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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 23: October 2017

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: Alison Iliff and Gemma Mann) |
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| [Rise Above for Schools programme](http://links.govdelivery.com:80/track?type=click&enid=ZWFzPTEmbXNpZD0mYXVpZD0mbWFpbGluZ2lkPTIwMTcwOTIxLjc4NDM3MjAxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE3MDkyMS43ODQzNzIwMSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE2OTUzMTMwJmVtYWlsaWQ9Z2VtbWEubWFubkBwaGUuZ292LnVrJnVzZXJpZD1nZW1tYS5tYW5uQHBoZS5nb3YudWsmdGFyZ2V0aWQ9JmZsPSZleHRyYT1NdWx0aXZhcmlhdGVJZD0mJiY=&&&121&&&http://transit.linexsystems.com/track/click/30370861/ca.linexsystems.com?p=eyJzIjoiMW5tQi1Ub3EzRlExT2c3NlZqUmx5RjVIaXFVIiwidiI6MSwicCI6IntcInVcIjozMDM3MDg2MSxcInZcIjoxLFwidXJsXCI6XCJodHRwOlxcXC9cXFwvY2EubGluZXhzeXN0ZW1zLmNvbVxcXC9jb250ZW50c1xcXC90cmFuc2l0XFxcLzIwNzQ0NzMzNjU_dXNlcl9pZD04MDUzMTUmbG9nPWY2MTNhM2UyZWQ1YmJjZDIwNTFiN2NkMjAyYTc1OGQ1JnA9NTM2NTY0NDUmbT0xJnM9MTk2MzE1Jm9yZ19pZD0xNjM5NjFcIixcImlkXCI6XCJhM2NkNmQzMmI1ZjE0NzgwYTJiMWNiZWYwNDkyMmM0N1wiLFwidXJsX2lkc1wiOltcIjA1ZTliM2YxZjk4OTA1NGZlM2JjODI0YWQ4ZmExYjhmMWYyMzVkMTNcIl19In0)  Public Health England (PHE) has developed a series of new resources for secondary school teachers to use in their lesson plans as part of the Rise Above for Schools programme. The resources will help teachers to engage pupils with coping strategies about ‘traditional’ health issues, like smoking and alcohol, while also addressing some of the most challenging pressures young people face today in an ‘always on’ social media generation.  The [7 Personal, Social, Health and Economic Education (PSHE) lesson plans](http://links.govdelivery.com:80/track?type=click&enid=ZWFzPTEmbXNpZD0mYXVpZD0mbWFpbGluZ2lkPTIwMTcwOTIxLjc4NDM3MjAxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE3MDkyMS43ODQzNzIwMSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE2OTUzMTMwJmVtYWlsaWQ9Z2VtbWEubWFubkBwaGUuZ292LnVrJnVzZXJpZD1nZW1tYS5tYW5uQHBoZS5nb3YudWsmdGFyZ2V0aWQ9JmZsPSZleHRyYT1NdWx0aXZhcmlhdGVJZD0mJiY=&&&122&&&http://transit.linexsystems.com/track/click/30370861/campaignresources.phe.gov.uk?p=eyJzIjoicHVSNUhkNHQ1SDFlbmNFMnhwVzNVbmUtVU8wIiwidiI6MSwicCI6IntcInVcIjozMDM3MDg2MSxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWtcXFwvc2Nob29sc1xcXC90b3BpY3NcXFwvcmlzZS1hYm92ZVxcXC9vdmVydmlld1wiLFwiaWRcIjpcImEzY2Q2ZDMyYjVmMTQ3ODBhMmIxY2JlZjA0OTIyYzQ3XCIsXCJ1cmxfaWRzXCI6W1wiYWMwMDU2MTRhY2NlY2JhNzY2ZmRiMGVlY2YyMjg1NTJhZTI2NTIxOVwiXX0ifQ) have been accredited by the PSHE Association and piloted with teachers, ensuring they are robust and of the highest quality. The resources include a range of techniques for teachers to employ to enable pupils to safely learn, explore and discuss coping strategies for dealing with issues, such as:   * bullying and cyberbullying * alcohol use and smoking * positive relationships and friendships * exam stress * online stress and social media * body image in a digital world   National Child Measurement Programme Update  Please see attached latest National Child Measurement Programme Update.    NCMP Trends 2006/07 - 2015/16: Detailed report, summary of findings and supplementary dataset - September 2017  The PHE Obesity Risk Factors Intelligence team has published the latest [National Child Measurement Programme (NCMP) trends report: Changes in children’s body mass index between 2006/07 and 2015/16](https://www.gov.uk/government/publications/national-child-measurement-programme-ncmp-trends-in-child-bmi). The report explores trends in obesity, overweight, excess weight and underweight prevalence, as well as changes in mean BMI over time. Trends within different socioeconomic and ethnic groups are examined to determine whether existing health inequalities are widening or becoming smaller. The report shows that obesity is stabilising in Reception girls and there is a downward trend in obesity in Reception boys. In Year 6 however, there is a significant upward trend in obesity among both boys and girls, with slightly higher rates of increase than found last year. Inequalities continue to widen between the most deprived and least deprived children across both sexes and year groups. For the first time, the report also maps the trend of childhood obesity across local authority areas. The report is accompanied by a summary of main findings and a supplementary dataset which are all available [here.](https://www.gov.uk/government/publications/national-child-measurement-programme-ncmp-trends-in-child-bmi)  Public Health England publishes an interim report updating on progress of its sugar reduction and wider food reformulation programme  The programme aims to reduce the amount of sugar children consume from everyday food by 20% by 2020, with a 5% reduction in the first year. It is a light touch report covering the period April to September and updates on PHE’s actions since the last combined technical and progress report was published in March. The report also sets out the next steps for the programme up to March 2018. There is no assessment of whether industry is progressing towards the 20% reduction target; this will be covered in the next, more detailed report which will be published in March 2018. The report is available [here](https://www.gov.uk/government/collections/sugar-reduction). Please share it with your own stakeholder networks. Please send any queries to the [sugar reduction inbox](mailto:sugarreduction@phe.gov.uk).  Free support to measure pupil wellbeing  Do you need help measuring the wellbeing of pupils in your schools?  Thanks to funding from the Big Lottery Fund, Anna Freud National Centre for Children and Families are pleased to be able to offer 130 schools across England access to **free** support to measure pupil wellbeing for a three year period (2017-2020), including:   * Access to a secure, online survey – the Wellbeing Measurement Framework * Support with the implementation/ process * Analysis of survey responses from your school, benchmarked with schools from other areas   To find out more and express interest visit the [Schools in Mind](http://www.annafreud.org/what-we-do/schools-in-mind/research-in-schools/) section on the Anna Freud website. .    Bespoke feedback reports will provide evidence of strengths and challenges, and help schools plan support.  The survey will be repeated annually over 2017-20, enabling schools to see change over time, and to gauge the impact of support they are providing.  The Wellbeing Measurement Framework is a set of validated measures assessing pupil’s emotional wellbeing, mental health issues, coping strategies and risk and resilience factors.  The NWG CSE Assessment Tool  Launch  In response to a demand from our network, we have developed the tool to support multi-agency staff to better exercise professional judgement and to promote greater involvement of children, young people and parent(s)/carer(s) in the assessment and planning process.  NWG are holding 8 regional launch events where delegates will have the opportunity to hear from key professionals in the sector including researchers and academics.  For more information regarding the tool or to book a place at one of the events, please [click here.](http://mailchi.mp/nwgnetwork.org/assessmenttool?e=5178de9e28)  Young People Physical Activity Survey  StreetGames, along with ukactive, Mind, Time to Change  and the CYP Mental Health Coalition, are keen to hear from organisations that work with young people, offering any kind of sport or physical activity, and that may want support for their coaches and volunteers with mental health awareness.  If that is you, or an organisation that you know about, please take 10 minutes to complete their [survey](https://wh.snapsurveys.com/s.asp?k=150522985170) - or forward the link to your colleagues.  As an extra incentive, there is a prize draw for free Mental Health First Aid training worth over £500.  Someone is going to win it; it could be you!  A Symposium on Smoking in Pregnancy and Improving Outcomes in Early Years  Tuesday 7th November 2017, 9.30 – 15.30, Horizon, Brewery Wharfe, Leeds, LS10 1HG  Please see full details regarding the event in the ‘Upcoming Meetings and Seminars’ section below. |
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| Living Well |
| Heart Age Test relaunch  PHE has relaunched its [Heart Age Test](https://www.nhs.uk/oneyou/hat#zbXQyo3hF1prL0qA.97) as part of the One You brand, which supports adults in making simple changes towards a longer, happier life. The online test is for anyone aged 30+ and provides an estimation of their Heart Age based on basic physical and lifestyle-related information - having a heart age older than your actual age means you are at a higher risk of having a heart attack or stroke. In total, 1.3 million people have taken the test so far.  Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  National child measurement programme (NCMP): trends in child BMI  The PHE Obesity Risk Factors Intelligence team has published the latest [National Child Measurement Programme (NCMP) trends report: Changes in children’s body mass index between 2006/07 and 2015/16](https://www.gov.uk/government/publications/national-child-measurement-programme-ncmp-trends-in-child-bmi). For further information, please see the full item in the ‘Ensuring Every Child has the Best Start in Life’ section above.  Child and adult diet patterns and trends: slide set presentations  PHE Risk Factors Intelligence has produced the [Child diet patterns and trends: presentation and the Adult diet patterns and trends: presentation (Sept 2017)](https://www.gov.uk/guidance/phe-data-and-analysis-tools#obesity-diet-and-physical-activity). These PowerPoint slides present key data and information on the patterns and trends in child and adult diet in clear, easy to understand charts and graphics. The slides and accompanying notes can be downloaded and used freely with acknowledgement to Public Health England. They are a useful tool for practitioners and policy makers working on diet and obesity at local, regional and national level.  Food for Life Policy Round-Up: August 2017  [In this month’s edition:](http://elink.clickdimensions.com/m/1/34830132/02-b17244-9a999b2da93d48278be751f66083a713/1/22/64ed545c-ab82-4897-ab94-d2812e9b750c)Public Health England announces a new calorie reduction programme, cases of type 2 diabetes in children are on the rise, and Feeding Britain launches an inquiry into malnutrition and hunger among older people.  Food Active Supporter Bulletin: September 2017  [Click here](http://mailchi.mp/e18b37aaac86/g967vdkl8m-2429841?e=4ea1f02fc9) to read September’s edition of the Food Active Supporter bulletin.  South Yorkshire Eating Disorders Association Public Meeting:  Binge eating disorders and bulimia – hidden but treatable  Monday 16th October, 18.00 – 20.00  Hallam Hall, Owen Building, Arundel Gate, Sheffield, S1 1WB  Join us to hear how new approaches are changing behaviours and lives. See flyer below for more information.    Clearing up confusion caused by flip-flopping diet news  Clearing up confusion caused by flip-flopping diet news blog can be accessed [here.](https://publichealthmatters.blog.gov.uk/2017/09/11/clearing-up-confusion-caused-by-flip-flopping-diet-news/)  Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  Increasing physical activity in a rural workplace setting  The document (attached below) focuses on rural physical activity (especially active travel) as is repeatedly identified as a gap in the evidence base.    A case study (attached below) of a One You Physical Activity Pharmacy Campaign in the South West.    DfT Question Bank on transport and travel attitudes and self- reported behaviours  The DfT have published its [Question Bank – a database of survey](https://www.gov.uk/government/publications/transport-survey-question-bank) questions to the public or specific sub-groups thereof (e.g. young drivers) related to their transport and travel attitudes and self- reported behaviours. It includes questions from some current and recent   large routine surveys such as British Social Attitudes, the Crime Survey for England and Wales and  the National Travel Survey  and some national cohort studies such as Understanding Society  as well as some very specialist surveys e.g. cohort study of learner drivers.  Useful Links  Link to [Official Statistics release](https://www.gov.uk/government/statistics/physical-activity-data-tool-september-2017-update)  Link to the [statistical commentary](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/641915/Physical_activity_indicators_short_statistical_commentary.pdf)  New indicators have now been launched on the [physical activity tool](https://fingertips.phe.org.uk/profile/physical-activity) and [PHOF](http://www.phoutcomes.info/)  Launch of [This Girl Can resources](http://www.afpe.org.uk/physical-education/this-girl-can-access-the-newly-updated-resources-for-schools/) for schools.  [Sported and Women in Sport launching a programme to support girls in deprived areas to access sports programmes.](https://www.womeninsport.org/press-release/sported-wis-launch-new-sport-change-programme/)  New fact sheet from EFDS and Disability Rights UK  EFDS and Disability Rights UK have released a [new fact sheet](http://www.efds.co.uk/how-we-help/programmes/1746-engagement-and-partnerships) that provides information about the personalisation agenda and top tips on how to support disabled people to be active using personal budgets.  The fact sheet is the latest addition to a collection of engagement resources that advises organisations on how they can plan, target and deliver more appealing and accessible activities for disabled people. EFDS and Disability Rights UK hope this new resource will lead to more successful engagement ideas for disabled people to be and stay active for life.  The fact sheet covers the following topics:   * What is the personalisation agenda? * What is a personal budget? * How do personal budgets link to being active? * Top tips for engaging personal budget holders and other disabled people in physical activity   Disability Rights UK supports personalisation and believes that independent living is about more than the care disabled people receive. It is about enhancing independence, wellbeing and quality of life. Being active is an important way to feel good, socialise and be part of the community.  YSFConnect Networking and CPD Event  YSFConnect Networking and CPD Event - Places and People in Community Development event is taking place on Friday 6th October. [Click here](http://yorkshire.sportsuite.co.uk/events/2017/10/ysfconnect---places-and-people-in-community-development) to book your place.  Physically Active Learning: Insights from Research and Practice  Wednesday 18th October 1pm to 4:30pm  Leeds Beckett University, Headingley Campus, LS6 3QS  [Booking link](https://www.eventbrite.co.uk/e/physically-active-learning-insights-from-research-and-practice-tickets-38038486136)  Pa$$w0rd: Activelearning  The [seminar and workshop](https://docs.google.com/document/d/1kdTSlhQL5nsQlNASSom75kNiypGL0Pcu_R8votMGUYo/edit) will draw together leading researchers and practitioners from across England who specialise in physically active learning. Children's’ physical activity levels in the UK are among the lowest in the developed world. With children spending a large proportion of their time in school, the UK Obesity Plan requires schools to provide children with 30 minutes of in-school physical activity each day. With traditional approaches to increasing physical activity in break, lunch and PE resulting in minimal improvement, new avenues for exploration are required. Segmented-day patterns of physical activity in children consistently highlight lesson times as the most sedentary portion of a child’s day. Therefore this presents a premium opportunity to increase physical activity for all children. Studies from across the world have demonstrated the potential of physically active learning to increase physical activity levels and more importantly academic performance. Results however are inconsistent, although never negative. Presentations in the seminar will showcase the current knowledge on; the potential of, barriers to and ideas for, physically active learning.  The workshop will then draw on the collective knowledge of the attendees to develop a future strategy to enhance physically active learning across the England and the rest of the UK.  Workshop on Physical Activity Research in the North East  Physical activity for the prevention and management of long term conditions Worksop  Wednesday 8th November 2017 at The Sutherland Building, Northumbria University.  The purpose of the workshop is to bring together individuals engaged in physical activity research from the Fuse partner universities to share expertise and experience and to explore the potential to develop research collaborations in PA research.  Confirmed speakers include Professor Adrian Taylor (Plymouth University) and Professor Greg Atkinson (Teesside University).  Anyone with an interest in physical activity from academia, or the private, public and voluntary sectors would find the workshop useful and attendance at the workshop is ***free.***  For further information plus details on how to register, please visit the [Fuse website](http://www.fuse.ac.uk/events/fusephysicalactivityworkshops/9thfusephysicalactivityworkshop.html)  National Para Swimming Championships - 9-10 December 2017  Please [click here](http://www.efds.co.uk/get-active/events/3236-national-paraswimming-championships-2017) for information on Entries, Passes and Spectator tickets for the National Para Swimming Championships, 9-10 December 2017 at Manchester Aquatics Centre.  Healthy Places (H&WB Team Lead: Nicola Corrigan)  The role of health and wellbeing in planning  Local planning authorities should ensure that health and wellbeing, and health infrastructure are considered in local and neighbourhood plans and in planning decision making. Public health organisations, health service organisations, commissioners and providers, and local communities should use this [guidance](https://www.gov.uk/guidance/health-and-wellbeing) to help them work effectively with local planning authorities in order to promote healthy communities and support appropriate health infrastructure.  National Parks England: Launch of the National Accord  [This accord](https://www.gov.uk/government/publications/improving-health-and-wellbeing-through-our-national-parks), launched on 8th September represents the commitment between National Parks England and PHE to improve health and wellbeing through our national parks.  Reducing Smoking (H&WB Team Lead: Scott Crosby)  A Symposium on Smoking in Pregnancy and Improving Outcomes in Early Years  Tuesday 7th November 2017, 9.30 – 15.30, Horizon, Brewery Wharfe, Leeds, LS10 1HG  Please see full details regarding the event in the ‘Upcoming Meetings and Seminars’ section below.  Models of delivery for stop smoking services: options and evidence  Providing support for smokers to quit is highly cost effective and the evidence is clear that smokers who receive a combination of pharmacotherapy and behavioural support are more likely to quit successfully. In order to achieve this it is important that high quality interventions available, provided by trained advisor involving behavioural support and medication. [Models of delivery for stop smoking services: options and evidence](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/647069/models_of_delivery_for_stop_smoking_services.pdf) is intended to support Directors of Public Health and local healthcare commissioners in rapidly appraising the evidence, to enable informed decisions around the provision of local stop smoking support. It describes interventions to support smokers to stop and evidence of effectiveness (service components), setting out the different models for delivering these interventions currently being considered by local authorities (service models). This is just one part of a family of tools that PHE offers to help local decision makers in relation to tobacco control. Other products include: Local Tobacco Control Profiles; JSNA support packs; and CLeaR self-assessments.  Stoptober 2017 campaign  Stoptober is back for 2017 to encourage smokers across England to make a quit attempt during October. To help you support Stoptober we have a [range of resources](https://campaignresources.phe.gov.uk/resources/campaigns/6-stoptober) you can download or order for free, including posters, conversation starters, digital assets and more. Whilst Stoptober is a campaign in its own right, it is part of the wider One You programme. One You is the PHE programme that helps adults across the country make small changes to their lifestyles that can have a big impact on their future health.  Reducing Harmful Drinking (H&WB Team Lead: Liz Butcher)  New liver disease atlas published  Public Health has published the 2nd Atlas of Variation in Risk Factors and Healthcare for Liver Disease in England. The Atlas is made up of 39 indicators relating to liver disease, 19 of which show trend data over time. It shows the degree of variation across the country, a national figure for comparison and commentary providing options for action and a list of evidence based resources for local health systems to improve. This is a valuable resource for local health systems. It is published on the PHE fingertips website [here](https://fingertips.phe.org.uk/profile/atlas-of-variation).  Sexual Health (H&WB Team Lead: Sharron Ainslie)  Commissioners are requested to make arrangements to enable GUMCADv2 reporting by enhanced GPs  General practices offering enhanced sexual health services are required to submit a GUMCADv2 return to Public Health England on a quarterly basis. To support implementation of GUMCADv2 extraction at these sites, PHE initially covered the costs of access to a data extraction tool (MIQUEST). PHE will continue to pay for access to the MIQUEST tool until July 2017, after which commissioners are requested to make alternative arrangements to enable GUMCADv2 data reporting for the enhanced GPs in their area. The MIQUEST tool is currently administered by TCR Nottingham ([www.tcrnottingham.com](http://www.tcrnottingham.com)), but other software companies provide similar data extraction tools. For further information, please contact the GUMCAD team at [gumcad@phe.gov.uk](mailto:gumcad@phe.gov.uk).  BASHH has implemented local codes to monitor vulnerability   * BASHH has informed all sexual health clinics of the need to use a standard set of local SHHAPT codes to monitor child sexual exploitation, domestic violence and female genital mutilation. * The codes were formulated as below because they best reconcile the need to capture sufficient detail with ease of coding. PHE are supportive but cannot yet incorporate these SHHAPT codes into the GUMCADv2 dataset until approval is granted by NHS Digital. * In the interest of time and ease of coding BASHH has advised its members to adopt these as local SHHAPT codes from this point. This will at least support national and regional surveillance and audit in the meantime.  |  |  | | --- | --- | | **Code** | **Meaning** | | DV | Current concern of domestic violence (or abuse) | | FGM | FGM of any type noted | | CSE1 | CSE concerns raised at internal multidisciplinary meeting | | CSE2 | CSE concerns raised with safeguarding professionals within our organisation | | CSE3 | CSE case referred to Local Authority Multi Agency Safeguarding Hub/Service |   Monitoring hepatitis A vaccination activity via GUMCADv2  In response to the ongoing outbreak of hepatitis A in men who have sex with men, PHE have deployed new SHHAPT codes to monitor the uptake of vaccination for hepatitis A virus. Levels of hepatitis A vaccination in sexual health clinics are currently unknown. The introduction of hepatitis A codes to GUMCADv2 will allow the monitoring of hepatitis A vaccination coverage among MSM and according to clinical history, which will inform service planning during ongoing clusters and to understand likely susceptibility in the population.  These codes will be reported by sexual health clinics to PHE using GUMCADv2:   |  |  |  | | --- | --- | --- | | **SHHAPT code** | **Description** | **Definition and guidance** | | O20 | Hepatitis A vaccination: 1st dose | The 1st dose of any new hepatitis A vaccination course    *Cannot* be reported on the *same date* as O21 | | O21 | Hepatitis A vaccination: subsequent dose | The 2nd or 3rd dose of a hepatitis A vaccination course (including those who are known to have received a 1st dose at another service).    This code should be used for patients receiving EITHER the 2nd dose of a monovalent hepatitis A vaccine course OR their 2nd or 3rd dose of a bivalent hepatitis A/B vaccine course.    *Cannot* be reported on the *same date* as O20 | | O22 | Hepatitis A immune | Includes those who have;  ·         natural immunity  - via self-reported or documented history of hepatitis A infection  ·         vaccinated immunity – via documented history of 2 doses of of monovalent or 3 doses of bivalent vaccine | | O23 | Partner notification: hepatitis A contact | This includes those presenting as a partner of an index case diagnosed with hepatitis A  (at this or any other service).    ·   If the partner is found to be infected with hepatitis A they should also be coded C15 |   Chlamydia care pathway workshops  In previous updates we reported on the PHE facilitated chlamydia care pathway workshops. The pathway is a systematic way of using local and national data to interrogate the care pathway and identify areas where quality can be enhanced or efficiency of delivery improved, with a view to developing service improvement action plans. During 2016-2017, 27 workshops have been delivered across all nine PHE centres, in a number of different formats, covering 127 local authorities (LAs) (84% of 152 upper tier LAs).  The majority of workshops were attended by both commissioners and providers, enabling constructive dialogue as well as sharing of (good) practice. Our evaluation showed that the workshops have been well received and many areas developed local actions to improve their screening activities locally and improve elements of clinical governance. We are now in the process of reviewing our approach for 2017-2018. If you have any comments or wish to explore the possibility of a chlamydia care pathway workshop in your area(s), please get in touch with your Sexual Health Facilitator or email [Erna Buitendam](mailto:erna.buitendam@phe.gov.uk).  Drugs Recovery (H&WB Team Lead: Liz Butcher)  Letter from PHE inviting expressions of interest to participate in an Individual Placement and Support (IPS) drug and alcohol dependency trial  The Alcohol, Drugs and Tobacco Division in PHE are inviting expressions of interest from areas who are interested in partnering with us in a drug and alcohol dependency Individual Placement and Support (IPS) randomised control trial. This is an exciting opportunity to contribute to building the evidence base around employment and drug and alcohol recovery, and PHE are seeking 5 – 7 areas to participate in a trial to test the effectiveness of the IPS employment support approach in drug and alcohol community treatment settings. The trial will be live from April 2018 – March 2020, and will be followed by a 12 month evaluation period. PHE will work closely with selected trial sites between November 2017 and March 2018 in preparation for going live, and for the duration of the trial. Please find attached below letter of invitation from Rosanna O’Connor, PHE director for alcohol, drugs and tobacco and the accompanying expression of interest pro-forma **(Annex 4)**. The deadline for applications is 5pm on 31st October. Queries and applications should be submitted [here.](mailto:IPSdependencytrials@phe.gov.uk)  Two expression of interest events are being held in London and Leeds, later in September and further information about these is available in the letter.    A review of new psychoactive substances in secure mental health: summary document  PHE has reviewed the latest clinical evidence, and surveyed low, medium, high secure, and Child and Adolescent Mental Health Units in England on the current issues they were experiencing with new psychoactive substances (NPS). The survey found that current NPS use was relatively low (1.1%). However the reported prevalence of use by patients prior to admission was significantly higher. It also highlighted a number of issues experienced by units including violence, trading and exploitation and impacts on staff. The results provide a strong case for continued public health action focussed on patients with mental health conditions who are using, or have used NPS. Read the full report [here](https://www.gov.uk/government/publications/psychoactive-substances-in-secure-mental-health-settings).  Improving clinical responses to drug-related deaths: a summary of best practice and innovations from drug treatment providers  Collective Voice and the NHS Substance Misuse Provider Alliance have published a set of recommendations for drug treatment providers to help improve clinical responses to drug-related deaths. Practice points covered include: the identification of risk of drug-related death; the delivery of safe, recovery-orientated drug treatment; preventing overdose in people who use drugs; meeting physical and mental health needs; and reducing the risk of drug-related death for people outside drug treatment.    Fentanyl update  You will have been aware of issues with fentanyl-adulterated heroin earlier this year. This is a brief update on the position and links to useful resources.  PHE’s latest blog describes [What's being done to mitigate future problems](https://publichealthmatters.blog.gov.uk/2017/09/18/fentanyl-whats-being-done-to-mitigate-future-problems/) following the [national alert](https://www.cas.dh.gov.uk/ViewandAcknowledgment/ViewAlert.aspx?AlertID=102588https://www.cas.dh.gov.uk/ViewandAcknowledgment/ViewAlert.aspx?AlertID=102588) back in April.  You may be interested in a recent [BBC3 programme](http://www.bbc.co.uk/iplayer/episode/p05fcsg8/drugs-map-of-britain-9-fentanyl-deadlier-than-heroinhttp:/www.bbc.co.uk/iplayer/episode/p05fcsg8/drugs-map-of-britain-9-fentanyl-deadlier-than-heroin), to which PHE contributed, which shows the impact fentanyl had in Hull. The documentary follows and interviews people using heroin in the city, who describe how most people they knew wanted to avoid it but some sought it out; and also that fentanyl has now largely disappeared.  This accords with our own national assessment and that of the National Crime Agency, which issued a [media release](http://www.nationalcrimeagency.gov.uk/index.php/news-media/nca-news/1165-nca-charges-fourth-man-linked-to-supply-of-deadly-opioid) last month. They reported 60 fentanyl-related deaths but all in the earlier part of the year, with fentanyl availability apparently having tailed off. But, as the PHE blog highlights, we all need to continue to be vigilant, learn from international colleagues, ensure naloxone is widely available to all who need it, and be ready with an effective scaled up and rapid response should the need arise.  Our earlier blogs on [The use of naloxone in local authorities](https://publichealthmatters.blog.gov.uk/2017/08/31/the-use-of-naloxone-in-local-authorities/) and [Actions we're taking to prevent drug-related deaths](https://publichealthmatters.blog.gov.uk/2017/08/04/actions-were-taking-to-prevent-drug-related-deaths/) are also still relevant.  NHS Health Checks (H&WB Team Lead: Melanie Earlam)  New resources published on CVD  PHE has been working with NHS England to produce a new data analysis on CVD and the NHS Health Check programme for sustainability and transformation partnerships. These resources set out the number of heart attacks and strokes that could be avoided if the NHS optimised the diagnosis and management of AF, hypertension and CVD risk. They were announced by Bruce Keogh at the NHS Expo yesterday and a letter about the resources has also gone out to all STPs, you can find copies of the resources on the [NHS Health Checks website](http://www.healthcheck.nhs.uk/commissioners_and_providers/data/size_of_the_prize_reducing_heart_attacks_and_strokes/).  Reducing Health Inequalities (H&WB Team Lead: Alison Patey)  Reducing Health Inequalities: System, Scale and Sustainability  PHE’s Health Equity Unit has launched [“Reducing Health Inequalities: System, Scale and Sustainability”](https://www.gov.uk/government/publications/reducing-health-inequalities-in-local-areas). Published in response to demand from across the public health system, the guidance is an update of the Health Inequalities National Support Team (HINST) background document “Systematically reducing health inequalities”. This originated from the [work](http://phe.baileysolutions.co.uk/search_results.aspx?sid=25093&resultstype=brief&searchtype=basic) done between 2006 and 2010, by HINST. The revised publication and supporting slide deck were developed under the expert eye of Professor Chris Bentley, who led the original HINST. In turn, we were supported by a large stakeholder group of colleagues from across the public health and local government. As a result the guidance provides broad scope for application, taking you through different levels of intervention on health inequalities. It explores risk, impact of interventions over time and across the life course, emphasising the importance of acting at scale to reach large sections of the population and have real effect.  Refresh for the Health Inequalities e learning programme  The Health Inequalities e-learning [programme](http://www.mylearningspace.me.uk/moodle/course/view.php?id=23) has been updated to include the revised Health Equity Assessment Tool (HEAT) together with updated charts on life expectancy and healthy life expectancy. Nearly 400 colleagues from across public health and local authorities have completed this e-learning and their feedback has been overwhelmingly positive. Reducing health inequalities is at the heart of PHE’s priorities and there is also a legal duty on PHE to have due regard to reducing health inequalities. Completing this e-learning is an important first step to meeting that legal duty.  New e-learning: Community-Centred Approaches to Health Improvement  PHE has been working with HEE to produce [a new e-Learning for Health programme on community-centred approaches to health improvement.](https://www.e-lfh.org.uk/programmes/community-centred-approaches-to-health-improvement/)  These two new e-learning modules are suitable for practitioners, managers and commissioners who want:   * an update on evidence and guidance on community-centred approaches to health improvement; * to take a more strategic and planned approach to scaling-up community-centred approaches.   Communities matter for health. A community where people are well connected, are inclusive and respectful of all and are involved in local decision-making are healthy communities. Improving population health and reducing health inequalities requires us to address these community factors and work with and alongside community members to improve the things that matter for their health.  The modules are based on our [guide to community-centred approaches for health and wellbeing](https://www.gov.uk/government/publications/health-and-wellbeing-a-guide-to-community-centred-approaches) and support PHE’s growing programme of work on community-centred and asset-based approaches. Module 1 covers the evidence and theory on why and how communities matter for health and what approaches work. Module 2 involves practical exercises to apply the knowledge to practice and to help develop strategic and practical plans for taking community-centred approaches forward within local places and organisations.  Please cascade the link on to your networks, to encourage uptake from a wide range of workforce who have a role to play in improving the public’s health through working with communities. |
| Ageing Well (H&WB Team Lead: Alison Iliff, Dementia: Melanie Earlam) |
| Ageing, loneliness and dementia: a learning event  Thursday 16th November 2017, Wakefield.  Please see full details regarding the event in the ‘Upcoming Meetings and Seminars’ section below.  **Dementia and Older People’s Mental Health Bulletin September 2017**    Food For Life Better Care, Calderdale & Kirklees Event, July 2017  Please find attached below the Soil Association, Food for Life Better Care report produced after the introductory event that was held at Shibden Park on the 13th July. The Better Care event aimed to bring together strategic leaders in the field of Health and Social Care for older people in Calderdale and Kirklees to allow us to collectively explore how we can best harness the power of good food and hydration to help improve the health and wellbeing of older people.  The brief report encapsulates and shares learning from the event and should be of interest to those who attended on the day and to those who could not attend due to other commitments. Please feel free to share the report with individuals and organisations who you think may find the content useful and do not hesitate to get in touch if you have any questions.    [Drive to increase volunteering and community activity by people over 50](http://ageing-better.us11.list-manage.com/track/click?u=148d006f4133eac09bdc78005&id=b6044851b8&e=938ad62600)  As people around the world prepare to celebrate the contributions people in later life make to society for the UN’s International Day of Older Persons, Ageing Better has announced it will lead a review in partnership with the Department for Digital, Culture, Media and Sport to enable more people aged 50 and over to get involved in volunteering and community activity. The review will focus particularly on how to increase participation among underrepresented groups, such as people on low incomes and those with long-term health conditions. [**Find out more**](http://ageing-better.us11.list-manage.com/track/click?u=148d006f4133eac09bdc78005&id=c8003ffb07&e=938ad62600)  [New review to reveal health benefits of strength and balance activities](http://ageing-better.us11.list-manage.com/track/click?u=148d006f4133eac09bdc78005&id=5bd35046ee&e=938ad62600)  An expert review has been launched to increase understanding of how activities to improve muscle strength and balance can improve health and wellbeing. Muscle strength and balance are crucial in reducing risk of falls, but few people are aware of these benefits or the types of activities they should be doing. [**Find out more**](http://ageing-better.us11.list-manage.com/track/click?u=148d006f4133eac09bdc78005&id=f79de25361&e=938ad62600) |
| Data, Documents, Letters, Reports & General Information |
| Quick and easy access to evidence for local authority public health teams  The new Discovery service, along with help and guidance about how to use it, is available [here](http://phe.baileysolutions.co.uk/custompage8.aspx) or login to the Discovery service with your OpenATHENS password [directly](http://search.ebscohost.com/login.aspx?authtype=athens&profile=eds&groupid=main).The bespoke discovery service enables you to access a range of quality public health research evidence using a single search box, with the same ease as you would a search engine, yet with the assurance that you are browsing high quality, relevant resources. Better still, you benefit from seamless access to the full text without the need to go to multiple publisher websites or platforms. It’s easy to use, and saves you time. You will be able to find the evidence you need to inform your professional decision-making. To find out more, use the links below to register for a free online introductory training session, to be held: [28 September, 14:00 – 15:00](https://ebscomeetings.webex.com/mw3200/mywebex/default.do?service=1&siteurl=ebscomeetings&nomenu=true&main_url=%2Fmc3200%2Fe.do%3Fsiteurl%3Debscomeetings%26AT%3DMI%26EventID%3D600768872%26UID%3D5513055887%26Host%3DQUhTSwAAAASAK1VFGm2LVoF3q7d2cwLk01tw8LHUCHrz5Jm0H-zNdohv6VUqr1ArOYlElCVlHSjuJ44zugCt8DfOd3_sIm0U0%26FrameSet%3D2%26MTID%3Dm817ea7f475cada4b4f405559ec3b5652) and [12 October, 14:00 – 15:00](https://ebscomeetings.webex.com/mw3200/mywebex/default.do?service=1&siteurl=ebscomeetings&nomenu=true&main_url=%2Fmc3200%2Fe.do%3Fsiteurl%3Debscomeetings%26AT%3DMI%26EventID%3D600770627%26UID%3D5513076022%26Host%3DQUhTSwAAAAQ7R9sbheEZzfm0UUgrpBWq0ER56Jkq9fJd5iRn2oUJ5bg979W_c5BtN_0XoFZkqxCatWrqfKTAQdImGuSO0M1i0%26FrameSet%3D2%26MTID%3Dmafc5c4908042077cc02bb89d8c405da7). Don’t worry if you can’t make either of the above dates, you will be able to view a recording at your own convenience after 28 September. Need some help? Email: [libraries@phe.gov.uk](mailto:libraries@phe.gov.uk) or Telephone: (020) 368 20600. More information is included in the flyer, attached below. |
| Upcoming Meetings and Seminars |
| Ageing, loneliness and dementia: Learning event  Thursday 16th November  Hatfield Hall, Aberford Road, Stanley, Wakefield, WF3 4JP  Public Health England Yorkshire and Humber and the Clinical Network for Dementia and Older People’s Mental Health are holding a learning event focused on identifying and addressing loneliness and social isolation in older people.  The meeting will be chaired by Professor Alistair Burns, NHS England’s National Clinical Director for Dementia and Older People’s Mental Health and our keynote speaker is Claire Turner, Director of Evidence from the Centre for Ageing Better.  The event will feature presentations from the Alzheimer’s Society, Sheffield University and Equal Arts as well as interactive World Café sessions to showcase local practice. You will also get the chance to meet the HenPower Hensioners!  Who should attend?   * Elected members * Local authority public health and adult social care staff * CCG staff * Dementia champions * Voluntary and community sector staff supporting the healthy ageing and dementia agendas   Please forward to anybody you think would be interested in attending.  Places are limited by geographical area so early booking is recommended. Book your place at the event via [Eventbrite](https://www.eventbrite.co.uk/e/loneliness-and-social-isolation-learning-event-tickets-37423407419?utm_term=eventurl_text).  We are also inviting areas to share local work on the loneliness and social isolation agenda through poster presentations. If you would like to submit a poster please email the following details to [Nicola Smith](mailto:Nicola.smith@phe.gov.uk) by Friday 13th October 2017.  A Symposium on Smoking in Pregnancy and Improving Outcomes in Early Years  Tuesday 7th November 2017, 9.30 – 15.30  Horizon, Brewery Wharfe, Leeds, LS10 1HG  Significant improvements have been made across Yorkshire and the Humber since the introduction of the Y&H Stillbirth Recommendations and Saving babies Lives Care Bundle.  The Maternity Network, PHE and the Association of Directors of Public Health would like to build on this success and continue to support services to:   * Reduce stillbirths and improve outcomes in early years by reducing the prevalence of smoking in pregnancy and increasing smoke free homes. * Agree on a consistent smoking in pregnancy pathway and reduce variation in practice across Y&H * Understand the partners/stakeholders in the system their roles, responsibilities and contribution to the pathway   **Details of how to register are** [**here**](https://www.eventbrite.co.uk/e/a-symposium-on-smoking-in-pregnancy-and-improving-outcomes-in-early-years-registration-37818285510)  Teleconference invitation to Health Matters on ‘Preventing ill health from alcohol and tobacco’  The next edition of Health Matters, ‘Preventing ill health from alcohol and tobacco’, will be launched via teleconference on Wednesday 4 October 2017, 12.15pm–1.00pm. Rosanna O’Connor, Director of Alcohol, Drugs & Tobacco at PHE will be joined by Michelle Havill, CQUIN Programme Manager at PHE and Allan Gregory, Tobacco Control Programme Manager at PHE for the launch of this latest edition of Health Matters. There will also be a question and answer session. Please dial in 5-10 minutes prior to the start time, using the following alternative numbers and the conference code: **Local call rate: 0330 336 9105, National free phone – United Kingdom: 0800 358 6377 and Conference code: 1225902**. ***Why you should attend:*** The teleconference will make the case for trusts implementing the identification, treatment and referral pathways set out in the national CQUIN ‘Preventing ill health from risky behaviours – alcohol and tobacco’. The session will be of particular value to NHS professionals, mental health and community trusts, acute trusts, CCGs and local authorities. **RSVP**: Please register for the teleconference [here](https://surveys.phe.org.uk/TakeSurvey.aspx?SurveyID=745J7m25). You will then receive supporting materials on 4 October, prior to the call.  Making Every Contact Count (MECC) Community of Improvers  Tuesday 3rd October 2017, 10.00 – 12.30  Blenheim House, Leeds  For more information, please contact [Primal Kaur.](mailto:primal.kaur@phe.gov.uk)  2017 government drug strategy and UK clinical guidelines: making it happen  Date: 31st October 2017  Time: 10.00am to 16.00pm  Venue : Kia Oval, Surrey County Cricket Club Ground, Kennington Oval, SE11 5SS  In July 2017 the Government published its new drug strategy and the Department of Health published the Drug misuse and dependence: UK guidelines on clinical management. This event will explore the key messages of these important new publications and local implementation. This full day conference will bring together substance misuse treatment commissioners, treatment providers and a range of other national and local stakeholders involved in the implementation of the clinical guidelines and the prevention, treatment and recovery themes of the drug strategy. There will be opportunities in workshops to consider implementation issues in more depth and to hear about good practice.  The key note addresses will be from the Hon Sarah Newton MP, Parliamentary Under Secretary of State for the Home Office, and Professor Sir John Strang, National Addiction Centre, Kings College London and Chair of the independent expert working group for the UK clinical guidelines.  [**Register for the event here**](https://www.phe-events.org.uk/hpa/frontend/reg/thome.csp?pageID=305043&eventID=726&msID=&pd=139867&eventID=726) |
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