



PHE Health and Wellbeing Monthly Update

Issue Number: 68. September 2021

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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 we have anything that needs to be shared urgently, we will circulate as soon as possible.



Healthy Places and Sustainable Communities

Team Lead: Nicola Corrigan

The impact of the environmental determinants of health on our lives are far reaching. By considering how the places in which we live, work and play impacts on our health and the inequalities that exist, we can support health improvement for our populations.

Whole Systems Obesity inc. Adult Weight Management

Lead: Nicola Corrigan

Launch of the Healthier Weight Intelligence Tool- North East & Yorkshire Region Webinar

To be held on **16th September 2021 12 noon - 1pm** this webinar will be of particular interest to local authority public health leads, Healthier Weight commissioners, Directors of Public Health, Elected members and healthcare organisations eg Integrated Care Systems

The Healthier Weight Intelligence Tool brings together the available data and evidence on obesity, and the conditions associated with it, supporting organisations around planning, commissioning and delivery of services. It will assist in the development of an integrated whole systems approach to addressing obesity in local areas, contributing to the reduction of the gap in health inequalities associated with excess weight.

Bringing together a multitude of data and evidence, the tool presents this in an easily accessible format to support local systems in their work to address excess weight and obesity in their populations.

The webinar will present the tool with a live demonstration and an opportunity to ask questions on its functionality. The tool can be used to support organisations to make the case to

- prioritise tackling excess weight across the life course
- support behaviour change and decision making
- influence and support implementation of policy
- support conversations and engagement with partners as part of the whole systems approach.

To book your place visit [Webinar: Healthier Weight Intelligence Tool- North East & Yorkshire Region Tickets, Thu 16 Sep 2021 at 12:00 | Eventbrite](#)

Latest 'Better Health' campaign

We've launched the latest [Better Health campaign](#) to encourage adults across the nation to lose excess weight, eat more healthily and get active this summer.

Our latest research suggests that those who used and followed the NHS Weight Loss Plan app over 12 weeks, reported a loss on average of almost a stone (5.8kg). The move follows a nationwide survey of over 5,000 adults which revealed that over 4 in 10 (41%) adults in England say they have put on weight since the first lockdown in March 2020.

NHS Weight Loss Plan: Better Health campaign evaluation

[Better Health campaign. Phase 1: Evaluation of the NHS weight loss plan app \(publishing.service.gov.uk\)](#)

An evaluation of the impact of the NHS Weight Loss Plan app to support weight management and health behaviours.

The data in phase 1 of the evaluation reflects users who downloaded the app between 27 July 2020 to 9 February 2021.

The objective of the evaluation was to explore the uptake and impact of the 12-week plan to support weight management based on user gender, age, body mass index (BMI), and ethnic group.

Role of the Planning systems in a whole systems approach to reducing excess weight and obesity

Opinion piece from Dr Alison Tedstone chief nutritionist in the diet, obesity & physical activity division of [Public Health England](#).

[Why the planning system and planners are critical to stop an increasingly obese nation during post-Covid-19 recovery | The Planner](#)

Active Travel and mid-life

Keeping physically active in mid-life helps to delay the onset and progression of many age-related health conditions and plays an important role in helping to manage the impact of health conditions once we develop them. Despite its importance, levels of physical activity begin to drop in mid-life. This is also true for active travel – that is, walking and cycling for everyday journeys. Although it is one key approach to building regular physical activity into daily life, people in mid and later life are less likely to participate in active travel than younger age groups.

The Centre for Ageing Better commissioned Sustrans to carry out research to understand the barriers and enablers to participating in active travel in mid to later life, including evidence reviews of the existing literature and primary qualitative research to address gaps identified in those evidence reviews. This [interim report](#) provides a summary of the evidence reviews on a) attitudes to active travel among people aged 50-70 and b) the role of the built environment in facilitating or impeding active travel in this age group

A Gear Change: One Year On

The Department of Transport has published a [report](#) reviewing the walking and cycling plan for England, a year after publication.

2021 UKHSA Air Quality and Public Health Stakeholder Seminar

Thursday 21 October, 10:00 to 16:00.

This seminar, along with the [UKHSA Annual UK Research Review Meeting on Outdoor and Indoor Air Pollution Research](#) to be held on Thursday 14 October, is being organised by the Air Quality and Public Health team within the Environmental Hazards and Emergencies Department, UKHSA (or Public Health England before 1 October 2021).

As part of UKHSA's ongoing work programme on air quality, the annual air pollution and public health event is held to inform wider stakeholders of developments, giving them the opportunity to contribute to, and comment on, future work plans. In previous years, this feedback has helped to focus efforts on advocacy, awareness-raising and providing authoritative, evidence-based advice on the impacts of air pollution on health in the UK.

This stakeholder event is also an opportunity to hear from national and local government and other stakeholders on evidence, guidance, tools and resources available for improving our indoor and outdoor air quality.

Register for the seminar [here](#).

Anchor Institutions and Tri Service Public Health

Lead: Ruth Crabtree

Health Anchors Learning Network

The [Health Anchors Learning Network \(HALN\)](#) is a new, UK-wide network for people responsible for, or interested in, anchor approaches in health.

The network provides spaces and opportunities for participants to learn with peers and experts about how anchor organisations can consciously use their resources, influence and work in partnership to improve the social determinants of health and help reduce inequalities.

The network is free and open to join for colleagues from **health organisations**, like trusts, hospitals and CCGs; integrated care systems; primary care networks, regional bodies; and **partners**, like local authorities and other public agencies, voluntary, community and social enterprise sector, and education and housing organisations.

Anchor Institutions: Using Resources and Influence to Reduce Health Inequalities

Join the [King's Fund](#) for four half days of networking and exhibitions on the role of anchor institutions in reducing health inequalities.

Inclusive and Sustainable Economies

The National Health Inequalities team at PHE have launched the [Inclusive and Sustainable Economies khub](#) to provide a collaborative space to support place-based action. The target audience is anyone with an interest in public health, the economy and/or sustainable development for example, those working in public health, NHS, economic strategy and recovery and climate change specialists.

Food, Food Insecurity and Nutrition

Lead: Nicola Smith

Government Buying Standards for Food and Catering Services

Central government procurers directly or through their catering contractors are required to apply this Government Buying Standard (GBS). Others are encouraged to follow it. It includes a set of minimum mandatory standards for inclusion in tender specifications and contract performance conditions. It also includes some best practice standards which are recommended but not required.

The balanced scorecard is a supporting tool to use in order to procure food and catering services. It goes beyond production standards, resource efficiency and nutrition helping provide a comprehensive tool for setting technical specifications and evaluating bids. It includes award criteria to reward good practice, and to further stimulate investment and innovation.

[Government Buying Standard for food and catering services - GOV.UK \(www.gov.uk\)](#)

Physical Activity and Community Based Approaches

Lead: Tim Howells

Everybody active, every day: 5 years on

In 2014, we published the national framework, “Everybody active, everyday” to support all sectors to keep the nation active. Find out how leaders have been using the framework to make physical activity part of normal life in our [5 year review](#).

Recovery, renewal and inclusive and sustainable economies

Tues 14 September, 10am - 11.20am

An interactive workshop led by Jude Stansfield in the national PHE team on the Whole Systems Approach to community centred public health. The workshop will help outline the Whole Systems Approach and how it interlinks with the wider inclusive and sustainable economies work as part of recovery and renewal.

The workshop is aimed at any senior colleagues involved in healthy and sustainable communities, community asset based approach work, community champions/community engagement work, Local Enterprise Partnerships or anyone influencing a Community Asset Based Approach within local areas. [Book a place](#).

GoodGym symposium

Weds 22 September, 2pm - 4pm

This virtual session will bring together the five areas currently delivering GoodGym in Yorkshire and Humber (Leeds, York, Huddersfield, Sheffield and Barnsley) to hear from the GoodGym team and PHE, and regional good practice.

There will be various presentations including on how GoodGym plans to "relaunch" and grow following the COVID pandemic, an update on falls prevention in older adults, and group sessions with various people within your own area to help grow the programme locally. [Book a place](#).

YoHPAKE lunchtime knowledge session

Weds 20 October, 12.30pm - 1.45pm

A presentation on the Local Delivery Pilot in Doncaster from Jodie Bridger.

An update on Creating Active Schools by Dr Andy Daly-Smith from Bradford University

A look at air quality and physical activity research with Timothy Howells at PHE

The Leeds WOW project - supporting Asylum seeking women to move more from the Leeds project team.

[Book a place](#).

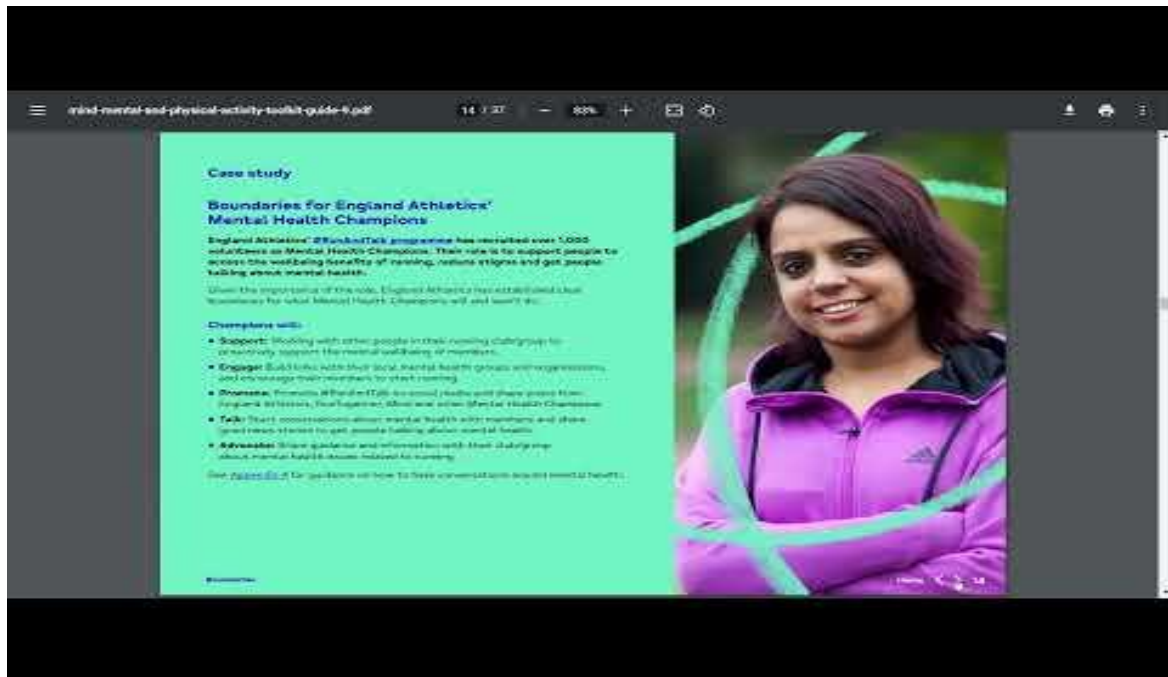
Physical Activity Clinical Champions (PACC) training

As part of the Yorkshire and Humber Falls awareness week for 2021 we are pleased to announce a new PACC (Physical Activity Clinical Champions) training session for **healthcare professionals**

For more info and to book click [here](#)

Mind Mental Health and Physical Activity Toolkits

[Mental Health and Physical Activity Toolkit Webinar - YouTube](#)



PHE Disney10 minute shake up

The Chief Medical Officer (CMO) recommends children take at least 60 minutes of moderate to vigorous physical activity every day.

In August the 10 Minute Shake Up is launched for 2021 and PHE are teaming up with Disney to help get kids active throughout the holidays by playing 10 Minute Shake Up games, inspired by some of their favourite characters from Disney Frozen, Disney and Pixar Toy Story and Marvel's The Avengers.

You can access all relevant materials and resources by:

- [Ordering campaign resources](#)
- [Digital and social resources](#)
- [Downloading the Local Partner Activity Guide](#)
- [Downloading a full communications toolkit](#)

Active Hospitals newsletters

The May and July version of the Active Hospitals newsletter are now available to download.

May - [here](#)

July - [here](#)

Sport and Social Justice: if not now, when? – An online convention

Thu 9th September 9:00am-3.00pm

UK Sport Development Network in collaboration with Leeds Beckett University, Active Humber, CIMPSA, North Yorkshire Sport, Yorkshire Sport Foundation and StreetGames present: Sport and Social Justice: if not now, when? Convention. This event looks at 4 key areas,

1. Sport and Climate Change
2. Sport and Long Term Health Conditions
3. Sport and Racial Inequalities
4. Sport and Poverty

[Book a place](#)

West and South Yorkshire - "Home Goals" online intervention research

Home Goals is an online intervention using psychoeducation and physical activity to help young people improve their mental and emotional wellbeing, without a referral into CAMHS, and therefore the long wait for treatment. The sessions are delivered by a qualified CAMHS practitioner and Sport & Physical Activity Instructor from a Community Sport Trust such as Bradford FC. The research team are looking for young people to be involved in this research project. Contact rdash.groundedresearch@nhs.net for more information.

Workplace Health and Wellbeing

Lead: Helen Laird

Inclusive recruitment: addressing inequalities through good employment

The Health Anchors Learning Network with NHS Employers have shared a recording of their 14th July webinar:

[Inclusive recruitment: addressing inequalities through good employment – Health Anchors Learning Network \(haln.org.uk\)](#)



Prevention and Key Risk Factors

Team Lead: Scott Crosby

Addressing the broad individual, environmental, societal and commercial factors that influence and drive addiction and its consequences, to reduce inequalities and improve the health, safety, and well-being of our population.

Commercial Determinants of Health & Gambling-Related Harms

Lead: Simone Arratoonian

Commercial determinants of health

Healthier and Fairer Futures: Building a Pro-Health Economy

A reminder for you, if you have yet to sign up to this upcoming event:

To launch the ADPH (Yorkshire and the Humber) 'Healthier and Fairer Futures' programme of work, we are holding a summit on 29th September 2021. Featuring key speakers including Professor Linda Bauld OBE (University of Edinburgh), Professor Mark Petticrew (London School of Hygiene & Tropical Medicine) and Hazel Cheeseman (Deputy Chief Executive, Action on Smoking & Health), the session will explore:

What roles do powerful corporations play in shaping our health?

How can we take action to reduce the negative impacts on people and planet, and support a pro-health economy?

Find out what we mean by 'commercial determinants of health' and why this agenda deserves a greater focus in our collaborative efforts to reduce health inequalities.

This event will appeal to those working to improve health and wellbeing and reduce population harms from long term conditions and their drivers - at strategic and operational level across public sector organisations, the voluntary care sector, and academic/research institutions.

Hosted by SPECTRUM consortium, Faculty of Public Health, and Yorkshire and the Humber's Association of Directors of Public Health.

Find out more: email primal.kaur@phe.gov.uk or simone.arratoonian@phe.gov.uk

Gambling-related harms

Glasgow – Gambling Summit

Glasgow City Council is holding a Gambling Summit on 13-14th September 2021 – 'Tackling Gambling Harms in the New Normal'. The event will cover prevention, education, treatment and support. Find out more and access the booking link [here](#)

Updates from RSPH

- The Royal Society of Public Health is offering a [free gambling awareness course for professionals](#), which has recently been refreshed and now explores Gambling Disorder and Severe Gambling Disorder. The course takes three hours to complete and learners receive three CPD points on completion.*
*please note that this course has been developed in collaboration with Gambleaware
- Listen to a [clip](#) from a recent discussion of gambling harms by Louisa Mason (Gambling Health Alliance) on BBC Radio Merseyside recorded earlier in August.
- The Centre for Governance and Scrutiny has been working with councillors in scrutiny roles within Local Authorities to improve awareness and response to the local impact of gambling. [Find out more](#) about what has happened and the outcomes of this so far, including access to some case studies to illustrate the work.

Updates from the Gambling Commission

[Recent publications](#) from the Gambling Commission include consumer research on protection tools such as self-exclusion, based on an online survey; and another survey with young people aged 16+ on their gambling behaviours.

Other news...

Gambling advertising

In early September, the [Coalition Against Gambling Ads](#) will be taking their bus on tour to engage with people around their campaign. Their Twitter feed also highlights an impactful video on the relationship between sport and gambling advertising.

Experiences of gambling

[Gambling with Lives](#) is launching its Gambling Education Programme at an event from 4-6pm on 13th September at One Birdcage Walk in London. The programme provides young people with the knowledge they will need to understand the inherent risks of gambling products and to critically respond to gambling marketing. The programme also touches on other areas of learning including topics such as online safety, mental health, economic wellbeing and debt, legislation, the nature of risk and critical marketing.

During the event, there will be a short film dramatisation of gambling harms, highlighting the intrinsic risks associated with gambling products, with insight from professionals and experts by experience. The premiere of the film will be followed by a panel discussion chaired by Alexis Conran: the panel includes Lord Foster (Chair of the Peers for Gambling Reform), Anna van der Gaag (Chair of the Advisory Board for Safer Gambling), Liz Ritchie (Chair of Gambling with Lives) and Steve Watts (Founder and CEO of GamFam).

The event is free to attend. For further details or to register, please contact Emily Beck at emily@gamblingwithlives.org

Gambling treatment and support research opportunity

Public Health England has up to £150,000 available for a research team to calculate prevalence estimates for harmful gambling treatment and support. We are seeking to commission an external partner to:

1. Determine amenable levels of treatment and support service provision for people experiencing gambling-related harms who would benefit from treatment or support (i.e. treatment thresholds)
2. Estimate the prevalence of people experiencing gambling-related harms who would benefit from treatment and support, segmented by, age, gender, ethnicity and socio-economic status, at both national and local levels (local authority and NHS footprint) in England, for the most recent financial year for which reliable data exists
3. Estimate the annual demand for specialist gambling treatment services at national and local levels; ideally covering both the overall individuals accessing the service and the specific demand for treatment options identified as available (e.g. specialist, residential, combined treatment package)
4. Estimate the number of children and affected others who are living with adults experiencing gambling-related harms who would benefit from treatment at both national and local levels

Closing date 1st October 2021 at 12pm. More information is available via [contracts finder](#).

Tobacco Control: Illicit Tobacco, Smokefree Places

Lead: Joanne Nykol

Smoking-related poverty concentrated in the North and Midlands

The link between smoking and disadvantage is well established however [Estimates of poverty in the UK adjusted for expenditure on tobacco – 2021 update](#) throws a light on how the impact of smoking on local communities is exacerbated when household incomes are also lower. Nationally one in five (21%) of smoking households in the UK were living below the poverty line, amounting to a million households. However, when tobacco expenditure was included in the assessment of poverty this increased to nearly a third (32%) equivalent to 1.5 million households. But the impact was not evenly spread around the country with smokers in the North and Midlands more likely to be in poverty than those in London and the South East.



Health and Wellbeing Across the Life Course

Team Lead: Alison Iliff

Ensuring that our children have the best start in life and are ready to start school, that our young people are supported so they enter adulthood physically and mentally resilient, ready to start work, that adults are able to secure and maintain a good job and a home, and that older adults have fulfilling, productive and connected lives.

Maternity and Early Years

Lead: Amina Bristow

Child health profiles feedback exercise 2021

The child health profiles feedback exercise 2021 is now open. PHE carries out regular user engagement activities to make sure [child health profiles](#) continue to meet the changing needs of stakeholders, including a user survey every two years. In 2021, we are especially keen to hear from users about proposed changes to the timing and frequency of updates and methods for the smoking at the time of delivery indicator. Please [complete the survey](#) which should take approximately 5 minutes unless you wish to give more detailed feedback. It will close on Friday 24 September.

Early years funding (England) - House of Commons Library ([parliament.uk](#))

This House of Commons [Library Briefing](#) provides a short overview of early years funding in England since 2017-18, including funding provided in response to the Covid-19 pandemic. From 9 June 2021

Foetal Alcohol Spectrum Disorders knowledge and research

Estimates for the UK suggest that alcohol consumption during pregnancy and prevalence of fetal alcohol spectrum disorder (FASD)—the most common neurodevelopmental condition—are high. Considering the significant health and social impacts of FASD, there is a public health imperative to prioritise prevention, interventions and support. This article outlines the current state of play regarding FASD knowledge and research in the UK, which is characterised by a lack of evidence, a lack of dedicated funding and services, and consequently little policy formulation and strategic direction. It highlights progress made to date, as well as current knowledge and service gaps to propose a way forward for UK research. [Fetal alcohol spectrum disorders: an overview of current evidence and activities in the UK | Archives of Disease in Childhood \(bmj.com\)](#)

'Forever chemicals', reproductive health, fertility and human development

The International Federation of Gynecology and Obstetrics (FIGO), the Health and Environment Alliance (HEAL) and the University of California in San Francisco (UCSF) have published a fact sheet and infographic to call for immediate action against 'forever

chemicals', to protect reproductive health, fertility and human development. [Health and Environment Alliance | How PFAS chemicals affect women, pregnancy and human development: Health actors call for urgent action to phase them out \(env-health.org\)](#)

Postpartum mental illness during the pandemic

It is unclear whether the clinical burden of postpartum mental illness has increased during the COVID-19 pandemic. The researchers sought to compare physician visit rates for postpartum mental illness in Ontario, Canada, during the pandemic with rates expected based on prepandemic patterns. [Postpartum mental illness during the COVID-19 pandemic: a population-based, repeated cross-sectional study | CMAJ](#)

Pregnant women's experience of social distancing guidelines

Covid-19 triggered the rapid roll-out of mass social distancing behavioural measures for infection control. Pregnant women were categorised as 'at risk' requiring extra vigilance with behavioural guidelines. Their understanding and ability to adhere to recommendations was unknown. [Pregnant women's experiences of social distancing behavioural guidelines during the Covid-19 pandemic 'lockdown' in the UK, a qualitative interview study | BMC Public Health | Full Text \(biomedcentral.com\)](#)

Maternal social networks during England's first lockdown

Postnatal/postpartum depression (PND/PPD) had a pre-COVID-19 estimated prevalence ranging up to 23% in Europe, 33% in Australia, and 64% in America, and is detrimental to both mothers and their infants. The coronavirus pandemic has created a situation in which support from social networks beyond the nuclear family is likely to be even more important to new mothers, as it poses risks and stresses for mothers to contend with; whilst at the same time, social distancing measures designed to limit transmission create unprecedented alterations to their access to such support. Using data from 162 mothers living in London with infants aged ≤ 6 months, the authors explore how communication with members of a mother's social network related to her experience of postnatal depressive symptoms during the first "lockdown" in England. [Frontiers | Communication Across Maternal Social Networks During England's First National Lockdown and Its Association With Postnatal Depressive Symptoms | Psychology \(frontiersin.org\)](#)

Children and Young People

Lead: Gemma Mann

Covid-19 vaccination guide for children and young people

New COVID-19 vaccination leaflets and guides for children and young people are now available to order from the Health Publications [website here](#). They include information on what to expect after the COVID-19 vaccination, which children are eligible and details on those who are most risk.

International early learning and child well-being study published

[A recent study](#) published by the Department of Education highlights the importance of supporting children living in the most deprived areas in England with their physical and cognitive development. The report suggests the need for a wide-ranging response from teachers and early childhood education and care staff, including encouraging persistence and on-task behaviour, as well as targeted interventions to support the language development of children living in deprived areas.

Healthy Ageing

Lead: Alison Iliff

Deconditioning modelling report published

Public Health England has published a report on the [Wider Impacts of COVID-19 on Physical Activity, Deconditioning and Falls in Older Adults](#). The report provides a summary of some of the wider impacts COVID-19 has had on older adults, with a particular focus on the implications of reduced levels of physical activity for falls. It contains recommendations intended to address deconditioning and improve older adult mental and physical health while simultaneously reducing falls risk.

The report predicts that 110,000 more older people (an increase of 3.9%) are projected to have at least one fall per year as a result of reduced strength and balance activity during the pandemic, with a cost of £211 million to the health and social care system.

- 32% of older people were inactive (did either no activity or <30 minutes of moderate activity per week) between March-May 2020. This has increased from 27% in the corresponding period in 2019.
- Average duration of strength and balance activity decreased from 126 to 77 minutes per week in March-May 2020 compared to the corresponding period in 2019.
- Inequalities in physical activity have persisted, older people in the most deprived group (defined by Index of Multiple Deprivation) were more likely to be inactive than those in the least deprived group in both 2019 and 2020.
- Older people experienced a considerable reduction in strength and balance activity between March-May 2020, with the greatest change in the 70-74 age group with a 45% (males) and 49% (females) decrease observed in activity.

Webinar: Keep on movin' - the importance of staying active in your 50s and 60s

This webinar, from the Centre for Ageing Better, will explore the motivators and barriers to physical activity for people in the 50s and 60s. You can find more information and book to attend the online event, on Monday 6th September 2021, 14.00-15.00 [here](#).

International Day of Older Persons 1st October

This year Yorkshire and Humber Falls Awareness Week will begin on 27th September, acknowledging International [Day of Older Persons](#) on 1st October.

Plans for the week include a training session on physical activity for managing and preventing long term health conditions, aimed at professionals working with older people.

[Physical Activity PACC session Tickets, Thu 30 Sep 2021 at 19:00 | Eventbrite](#)

Use #YHFalls2021 to follow and promote other activities taking place during the Y&H Falls Awareness Week, aimed at anyone interested in falls prevention. Further resources are available online [here](#).

Healthy ageing at the intersections: research and policy perspectives. Thursday 30th September 2021, 15.00-16.45

This online event will report findings from the Chronic Diseases and Healthy Ageing at the Intersections project followed by a policy response from Dr Bola Owolabi, Director of Health Inequalities at NHS England and NHS Improvement and a panel Q&A. Book your place [here](#).

OTAGO Exercise Programme Leaders course delivered by [LaterLife Training](#).

This training course is for health and exercise professionals for the delivery of the evidence-based Otago strength and balance exercise programme to reduce falls in frailer older people. Day 1 and Day 2 will be on the Thursday 14th and Friday 15th October 2021 at Canalside Health Centre, 2 Kingsway, Bingley, West Yorkshire BD16 4RP. Times to be confirmed but full attendance on both days is expected. The cost of the Otago course is £420 (+ VAT)

For more information visit [OTAGO Exercise Programme Leader – Later Life Training](#)

Public Mental Health & Suicide Prevention

Lead: Laura Hodgson

Mental health crisis learning resources published

Health Education England (HEE) and Healthy Teen Minds have launched a suite of [mental health crisis learning resources](#) designed for mental health staff, individuals working in health and social care, school staff and students who may encounter young people in crisis.

These resources have been designed in conjunction with young people, allowing you to hear directly from them about what helps in a moment of crisis. The tools aim to build individual's confidence to have effective conversations and provide personalised support to a young person in a mental crisis.

Podcast: Emerging Minds

[Emerging minds](#) offers a series of podcasts and webinars which bring together public health professionals, researchers and voluntary sector employees working in children and young

people's mental health. The most recent podcast explores the impact that the Covid-19 Pandemic has had on the mental wellbeing of 11-16-year-olds.

Digital mental wellbeing support tool

MindSafe is a whole school digital mental wellbeing support tool for pupils and students aged 6-18. It works around the 5 R's (relationships, recognition, reflection, regulation, and resilience) and helps schools to recognise where, when and what support is needed for groups and individuals. It also helps pupils with their own agency to recognise their needs, reach out when they need help and build resilience within themselves. More information can be found [here](#).

Grant funding and training for schools and colleges to help develop a whole school or college approach to mental health and wellbeing.

The Department for Education (DfE) is offering a senior member of school or college staff the opportunity to obtain a grant for training to develop the knowledge and skills to implement an effective whole school or college approach to mental health and wellbeing in their setting.

Training could be for:

- Headteachers
- Deputy headteachers
- Members of senior leadership teams (SLT)
- If not a senior leader, an appropriate member of staff, working with colleagues, who is empowered to develop and oversee your setting's whole school or college approach

Grants will be offered to around a third of all state schools and colleges between September 2021 and March 2022. You can sign up from September [here](#).

Consensus Statement for Information Sharing and Suicide Prevention

DHSC have been working to update the Consensus Statement for Information Sharing and Suicide Prevention to ensure it is in line with the current legal position including the implementation of the UK General Data Protection Regulation (UK GDPR). Alongside this, they also commissioned the ZSA to produce guidance for frontline staff on how to use the Consensus Statement and how to engage with patients when discussing confidentiality and consent to share information.

These documents have today been published on gov.uk:

<https://www.gov.uk/government/publications/consensus-statement-for-information-sharing-and-suicide-prevention>

<https://www.gov.uk/government/publications/share-consent-confidentiality-and-information-sharing-in-mental-healthcare-and-suicide-prevention>

Sexual Health Impacts Across the Life Course

Yorkshire and the Humber Sexual Health Facilitator: Georgina Wilkinson

Sexual Health Week - 13-19 September 2021

Details of sexual health week that is co-ordinated by Brook – further details will be shared [here](#).



HIV: public knowledge and attitudes

The findings of new research published by National AIDS Trust and Fast-Track Cities London, can be found [here](#). Research agency BritainThinks surveyed 3,000 people and conducted six focus groups UK-wide.

PrEP Activity Coding Guidance published

Prep activity coding guidance to support sexual health services has been published [here](#). The guidance includes information on transitioning from SHHAPT codes to the GUMCAD v3 data items.

Annual 2019 Under-18 Conception data & Q1 2020 data published

The annual conception statistics for 2019 have been published by ONS [here](#). The under 18 conception rate for England was 15.7 conceptions per 1,000 aged 15-17 years. This is a reduction of 6.0% since 2018, and 66.3% since 1998. At a regional level - all regions have seen declines since 1998 but as the table below shows, there remain variations in progress and rates.

	Conception rate per 1,000 women in age group 2019	Conception rate per 1,000 women in age group % change 2018 to 2019	Conception rate per 1,000 women in age group % change 1998 to 2019
England	15.7	-6.0	-66.3
North East	21.8	-12.4	-61.4
North West	19.4	-10.6	-61.4
Yorkshire And The Humber	19.3	-1.5	-63.7
East Midlands	15.4	-8.3	-68.4
West Midlands	18.3	-4.2	-64.6
East	13.9	-3.5	-63.3
London	13.5	-2.9	-73.6
South East	12.7	-5.9	-66.4
South West	12.8	-3.8	-67.5

The Q1 2020 statistics have also been published [here](#).

WICH tool update

The [Wider Impacts of Covid-19 on Health \(WICH\) Monitoring Tool](#) was established to explore the indirect effects of the COVID-19 pandemic on the population's health and wellbeing. To access STI data on the [WICH tool](#), you click 'Access to care' at the top of the page, and choose the Theme 'STIs and Hepatitis'. The WICH tool already included the following indicators with data up to September 2020:

- Number of anti-HCV tests reported by laboratories participating in the sentinel surveillance of blood borne viruses (SSBBV) in England
- Number of new hepatitis C (HCV) diagnoses in England
- Number of people initiating hepatitis C treatment in England
- Number of chlamydia tests in 15–24-year-olds at sexual health services in England and proportion by testing service type
- Number of chlamydia diagnoses in England and percentage diagnosed via the internet
- Number of gonorrhoea diagnoses in England and percentage diagnosed via the internet

- Percentage of bacterial STI tests (excluding chlamydia in <25-year-olds) at sexual health services in England by demographics breakdown
 - Age group
 - Ethnic group
 - Sex/Gender
 - Deprivation
 - Sexual risk

The above metrics on chlamydia, gonorrhoea and bacterial STIs have been updated with provisional data up to March 2021. In addition, 2 new metrics have been added

- Number of bacterial STI tests (excluding chlamydia in <25-year-olds) at sexual health services in England and percentage tested via the internet
- Number of syphilis diagnoses in England

MARS 2020 Second Pilot Report Published

The *Mycoplasma genitalium* Antimicrobial Resistance Surveillance (MARS) [2020 report](#) has been published. This publication is the second pilot report and presents the latest data on antimicrobial resistance in *M. genitalium* for specimens collected from 15 sentinel sexual health clinics in England, in addition to clinical outcomes data. Here are the key points of the MARS pilot report:

- There is growing concern regarding antimicrobial resistance in *M. genitalium* and the emergence of untreatable infections
- Azithromycin (a macrolide antibiotic) and moxifloxacin (a fluoroquinolone) are the first- and second-line treatments for *M. genitalium*
- In the second pilot of MARS, macrolide resistance was widespread, at 69% (159 out of 230 specimens)
- Predicted fluoroquinolone resistance was identified in 11% (26 out of 233 specimens)
- 17 initial treatment failures to first (n=16) or second-line (n=1) antibiotics were reported



Inclusion Health

Leads: Cathie Railton and Andy Maddison (Rough Sleeping & Homelessness)

COVID vaccinations

Inclusion health and COVID vaccinations

Various information and resources are available [here](#).

NHSEI letter re COVID vaccine now available in different languages

A [letter](#) from NHS England and NHS Improvement and Public Health England explains how people can get the COVID-19 vaccine and, if they want to, register at a GP practice. Whilst stressing that **people do not need to have a GP or an NHS number to get the COVID-19 vaccine**, it reassures that COVID-19 vaccines are safe and available to **every adult** living in the UK, free of charge without any immigration checks. And people can organise their vaccination by contacting their local GP practice or by going to a walk-in or pop-up vaccination centre. Staff and volunteers supporting people who don't have an NHS number, are asked to [share this letter](#) which is also published in [COVID-19: migrant health guide](#) with their service users.

The letter has now been translated into over 20 languages. The letters can be downloaded [here](#).

Vaccine Confidence Toolkit

Doctors of the World have produced a [Vaccine Confidence Toolkit](#), a resource aimed at assisting community leaders in encouraging people to take up the vaccine.

The toolkit includes Vaccine Confidence [slides](#) and [speaker notes](#) and will soon be available in 5 community languages.

Home Office factsheet on resettlement routes for Afghan nationals

This [blog](#) from HO covers the Afghanistan Citizens' Resettlement Scheme and the Afghan Relocations and Assistance Policy

PHE event on infection prevention & control in Homeless and Asylum settings, 14th Sept 13:00-14:30

This [webinar](#), hosted with the support and collaboration of the Midlands Health and Homelessness forum, will focus on norovirus, flu and Covid infections and is aimed at local authority colleagues, public health leads and NHS commissioner services.

Flowchart for contingency accommodation for asylum seekers

In response to the increasing numbers of asylum seekers being accommodated across Y&H, a flowchart has been developed which provides a template which can be adapted to suit local need. It is intended to support stakeholders to ensure there is a clear process for communications around health and the use of contingency accommodation. It can be accessed [here](#).



Health Inequalities

Lead: Kristin Bash

Guide to monitoring sexual orientation and trans status

LGBT Foundation in collaboration with NHS England launched a new good practice guide to support services with implementing effective sexual orientation and trans status monitoring. The guide, [If We're Not Counted, We Don't Count](#), contains updated monitoring guidance, tips and case studies, explains how monitoring plays an instrumental role in identifying and addressing inequalities and outlines how information can be used to improve services for LGBT people.

Dates for your diary:

- **Bisexual Visibility Day 23rd September**