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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.

### Healthy Place and Air Quality

Lead: Amanda Craswell

### Natural Environment and Young People

Natural England The [Children's People and Nature Survey for England](#) (C-PANS) collected responses from 2,048 children and young people aged 8 to 15 between the 10th and 31st August 2021. The survey provides information on how children and young people experience and think about the natural environment. Some of the main findings were:

- Nearly 8 in 10 8-15 year-olds (78%) agreed that looking after the environment was important to them, and more than 8 in 10 (81%) said they wanted to do more to look after the environment.
- Those spending time outside at least once a week were more likely to rate their anxiety as 'low'.
- 96% children and young people spent time outdoors beyond the garden at least once during the week. This did not vary based on gender, ethnicity, or income.
- 16% said anxiety about coronavirus stopped them from spending more time outside.
- More than 8 in 10 (85%) children and young people agreed that being in nature made them very happy. White children were also more likely to agree that being in nature made them very happy (86%) than Black children (75%)

## UKHSA Cold Weather Plan for England 2021

The [Cold Weather Plan for England](#) 2021 resources have been updated by UKHSA. Action Card resources are [available here](#). Please sign up to receive [weather alerts](#) from the Met Office.

## Homes and Health: Call for case studies to highlight interventions on homes and health

The England wide Office for Health Improvement and Disparities (OHID) Healthy Places team are looking for examples of interventions in housing that can have a positive impact on health. The intention is to include these case studies in a publication which will bring together evidence, interventions and best practice aimed at improving health outcomes through housing. In the first instance please discuss with your Local Authority Planning Healthy Places Community of Improvement representative for further information.

## Active Travel and Centre for Ageing Better

[Best foot forward report](#) (October 2021) explores the barriers and enablers to active travel among 50-70 years olds.

## Physical Activity and Community Based Approaches

Lead: Tim Howells

## YoHPAKE – Slides and recording

The slides and recording from the most recent YoHPAKE lunchtime knowledge sharing session are now available.

Recording.... [YoHPAKE Lunchtime Knowledge Sharing 20-10-21 - YouTube](#)

And here are the slides:

1. Creating Active Schools with Dr Andy Daly-Smith – [here](#)
2. Health and Wellbeing benefits of swimming with Andrew Power – [here](#)
3. Physical activity and air quality with Timothy Howells – [here](#)
4. Leeds Wow! Project with Mindy Grewal, Lou Walker and Hannah West– [here](#) (And their video is available [here](#))

*Nb. You might have to log in/sign up to Khub to access some of the presentations (It's free to sign up)*

## YoHPAKE – January

Bookings are now open for the January YoHPAKE lunchtime knowledge session. For more information and to book [click here](#)

## **Back to school and physical activity**

We are pleased to bring you an update on the piece of work completed by the COI school physical activity task and finish group. The material is now ready to utilise across the region and can be accessed [here](#) . It includes:

1. The '**One minute guide**' itself – This has 3 versions, one for each Active Partnership geographical area, so please utilise the version for your locality
2. A template cover letter – Feel free to amend and use as you see fit
3. An informative case study which can go alongside the 'One minute guide' if needed
4. A template PowerPoint presentation – Feel free to utilise where you need (Let me know if you need an editable version)

## **Physical activity and air quality**

We are pleased to announce the launch of a new evidence review report presenting the relationship between air quality and physical activity, incorporating climate change. The main report highlights the key evidence that exists in relation to the impact and links between air quality and physical activity. The report also highlights a series of considerations which should help inform local work. There is also a short presentation which goes alongside the report.

To access the materials [click here](#)

## **Sport England Active Lives update**

Sport England has now published the [latest results from the Active Lives adult survey](#) (covering the period mid-May 2020 – mid-May 2021). Alongside the main report, Sport England will publish trend data tables covering the five and a half years of the Active Lives Survey (from 2015/16) and detailed two-month period data over the last two and a half years, showing the impact of the Covid-19 pandemic. To access the reports [click here](#)

## **MIND physical activity network videos**

The Mind Sport and Physical Activity Network (Yorkshire and Humber) has created a series of videos that can be used by groups and organisations across the region. The videos are designed to show the role being physically active can play in better mental wellbeing. All four videos come from stories suggested to the network by its members. Please feel free to utilise and share the videos wherever possible. To access them [click here](#)



## 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

The Yorkshire & Humber ADPH's **Healthier and Fairer Futures** UK Summit was held on September 29<sup>th</sup>, 2021. This first event for the programme, exploring the nature and impact of the commercial determinants of health, was extremely well attended and generated some lively discussion and feedback. Find out more in the summary report for the event [here](#).

If you would like to access presentations from the day, you will also find them [here](#) on the Yorkshire and Humber Public Health Network page, where there is now a dedicated section for Healthier and Fairer Futures/Commercial Determinants of Health. If visiting from the main YHPHN page, please click on the 'links and resources' section.

### Gambling-Related Harm

Following the recent publication of the Public Health England [review of the evidence on gambling-related harms](#), you may have already received an invitation to attend a session to present the findings. We wish to highlight one of these sessions taking place on **10<sup>th</sup> November 2021**. This event is for those **not** working directly in public health who are interested in hearing more about the evidence review. We would welcome you sharing this with your networks as we are keen to hear the views of treatment providers, people with lived experience, and others with an interest in gambling-related harms. [Please register here](#). If you need further information please contact [Saloni.Bhuptani@phe.gov.uk](mailto:Saloni.Bhuptani@phe.gov.uk)



## Health and Wellbeing Across the Life Course

Team Lead: Alison Iliff

### Public Mental Health & Suicide Prevention

Lead: Laura Hodgson

#### Better Health Every Mind Matters campaign

On the 5<sup>th</sup> October, ahead of World Mental Health Day, the new Office for Health Improvement and Disparities (OHID) launched the Better Health – Every Mind Matters campaign to support the nation's mental health and wellbeing. At the heart of the campaign is the free, NHS-endorsed [Mind Plan quiz](#). By answering five simple questions, adults will get a personalised mental health action plan with simple, practical tips to help them deal with stress and anxiety, boost their mood, sleep better and

show 'there are little things we can all do to look after our mental health'. New resources are available here: [Better Health - Every Mind Matters | Campaign Resource Centre \(phe.gov.uk\)](#)

### **Mental Health of Children and Young People in England – 2021 – [follow up to the 2017 survey](#)**

This is the second (wave 2) in a series of follow up reports to the Mental Health and Young People Survey (MHCYP) 2017, exploring the mental health of children and young people in February/March 2021, during the Coronavirus (COVID-19) pandemic and changes since 2017. Experiences of family life, education, and services during the COVID-19 pandemic are also examined. The sample for the Mental Health Survey for Children and Young People, 2021 (MHCYP 2021), wave 2 follow up was based on 3,667 children and young people who took part in the MHCYP 2017 survey, with both surveys also drawing on information collected from parents. This study was funded by the Department of Health and Social Care, commissioned by NHS Digital, and carried out by the Office for National Statistics, the National Centre for Social Research, University of Cambridge and University of Exeter.

### **Out of Sight – Centre for Mental Health**

[Out of sight](#) finds that girls entering the CYPSE are a highly vulnerable group, with high levels of trauma and poor mental health. Girls from racialised communities are over-represented in the CYPSE but may be less likely to have their needs recognised and met. Incidents of serious self-harm are more common among girls than boys in the CYPSE, and of particular concern in single gender settings. This is the most common reason for the use of force or restraint with girls, which can be traumatic and erase trust in staff.

### **Rethink Mental Illness [briefing for Local authorities and the Community Mental Health Framework](#)**

Rethink Mental Illness have recently shared a briefing outlining the vital role local authorities have to play in the rollout of the landmark Community Mental Health Framework and the benefits of doing so. Please see [here](#) for more information. The CMHF puts forward a vision for the future of community mental health with clinical and non-clinical support wrapped around people. It recognises that the care people living with mental health problems need cannot be delivered by the NHS alone. By 2023/24 all STPs/ICSs will be delivering treatment to people with moderate to severe mental illness through integrated primary and community services, using a place-based approach. It will be underpinned by £975m of transformation funding per year delivered through STPs/ ICSs. The guidance identifies 9 Steps that Local Authorities can undertake to support Community MH Transformation.

### **What Works Wellbeing have a new [Covid:WIRED](#) dashboard**

What Works Wellbeing have a new [Covid:WIRED](#) dashboard which includes findings from 25 studies that have reported inequalities in subjective wellbeing. The in depth briefing shows that inequalities rose between some groups but fell between others. Shows whether there has been a negative or positive trend in relation to subjective wellbeing based upon a range of protected characteristics.

## The Mental Health Foundation's [Mind Over Mirror](#) and Mind Over Mirror [policy briefing](#).

The development of this new guidance for young people and their parents, supported by the Joint Council of Cosmetic Practitioners (JCCP) and British Beauty Council, provides the opportunity to revisit body image policies with young people themselves, using insights from the coproduction group who worked on the guide for young people.

## Op COURAGE: Veterans Mental Health and Wellbeing Service

NHS partners are encouraged to raise awareness through their channels of Op COURAGE which provides specialist care and support for service leavers, reservists, veterans and their families. Please see [here](#) for more information.

## Children and young people's mental health and wellbeing profile

The [Children and young people's mental health and wellbeing profile](#) has been updated with new presentation of Mental Health Services Data Set (MHSDS) indicators on new referrals and attended community and outpatient contacts.

## Suicide prevention profile

The [suicide prevention profile](#) has been updated to include:

- latest data on the suicide rate for 2018 to 2020 (rolling 3 year aggregate) for persons, males and females at England, region, and upper tier local authority geographies
- latest update of indicators in the related risk factors and related service contacts domains

## Long Term Conditions inc NHS Health Check and CVD

Lead: Lewis Smith-Connell

## Cardiovascular disease & NHS Health Check

### NHS Health Checks

Unfortunately, we are still waiting on the release of the NHS Health Check review, however headlines are outlined and allow us to understand the potential future for health checks. Recommendations include looking at digitisation of the NHS Health check, and one area in Yorkshire and Humber has now been selected to run a pilot for digital health checks. Other recommendations include integrating the health check within wider CVD prevention activity, opportunities for this include attending the newly established CVD Prevention Clinical Network and liaising with NHS CCG partners at a place level to see how the health checks can form part of the prevention and early detection pathways. Other recommendations include broadening the eligible population for health checks and identifying processes to provide follow up health check-ups more frequently than once every 5 years.

Several local authorities are now looking to recommission their health check provision and I am available to support these processes and to provide further insight from a national perspective. I am here to support you, so please don't hesitate to get in touch on [Lewis.SmithConnell@DHSC.gov.uk](mailto:Lewis.SmithConnell@DHSC.gov.uk)

## **Community Pharmacy BP monitoring**

Community pharmacies will be expanding services as part of the Pharmacy contract which will complement the Healthy Living Pharmacies approach, this expansion will include the provision of blood pressure testing in the pharmacies and offering ambulatory blood pressure testing.

## **BP at home**

NHS at home continues to provide Blood Pressure at Home opportunities and Yorkshire and the Humber have applied and now received one of the largest provisions of machines to be allocated out to Primary Care and on to people's homes over the coming months. Get in touch with your CCG contacts or ICS CVD leads for further information about how this may support wider work on CVD prevention in your area.

## **Long Covid / Post-Covid Syndrome**

September and October have been busy months for Long Covid with a lot of movement around modelling of Long Covid needs and evidence reviews to establish a baseline knowledge set that can bring stakeholders together. In Yorkshire and Humber this work has been ongoing and after extensive stakeholder engagement, reviewing evidence and liaising with national modelling leads we are able to release the Yorkshire and Humber Long Covid Impact and Epidemiology report, which is being shared with stakeholders and will soon be available on the Yorkshire and Humber Public health website.

Conversations have been ongoing with third sector and government agencies such as the Department of Work and Pensions to try to embed monitoring and analysis of how Long Covid is presenting in non-clinical settings. This is an ongoing piece of work and if you would like to get involved please get in touch with me on [Lewis.SmithConnell@dhsc.gov.uk](mailto:Lewis.SmithConnell@dhsc.gov.uk).

Developments in modelling and monitoring of Long Covid needs is still progressing nationally and work is underway to use electronic clinical records to passively monitor codes relating to covid and tracking those individuals through over a long period of time to understand their presenting needs and symptoms. This presents a new way of understanding presentations for support and on the long term factors for Covid-19 which may also demonstrate any non-symptomatic effects which may be linked to vulnerability or susceptibility in the future.

## **Sexual Health Impacts Across the Life Course**

Yorkshire and the Humber Sexual Health Facilitator: Georgina Wilkinson

## **Summary profile of local authority sexual health (SPLASH) supplement reports**

These reports have been made available on the HIV/ STI Web Portal for local authority use. They provide breakdowns of selected indicators at the Upper Tier Local Authority Level as a supplement to the publicly available Summary Profile of Local Authority Sexual Health (SPLASH) reports published on the [Sexual and Reproductive Health Profiles](#). The SPLASH reports and SPLASH supplements have replaced the previously available LASER reports.

## Teenage Conceptions in Yorkshire & Humber – Data Bite

LKIS have started a programme of short, focused regional deep dives into specific areas – the first one is focused on teenage conceptions.



Databite\_Teenage  
Conception Rates\_YI



Technical Briefing  
Databite\_Teenage C

## Workforce Needs Assessment to deliver patient access, provision and sustainability of Long-Acting Reversible Contraception (LARC) in primary care.

Women's access to contraception is a right, yet our ability to continue offering one of the most efficient and cost-effective methods, that of LARC, is at risk. This [report](#) set out to identify the challenges to maintaining LARC services in primary care by conducting one-on-one interviews with providers and commissioners 'on the ground' in 6 different local authorities.

Goals of the project:

- To understand the barriers and facilitators to the delivery of LARC in primary care.
- To determine organisational, commissioning and workforce needs across a defined population footprint.
- To develop policy recommendations and provide an Integrated Care Systems/Primary Care Networks (ICS/PCN) tool to support development of an appropriate model to structure the workforce for LARC delivery within primary care.

This work supports the [Women's Health Hub](#) work being developed by the PCWHF.

## Women's Health Hub Toolkit

The [toolkit](#), developed by the Primary care Women's Health Forum, offers practical advice and tools for commissioners and providers of women's health services interested in establishing Women's Health Hubs.

## Understanding trends in use of abortion services in England: an exploratory briefing

Abortion services have been legally accessible in England since 1968, and since then rates of use have fluctuated. This [report](#), commissioned by the Department of Health and Social Care, explores a range of factors which may be influencing contemporary trends in use of termination services, including economic factors, developments in social attitudes, changes in sexual behaviours, and utilisation of contraceptive and other health services.

## Resources promoting the sexual health and wellbeing of people from a Black Caribbean background, and gay, bisexual and other men who have sex with men.

Produced to support commissioners, providers and third sector organisations, these reports present new evidence from the National Institute for Health Research Health Protection Research Unit in



Blood Borne and Sexually Transmitted Infections (STIs) on important drivers of inequalities in STI rates and collates feedback from engagement with community members and stakeholders on the most acceptable and effective approaches for targeted interventions for these communities. The reports outline system-wide implications for policy and practice and recommend key priorities and areas for action. The resources are available via the following links:

[Promoting the sexual health and wellbeing of people from a Black Caribbean background: an evidence-based resource](#) and accompanying [video resource](#)

[Promoting the sexual health and wellbeing of gay, bisexual and other men who have sex with men](#)

### **Cold weather plan: action cards for cold weather alert service**

We have updated [Cold Weather Plan action cards](#), which summarise advice on how different



## **Data, Documents, Letters, Reports and General Information**

organisations need to respond to cold weather alert levels 0 through 4.

The resources includes cards for:

- commissioners and local authorities
- provider organisations
- frontline health and social care staff
- GPs and practice staff
- individuals
- voluntary and community sector