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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 33 August

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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| National Child Measurement Programme Operational Guidance for 2018  The [National Child Measurement Programme Operational Guidance for 2018](https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance) was published on 5th July.  Key updates include:   * General Data Protection Regulations (GDPR) and the processing of NCMP data (the addendum has been removed from .gov).  Provides advice to local authorities that No change will be needed to the way NCMP data is processed by local authorities for this to be lawful under the GDPR, and that schools do not require parental consent for children to participate in the school height and weight checks and share a child’s personal data. Schools can continue to provide the class lists to the school nursing teams and NCMP providers as the law advises. * Providing proactive follow up  as part of duty of care in feeding back to parents and for children falling out of the healthy weight range, particularly those children who fall on extreme BMI centiles.  E.g. ‘severely obese (99.6th)’ or ‘very thin (0.4th)’. * Child BMI centile classifications information included on extreme centiles ‘very thin’ and ‘severely obese’. These can be viewed on the NCMP IT system to allow areas to provide proactive follow-up in a timely manner.  The four weight status categories for generating the national template result letter for parents remains the same as previous years: Healthy Weight, Underweight, Overweight and Very Overweight. * Pre-measurement letter to parents 2018 to 2019 update – planned to be published soon. The previous version is no longer available and local authorities should plan to use the 2018 to 2019 version once available.   Deliverable Elements of the NCMP table: please be reminded of this useful table detailing the roles and responsibilities of key stakeholders across the NCMP collection year can be found via below link.  <https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance>  Feeding in the first year of life: SACN report  Scientific Advisory Committee on Nutrition (SACN) has published its report on ‘[Feeding in the first year of life’](https://www.gov.uk/government/publications/feeding-in-the-first-year-of-life-sacn-report), providing recommendations on infant feeding from birth up to 12 months of age. SACN recommends babies are exclusively breastfed until around 6 months of age and continue to be breastfed for at least the first year of life. Additionally, solid foods should not be introduced until around 6 months to benefit the child’s overall health. SACN has recommended strengthening advice regarding the introduction of peanuts and hen’s egg – advice on complementary feeding should state that these foods can be introduced from around 6 months of age and need not be differentiated from other solid foods. |
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| Living Well |
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| Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  Sport England update  Please see attached update from Sport England.    Activity Alliance’s Ten Principles film  Activity Alliance, supported by Sport England, has released the Ten Principles film to guide providers to deliver more appealing and inclusive opportunities. If embedded within planning and delivery, the principles can be the vital ingredient for delivering activities that will support disabled people to be and stay active for life.  Link for film : <http://www.getyourselfactive.org/2018/06/12/activity-alliance-releases-ten-principles-film/>  Women in Sport Research: Me, not my age or impairment  Why are women with a health condition or disability **missing out** **on the benefits** that sport and physical activity brings as they get older?  [This report](http://www.womeninsport.org/research-advice-service/research-and-insight/not-age-impairment/) uses qualitative research to better **understand women with a disability or life limiting health condition and their relationship with sport and physical activity in later life.**  The experiences of inactive and active women**aged over 55,** their **motivations** and **influencers,** as well as perceived **barriers** are explored. This report includes practical recommendations for sports deliverers wanting to engage women of this age group more effectively in sport or physical activities.  [Get Out Get Active (GOGA)](http://www.getoutgetactive.co.uk/), funded by Spirit of 2012, **supports disabled and non‑disabled people to take part in fun and inclusive activities together.**For this research Women in Sport collaborated with GOGA Thanet.  Healthy Places (H&WB Team Lead: Peter Varey)  Disability Employment Gap Challenge Fund  A new Challenge Fund to help tackle the disability employment gap is a joint venture launched by the Minister for Disabled People, Health and Work, Sarah Newton, and the Minister for Mental Health and Inequalities, Jackie Doyle-Price and worth £4.2m to support people with mental health or musculoskeletal conditions to stay in work.    More details can be found at:  <https://www.gov.uk/government/news/multi-million-pound-fund-to-help-tackle-the-disability-employment-gap-launched>    You may wish to share with partners within your respective areas that would benefit from using some of this fund. There is a fairly short timeline for applications with receipt of applications being no later than 17:00 on 17th August 2018.  Air Pollution: A tool to estimate healthcare costs  This tool was launched in May with the draft Defra clean air strategy.  The tool can quantify the potential costs to the NHS and social care due to the health impacts of particulate matter (PM2.5) and nitrogen dioxide (NO2) in England and separately for each local authority.  Link: <https://www.gov.uk/government/publications/air-pollution-a-tool-to-estimate-healthcare-costs>  PHE Public Health Dashboard Now Includes Air Quality Indicator  An [air quality indicator](https://healthierlives.phe.org.uk/topic/public-health-dashboard) for the PHE Public Health Dashboard has been released.  It’s a relatively simple indicator based on the population within air quality management areas (AQMA).  There is a bit more information on how the metric was created on the ‘[about the data](https://healthierlives.phe.org.uk/topic/public-health-dashboard/about-data)’ webpage, via the links to the [indicator rationale](https://healthierlives.phe.org.uk/documents/PHD%20Indicator%20rationale%20paper%20July%202018.docx) and the [indicator metadata documents](https://healthierlives.phe.org.uk/documents/Indicator%20metadata_July%202018.xlsx).  Update to the Public Health Dashboard  The [Public Health Dashboard](https://healthierlives.phe.org.uk/topic/public-health-dashboard/about-data) has been updated to provide the latest data on eight public health service areas:  ·         Best start in life  ·         Child obesity  ·         Drug treatment  ·         Alcohol treatment  ·         NHS Health Checks  ·         Sexual health services  ·         Tobacco control  ·         Air Quality  The Dashboard will support local decision-making by bringing existing comparative data into one place and making it more accessible and meaningful to a wider audience. Comments and feedback on the tool should be sent to [phdashboard@phe.gov.uk](mailto:phdashboard@phe.gov.uk).  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).  Mental Health (H&WB Team Lead: Corinne Harvey)  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)  It Starts With Me summer campaign  The It Starts With Me summer campaign launched on Monday 18 June 2018. The campaign highlights the importance of combination prevention and aims to promote awareness and adoption of condom use, treatment as prevention, pre-exposure prophylaxis (PrEP) and HIV testing. More information is available at <https://www.startswithme.org.uk/> and new patient resources can be ordered from <http://hpe.nflex.co.uk/Login.aspx>  Key dates and other important information  • It Starts With Me summer campaign: Combination Prevention, 18 June - 31 August 2018  • National HIV Testing Week, 17 - 23 November 2018  • Condom Week, 11 - 17 February 2019  • Sexual Health Week, 24 - 30 September 2018  FPA/Sexwise  FPA – launches their new animated videos to talk about sex. Please see attached.    BASHH  The new BASHH guideline for the management of infection with Mycoplasma Gentitalium is available for consultation. Please click [HERE](https://bashh.us17.list-manage.com/track/click?u=34a6e1d119a7dd8e6d04d1611&id=5e8ede96b5&e=946ee546dd) and leave comments by 1st September 2018.  NCSP audit  The NCSP 2017 national audit report has been published on 5th June and is available [here](https://www.gov.uk/government/publications/national-chlamydia-screening-programme-audit-report) . It contains the national results of performance against the current standards on turnaround times (result notification, treatment), Partner Notification (BASHH standards) and practice around re-testing of patients found to be positive at initial test.  Sexual health commissioning blog series and resources page  The first in a series of sexual health commissioning blogs was published in March:<https://publichealthmatters.blog.gov.uk/2018/03/27/supporting-sexual-health-commissioning/>  alongside an updated commissioning resources page:<https://www.gov.uk/guidance/commissioning-regional-and-local-sexual-health-services>.  The second blog was published on 16th May: <https://publichealthmatters.blog.gov.uk/2018/05/16/supporting-sexual-health-commissioning-analysing-and-planning/>  The third blog was published on 11th June: <https://publichealthmatters.blog.gov.uk/2018/06/11/the-sexual-health-commissioning-cycle-doing-and-reviewing/>  Evaluation of interventions in sexual health, reproductive health and HIV (SHRH&HIV) services  In order to address consistent demands from the system (providers, commissioners and others) to support the “best way” to achieve a desired outcome , and to address wide variation in delivery, PHE has now  developed a suite of evaluation resources consisting of an introductory guide to evaluation, a workbook and a list of standards and metrics. These have been piloted across a number of different services across England and their feedback has been used to produce the final version of the [evaluation resources](https://www.gov.uk/government/publications/sexual-health-reproductive-health-and-hiv-services-evaluation-resources) which were published on 18th June2018. If you have any questions or would like more information, please contact [Erna Buitendam](mailto:erna.buitendam@phe.gov.uk).  DfE publishes RSE guidance for consultation  DfE has published the draft statutory guidance on relationships education, relationships and sex education, and health education. The consultation will last 12 weeks.  Here is a link to the guidance. <https://www.gov.uk/government/news/new-relationships-and-health-education-in-schools>  The announcement confirms that statutory status will now begin in 2020 to give schools a full year to prepare.    New LGBT Resource  Attached is the whole systems approach toolkit created through the LGBT Partnership, published on the the DHSC web pages. Yorkshire MESMAC was one of the lead partners on this and highlights the work done in Leeds.    Drugs Recovery  Spice Taskforce in Wrexham 'Saved My Life'  In response to the increasing problem of ‘Spice’ and other drug dependencies, Wrexham Council, health and housing agencies, North Wales Police, homelessness and drugs charities joined forces and set up a taskforce, recognising that they needed to work together to try to offer a new approach.  The programme has profiled more than 90 people who are known to be involved with substance misuse and also gather in Wrexham town centre. The majority of them are homeless and rough sleepers, but not all. The profile contains information relating to Detailed information about each individual, including the substances they use, the number of times an ambulance has been called out to them, whether they've committed antisocial behaviour, their housing and benefits situation and their interaction with the police and the criminal justice system. This profiling allows them to get to know each person and what kind of help they'll need, if they decide to accept it.[Article and Podcast](https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-018-5677-1)  NHS Health Checks and CVD (H&WB Team Lead: Melanie Earlam)  Dementia risk now included as part of NHS Health Check  Healthcare professionals in GP surgeries and the community will soon give advice on dementia risk to patients as part of the NHS Health Check.  Please see below link to read more.  <https://www.gov.uk/government/news/dementia-risk-now-included-as-part-of-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 | 23rd August 2018 at 9:30am | | 2018/19 Quarter 2 | 28th NOV 2018 at 9:30am | | 2018/19 Quarter 3 | 27th February 2019 at 9:30am | | 2018/19 Quarter 4 | 13th June 2019 at 9:30am |   Diabetes Prevention Bulletin  Please see attached Diabetes Prevention Bulletin. |
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| Ageing Well (H&WB Team Lead: Alison Iliff, Dementia: Melanie Earlam) |
| Evidence review on muscle and bone strengthening and balance activities for adults and older adults  PHE and the Centre for Ageing Better have published an evidence review on muscle and bone strengthening and balance activities for adults and older adults. The review found all adults and older adults should undertake a programme of exercise at least twice per week that includes high intensity resistance training, some impact exercise (running, jumping, skipping etc.) and balance training.  <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/721874/MBSBA_evidence_review.pdf>  The Women and Equalities Committee has published a report on older people and employment. The report finds that the talents of more than a million people aged over 50 who want to work are being wasted because of discrimination, bias and outdated employment practices.  <https://www.parliament.uk/business/committees/committees-a-z/commons-select/women-and-equalities-committee/news-parliament-2017/older-people-employment-report-published-17-19/>  Geoff Filkin, Chair of the Centre for Ageing Better, has published his latest blog: A manifesto for better longer lives. Read it here: <https://www.ageing-better.org.uk/news/manifesto-better-longer-lives>  Refreshed Dementia Training Standards Framework  HEE is delighted to announce that the Dementia Training Standards Framework (formerly the Dementia Core Skills Education and Training Framework) was launched today. As this is a refreshed resource rather than a new one, a ‘soft’ launch via social media has been used and co-ordinated between HEE, Skills for Health and Skills for Care.  HEE, Skills for Health and Skills for Care, worked with a panel of subject matter experts, to undertake this review. The Framework now includes new additions regarding food, drink and oral health and relevance to the housing sector. The updated framework has been re-titled the Dementia Training Standards Framework.  This framework is designed to help organisations and individuals in health, social care or housing to ensure quality and consistency in dementia education and training and will continue to contribute towards the provision of high quality services and ensure personalised care and support for people living with dementia.  The framework can be accessed via the HEE webpage <https://hee.nhs.uk/our-work/dementia-awareness/core-skills> or via the Skills for Health website <http://www.skillsforhealth.org.uk/services/item/176-dementia-core-skills-education-and-training-framework>.  Data, Documents, Letters, Reports & General Information  DELPH standards update – call for volunteers  The regional Delivering Excellence in Local Public Health (DELPH) standards were originally developed in 2013 to support self-assessment and the regional peer review programme. The standards are now due to be reviewed and we are looking for local authority volunteers to support this process. You would work with one or two others to review the standards for one of the DELPH domains (Health improvement, Health protection, Healthcare, Knowledge and intelligence, Capacity building and Governance and systems) and identify any revisions needed. We anticipate that this is a process of update and minor revision, not a complete rewrite, and therefore should not be especially labour intensive.  If you would like to volunteer, please email [Alison.iliff@phe.gov.uk](mailto:Alison.iliff@phe.gov.uk) by **Friday 17th August** indicating which domain you would like to review.  Be Clear on Cancer Blood in Pee campaign  The national [Be Clear on Cancer Blood in Pee campaign](https://www.nhs.uk/be-clear-on-cancer/symptoms/blood-in-pee) is launched on Thursday 19 July. The campaign highlights that blood in pee is a key symptom of bladder and kidney cancer, yet according to survey findings, only 16% of those most at risk, aged 50 or over, check the colour of their pee every time they go to the toilet. It also encourages people to ‘look before they flush’ and to tell their doctor if they notice blood in their pee, even if it’s just the once.  The campaign, which runs until 23 September, includes national, regional and black and minority ethnic (BME) PR activity, as well as advertising on TV, radio, in public toilets and online. Campaign materials can be accessed via the Campaigns Resource Centre - <https://campaignresources.phe.gov.uk/partners-bloodinpee>.  UK air pollution removal: how much pollution does vegetation remove in your area?  Air pollution removed by woodlands, plants and grasslands across the UK saved around £1 billion in health costs in 2015, at an average of £15 per person.  Use our interactive map to find out how much air pollution is removed by green space in your area, and how much is saved in health costs.  [Click here](https://www.ons.gov.uk/economy/environmentalaccounts/articles/ukairpollutionremovalhowmuchpollutiondoesvegetationremoveinyourarea/2018-07-30?utm_source=govdelivery&utm_medium=email) to explore the data.  Criteria for the level 2 early years assistant qualification published  The criteria for the level 2 early years assistant qualification is now published and can be accessed here:  <https://www.gov.uk/government/publications/early-years-practitioner-level-2-qualifications-criteria>  This is a sustainable achievement in the work with the early years sector as it will ensure that approx. 21,000 early years staff qualifying annually understand and are able to apply the government recommendations for 0-5 years around healthy eating, physical activity, oral health and positive role modelling. The actual size of the workforce is in the region of 200 000.  **Next steps:**  The level 2 criteria will be used by awarding organisations to develop new qualifications for delivery from September 2019. They will enable early years workers and employers to recognise suitable level 2 training and qualifications more easily.  From 1 September 2019 early years practitioners will be required to undertake level 2 qualifications that meet these criteria.  Be Clear on Cancer Blood in Pee campaign  The national [Be Clear on Cancer Blood in Pee campaign](https://www.nhs.uk/be-clear-on-cancer/symptoms/blood-in-pee) highlights that blood in pee is a key symptom of bladder and kidney cancer, yet according to survey findings, only 16% of those most at risk, aged 50 or over, check the colour of their pee every time they go to the toilet. It also encourages people to ‘look before they flush’ and to tell their doctor if they notice blood in their pee, even if it’s just the once. The campaign, which runs until 23 September, includes national, regional and black and minority ethnic (BME) PR activity, as well as advertising on TV, radio, in public toilets and online. Campaign materials can be accessed via the Campaigns Resource Centre - <https://campaignresources.phe.gov.uk/partners-bloodinpee>.  Musculoskeletal diseases profile: June 2018 update  PHE have updated the Musculoskeletal Diseases profile today to include four new indicators and four updated time points for 2016/17.  Please see below link:  <https://www.gov.uk/government/statistics/musculoskeletal-diseases-profile-june-2018-update> |
| Upcoming Meetings and Seminars |
| Save the Date - Yorkshire and the Humber Association of Directors of Public Health Sector Led Improvement Annual Conference March 2019  The 2019 sector led improvement conference will take place in Sheffield on Friday 29th March. We are currently putting together the programme, which will include a mix of plenary presentations and examples of innovative practice from across Yorkshire and Humber showcased in oral and poster presentations.  The call for abstracts will be issued shortly and booking will open in November 2018. Each local authority has a set number of places available. Booking will be coordinated by each local authority’s Director of Public Health.  Fit to Work breakfast briefing  This free workshop is taking place on 11th September at 7.45am at university of Huddersfield. Please see attached flyer for more information and booking contact. |
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