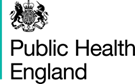
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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 38 January 2019

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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| Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  PHE Physical Activity Team - Understanding the evidence webinar  29th January 2019 at 13:00 – 14:00  Cycling and walking for individual, population and health system benefits: a rapid evidence review for health and care system decision-makers.    Register here by Friday 25th January - [https://surveys.phe.org.uk/TakeSurvey.aspx?PageNumber=1&SurveyID=88KIno511&Preview=true#](https://surveys.phe.org.uk/TakeSurvey.aspx?PageNumber=1&SurveyID=88KIno511&Preview=true)    The UK Chief Medical Officers’ physical activity guidance highlights walking and cycling as the easiest way for many people to get active and in 2017 the Government announced a commitment to make walking and cycling the natural choice for short journeys and as part of longer journeys.    To underpin this, PHE recently [published an evidence review](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/757756/Cycling_and_walking_for_individual_and_population_health_benefits.pdf) of the individual, population and health system benefits of increased walking and cycling in the population.The review, undertaken by the University of Edinburgh and CEDAR, is the first review that has looked at the specific benefits of walking and cycling as modes of physical activity and helps understand the importance, benefits and practical actions for the health sector to support increase in walking and cycling.    The webinar is an opportunity to hear from the researchers who will summarise the key findings, discuss next steps and how this evidence can be applied locally.    **Webinar outline:**     * **Key Findings from the Evidence Review**   Dr Paul Kelly, University of Edinburgh  Dr James Woodcock, Centre for Diet and Activity Research (CEDAR), University of Cambridge.   * **The Cycling and Walking Investment Scheme (CWIS)**   Department for Transport   * **Implementing the Evidence and next steps**   Dr Michael Brannan, National lead for Physical Activity, Public Health England.    Please email [Nick.Clarke@phe.gov.uk](mailto:Nick.Clarke@phe.gov.uk)   or [Johir.Ali@phe.gov.uk](mailto:Johir.Ali@phe.gov.uk) with any questions and [https://surveys.phe.org.uk/TakeSurvey.aspx?PageNumber=1&SurveyID=88KIno511&Preview=true#](https://surveys.phe.org.uk/TakeSurvey.aspx?PageNumber=1&SurveyID=88KIno511&Preview=true) for registration.    Mental Health (H&WB Team Lead: Corinne Harvey)  Latest Health Matters focuses on reducing health inequalities in mental illness  The latest [edition](https://publichealthmatters.blog.gov.uk/2018/12/18/health-matters-reducing-health-inequalities-in-mental-illness/) of PHE’s Health Matters, our professional resource, focuses on reducing health inequalities in mental illness. According to survey data, one in six adults will have experienced a common mental health disorder in the past week, such as anxiety disorder. Mental health problems can have a significant effect on the lives of individuals, their families, communities and wider society. This edition specifically focuses on adults with severe mental illness (SMI), such as schizophrenia and bipolar disorder. SMI affects close to an estimated 551,000 people in England and these individuals have a life expectancy of up to 20 years shorter than the general population. Mental illness is closely associated with many forms of health inequalities, which are largely driven by social and environmental factors including poverty, unemployment, homelessness and incarceration. The inequalities they face are also driven by increased behaviours that pose a risk to health, such as smoking and poor diet, and lack of support to access health and preventative care. This edition of Health Matters covers the preventative actions that local areas can take to reduce these inequalities, and improve the physical health outcomes and life chances of people living with mental illness.  This includes:   * addressing the social determinants of poor health * early detection and intervention for physical health risks * building a competent and committed public mental health workforce   Read the [launch blog](https://publichealthmatters.blog.gov.uk/2018/12/18/health-matters-reducing-health-inequalities-in-mental-illness/) that summarises the content of the edition. Visit the [Health Matters area of GOV.UK](https://www.gov.uk/government/collections/health-matters-public-health-issues?utm_source=Blog&utm_medium=HM2Blogboiler&utm_campaign=HealthMatters) to see the wide range of topics Health Matters has covered. You can also [sign up](https://public.govdelivery.com/accounts/UKHPA/subscribers/new?preferences=true) to receive the latest updates through our e-bulletin.  All attached documents can also be found [online here.](https://www.dropbox.com/sh/y4v139hhnitb1m3/AACgm7qNTI6BYBrOtZHqxj5Ha?dl=0) *(open with Google Chrome).*  NMHDNIN data tools and resources  Public Health England’s National Mental health, Dementia & Neurology Intelligence Network (NMHDNIN) produce a range of publicly available, online, data tools and resources to help support local area planning and commissioning.  They publish [fingertips data profiles](https://fingertips.phe.org.uk/profile-group/mental-health), reports, and data tools for commissioners, policy makers, clinicians and health professionals to improve services, outcomes and reduce the negative impact of [mental health](https://www.gov.uk/guidance/mental-health-data-and-analysis-a-guide-for-health-professionals), [dementia](https://www.gov.uk/guidance/dementia-data-and-analysis-a-guide-for-health-professionals) and [neurological](https://www.gov.uk/guidance/neurology-data-and-analysis-a-guide-for-health-professionals) problems.  They produce a monthly e-bulletin which gives a snapshot of their latest resources and key messages.  To receive this e-bulletin, please visit [PHE subscriptions page](https://public.govdelivery.com/accounts/ukhpa/subscribers/new?preferences=true)  and select ‘National Mental Health Dementia and Neurology Intelligence Network’.  If you need help with the subscriptions process, please contact [mhdnin@phe.gov.uk](mailto:mhdnin@phe.gov.uk).  Sexual Health (H&WB Team Lead: Sharron Ainslie)  On-line HIV self testing kits: unreliable kits available for sale in UK  PHE has been notified by MHRA that they have identified HIV self-testing kits which were not appropriately certified on sale via an on-line sales site in the UK. MHRA and PHE have assessed the risk and recommend re-testing for members of the public who have purchased kits. The MHRA established that two types of HIV testing kits were imported and purchased through distributors in China. One of the test kits is certified for professional use only and is not intended or certified for self-testing by members of the public. The certification and details of the other test kit are not certain. HIV self-testing kits that are designed for professional use may not be used correctly when used at home, and the results may not be reliable. Actions planned: Both tests have been removed from the online sales site following a request from MHRA. MHRA have identified the customers who bought these kits from the UK-based online sales site. A total of 60 UK residents have been identified and a further 24 from France and Italy. MHRA will distribute a letter from PHE to customers in England advising them that the kits may be unreliable and that they should have a repeat test either at a sexual health clinic or their GP. If they wish to use a self testing kit, the letter also includes a link to information about safe home testing on the NHS choices website. Similar letters will be sent to customers in other parts of the UK. See attached document for more details.  **Implications for PHE Centres:** PHE Centres may be contacted by customers receiving a letter from MHRA. Customers should be advised, as per the letter, to seek a repeat HIV test.  **Implications and recommendations for local authorities:** Public health teams and sexual health commissioners should be aware that HIV self testing kits purchased from the internet may not be reliable and ensure that information on safe testing is available through local services.    Drugs Recovery  Notes from the National Intelligence Network on drug health harms  This [briefing](https://www.gov.uk/government/publications/drug-health-harms-national-intelligence) reflects presentations and discussion from the November 2018 meeting of the National Intelligence Network on the health harms associated with drug use. These notes are for directors of public health, commissioners, drug treatment services and needle and syringe programmes.The network is convened by the Alcohol, Drugs, Tobacco and Justice division of PHE’s Health Improvement directorate and member organisations include providers of drug treatment services and national professional and membership bodies. The network exchanges intelligence on blood-borne viruses, new and emerging trends in drug use, and drug-related deaths, and explores how to use this intelligence to improve practice. Information is then shared nationally to inform commissioning and practice.  NHS Health Checks and CVD (H&WB Team Lead: Melanie Earlam and Karen Pearson )  Total Eligible Population  Every year PHE works with local authorities to calculate the total population (TEP) eligible for an NHS Health Check. This information is used by PHE in the calculation of the Public Health Outcome Framework NHS Health Check indicators.  Following feedback from stakeholders PHE undertook a review and public consultation on the methodology. Having reviewed all of the information gathered through this process PHE decided that there was not a strong enough case to warrant making any changes to the way the TEP is currently calculated. You can find more information on the current methodology in the programme’s [Best Practice Guidance](https://www.healthcheck.nhs.uk/commissioners_and_providers/guidance/national_guidance1/)  Cholesterol testing in the NHS Health Check – content review  As part of the 2017 content review process, a proposal was considered on whether cholesterol testing should be restricted to high risk groups. Following an evidence review the decision has been made not to progress this proposal any further. This means that cholesterol testing remains a mandated universal test, that everyone having an NHS Health Check should receive.  What’s good for your heart is good for your brain: Dementia Risk Reduction in the NHS Health Check  Dementia risk reduction is now part of the NHS Health Check, enabling healthcare professionals to provide people over 40 with advice about reducing their dementia risk.  A range of resources are available to support healthcare practitioners to include dementia risk reduction messages in the NHS Health Check, including the [“Helping your brain to stay healthy”](https://www.healthcheck.nhs.uk/commissioners_and_providers/training/dementia_training/) slide deck and [Dementia e-Learning tool](https://www.healthcheck.nhs.uk/increasing-dementia-awareness-training-resource/).  Work is underway to review and update the full suite of NHS Health Check resources, including the competence framework and best practice guidance for 2019.  For further information please contact Helen Brock [helen.brock@phe.gov.uk](mailto:helen.brock@phe.gov.uk)  Public Health England cardiovascular disease prevention initiatives, 2018 to 2019  Published in November 2018, this document demonstrates work that PHE is leading and involved with to help meet the challenge of cardiovascular disease in 2018 to 2019. The document follows similar publications from 2016 and 2017. As well as showcasing current projects and new resources, the publication updates on the progress of initiatives highlighted in last year’s CVD action plan.  As in previous years, this new publication refers to the implementation of the NHS Health Check and new resources and project relating to the programme. There is also a section highlighting PHE Centres’ work on the CVD prevention project focussing on hypertension, atrial fibrillation and high cholesterol. The document is available to download [here](https://www.healthcheck.nhs.uk/commissioners_and_providers/guidance/national_guidance1/). |
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| Ageing Well (H&WB Team Lead: Alison Iliff, Dementia: Melanie Earlam) |
| Calling all commissioners of dementia care –  what are your support services?  *Care after a diagnosis of dementia is often fragmented and a postcode lottery.  University College London is keen to hear from NHS, local authority and third sector commissioners across England, regarding the dementia care services commissioned in their areas to support people at all stages of the dementia pathway post diagnosis. As part of the* [*Pridem research programme*](https://www.alzheimers.org.uk/research/our-research/research-projects/pri-dem-project)*, funded by the Alzheimer’s Society, a* [*survey*](https://opinio.ucl.ac.uk/s?s=57486) *has been developed to:*   * *gather commissioner input on the services commissioned across England; and* * *help assist with mapping services to establish a picture of the support available.*   *Please participate in the survey using the link* [*here*](https://opinio.ucl.ac.uk/s?s=57486) *as soon as you have a moment.  Your support will be hugely valuable and contribute to improving the lives of people with dementia and their caregivers.*  *If you have any questions about the survey please contact Dr Rachael Frost on* [*rachael.frost@ucl.ac.uk*](mailto:rachael.frost@ucl.ac.uk) *or 0207 830 2881* |
| Upcoming Meetings and Seminars |
| 2019 CVD Prevention Conference  The *Cardiovascular Disease (CVD) Prevention Conference 2019: saving hearts and minds together* will be held on **Thursday 14th February** at **Manchester United Football Ground (Old Trafford)**.  CVD has been confirmed as one of the clinical priorities to be highlighted in the upcoming NHS England Long Term plan. This new focus on CVD prevention provides us with a tremendous opportunity to work together to prevent many thousands of heart attacks, strokes and dementia cases by scaling preventative interventions which we know work.  At next year’s annual conference, in addition to highlighting new information on the NHS Health Check programme, there will be particular focus on scaling up interventions for high risk conditions, such as high blood pressure, cholesterol and atrial fibrillation. As well as this, we will hear about communication of CVD risk, healthy lifestyle behaviours, digital solutions, patient activation and the relationship between CVD and mental health. This day includes sessions which will present research, evidence and evaluations, offering the opportunity to engage in small group discussions as well as to facilitate training.  **Please visit the** [**conference website**](https://www.phe-events.org.uk/hpa/frontend/reg/thome.csp?pageID=342360&eventID=799&traceRedir=2) **for further information, including the programme for the day and registration.** |
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