Centres and the Whole Systems Obesity newsletter. We welcome interest from all local authorities in England.  In September 2018, PHE and Leeds Beckett University will take those local authorities through the draft guide at regional obesity network meetings or webinars. They will subsequently receive the draft guide to review and/or use and will be asked to provide feedback through a simple online survey. Feedback will be used to review the guide before it is peer reviewed by colleagues in PHE and systems experts, prior to final publication in spring 2019.  This is an opportunity to help shape an innovative piece of work that could change the way we tackle one of our greatest modern health challenges. The whole systems approach to obesity has been designed with local authorities in mind, so their input will be invaluable.  To support the whole systems approach, PHE will also shortly publish *Promoting healthy weight in children, young people and families: a resource to support local authorities*. The resource brings all the guidance and useful resources into one document and will provide practical advice, support and actions that can be taken to promote healthy weight in children, young people and families. Developed in conjunction with the whole systems approach to obesity, it has been informed by a wide range of partners and highlights there is considerable scope for action.  Healthy weight promotion: consistent messages – resources published  PHE has published a suite of resources focused on promoting a healthier weight for children, young people and families. These resources are intended to support health and care professionals to be consistent and provide a core set of healthy weight messages throughout the life course. This suite of resources is part of Public Health England’s All Our Health ‘call to action’ for health and care professionals. Resources can be accessed [here](https://www.gov.uk/government/publications/healthier-weight-promotion-consistent-messaging) and include:   * **Consistent messaging infographics:** For use in practice. Each infographic highlights the key evidenced based healthy weight messages for specific age or target groups. * **Consistent messaging slide sets:** The aim of these slides is to be used as a training tool to inform workforce development.  It provides detailed evidence based healthy weight messages from preconception through to age 18 years. It includes links to a range of useful free resources including e-learning and guidance documents. * **Child obesity animation:** This animation demonstrates for all health and care professionals their vital role in supporting children, young people and families to maintain a healthier weight to prevent and reduce childhood obesity, from pregnancy through to the transition to adulthood.     Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  Getting more local people more physically active through Tour de Yorkshire (TdY); Building a better plan.  Leeds Beckett University is looking for people with expertise around using springboard events, like Wimbledon or the Tour de Yorkshire, to promote physical activity. They want to talk to people who are part of a cycling club, have organised sporting events, worked in sport development, and anyone else who worked to capitalise on the impact of these big events for community physical activity. Supported by Doncaster Borough Council we are aiming to explore how Tour de Yorkshire can be used as a springboard to promote physical activity. That’s why they want to hear from you and your experiences with springboard events, like the Tour de Yorkshire, as well as ways you think it can be improved.  If you are interested, please click the link below for more information and a way to sign up.  <https://leedsbeckettsport.eu.qualtrics.com/jfe/form/SV_3gbK1vqEXxy00kt>  If you know of anyone else interested or any organisations you think fit this criteria, please feel free to share this with them and the same link provided above.  If you wish to speak to an independent contact about any aspect of the study, please contact: Dr. Ian Lamond Tel: 0113 81 23816; E-mail: [I.Lamond@leedsbeckett.ac.uk](mailto:I.Lamond@leedsbeckett.ac.uk)  Clinical champions: Embedding physical activity into routine clinical care  The initiative was created to help increase the amount of physical activity in the population across England and is part of a bigger PHE and Sport England programme called ‘Moving Healthcare Professionals’. Often in our clinical training we have had very little experience in understanding the importance of physical activity, the benefits it can provide and also how to motivate people to go through behaviour change.  Please see below link for more information.  <https://publichealthmatters.blog.gov.uk/2018/06/21/clinical-champions-embedding-physical-activity-into-routine-clinical-care/>  Gymnastics videos using British sign language  British Gymnastics have announced the release of some new gymnastics communication videos using British sign language. They are now available on the British Gymnastics Academy. Over 50 videos and signs have been created in partnership with UK Deaf Sport, covering a range of skills, equipment and generic signs.  To access the videos, you will firstly need to enrol by clicking the below link. You will then receive a confirmation email that will direct you to the Academy before you are able to find the videos by going on below link.  <https://www.british-gymnastics.org/course/23085/gymnastics-communication-videos-using-british-sign-language-club-management?location>   |  |  | | --- | --- | | |  | | --- | |  | |   Healthy Places (H&WB Team Lead: Nicola Corrigan)  CityConnect  CityConnect is funded through the Department for Transport’s Cycle City Ambition Grant and local match funding.  <https://cyclecityconnect.co.uk/> is the website, and people can sign up to the different offers from the homepage.  **Overview:**  **Community Groups** – attached an overview of the groups they have provided grant funding for and the type of activity they are providing in which locations.    **Cycle 4 Health** – the report from the first year is attached. This project is currently to continue until November 2019.      Reducing Smoking (H&WB Team Lead: Scott Crosby)  Public Health Consequences of E-Cigarettes  This report looks at the evidence on the human health effects of e-cigarettes. The committee that conducted the study identified and examined more than 800 peer-reviewed scientific studies, reaching dozens of conclusions about a range of health impacts. It concludes that while e-cigarettes are not without health risks, they are likely to be less harmful than conventional cigarettes. Free registration is required to access this [report](https://www.yhphnetwork.co.uk/media/1885/public-health-consequences-of-e-cigarettes-2018-national-academies-of-science-engineering-and-medicine.pdf).  Smokefree NHS newsletter  The PHE tobacco control team is launching a quarterly e-newsletter focusing specifically on supporting a smokefree NHS – the first issue is scheduled for early July. Content will cover topics such as the CQUIN, updates on delivery of the Tobacco Control Plan, and guidance/training for healthcare professionals as well as including case studies from trusts across the country. If you are interested in receiving the newsletter, please sign-up [here](https://public.govdelivery.com/accounts/UKHPA/subscriber/new?preferences=true).  Reducing Harmful Drinking  Guidance on how to develop pathways for referral and care for patients identified as alcohol dependent  [‘Developing pathways for referring patients from secondary care to specialist alcohol treatment’](https://www.gov.uk/government/publications/developing-pathways-for-alcohol-treatment) discusses how to develop pathways for referral and care for patients who identified as alcohol dependent. The guidance aims to show the components of treatment for dependent drinking and describe what helps patients’ smooth passage through their treatment. It is designed to support those implementing the Preventing ill health by risky behaviours – alcohol and tobacco, as well as commissioners and planners within the NHS and community alcohol treatment. Care pathways are about planned journeys through components of treatment and between providers. This guidance focuses on pathways within secondary care and between secondary care and community alcohol treatment services. In particular, it deals with the points where patients’ treatment transfers between service providers and the links with everyone who has a supporting role in the pathway. It’s vitally important that each organisation involved in the pathway buys into the process and is accountable for the service they provide while working in partnership to create an effective pathway. Pathways should be more than a travel itinerary. Each patient should experience a seamless journey through the treatment pathway.  Mental Health (H&WB Team Lead: Corinne Harvey)  Mental Health Current Awareness Update  For more information on attached update please contact [libraries@phe.gov.uk](mailto:libraries@phe.gov.uk).    Public Mental Health and Wellbeing e-Bulletin  Please see attached a bi-monthly e-Bulletin produced for PHE Centre Leads working on public mental health and wellbeing.  To contribute material to this bulletin, please email [publicmentalhealth@phe.gov.uk](mailto:publicmentalhealth@phe.gov.uk)    Maternal-mental-health-alliance-conference-2018  Date: Thursday 6 September 2018  Location: Imperial College London  This year’s theme is **Diversity – understanding and reaching the missing families.**  **The conference will:**   * provide an overview of the latest research on families experiencing barriers in accessing perinatal mental health support * highlight the latest thinking and interventions to meet the needs of hard to reach communities * share the stories of women from diverse backgrounds * bring together practitioners and experts from adult, child, maternity, social care, early years and perinatal mental health services to discuss diversity and perinatal mental health problems * showcase Mums and Babies in Mind (MABIM), Everyone’s Business and Maternal Mental Health Alliance and A Better Start (ABS)   **Go to** [**MMHA website**](https://maternalmentalhealthalliance.org/news/conference-2018-diversity-understanding-and-reaching-the-missing-families/) **for more info**  Sexual Health (H&WB Team Lead: Sharron Ainslie)  Annual Data Release  For information: the [annual STI/NCSP 2017 data release](https://www.gov.uk/government/statistics/sexually-transmitted-infections-stis-annual-data-tables) has been published.  The data are summarised in [this infographic](https://app.box.com/s/u584w5ivqcpqd1kqn5bx9b4ybivsrdyh), and here are the key points:   * In 2017, there were 422,147 diagnoses of sexually transmitted infections (STIs) made in England, around the same number that was reported in 2016. * There were 7,137 diagnoses of syphilis reported in 2017, a 20% increase relative to the year prior and a 148% increase relative to 2008. * There were 44,676 diagnoses of gonorrhoea reported in 2017, a 22% increase relative to the year prior; this is of concern given the recent emergence of extensively drug resistant *Neisseria gonorrhoeae*. * There were 441 diagnoses of first episode genital warts in 15 to 17 year old girls in 2017, a 90% decrease relative to 2009; this decrease is largely due to the high coverage National HPV Immunisation Programme in school-aged girls. * Over 1.3 million chlamydia tests were carried out and over 126,000 chlamydia diagnoses were made among young people aged 15 to 24 years. * Between 2016 and 2017 there was an 8% decline in the number of chlamydia tests, continuing the trend of the previous year; most of this decrease in testing took place in sexual and reproductive health (SRH) services, where chlamydia testing has fallen by 61% since 2015, likely reflecting a reduction in service provision. * Overall, there were 2,361 fewer chlamydia diagnoses made among 15 to 24 year olds in 2017 than in 2016, a reduction of 2%.   NCSP National Audit Report  Please note that the NCSP national audit report has now been published. This report contains the findings on the 2017 national audit on performance against standards in turnaround times, partner notification and re-testing. Participating sites already know their own local results, this report provides the national data.  The report can be found [here](https://www.gov.uk/government/publications/national-chlamydia-screening-programme-audit-report).  The audit tool has also been published on this webpage, allowing providers to re-audit against these standards at any time.  For further information, please contact Erna Buitendam head of Quality Assurance for the NCSP. [Erna.buitendam@phe.gov.uk](mailto:Erna.buitendam@phe.gov.uk)  HIV Prevention England  The summer phase of the It Starts With Me campaign will begin on Monday 18 June 2018.  Summertime provides plenty of opportunities to engage with our target groups, especially with the many LGBT+ Prides, cultural festivals and celebrations taking place across England. [Order resources online – the first of our summer campaign materials are now available](https://technology-trust-news.org/5HE-5OOGC-M3K3RM-35RHU5-1/c.aspx).  NHS Health Checks and CVD (H&WB Team Lead: Melanie Earlam)  **The new NHS Health Check Digital Exemplar Project**  Public Health England is leading a series of eight high profile exemplar projects. These exemplars will use the latest digital innovation and working practices to improve public health outcomes.  As a key national priority, the NHS Health Check programme is the first of these exemplars to be signed off. It is an incredibly exciting opportunity to use digital tools and service redesign to transform the existing service.  **What is happening?**  The project is currently in a discovery phase. The objective of this phase is to understand stakeholder needs, such as how people use, commission and deliver the NHS Health Check.  This includes undertaking significant primary and secondary research to understand where digital technology could enhance the NHS Health Check at all stages of the care pathway, including:   * Population level awareness * Invitation to the check * Appointment booking * Delivery of the NHS Health Check (tests, assessment, risk communication, brief intervention, referral) * Follow up (lifestyle behaviour change, clinical management).   At the end of discovery phase, proposals with the greatest potential will move forward into the Alpha phase, where prototype solutions will be built and tested with recipients in parts of the country. The findings of this phase will then move forward to product and service development in the Beta phase.  **How can I get involved?**  We are particularly keen to hear about any existing digital technology being used to support the delivery of NHS Health Check in your area, and your experiences of this. Please contact: [joanne.jones@phe.gov.uk](mailto:joanne.jones@phe.gov.uk)  NICEimpact Cardiovascular disease prevention report  This report considers how NICE’s evidence-based guidance can contribute to improvements in the prevention of CVD.  See below link to view full report.  <https://www.nice.org.uk/media/default/about/what-we-do/into-practice/measuring-uptake/nice-impact-cardiovascular-disease-prevention.pdf>  Dementia risk now included as part of NHS Health Check  Healthcare professionals in GP surgeries and the community will soon be giving advice on dementia risk to patients as part of the NHS Health Check.  • 52% of adults name dementia as one of their top three health worries  • 28% have no awareness of any of the risks factors and only 2% are aware of all the things they can do to reduce the risk  • As many as one third of dementia cases may be prevented by improved lifestyle choices  Adding the dementia element to the NHS Health Check programme will enable healthcare professionals to talk to their patients about how they can reduce their dementia risk, such as by maintaining their social life, keeping mentally and physically active and stopping smoking.  It is estimated that over 850,000 people are living with dementia in the UK with little public understanding of how it’s possible to reduce the risk. While much of the NHS Health Check focuses on reducing cardiovascular disease (CVD) risk, the advice for preventing CVD is much the same as for dementia: ‘what’s good for the heart is good for the brain’.  Data published this week shows the last five year performance of the NHS Health Check:  • Over 14million people (91% of the five-year eligible population) have been offered an NHS Health Check  • Almost 7million (48.7% of those offered) have had a Health Check  **NHS Health Check data** can be found here: [**https://fingertips.phe.org.uk/profile/nhs-health-check-detailed/data#page/**](https://fingertips.phe.org.uk/profile/nhs-health-check-detailed/data#page/)  As much as 85% of CVD is preventable. The NHS Health Check helps to identify and support people who would benefit from clinical and lifestyle treatment and services for the top seven risk factors driving the burden of non-communicable disease, such as all cancers, diabetes, heart and respiratory diseases; being a healthy weight and eating a healthy diet, not smoking, drinking in moderation, keeping active and ensuring you know your numbers (blood pressure and cholesterol) can all help reduce the risks of CVD, dementia and many other long term conditions.  NHS Health Checks – Q4 data  PHE has published the NHS Health Check offers and uptake [data](https://fingertips.phe.org.uk/profile/public-health-outcomes-framework/data#page/8/gid/1000042/pat/6/par/E12000007/ati/102/are/E09000029/iid/91101/age/219/sex/4) update for January to March 2018. This update contains data from 152 local authorities for January to March 2018 (quarter 4 for 2017 to 2018) and cumulative data from 1 April 2013 to 31 March 2018.  This data publication marks the end of the **first full five year cycle** of the NHS Health Check being commissioned by local authorises, since the programme became a mandated service set out in the public health regulations.  The cumulative data also includes amended statistics for 21 local authorities for April to September 2016 (quarter 1, 2  and 3of 2017 to 2018). The NHS Health Check is one of the components of the [single data list](https://www.gov.uk/government/publications/single-data-list) (ref 254-00) which is a list of all the datasets that local government must submit to central government.  Please contact [nhshealthchecks.mailbox@phe.gov.uk](mailto:nhshealthchecks.mailbox@phe.gov.uk) with any queries regarding the NHS Health Check.  NHS Health Check submission and publication dates  **Submission deadlines**   |  |  | | --- | --- | | **Data should be returned every quarter and the submission deadlines are detailed in the**[**guidance**](https://www.healthcheck.nhs.uk/commissioners_and_providers/governance/)**for the data returns. For convenience the submission deadlines for this year are detailed below:** | | | 2018/19 Quarter 1 | 31st July 2018 | | 2018/19 Quarter 2 | 31st October 2018 | | 2018/19 Quarter 3 | 31st January 2019 | | 2018/19 Quarter 4 | 10th May 2019 |   **Publication dates**   |  |  | | --- | --- | | **Data is returned every quarter and publication dates are available on the**[**ONS Hub**](https://www.gov.uk/government/statistics/announcements?utf8=%E2%9C%93&keywords=nhs+health+check&topics%5B%5D=national-health-service&organisations%5B%5D=public-health-england&from_date=&to_date=&commit=Refresh+results)**. For convenience the publication dates for this year are detailed below:** | | | 2018/19 Quarter 1 | Thursday 23 August 2018 at 9:30am | | 2018/19 Quarter 2 | WEDNESDAY 28 NOV 2018 at 9:30am | | 2018/19 Quarter 3 | WEDNESDAY 27 February 2019 at 9:30am | | 2018/19 Quarter 4 | THURSDAY 13 June 2019 at 9:30am |   Reducing Health Inequalities (H&WB Team Lead: Alison Patey)  Funding available for innovations to improve health and social care  The Health Foundation have **up to £1.7 million available for up to 23 clinical teams** through the latest round of our [Innovating for Improvement programme.](https://healthfdn.org.uk/4Y2-5OC0Q-8M0F3M-35ILGR-1/c.aspx) The funding can be used to test and develop innovative ideas and approaches to improve health and social care delivery in the UK.  They are particularly interested in applications that focus on supporting the workforce to improve the quality of care. They might do this by focusing on the physical and mental well-being of staff, improving team working and relationships, or using technology and automation to address workforce challenges.  Each team will receive up to £75,000 of funding, over 15 months, to put their ideas into practice and improve patient care. They will also receive a dedicated programme of support and guidance as they develop their project.  The deadline for applications is midday, Monday 9 July 2018.  For more information click on below link:  <https://www.health.org.uk/programmes/innovating-improvement?dm_i=4Y2,5OC0Q,8M0F3M,M30EK,1> |
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| Ageing Well (H&WB Team Lead: Alison Iliff, Dementia: Melanie Earlam) |
| [New RSPH report published: That Age Old Question](https://www.rsph.org.uk/our-work/policy/older-people/that-age-old-question.html)  The Royal Society for Public Health has published *That Age Old Question*, a report about ageism and how ageist views can impact on health and wellbeing. You can download the report here: <https://www.rsph.org.uk/our-work/policy/older-people/that-age-old-question.html>  Dementia and Learning Disabilities: making reasonable adjustments  A new suite of documents has been published outlining reasonable adjustments that  can improve dementia care and services for people with learning disabilities.  <https://www.gov.uk/government/publications/people-with-dementia-and-learning-disabilities-reasonable-adjustments>  [NICE guideline on dementia published](http://www.nice.org.uk/guidance/ng97)  NICE has published *Dementia: assessment, management and support for people living with dementia and their carers*. The guideline is accompanied by a range of supporting documents, including an evidence summary, stakeholder comments and information for the public. The content from the guideline has also been incorporated into the updated NICE pathway on dementia. All documents can be found via the link below.  <https://www.nice.org.uk/guidance/ng97>  [Dementia - what to expect after diagnosis](https://www.gov.uk/government/publications/after-a-diagnosis-of-dementia-what-to-expect-from-health-and-care-services/after-diagnosis-of-dementia-what-to-expect-from-health-and-care-services)  The Department for Health and Social Care has recently published guidance for individuals and families about what to expect after a diagnosis of dementia. The guidance can be found here: <https://www.gov.uk/government/publications/after-a-diagnosis-of-dementia-what-to-expect-from-health-and-care-services/after-diagnosis-of-dementia-what-to-expect-from-health-and-care-services>  Digital age: supporting people in later life to get online  The Centre for Ageing Better has published a new report and accompanying information focusing on the risks of digital exclusion in later life. Although the proportion of older people using the internet has risen considerably faster than for the general population, there are still 4.8 million people over the age of 55 who are not online, making up 91% of the population who are not online (5.3 million people). (ONS, 2018) These people – who are already likely to be poorer, less well educated and in worse health than their peers – are at risk of being left on the wrong side of the digital divide, as more services and information move online.  <https://www.ageing-better.org.uk/publications/digital-age>  Dementia-Friendly Rural Communities Guide  Rural communities have an important part to play in tackling the social and economic impact of dementia, by supporting people living with dementia to be part of their local community. This guide gives best practice advice on how to create a dementia-friendly community in rural areas and shares successful case studies from across the country.  This guide contains information about how dementia affects people’s experience of living and working in a rural community. It provides community-led guidance and signposting to resources to help support people living with dementia and their carers to be included in all areas of community life.  [**Click here for Guidance**](https://www.alzheimers.org.uk/sites/default/files/2018-05/Dementia-friendly%20rural%20communities%20guide.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=9495715_NEWSL_HWB%202018-06-04&dm_i=21A8,5NIXV,FLWQCU,M0LP5,1)  Practice nurses to give advice on dementia risk in health check  Practice nurses and other staff at GP surgeries will soon be required to give advice on dementia risk as part of the NHS Health Check, which is offered to patients from middle age.  Please see below link for more information  <https://www.nursingtimes.net/news/primary-care/practice-nurses-to-give-advice-on-dementia-risk-in-health-check/7024902.article?blocktitle=Today%27s-headlines&contentID=18932>  Data, Documents, Letters, Reports & General Information  Musculoskeletal Diseases Profile June Update  PHE have updated the Musculoskeletal Diseases profile to include four new indicators and four updated time points for 2016/17.  A link to the profile, short commentary and a table of updates can be found by following the link: <https://www.gov.uk/government/statistics/musculoskeletal-diseases-profile-june-2018-update>  Work, worklessness and health infographics  To help inform local conversations around work, worklessness and health, PHE has created an [infographic slide set for every county and unitary authority in England](https://www.gov.uk/government/publications/work-worklessness-and-health-local-infographic-tool), presenting data on work, worklessness and health. The slide sets have been developed in partnership with local authorities, after [national infographics](https://www.gov.uk/government/publications/health-and-work-infographics) were first published in 2016, leading to requests for more localised data. The slide sets can be used by local partnerships, health and wellbeing boards and STPs to get a clear picture of the situation in their community. Read more in our blog [here.](https://publichealthmatters.blog.gov.uk/2018/06/13/starting-local-conversations-about-work-worklessness-and-health/)  Child health profile 2018 pdfs published  PHE has published the [Child Health Profile pdfs](https://fingertips.phe.org.uk/profile-group/child-health/profile/child-health-overview) which present data across key health indicators of child health and wellbeing. The profiles provide an annual snapshot of child health and wellbeing for each local authority in England and sit alongside an interactive version which is available for both local authorities and CCGs. They are designed to help local organisations understand the health needs of their community and work in partnership to improve health in their local area. |
| Upcoming Meetings and Seminars |
| Public Health England Annual Conference 2018 – 11 and 12 September: Open for bookings  Bookings are now open for the PHE Annual Conference 2018 which will take place on Tuesday 11 and Wednesday 12 September at the University of Warwick. This year's conference is focusing on three key themes across the programme:   * promoting world-class science and evidence * making the economic case for prevention * working towards a healthier, fairer society   The **outline of the programme**, covering a wide range of topics, is now available on the [conference website](https://www.phe-events.org.uk/hpa/frontend/reg/thome.csp?pageID=305437&eventID=727&traceRedir=4). You are advised to **book early**, as places have been oversubscribed in previous years. You can book to attend one or both days of the conference, with options to join free pre-conference workshops on Monday 10 September if you book for both days. Further details about the programme will be added over the coming weeks - check the conference website regularly. |
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