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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 26: January 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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| Ensuring Every Child has the Best Start in Life (H&WB Team Lead: Alison Iliff and Gemma Mann) |
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| **New video educates schools on delivering inclusive opportunities for disabled children**  To mark World Children’s Day, Youth Sport Trust and National Disability Sports Organisations have released a new video to improve the delivery of inclusive sports opportunities through the School Games. The new video highlights how schools can work in partnership with expert partners to ensure their School Games offer is inclusive for all pupils.  It raises awareness of the National Disability Sports Organisations (NDSOs), who have expertise on providing high quality sport and physical activity opportunities for disabled people. Youth Sport Trust is keen to see more schools work with the NDSOs to ensure that all disabled and non-disabled pupils can take part in school sport together.  There are eight NDSOs - British Blind Sport, Cerebral Palsy Sport, Dwarf Sports Association UK, LimbPower, Mencap Sport, Special Olympics Great Britain, UK Deaf Sport and WheelPower. Each organisation can provide advice, guidance and resources to teachers and School Games Organisers on how best to deliver sport for young people with specific impairments, and help schools to:   * Provide meaningful competition opportunities for young disabled people * Raise confidence levels of school staff to deliver inclusive opportunities * Develop participation pathways in school sport and beyond * Build relationships with local clubs to encourage sustained participation   Inclusive opportunities that are inspiring, accessible and meaningful for all young people is a core principle of the School Games. The video along with the recent relaunch of the Inclusive Health Check allows teachers and School Games Organisers to measure how they are performing on inclusive delivery. By working through Inclusive Health Check across all competitions, users are encouraged to ensure that young people with Special Educational Needs and Disabilities have access to take part in high quality competitive opportunities.  Youth Sport Trust, School Games delivery network and the NDSOs share a common goal, to see more young disabled people and those with additional needs taking part in school sport on a regular basis.  [**View the new video here**](https://www.youtube.com/watch?v=9xpIvfBnR18).  To find out more about the NDSOs and access great resources to support inclusive sport in your school. Visit the Inclusive [Sport page on the School Games website](https://www.yourschoolgames.com/how-it-works/inclusive-sport/). More information about the NDSOs [click here](http://www.efds.co.uk/together/ndsos).  **New activity planning tool for schools**  Delivered as part of the Childhood Obesity Plan, the Active School Planner is a free-to-use interactive tool for schools to review and improve the physical activity offer to their pupils.  The Chief Medical Officer recommends every child gets at least 60 minutes of physical activity every day.  This tool helps schools to integrate and evidence the delivery of 30 minutes of physical activity throughout the school day as well as champion the importance of the additional 30 minutes outside of school.  [Click here](https://activeschoolplanner.org/?utm_campaign=531321_Obseity%2520-%2520November%2520newsletter&utm_medium=email&utm_source=Department%2520of%2520Health&dm_i=3ZQO,BDYX,26EPR7,16C5Y,1) or more information.  **New Change4Life Our Healthy Year calendar for schools**  Public Health England have created a set of fun wallcharts to help teachers encourage their pupils to eat well and move more.  The wallcharts provide weekly challenges or activities and signpost teachers to the relevant supporting materials, including the Our Healthy Year Reception and Year 6 teacher toolkit.  This is just one of the resources available to schools from the Change4Life Our Healthy Year suite of materials.  [Click here](https://campaignresources.phe.gov.uk/schools/topics/our-healthy-year/resources?utm_campaign=531321_Obseity%20-%20November%20newsletter&utm_medium=email&utm_source=Department%20of%20Health&dm_i=3ZQO,BDYX,26EPR7,16C5X,1) for more information.  **Children and Young People’s Mental Health Green Paper: Consultation Questions**  The Yorkshire and Humber MH&SP and C&YP Communities of Improvement  have agreed to provide a joint response to the consultation on the Children and Young People’s Mental Health Green Paper (which can be found [here](https://www.gov.uk/government/consultations/transforming-children-and-young-peoples-mental-health-provision-a-green-paper)).  All local authorities are asked to complete the attached template and return to Tom Mapplethorpe ([tom.mapplethorpe@phe.gov.uk](mailto:tom.mapplethorpe@phe.gov.uk)) by no later than 19th January 2018. We would be grateful if you could coordinate this amongst yourselves and let us have just one response per local authority. Responses will then be collated in to a final submission on behalf of both CoIs.  If have any queries please contact Gemma Mann ([gemma.mann@phe.gov.uk](mailto:gemma.mann@phe.gov.uk))    DfE has launched a call for evidence as part of its review of changes to teaching of sex and relationship education, and PSHE  [**https://www.gov.uk/government/news/education-secretary-launches-rse-call-for-evidence**](https://www.gov.uk/government/news/education-secretary-launches-rse-call-for-evidence)  The current statutory guidance for teaching Relationships and Sex Education (RSE) that was introduced in 2000 is being updated after legislation was passed by Parliament earlier this year to make relationships education compulsory in all primary schools and relationships and sex education compulsory in all secondary schools. As part of the review process the government is asking parents, teachers and young people to help shape the new curriculum.  Full information about the review is available here <https://consult.education.gov.uk/life-skills/pshe-rse-call-for-evidence/supporting_documents/Sex%20and%20Relationships%20Education%20%20A%20call%20for%20evidence.pdf> and a young people’s call for evidence can be found here <https://consult.education.gov.uk/life-skills/pshe-rse-call-for-evidence/supporting_documents/Sex%20and%20Relationships%20Education%20%20Young%20peoples%20call%20for%20evidence.pdf> |
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| Living Well |
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| Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  **Eligibility for free schools meals under Universal Credit** The Department for Education (DfE) has published a consultation on eligibility criteria for free school meals and the early years pupil premium under Universal Credit. They are proposing to amend the eligibility criteria for free school meals by introducing an earnings threshold for those in receipt of Universal Credit. This will be a net earnings threshold of £7,400 per annum for a household and will be introduced in April 2018. DfE claim that 50,000 additional children should be eligible for free school meals under this arrangement once Universal Credit is rolled out and that no child currently receiving free school meals will lose them under the new criteria. Find out more [here](http://elink.clickdimensions.com/c/4/?T=MzQ4MzAxMzI%3AMDItYjE3MzQxLTBiY2UyZTAzMjFiYzQ2ZjM4YWU5MDIwZTQxNjdlNmQw%3Abmljb2xhLmNvcnJpZ2FuQHBoZS5nb3YudWs%3AY29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNA%3AZmFsc2U%3AMA%3A%3AaHR0cHM6Ly9jb25zdWx0LmVkdWNhdGlvbi5nb3YudWsvaGVhbHRoeS1wdXBpbC11bml0L2ZzbS8_X2NsZGVlPWJtbGpiMnhoTG1OdmNuSnBaMkZ1UUhCb1pTNW5iM1l1ZFdzJTNkJnJlY2lwaWVudGlkPWNvbnRhY3QtMmU3Njg2NDQwNmIwZTYxMTgwY2UwMDUwNTZhZDBiZDQtY2U5YTE2NGM1MjMzNDM4MTg3MGU0N2ZjZGZkN2E0MTQmZXNpZD04ZTk3ZjJiYS1hNmQ5LWU3MTEtODE2YS0wMDUwNTZhZDBiZDQ&K=JbInkrpPOxPq6KVVnGYaKA).  **Revised nutrition guidelines and menus published for the early years sector** New example [menus and recipes](http://elink.clickdimensions.com/c/4/?T=MzQ4MzAxMzI%3AMDItYjE3MzQxLTBiY2UyZTAzMjFiYzQ2ZjM4YWU5MDIwZTQxNjdlNmQw%3Abmljb2xhLmNvcnJpZ2FuQHBoZS5nb3YudWs%3AY29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNA%3AZmFsc2U%3AMQ%3A%3AaHR0cHM6Ly93d3cuZ292LnVrL2dvdmVybm1lbnQvcHVibGljYXRpb25zL2V4YW1wbGUtbWVudXMtZm9yLWVhcmx5LXllYXJzLXNldHRpbmdzLWluLWVuZ2xhbmQ_X2NsZGVlPWJtbGpiMnhoTG1OdmNuSnBaMkZ1UUhCb1pTNW5iM1l1ZFdzJTNkJnJlY2lwaWVudGlkPWNvbnRhY3QtMmU3Njg2NDQwNmIwZTYxMTgwY2UwMDUwNTZhZDBiZDQtY2U5YTE2NGM1MjMzNDM4MTg3MGU0N2ZjZGZkN2E0MTQmZXNpZD04ZTk3ZjJiYS1hNmQ5LWU3MTEtODE2YS0wMDUwNTZhZDBiZDQ&K=JZRAnloT9X41iIY_zT5ZBA) have been published to help early years providers plan menus that meet the voluntary food and drink guidelines for early years settings, revised to reflect latest Scientific Advisory Committee on Nutrition advice on sugar and carbohydrates. The resources have been jointly developed by the Department for Education, the Department of Health and Public Health England, with advice from a panel of early years and nutrition experts including Food for Life Nutrition Advisor Diana Hawdon. Find out more [here](http://elink.clickdimensions.com/c/4/?T=MzQ4MzAxMzI%3AMDItYjE3MzQxLTBiY2UyZTAzMjFiYzQ2ZjM4YWU5MDIwZTQxNjdlNmQw%3Abmljb2xhLmNvcnJpZ2FuQHBoZS5nb3YudWs%3AY29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNA%3AZmFsc2U%3AMg%3A%3AaHR0cHM6Ly93d3cuZ292LnVrL2dvdmVybm1lbnQvbmV3cy9oZWFsdGh5LWVhdGluZy1ndWlkYW5jZS1wdWJsaXNoZWQtZm9yLXRoZS1lYXJseS15ZWFycy1zZWN0b3I_X2NsZGVlPWJtbGpiMnhoTG1OdmNuSnBaMkZ1UUhCb1pTNW5iM1l1ZFdzJTNkJnJlY2lwaWVudGlkPWNvbnRhY3QtMmU3Njg2NDQwNmIwZTYxMTgwY2UwMDUwNTZhZDBiZDQtY2U5YTE2NGM1MjMzNDM4MTg3MGU0N2ZjZGZkN2E0MTQmZXNpZD04ZTk3ZjJiYS1hNmQ5LWU3MTEtODE2YS0wMDUwNTZhZDBiZDQ&K=70cszH--c7_AVdA5DJBPrg).    Joanna Lewis, Food for Life Policy Director, has expressed disappointment at the Government’s failure to deliver the “campaign to raise awareness” of the new guidelines among early years practitioners and parents that was promised in the Childhood Obesity Plan. Read her blog [here](http://elink.clickdimensions.com/c/4/?T=MzQ4MzAxMzI%3AMDItYjE3MzQxLTBiY2UyZTAzMjFiYzQ2ZjM4YWU5MDIwZTQxNjdlNmQw%3Abmljb2xhLmNvcnJpZ2FuQHBoZS5nb3YudWs%3AY29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNA%3AZmFsc2U%3AMw%3A%3AaHR0cHM6Ly93d3cuc29pbGFzc29jaWF0aW9uLm9yZy9ibG9ncy8yMDE3L2J1ZGdldC1mYWlscy10by1pbnZlc3QtaW4tY2hpbGQtaGVhbHRoLXdoYXQtaG9wZS10aGVuLWZvci10aGUtbmhzLz9fY2xkZWU9Ym1samIyeGhMbU52Y25KcFoyRnVRSEJvWlM1bmIzWXVkV3MlM2QmcmVjaXBpZW50aWQ9Y29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNCZlc2lkPThlOTdmMmJhLWE2ZDktZTcxMS04MTZhLTAwNTA1NmFkMGJkNA&K=xqSHe1uYNBHTSH8Slt4u2A).  **Child Obesity Regional Data Presentations** Public Health England (PHE) has produced regional child obesity patterns and trends slide set presentations for all the regions of England and incorporate 2015/16 National Child Measurement Programme data. The slides present key data and information on the patterns and trends in child obesity for each of the nine regions and their constituent local authorities. Find out more [here](http://elink.clickdimensions.com/c/4/?T=MzQ4MzAxMzI%3AMDItYjE3MzQxLTBiY2UyZTAzMjFiYzQ2ZjM4YWU5MDIwZTQxNjdlNmQw%3Abmljb2xhLmNvcnJpZ2FuQHBoZS5nb3YudWs%3AY29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNA%3AZmFsc2U%3ANQ%3A%3AaHR0cHM6Ly93d3cuZ292LnVrL2d1aWRhbmNlL3BoZS1kYXRhLWFuZC1hbmFseXNpcy10b29scyNvYmVzaXR5LWRpZXQtYW5kLXBoeXNpY2FsLWFjdGl2aXR5P19jbGRlZT1ibWxqYjJ4aExtTnZjbkpwWjJGdVFIQm9aUzVuYjNZdWRXcyUzZCZyZWNpcGllbnRpZD1jb250YWN0LTJlNzY4NjQ0MDZiMGU2MTE4MGNlMDA1MDU2YWQwYmQ0LWNlOWExNjRjNTIzMzQzODE4NzBlNDdmY2RmZDdhNDE0JmVzaWQ9OGU5N2YyYmEtYTZkOS1lNzExLTgxNmEtMDA1MDU2YWQwYmQ0&K=7e3_AlmGwC5Adve2jnwTUA)  **Association of Directors of Public Health publishes position paper on obesity** The Association of Directors of Public Health (ADPH) position paper on obesity outlines their position on obesity across the life course and the policies they believe are necessary to tackle it.   The paper found planned cuts to Public Health funding have already had a negative effect on weight management services, with planned cuts of 9.7% by 2020/21 predicted to further negatively impact services. It also includes recommendations about extending the School Food Standards to Academies and Free schools, which are currently excluded, and around changes to current licensing legislation for fast food outlets to empower local authorities to limit the availability of junk food around school perimeters. Find out more [here](http://elink.clickdimensions.com/c/4/?T=MzQ4MzAxMzI%3AMDItYjE3MzQxLTBiY2UyZTAzMjFiYzQ2ZjM4YWU5MDIwZTQxNjdlNmQw%3Abmljb2xhLmNvcnJpZ2FuQHBoZS5nb3YudWs%3AY29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNA%3AZmFsc2U%3AMTE%3A%3AaHR0cDovL3d3dy5hZHBoLm9yZy51ay93cC1jb250ZW50L3VwbG9hZHMvMjAxNy8xMS9BRFBILVBvbGljeS1Qb3NpdGlvbi1PYmVzaXR5LnBkZj9fY2xkZWU9Ym1samIyeGhMbU52Y25KcFoyRnVRSEJvWlM1bmIzWXVkV3MlM2QmcmVjaXBpZW50aWQ9Y29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNCZlc2lkPThlOTdmMmJhLWE2ZDktZTcxMS04MTZhLTAwNTA1NmFkMGJkNA&K=iEfBoozyTr9KcPoFLehSIQ).  **An update on sugar reduction** Alison Tedstone, a National Director for Public Health, explains that it is vital for Public Health England (PHE) to work with the food and drinks industry to turn the tide on our childhood obesity problem. She also talks about how PHE are encouraging local authorities to question how marketing campaigns, such as Coca-Cola’s Christmas Truck Tour which is visiting some of the poorest areas of the UK, are compatible with attempts to reduce childhood obesity. Find out more [here](http://elink.clickdimensions.com/c/4/?T=MzQ4MzAxMzI%3AMDItYjE3MzQxLTBiY2UyZTAzMjFiYzQ2ZjM4YWU5MDIwZTQxNjdlNmQw%3Abmljb2xhLmNvcnJpZ2FuQHBoZS5nb3YudWs%3AY29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNA%3AZmFsc2U%3AMTM%3A%3AaHR0cHM6Ly9wdWJsaWNoZWFsdGhtYXR0ZXJzLmJsb2cuZ292LnVrLzIwMTcvMTEvMTQvc3VnYXItcmVkdWN0aW9uLWFuLXVwZGF0ZS8_X2NsZGVlPWJtbGpiMnhoTG1OdmNuSnBaMkZ1UUhCb1pTNW5iM1l1ZFdzJTNkJnJlY2lwaWVudGlkPWNvbnRhY3QtMmU3Njg2NDQwNmIwZTYxMTgwY2UwMDUwNTZhZDBiZDQtY2U5YTE2NGM1MjMzNDM4MTg3MGU0N2ZjZGZkN2E0MTQmZXNpZD04ZTk3ZjJiYS1hNmQ5LWU3MTEtODE2YS0wMDUwNTZhZDBiZDQ&K=PZGVZifFEwEp8awXqUsjQw).  **Whole Systems Obesity December 2017 Newsletter.**  Please see attached newsletter. To subscribe please e-mail [wholesystemsobesity@leedsbeckett.ac.uk](mailto:wholesystemsobesity@leedsbeckett.ac.uk)    Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  **PHE briefing on physical activity**  Please find attached the PHE briefing and physical activity section from the [Health Survey for England 2016](https://digital.nhs.uk/catalogue/PUB30169).  Physical Activity points from the PHE briefing:  •   66% of men and 58% of women aged 19 and over achieved national aerobic activity guidelines in 2016 (62% overall).  •   The proportion meeting the aerobic guidelines was similar to 2012 for both men and women (66% in 2012 for men; 56% in 2012 for women).  •    26% of adults aged 19 and over met both the aerobic and muscle-strengthening guidelines.  As with previous years, the main report focuses on those aged 16+, but there are some figures available for those aged 19+. Page 14 of the physical activity chapter references the 19+ figures, with the proportions matching those of the 16+ age group.  The following tables (attached) have England level data for those aged 19+ (unfortunately the regional values are only at 16+ ):  Table 1: Summary activity levels (participation in at least moderate intensity activity), by age and sex  Table 5: Summary activity levels (participation in at least moderate intensity activity) in 2012 and 2016, by age and sex  Table 6: Proportion meeting current physical activity recommendations in 2012 and 2016, by age and sex (this includes muscle-strengthening)    **EFDS marks International Day for Disabled People with new Me, Being Active films**  The English Federation of Disability Sport (EFDS) has released a new collection of Me, Being Active films ahead of International Day for Disabled People. Two years since the first collection, viewers meet seven disabled people and learn more about the benefits they gain from being active. The national charity hopes the new films provide disabled people with useful information to lead an active lifestyle.  Meet Anoushé, Evie, Richard, Sam, Shona, Tesfai and Zack. They are seven disabled people with a range of impairments and long-term health conditions, who all lead active lives. In their own words, each individual shares their personal story. They talk about how they first became active and explain the way it makes them feel.  The Me, Being Active films are supported by Disability Rights UK and funded by Sport England. EFDS worked again with production company Fuzzy Duck to capture the stories that highlight climbing, horse riding, karate, fitness, dancing, yoga and rugby.  The films follow the successful [Being Active Guide](http://www.efds.co.uk/assets/000/000/149/2518_BeingActiveReport_A4_FINAL%281%29_original.pdf?1461165840) released in 2014, which talks directly to disabled people. This Guide gives those, who are inactive, access to relevant information, so they can have control over where, what and how they start being active. The new collection of films add to the Guide’s success, allowing viewers to hear other disabled people’s advice.  The United Nations created [The International Day of Persons with Disabilities (IDPD)](http://www.un.org/en/events/disabilitiesday/), as it is also known, in 1992. It aims to promote awareness and gain support for critical issues relating to the inclusion of disabled people in society. The Day raises awareness about disability issues and draws attention to the benefits of an inclusive and accessible society for all.  The new collection of Me, Being Active films is available on [EFDS’s YouTube channel](https://www.youtube.com/channel/UC5lGWm2IIaJq9xlDYczLsXA/videos). From Monday onwards, EFDS’s website will focus on a film each day.  To watch Anoushé, Evie, Richard, Sam, Shona, Tesfai and Zack’s stories, visit the [Me, Being Active 2017 playlist here](https://www.youtube.com/playlist?list=PLA7MMK5VqkdrmtoMd0SYc93xPGx8-iu_S).  For more information, please contact Courtney Perks, EFDS Communications Advisor. Email [cperks@efds.co.uk](mailto:cperks@efds.co.uk). Mobile: 07896 998171  Healthy Places (H&WB Team Lead: Nicola Corrigan)  **TfL – Healthy Street Checklist for Designers**  Lucy Saunders and TfL have published a tool to support their healthy streets approach. This will be extremely useful when discussing public realm.  The [Guide to the Healthy Streets Indicators](https://healthystreets.us15.list-manage.com/track/click?u=970a006d3b48340097c1a73a7&id=929ed1ec96&e=5f40338079) is a qualitative tool. Each of the 10 Healthy Streets Indicators is described in a list of prompt questions and illustrative images. Anyone can look through this to get a good sense of what Healthy Streets is all about. You can use this tool to assess an existing street, develop ideas for a new project or critique a plan.  The [Healthy Streets Check for Designers](https://healthystreets.us15.list-manage.com/track/click?u=970a006d3b48340097c1a73a7&id=e0de9074bf&e=5f40338079) is a quantitative tool for assessing the existing lay-out of a street or a detailed plan for a new layout.  There are thirty one metrics to be assessed and an overall score is produced. You can use this tool to compare options for a new street design and identify what you could do to make that design as healthy as possible.   You can read more about Healthy Streets and find other publications and presentations on this topic at [healthystreets.com](https://healthystreets.us15.list-manage.com/track/click?u=970a006d3b48340097c1a73a7&id=0094cf393d&e=5f40338079)  **The Sustrans Active Travel Toolbox**  This provides guides, resources, tools and case studies to help local authorities and their partners make the case for and improve walking and cycling schemes. The toolbox is also designed to help you plan and deliver walking and cycling schemes in your local area. It was written by Sustrans with support from [Dr Adrian Davis](http://people.uwe.ac.uk/Pages/person.aspx?accountname=campus%5Cal4-davis), [Living Streets](https://www.livingstreets.org.uk/) and [The TAS Partnership Limited](http://www.taspartnership.co.uk/).  [Making the economic case for active travel](https://www.sustrans.org.uk/active-travel-toolbox/making-economic-case-active-travel/active-travel-and-economic-performance) Investment in walking and cycling can play a significant role in local economic development. This [toolkit](https://www.sustrans.org.uk/active-travel-toolbox/making-economic-case-active-travel/active-travel-and-economic-performance) includes:  The evidence base for the economic benefits of active travel.  A number of tools to help you including: a strategic investment tool to evaluate the cost and benefits of a multi-intervention programme, a tool to calculate the typical impact of different infrastructure investment schemes, and a tool to estimate the economic benefit from recreational cycling.  **Linking active travel and public transport to housing growth and planning**  The UK population is expected to increase by almost 10 million over the next 25 years. Linking housing growth with walking, cycling and public transport will help ensure new developments are built in the right places and with the right infrastructure to enable efficient and sustainable mobility that is attractive for people and businesses. This [toolkit](https://www.sustrans.org.uk/active-travel-toolbox/linking-sustainable-transport-housing-growth-and-planning/1-aligning-housing-growth-and) includes:   * How to align housing growth and planning with sustainable transport. * How to better plan housing growth to enable sustainable transport. * Delivering sustainable transport infrastructure in new housing developments.   **The role of active travel in improving health**  One of the major attractions of cycling and walking are the positive benefits for public health and wellbeing. Active travel is an important means of building physical activity into our daily routines, also improving air quality and mental health. This [toolkit](https://www.sustrans.org.uk/active-travel-toolbox/role-sustainable-transport-improving-health/1-how-active-travel-can-improve-health-and) includes:   * How walking and cycling can improve health and wellbeing in the workforce. * Improving air quality by active transport. * The role of walking and cycling in improving mental health.   **Healthy people, healthy planet** This report from the OECD was produced to inform the 2017 meeting of the G7 ministers of health. It provides a broad overview of the main policy actions that G7 countries can take to improve population health and to decrease the human footprint on the environment. Find out more [here](http://elink.clickdimensions.com/c/4/?T=MzQ4MzAxMzI%3AMDItYjE3MzQxLTBiY2UyZTAzMjFiYzQ2ZjM4YWU5MDIwZTQxNjdlNmQw%3Abmljb2xhLmNvcnJpZ2FuQHBoZS5nb3YudWs%3AY29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNA%3AZmFsc2U%3AMjA%3A%3AaHR0cDovL3d3dy5vZWNkLm9yZy9oZWFsdGgvaGVhbHRoLXN5c3RlbXMvSGVhbHRoeS1wZW9wbGUtaGVhbHRoeS1wbGFuZXQucGRmP19jbGRlZT1ibWxqYjJ4aExtTnZjbkpwWjJGdVFIQm9aUzVuYjNZdWRXcyUzZCZyZWNpcGllbnRpZD1jb250YWN0LTJlNzY4NjQ0MDZiMGU2MTE4MGNlMDA1MDU2YWQwYmQ0LWNlOWExNjRjNTIzMzQzODE4NzBlNDdmY2RmZDdhNDE0JmVzaWQ9OGU5N2YyYmEtYTZkOS1lNzExLTgxNmEtMDA1MDU2YWQwYmQ0&K=f5lU63FT1_N0O_MQOI81HA).  **West Yorkshire Combined Authority’s CityConnect Community Grants scheme**  West Yorkshire Combined Authority’s CityConnect Community Grants scheme opened on Monday 27 November 2017.  This scheme is an opportunity for community and non-profit organisations within your area to apply for up to £10,000 to deliver bespoke, grass roots support to help different groups’ access employment, training and apprenticeships through cycling and walking.    Transport is often considered a barrier to people looking for employment or training opportunities, whether this is because of cost or limited/infrequent services in a particular area, travelling by bike or on foot instead can help overcome these barriers. By offering a cheap, convenient and healthy alternative and allowing people the freedom to travel when and where they want, cycling and walking can increase a person’s employment and training options significantly.  The CityConnect community grants scheme is funded by the Cycling and Walking to Work Fund and is being delivered as part of a suite of CityConnect engagement activities for the same audience, including the Bike Friendly Business, Bike Friendly Schools, CityConnect Cycles free cycle training and the Love to Ride Cycle Challenge.    For more information please go to <https://cyclecityconnect.co.uk/grants/>  NHS Health Checks (H&WB Team Lead: Melanie Earlam)  **NHS Health Check total eligible population estimate - Consultation launched on methodological changes after 2017-18**  Public Health England has made four recommendations to change the methodology used for estimating the NHS Health Check total eligible population and to report activity after 2017-18. We would welcome your views on these recommendations. To take part in this consultation please email your views by **24 January 2018** to: [nhshealthchecks.mailbox@phe.gov.uk](mailto:nhshealthchecks.mailbox@phe.gov.uk).The consultation is attached and can also be found [online](http://www.healthcheck.nhs.uk/commissioners_and_providers/data/total_eligible_population_/).    **Revised NHS Health Check Best Practice Guidance and Programme Standards**  Revised NHS Health Check Best Practice Guidance and Programme Standards have now been published and can be accessed via the [NHS Health Check website](http://www.healthcheck.nhs.uk/commissioners_and_providers/guidance/national_guidance1/).  **Using NHS Health Checks to optimise CVD care**  Telephone conference and question and answer session on Wednesday 24 January 2018, 12.45pm – 1.30pm  The NHS Health Check programme provides a crucial means of delivering prevention-focused brief intervention to over 15 million people in England. Research shows that there is better access to lifestyle and clinical management among people that have a check. There is also evidence that the NHS Health Check is being equitably accessed by certain high risk populations, such as those living in our most deprived communities. However, there is still much variation in delivery, particularly in the management of people with high CVD risk, high blood pressure or high cholesterol. By optimising both lifestyle and clinical interventions, we can ensure that the programme not only helps individuals but achieves its full potential across the population.  **Teleconference: Wednesday 24 January 2018, 12.45pm – 1.30pm**  Please join Duncan Selbie, Chief Executive of Public Health England, for the launch of this latest edition of Health Matters. He will be joined by Associate Professor Jamie Waterall, National Lead for CVD Prevention and Associate Deputy Chief Nurse at PHE and Dr Matt Kearney, National Clinical Director for CVD prevention at NHS England and PHE.  **Why you should take part**: The teleconference will outline the role of NHS Health Check in contributing to tackling the top 7 behavioural and physiological risk factors leading to premature death and ill health in England. The discussion will explore how we can work together to improve coverage of this important prevention programme and also maximise the evidence based interventions for the management of both lifestyle and physiological risk factors such as obesity and high blood pressure. Panel members will discuss how PHE and NHS England are working together to support a radical upgrade in CVD prevention as detailed in the NHS Next Steps to the Five Year Forward View publication.  **RSVP**: Please register for the teleconference [here](https://surveys.phe.org.uk/TakeSurvey.aspx?SurveyID=94527ll5). You will then receive supporting materials on the day of the call.  **Dal-in details:**  Please dial in 10 minutes prior to start time, using the number and conference code below:  National free phone – United Kingdom: 0800 358 6377  Local call rate: 0330 336 9105  Conference code: 5606430  *For more information on Health Matters contact* [*Healthmatters@phe.gov.uk*](mailto:Healthmatters@phe.gov.uk).  Mental Health (H&WB Team Lead: Corinne Harvey)  **What Works Centre for Wellbeing News**  What Works Centre for Wellbeing have released their [digital version](https://www.whatworkswellbeing.org/) of incredibly popular wellbeing impacts and policy course we ran with the LSE team in October for your ‘keep learning’ new year’s resolution. They have also created a 'year in review' graphic, attached, to show what we've achieved with your support in 2017.  This time last year they published the first systematic reviews and analysis: the Brunel London team’s enduringly popular and suitably festive music and singing, and the first measuring wellbeing discussion paper from Richard Layard. Over the last 12 months the teams at What Works Wellbeing across the country have been looking at:   * [housing](https://www.whatworkswellbeing.org/product/housing-and-wellbeing-rapid-scoping-review-appendices/), [music and singing](https://www.whatworkswellbeing.org/product/music-singing-and-healthy-adults/), [the third sector](https://www.whatworkswellbeing.org/product/sector-perspective-a-wellbeing-lens-in-the-third-sector/), [community](https://www.whatworkswellbeing.org/our-work/community/) [wellbeing](https://www.whatworkswellbeing.org/our-work/community/), [inequalities](https://www.whatworkswellbeing.org/product/drivers-of-wellbeing-inequalities-briefing/), [dance and sport](https://www.whatworkswellbeing.org/product/dance-and-sport-evidence-briefing/), [adult learning](https://www.whatworkswellbeing.org/our-work/learning/), [unemployment](https://www.whatworkswellbeing.org/product/unemployment-reemployment-and-wellbeing/), [job quality](https://www.whatworkswellbeing.org/product/job-quality-and-wellbeing/), [wellbeing learning at work](https://www.whatworkswellbeing.org/our-work/work/), [retirement](https://www.whatworkswellbeing.org/product/retirement-and-wellbeing/), [work-related training](https://www.whatworkswellbeing.org/product/learning-at-work/). We’ve also managed to publish our [Local Wellbeing Indicators](https://www.whatworkswellbeing.org/product/understanding-local-needs-for-wellbeing-data/) for local authorities, our [Measuring Wellbeing](https://www.whatworkswellbeing.org/our-work/measuring-evaluating/) Discussion paper series and [seminar series](https://www.whatworkswellbeing.org/our-work/lifelong-wellbeing/).   They had a great response as they support people to understand, measure and use wellbeing in policy and practice.   * The Centre was founded at the end of 2014 and, after a period of laying strong foundations, building networks and an intensive phase of public consultation across the UK, 2017 has been focused on a prolific output of high quality evidence, guidance, research and discussion papers. * And in 2018, they will continue this as we move into the next phase for the Centre: setting up a new evidence programme and innovative collaborations on a range of wellbeing measurement and evaluation projects.   **Impact**   * Stephenson / Farmer Review cites the Centre and our resources for research related job quality * Findings and resources were used by Jo Cox loneliness Commission * Research has helped shape policy and strategy at national and local level, for example, in the draft London Economic Development Strategy * Charities have been using our evidence and guidance to start understanding and evaluating wellbeing and to sucessfully bid for project funding * Research funders and academics are already helping fill the research gaps we have identified * Local Wellbeing Indicators are being integrated into PHE fingertips tool   The Centre is a collaboration and the progress we’re making is with the incredible and ambitious work that their [expert advisory panel](https://www.whatworkswellbeing.org/about/our-advisory-panel/), you in our cross-sector board, our [partners](https://www.whatworkswellbeing.org/about/our-partners/) and our [research teams](https://www.whatworkswellbeing.org/about/our-people/) in 16 universities across the country led by Universities of Liverpool, Brunel London, East Anglia and the London School of Economics, do.  **Things to look out for in 2018**   * Measuring wellbeing guidance for small and medium charities * New evidence reviews on:   + housing for vulnerable people   + how improvements in community infrastructure (places and spaces) can boost social relations and wellbeing in communities   + Joint decision-making   + Barriers to learning and school leavers and wellbeing   + Adult learning and unemployment   + Visual arts and mental health * A [new course in economic evaluation of wellbeing impacts](https://www.eventbrite.com/e/wellbeing-cost-effectiveness-analysis-free-one-day-workshop-tickets-41388321584?aff=erelexpmlt) on 29 January     **HEE System-Wide Draft Strategy and Consultation for Health and Social Care Services**  As you  may be aware earlier this year HEE produced *Stepping Forward to 2020/21: The Mental Health Workforce Plan for England*.  Earlier this month HEE also launched for consultation *Facing the Facts, Shaping the Future: A Draft Health and Care Workforce Strategy for England to 2027*.  It has been developed by the whole health and care system and this is why it is branded as being both an NHS and Public Health England document.  The consultation starts 13 December 2017 and finishes at 5pm on Friday March 23, 2018.  There is a mental health section in there (predominately pages 55 – 57).  A link to the document and consultation is available here: <https://www.hee.nhs.uk/our-work/planning-commissioning/workforce-strategy> |
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| Sexual and Reproductive Health (H&WB Team Lead: Sharron Ainslie)  **Sexual and Reproductive Health Campaign**  On Friday 15th December 2017, Public Health England will launch a national sexual health campaign called ‘Protect against STIs’, which is targeted at young people, aged between 16 – 24 years old.  **About the campaign** The campaign aims to reduce rates of Sexually Transmitted Infections (STIs) through condom usage. There is a particular focus on the younger end of the age range(16-19 year olds) because they are less experienced and have not yet formed unhealthy habits so this provides the greatest opportunity to influence norms and behaviour of this audience.  The new campaign will highlight the risks associated with not using condoms and will include a new advertising campaign on social and digital platforms, partnerships with sexual health organisations and clinics, commercial partnerships and PR.   The campaign’s commercial partnership activity will support through myth-busting around STIs and condom use and will advocate condoms as an integral part of positive sexual relationships. The overall aim of the campaign is to help normalise condom use among young people and in the long-term, reduce rates of STIs among the key audience group.  **Resources** We're pleased to share the following resources with you. Click on the yellow button today to access:   * The Campaign Overview and Key Messages * Long and short lead copy * Facts and Stats * Social media toolkit   [**Log in to your account and click here to Access Resources Now**](http://content.phepartnerships.co.uk/?V4Tk.sHlvHvTSTGtgJk5orkVIvc8vjRiV&https://campaignresources.phe.gov.uk/resources/campaigns/68-sexual-health/resources)  If you have any questions, please contact [partnerships@phe.gov.uk](http://content.phepartnerships.co.uk/?V4TkluclHyVet7u2gagHX4iVaKcrvjQ3V&mailto:partnerships@phe.gov.uk?subject=Sexual%20Health%20Campaign)  PrEP TRIAL  Over 35 clinics are now open for recruitment to the pre-exposure prophylaxis (PrEP) Impact Trial in England, and 1,900 people are now enrolled and receiving treatment. Click the link for the latest update from NHS England.Link:[**NHS England – update – Nov 2017**](https://fsrh.us8.list-manage.com/track/click?u=e7045e9fd6db30d4ed82ccfb0&id=f35b248ed7&e=44345ab234)  **Quarterly conceptions to women aged under 18 (Quarter 3, 2016)**  Figures for the number of conceptions to women aged under 18 in England and Wales for the third quarter of 2016 were released by the Office of National Statistics (ONS) on 5 December 2017. For England, there has been a 9.7% reduction from a rate of 19.6 per 1,000 women aged 15 to 17 (4,514 conceptions) in the third quarter of 2015 to 17.7 (4,006 conceptions) in the same quarter in 2016. There is still significant regional variation, with decreases ranging from 16.7% in the North East to 3.8% in the South West. The East Midlands was the only region to see an increase (6.2%) compared to the same quarter last year.  Links:  \* [ONS – Q3, 2016 – 5 Dec 2017](https://fsrh.us8.list-manage.com/track/click?u=e7045e9fd6db30d4ed82ccfb0&id=acba8c4e5c&e=44345ab234)  \* [FSRH response](https://fsrh.us8.list-manage.com/track/click?u=e7045e9fd6db30d4ed82ccfb0&id=0aef659fd8&e=44345ab234)  \* [FPA response](https://fsrh.us8.list-manage.com/track/click?u=e7045e9fd6db30d4ed82ccfb0&id=0489ac0c65&e=44345ab234)  **New RSE Poster for Schools**  SEF has developed a poster which explains, in 12 statements, what is needed for good quality RSE in schools. The 12 statements are based on well-established evidence and are supported by a wide range of partners including the National Society for the Prevention of Cruelty to Children (NSPCC), Barnardo's, The Children's Society, National Children's Bureau (NCB) and key education unions. There are two versions of the poster: one for schools and one for organisations who support them.  Links:  [\* SEF – new RSE poster – Nov 2017](https://fsrh.us8.list-manage.com/track/click?u=e7045e9fd6db30d4ed82ccfb0&id=10025f78fa&e=44345ab234) [\* Poster (for schools)](https://fsrh.us8.list-manage.com/track/click?u=e7045e9fd6db30d4ed82ccfb0&id=2b4eac1ef0&e=44345ab234)  [\* Poster (for supporters)](https://fsrh.us8.list-manage.com/track/click?u=e7045e9fd6db30d4ed82ccfb0&id=420b1abf5b&e=44345ab234)  **BASHH 2017 interim update of the 2015 BASHH National Guidelines for the Management of Viral Hepatitides.**  Click below to download the guide.  <https://www.bashhguidelines.org/media/1159/viral-hepatitides-2017-update.pdf>  Data, Documents, Letters, Reports & General Information  **Public Health England introduces new local authority public health dashboard**  As part of a wider government commitment to support greater transparency across the public sector, Public Health England (PHE) has published a new local authority public health dashboard which aims to support local councillors and senior council officers in making decisions on how they prioritise resources across a range of public health service areas. Find out more [here](http://elink.clickdimensions.com/c/4/?T=MzQ4MzAxMzI%3AMDItYjE3MzQxLTBiY2UyZTAzMjFiYzQ2ZjM4YWU5MDIwZTQxNjdlNmQw%3Abmljb2xhLmNvcnJpZ2FuQHBoZS5nb3YudWs%3AY29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNA%3AZmFsc2U%3AMTU%3A%3AaHR0cHM6Ly9wdWJsaWNoZWFsdGhtYXR0ZXJzLmJsb2cuZ292LnVrLzIwMTcvMTAvMTYvaW50cm9kdWNpbmctYS1uZXctbG9jYWwtYXV0aG9yaXR5LXB1YmxpYy1oZWFsdGgtZGFzaGJvYXJkLz9fY2xkZWU9Ym1samIyeGhMbU52Y25KcFoyRnVRSEJvWlM1bmIzWXVkV3MlM2QmcmVjaXBpZW50aWQ9Y29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNCZlc2lkPThlOTdmMmJhLWE2ZDktZTcxMS04MTZhLTAwNTA1NmFkMGJkNA&K=MXVRCyBV8t-XFNfCIszT1g).  **Food and climate: Challenging policy makers** In response to this year’s international Climate Change Conference (COP23) in Bonn, Sue Dibb, Executive Director of Eating Better, laments the ‘woefully inadequate’ response of policy makers to galvanise a transition towards more sustainable food systems. Find out more [here](http://elink.clickdimensions.com/c/4/?T=MzQ4MzAxMzI%3AMDItYjE3MzQxLTBiY2UyZTAzMjFiYzQ2ZjM4YWU5MDIwZTQxNjdlNmQw%3Abmljb2xhLmNvcnJpZ2FuQHBoZS5nb3YudWs%3AY29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNA%3AZmFsc2U%3AMTk%3A%3AaHR0cDovL3d3dy5mY3JuLm9yZy51ay9mY3JuLWJsb2dzL3N1ZS1kaWJiL2Zvb2QtYW5kLWNsaW1hdGUtY2hhbGxlbmdpbmctcG9saWN5LW1ha2Vycz9fY2xkZWU9Ym1samIyeGhMbU52Y25KcFoyRnVRSEJvWlM1bmIzWXVkV3MlM2QmcmVjaXBpZW50aWQ9Y29udGFjdC0yZTc2ODY0NDA2YjBlNjExODBjZTAwNTA1NmFkMGJkNC1jZTlhMTY0YzUyMzM0MzgxODcwZTQ3ZmNkZmQ3YTQxNCZlc2lkPThlOTdmMmJhLWE2ZDktZTcxMS04MTZhLTAwNTA1NmFkMGJkNA&K=c74nKsY7n-noQQf-csJZFA).  **National HIV Self-Sampling service** **Quarterly report**  In November 2015, based on the success of two national pilots, PHE and local authorities co-commissioned and launched a nation-wide HIV self-sampling service for most at-risk populations for HIV acquisition ([www.freetesting.hiv](http://www.freetesting.hiv/)). In February 2016, commissioning of the service was devolved to participating local authorities who have since taken responsibility for implementing the service in their areas. National commissioning of the service by PHE is limited to pre-approved periods of time during national HIV preventions campaigns including National HIV Testing Week. The report shares quarterly available data of the HIV self-sampling service with national, regional and local stakeholders.  Also, it betters the understanding of who is accessing the service and whether it is reaching most at-risk groups (including MSM and Black African communities) and first-time testers.  All attached documents can also be [found online here.](https://www.dropbox.com/sh/xjawkd32hdq2kkq/AACEMmsTmxcfwUV06xv__x2fa?dl=0) *(open with Google Chrome)*  **PHE campaigns**  Please see below links for PHE campaigns  One You webinar: <https://campaignresources.phe.gov.uk/resources/campaigns/44-one-you/Insight%20>  Change4Life bulletin: <https://campaignresources.phe.gov.uk/resources/campaigns/17-change4life/Partner%20presentations>  Sexual health campaign webpage: <https://www.nhs.uk/oneyou/protect-against-stis-use-a-condom/home>  **Health Improvement Manager Vacancy in County Hall, Northallerton**  Please see attached    **Changes to Section 136 of the Mental Health Act** The Royal College of Emergency Medicine is reminding emergency departments of changes to section 136 of the Mental Health Act which took effect from 11th December 2017.  [A Brief Guide to Section 136 for Emergency Departments](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=4fe7cee14f&e=955474ce8a) outlines the process to be followed when police bring a person to the department under a section 136. |
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| Upcoming Meetings and Seminars |
| **A Strategy for Improving Population Health**    **Venue:**             Royal Society of Medicine, London  **Date:**             Tuesday, 6 February 2018  **Time:**               9:00 – 16:30    Health in All Policies (HiAP) is an approach to policies that systematically and explicitly takes into account the health implications of the decisions we make; targets the key social determinants of health; looks for synergies between health and other core objectives and the work we do with partners; and tries to avoid causing harm with the aim of improving the health of the population and reducing inequity.    It is now over three years since councils took on responsibility for public health and health and wellbeing boards (HWBs) took on their statutory role. Councils have welcomed their new role. Having secured a safe transition, they are now moving into a phase of transformational change. Success will depend on getting healthy policies embedded in all aspects of what a council and its partners do or put simply, the extent to which councils become genuine public health councils.    Further information and event registration is available via the following link: [Registration](http://hiap.govconnect.org.uk/index.php?alias=our-mission&option=com_content&view=article&id=49&Itemid=181) |
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