



PHE Health and Wellbeing Monthly Update

Issue Number: 71. December 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

The Healthy weight coach elearning programme

For colleagues working within primary care networks, healthcare practices and pharmacies who are interested in supporting people who want to prioritise their weight, health and wellbeing.

Healthy weight coaches will be well-placed to signpost or refer people to national or local weight management services as part of the government's funding to expand services in 2021/22.

A [reference guide](#) has been developed for primary care networks, healthcare practices and pharmacies interested in training staff, and individuals interested in undertaking training, to become a healthy weight coach.

The training is available on two eLearning platforms:

- [Personalised Care Institute's eLearning platform](#)

- [Health Education for England's eLearning for Healthcare hub](#)

Launch event

An event to launch the Healthy weight coach elearning programme will be held on Thursday 2 December 2021 from 11:30-13:00. To sign up to the Microsoft Live Event, please register with Eventbrite at the following link: <https://www.eventbrite.co.uk/e/206701247997>

For more information on the Healthy weight coach elearning programme visit the [Healthy weight coach programme page](#).

Healthy Place and Air Quality

Lead: Amanda Craswell

Paper: [Examining the effectiveness of place-based interventions to improve public health and reduce health inequalities: an umbrella review](#)

This umbrella review synthesises systematic review evidence of the health and health inequalities impacts of locally delivered place-based interventions across three elements of place and health: the physical, social, and economic environments.

[Centre for Ageing Better: Exploring the barriers and enablers to active travel among 50-70 year old](#)

This report summarises the findings of the work and, for the first time, sets out the factors that govern active travel behaviours in people aged 50 to 70 across the UK. These factors are wide-ranging and include such things as infrastructure; confidence; having suitable role models; and enjoyment of the outdoors.

PHE; TCPA; London Councils; School Superzones Brochure – launched November 2022

The London School Superzones initiative was established as a result of a commitment in the 2017 London Health and Social Care Devolution Memorandum of Understanding to 'create healthier environments in which children can live, learn and play'. The pilot ran over approximately 18 months from August-2018, with 13 London boroughs participating and a wide range of regional and national partners involved.

A brochure about the School Superzones model and the pilot has been published, by partners including Public Health England, the Town and Country Planning Association, London Councils, the London Association of Directors of Public Health and supported by the Mayor of London. It can be accessed [Here](#) (hosted along with an early process evaluation by the University of Manchester [here](#)). The brochure outlines the background, concept and principles of the School Superzones approach, and showcases some of the achievements and learning from this pilot phase.

Anchor Institutions and Tri Service Public Health

Lead: Ruth Crabtree

Health Anchors Learning Network update

'Transformational not transactional'

Changing mindsets and shifting culture form the heart of anchor strategies and frameworks. Read more [here](#).

Green Anchors

Tackling poor air quality, responding to flooding in Calderdale and what the Greener NHS programme means for anchors were covered in HALN's environmental sustainability webinar. Watch [here](#).

Addressing the National Syndemic: Place-based problems and solutions to UK health inequality

A syndemic describes “two or more diseases” that synergise to make each other worse and include societal as well as biological drivers of poor health. Discrimination and disadvantage existed long before the coronavirus, yet the pandemic has clearly exposed how both result in poor health and drive health inequalities.

This [report](#) demonstrates that when the private, public and voluntary, community and social enterprise (VCSE) sectors and communities work together, it is possible to create more equitable and healthy societies.

Civic universities and anchor institutions – from rhetoric to reality

The debate on the future of universities in the UK is a sculpted fog of opportunity and uncertainty. Higher education (HE) is recognised as central to economic success more than ever before; and, with the growth of universities, there is scope for more people, businesses and communities to connect to the benefits that HE offers. Read more in this [blog](#) by Nicky Denison and Les Newby.

Go Higher West Yorkshire's Care Leaver Covenant for 2020-21

In order to demonstrate the ongoing commitment to care leavers shown by all 13 Higher Education partners, Go Higher West Yorkshire has updated its partnership-wide [Care Leaver Covenant for 2020-21](#).

Confronting the climate emergency: a commitment from UK universities

Read the report by Universities UK [here](#).

Urgent climate advice given to Yorkshire and Humber leaders

A climate action plan for Yorkshire and the Humber finds that the region will have used up its share of the global carbon budget consistent with a “good chance” of staying within 1.5 °C of warming within just six years if urgent action is not taken now.

The [Yorkshire and Humber Climate Action Plan](#) calls for meaningful climate leadership from larger institutions in government and the public and private sectors to deliver “significant, tangible contributions” to help tackle the climate and ecological emergency.

After COP26 – what will it take to get the NHS to net zero?

This webinar from the Health Foundation brings together an expert panel to reflect on the outcome of COP26, the challenges and opportunities this presents for decarbonising health care and what this means for the NHS. Register for the webinar [here](#).

Inclusive growth, what is it all about and why now?

What is inclusive growth and how it is linked to, but distinct from, levelling up? Listen to the podcast by the Centre for Progressive Policy [here](#).

£200 million boost to help level up communities across the UK

The government is backing 477 locally-led, innovative projects that will help breathe new life into towns, villages and coastal communities across the UK. More information [here](#).

Food, Food Insecurity and Nutrition

Lead: Nicola Smith

Food Active Bulletin: October 2021

[Click here to view the bulletin](#)

Sustainable Food Places: October 2021 Newsletter

[Click here to view the newsletter](#)

YH Healthier and Resilient Food Systems Network Webinar is now available to view

[Webinar: The National Food Strategy, Public Health and Ideas for Action in YH \(yhphnetwork.co.uk\)](#)

Physical Activity and Community Based Approaches

Lead: Tim Howells

[Risks from physical activity - Moving Medicine](#)

The benefits of physical activity for people living with long term conditions are well established. However, the fear of increasing symptoms or worsening long term problems commonly stops people from moving more. Many healthcare professionals also feel unsure about what advice they should give to people living with symptomatic medical conditions.

To help address concerns around risk, a consensus statement has been developed to help understand what safety advice healthcare professionals should give to people in clinical practice.

YoHPAKE – January Bookings are now open for the 19th of January YoHPAKE lunchtime knowledge session. For more information and to book click [here](#)

Physical Activity and long COVID – Bookings are open for a short webinar to launch this new report. The webinar is on the 15th December from 3-4pm. For more information or to book click [here](#)

We are pleased to announce the launch of two new literature review reports:

- 1) [Physical activity and its relation to crime, drugs, smoking and alcohol](#)
- 2) [Sport and leisure facilities and poverty](#)

The University of Bath is running a project that aims to understand how we could create a more supportive environment for older adults physical activity. As part of this project we would like to hear from people who work or volunteer in the physical activity/exercise/sports sector – including commercial, voluntary or public groups and organisations – about their experiences of providing products or services to adults of all ages. To do this, they have set up a short online survey and would like to invite you and your colleagues in to take part. 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 – webinars

The European Public Health Alliance recently aired a webinar and discussion about the marketing of unhealthy foods to children, how this influences what children eat, and realistic measures required to protect children that go beyond industry self-regulation. Catch up with the webinar, download presentations and follow the thread [here](#).

Also aired on the 24th November, a webinar on the commercial determinants of health and health inequalities, with speakers from SPECTRUM, University of Edinburgh and Cancer Research UK. You can find a [link to the recording](#) on the Health Foundation website.

On the topic of 'Alcohol and the environment', Dr Katherine Severi of the Institute of Alcohol Studies presented the second of a four-part series of webinars on sustainability in October. Topics include insight into the impact of production, packaging and distribution of alcohol on the environment locally and globally. You can access the video recording [here](#).

Also launched on 30 November from the Alcohol Health Alliance is a report on the impact of alcohol advertising in the UK. Find out more on their [website](#).

Tobacco Control: Smokefree 2030

Lead: Dave Jones

NCSCT updated publication Very Brief Advice on Smoking (VBA)+

Very brief advice on smoking (VBA) is a life-saving intervention designed to promote quitting that can be delivered in almost any situation with a smoker in less than 30 seconds. VBA+ is an update to the original model and aims to reflect the fact that access to stop smoking support delivery can vary. The principles and merits of VBA remain the same and VBA can be adapted to reflect support that is locally available.

As recent research identified that a relatively small proportion (estimated <5%) of GPs have completed training in VBA and given the important role of GPs in promoting quit attempts the NCSCT would like to work with you to change this and have made a call to action.

The NCSCT encourage you to consider how you can support delivery of VBA+ as a life-saving intervention with two specific actions:

1. Adapt the VBA+ model for your network, region and locality and embed the model into existing pathways. Develop new referral pathways if needed to ensure smokers can access the best available local support.
2. Increase the number of health and social care professionals who are trained in VBA+ with a particular focus on general practitioners (GPs). This should also include promoting refresher training among health and social care professionals who have completed VBA training in the past.

Those who have previously completed the NCSCT VBA modules can retake the online VBA course and receive a new certificate of competence as a refresher. Link to the short, less than 30-minute, module <https://elearning.ncsct.co.uk/england>



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.

Healthy Ageing

Lead: Alison Iliff

The [Productive Healthy Ageing Profile](#) has been substantially updated, with indicators updated for a range of topics at local authority and/or CCG, region or STP, and England level.

**Winter Symposium of The British Society of Gerontology's Care Homes Research
Special Interest Group: *Equality and Diversity Issues in Care Homes Research* 1.00-
3.00pm on Tuesday 25th January 2022**

In this symposium, we will explore equality and diversity issues in care homes research, specifically in relation to staff from minority ethnic groups and/or who are migrants, older people with intellectual disabilities and dementia, and older LGBTQ people. Register for the event [here](#).

Older adults physical activity survey

The University of Bath is running a project that aims to understand how we could create a more supportive environment for older adults' physical activity. As part of this project they would like to hear from people who work or volunteer in the physical activity/exercise/sports sector – including commercial, voluntary or public groups and organisations – about their experiences of providing products or services to adults *of all ages* via a short online survey.

The survey should take no more than 15 minutes to complete and responses will be entirely anonymous. Further information is available in the downloadable information sheet on the first page of the survey. The survey can be accessed [here](#).

The Centre for Ageing Better has published [Ethnic health inequalities in later life: The persistence of disadvantage from 1993-2017](#). This briefing summarises the findings of recent research from the Universities of Sussex and Manchester on how ethnic inequalities in health vary with age, whether levels of inequality have changed over time and to what extent they can be explained by socioeconomic inequality and experiences of racism and racial discrimination.

Public Mental Health & Suicide Prevention

Lead: Laura Hodgson

Visualising Public Mental Health – a conceptual framework

Public mental health is the art and science of promoting mental health and wellbeing, and preventing mental health issues. It recognises that the psychological, physical, social, cultural, political, and economic environments all influence people's mental health, from the start to the end of their lives. It is known that many factors are connected to public mental health and these have now been drawn together into one comprehensive framework.

As part of the NIHR School for Public Health Research's [Public Mental Health Programme](#), a research team – led by UCL and the University of Cambridge, along with associates and collaborators from the McPin Foundation – set out to create a [conceptual framework of public mental health](#) by bringing together expertise from academics, practitioners, researchers with lived experience of mental health issues, and members of the general public. To identify which factors influence public mental health, the team reviewed and summarised relevant research, conducted an online survey, facilitated workshops and consultations, and eventually arrived at a final list of 55 determinants.

Staff Mental Health and Wellbeing Hubs, new communications pack

A new communications pack has been developed to support colleagues in promoting the [Staff Mental Health and Wellbeing Hubs](#). There are now 40 hubs across England providing support to health and social care staff and enabling access to mental health treatment where needed. The hubs have had over 32,000 contacts to date. However, mental health related staff sickness absence remains a significant concern, and therefore we need to ensure staff are accessing support when needed.

The new communications pack includes key messages and suggested social media posts, as well as a range of visuals including posters, email signature banners and screensavers, some of which can be edited to include details of your local hubs in your area. To access the pack, join the [Future NHS Page](#) and download it directly from the communications materials area or email england.mhcomms@nhs.net.

National BSL IAPT Service

SignHealth will be delivering the national British Sign Language (BSL) IAPT Service. This contract, commissioned by NHS England until 31st March 2024, removes the funding barrier often experienced by patients and means that Deaf people can access IAPT interventions in their first language (BSL). The process has previously been based on whether clinical commissioning groups can fund specialist therapy services and how quickly that funding can be processed and approved. The new NHS BSL IAPT contract removes this barrier, increasing the accessibility of therapy for Deaf people and reducing the wait for IAPT treatment to bring this in line with hearing services. The contract also aims to support expansion of the BSL workforce.

Moving forwards, we will need to consider how services can make use of this pathway and we would encourage systems to contact Gareth Griffiths (ggriffiths@signhealth.org.uk), SignHealth in the New Year to discuss referral routes. In the meantime, if you have any questions or queries, please contact hayley.matthews11@nhs.net.

Zero Suicide Alliance (ZSA) resources

The new ZSA evidence-based resources website launched last month which were developed to help all areas to strive to prevent suicides locally.

You can now explore the interactive Suicide Prevention Resource Map, developed in collaboration with the NHS Benchmarking Network, enabling you to gain a more in-depth picture of your community, including the health, social and service related factors that can contribute to suicide. Access visual data snapshots from our National Dashboards on suicide rates across the UK, understanding the different challenges faced in communities across England, Wales, Scotland, and Northern Ireland. Visit our Facts for Action to learn more about these factors, how they link to an increased risk of suicide, clinical life course, the causes and consequences, the impact of the Covid-19 pandemic, national best practice guidelines and ideas for action. You can also visit the resource and case study libraries to find an innovative resource to help you take action and learn from real-world examples from other professionals about how change can be achieved. Please see [here](#) for more information.

ONS Student Experience Insight Study

The results of the ONS 'Student Experiences Insight Study' were published on 27th October and can be found here: [Coronavirus and first year higher education students, England - Office for National Statistics](#)

The survey highlighted that, when asked about how they felt over the previous two weeks, 37% of first year university students showed moderate to severe symptoms of depression and 39% showed signs of likely having some form of anxiety. Furthermore, responses from 27% of first year students indicated they may have an eating disorder, and a further 23% may have issues with food or body image. 70% of respondents indicated a clear preference for any mental health and well-being support to be face-to-face, compared to just 13% who indicated a preference towards a virtual format.

NPSA Conference 2022: Suicide prevention at the heart of the Covid recovery

The National Suicide Prevention Alliance (NSPA) 8th annual conference, will take place on Thursday 27 January 2022, both online and in person. [Find out more about the workshops on offer and book your place on Eventbrite.](#)

Mental health services: quality, safety and suicide

Professor Nav Kapur highlights the key issues and considerations for quality, safety, and good governance in suicide prevention in mental health and primary care services. [You can read the full BMJ article here.](#)

GP guide for young people with lived experience of self-harm and suicidality

[This guide](#) was developed in partnership with young people from the Youth Advisory Group at the Institute for Mental Health to help young people prepare to talk with their GP about self-harm and suicidal experiences.

Leaving Service: A film storytelling project

[Verd de gris arts](#) is seeking men and women who have previously served in the UK Armed Forces, to hear their experiences of poor mental health following their transition back into civilian life. [Find out how to get involved in the wellbeing project commissioned by West Yorkshire Health and Care Partnership and funded by NHS England.](#)

Suicide rates in women of menopausal age rise

Suicide rates in women of menopausal age have risen despite falling numbers of older women taking their own lives. [Read more about the research here.](#)

Mind video series on how the role of being physically active can play in better mental wellbeing

The Mind Sport and Physical Activity Network (Yorkshire and Humber) has created a series of videos 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.

The videos can be found on YouTube [here](#) or you can access them via Google drive [here](#) to download.

National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH), stakeholder survey

NCISH have recently launched a [survey](#) where they would be grateful for the views of stakeholders, service users and anyone interested in their work on priorities for suicide prevention.

Long Term Conditions inc NHS Health Check and CVD

Lead: Lewis Smith-Connell

Cardiovascular disease and NHS Health Checks

Work is ongoing in West Yorkshire to deliver projects in response to funds secured from NHS England to develop projects that promote NHS Health Check delivery as part of an integrated CVD prevention approach. Each place now has a project which has been approved and some have already started delivery. Projects focus on integrating NHS Health Checks with the local voluntary and community sector organisations, encouraging signposting on to lifestyle support services and social prescribing. In addition, targeted groups include those who are in the most deprived neighbourhoods and people from ethnically diverse backgrounds.

QOF data was released recently and will be presented at the next NHS Health Check network meeting, this is a starting point for work towards CVD PREVENT data becoming a core part of our data tool set to influence health checks and broader CVD prevention work.

Long Covid

Work is close to being completed on the second Long Covid report for stakeholders following the successful launch of the Impact report. This second report will provide data and analysis pulling from the LKIS developed Long Covid modelling and the NHS England service data. This will provide commissioners and providers with the best available intelligence to address health inequalities and will also start to uncover the position of the region for those who have Long Covid but do not meet the clinical threshold.

Work is also ongoing for the planned third report which will capture the state of the region pulling from interviews with stakeholders across the NHS, Local authorities and third sector. This report will be informed further by some planned workshops at place level to start to define some of the solutions to the challenges and to encourage cross pollination between clinical and non-clinical services. Currently funding has focused on clinical support including assessment centres and funding to bolster treatment services, however there is growing impetus to look beyond these services to understand the demand that will be felt by local authority and third sector supports. One aspect to be considered is the use of passive

monitoring to capture the numbers of people presenting with Long Covid at Job Centres +, Citizens Advice and other centres including food banks.

If you would like to learn more about either Long Covid or Cardiovascular disease prevention work happening across Yorkshire and the Humber, or want to get involved contact

Lewis.SmithConnell@dhcs.gov.uk

Sexual Health Impacts Across the Life Course

Yorkshire and the Humber Sexual Health Facilitator: Georgina Wilkinson

The National HIV Prevention Programme 2021-2024

Following a competitive tender process, the Office for Health Improvement and Disparities (OHID) within Department of Health and Social Care (DHSC) have commissioned Terrence Higgins Trust (THT) to deliver a new National HIV Prevention Programme from 2021-2024. The new programme will run from November 2021, to March 2024 and identify as 'HIV Prevention England' to retain continuity of the programme's work and engagement with key HIV sector stakeholders from the previous 2016-2021 programme.

Programme aims

- Improve knowledge, understanding and uptake of combination HIV prevention interventions among populations most at-risk of HIV in England
- Raise awareness of STIs and STI prevention strategies
- Reduce levels of HIV related stigma within affected communities

What's new?

Building on previous success and learning, the new HPE programme will be characterised by:

- more expansive and ongoing involvement of multi-sector partners and stakeholders in development, implementation and evaluation at national and local levels
- inclusion of prevention of STIs to deliver a holistic approach to sexual health
- new innovative and cost-efficient interventions expanding on activities of the previous programme
- enhanced co-production through creative design and implementation, delivering culturally competent campaigns effectively meeting the needs of key target populations
- focusing on equity to ensure equitable outcomes for all at risk of acquiring HIV and STIs
- responding to recommendations from the imminent national HIV Action Plan and Sexual and Reproductive Health Strategy

A briefing with more details on activities and how you can get involved will be circulated shortly.

SAVE THE DATE: National HIV Testing Week 2022

National HIV Testing Week will take place Monday 7 February to Sunday 13 February 2022.

To keep up-to-date with the latest news and subscribe to email updates, visit the website [here](#).

National Reproductive Health, Sexual Health and HIV Innovation Fund Projects 2021-2022



IF projects
21-22.pdf

The successful projects have been announced - details here:

OHID Reproductive Health Seminar Series - December 2021

Date: Friday 3rd of December.

Time: 1pm-2pm

[Click here to join the meeting](#)

The PHE reproductive health team previously hosted a bi-monthly seminar series bringing together research and evidence that is relevant to reproductive health policy. Following our transition to OHID we have reinstated the seminar series kicking off with our December seminar on **Emergency Contraception** and will feature two presentations on recent research followed by group discussion of the issues raised in the seminar.

Speakers:

Prof Anna Glasier, from the University of Edinburgh, expert on Emergency Contraception.
Dr Verity Pooke, ESRC PhD in Social Policy from the University of Kent.

The aim of the seminar series is to bring together a broad network of academics, policy makers, service providers and commissioners, the seminars facilitate discussion and knowledge sharing on a range of topics.

The session will be one hour via teams. There will be two 15/20 min presentations and 15 mins for Q&A. The seminar will be recorded and made available after the session.

If you have any questions about the seminar contact, verity.pooke@dhsc.gov.uk

Sexual and Reproductive Health Profile update

The [Sexual and Reproductive Health Profiles](#) have been updated to include 2020 data for the majority of the [Reproductive Health indicators](#) and 2019 data for the [Teenage Pregnancy indicators](#).

Wider Impacts of Covid-19 on Health (WICH) monitoring tool update

The following metrics have been updated, with data up to June 2021: -

- Number of gonorrhoea diagnoses in sexual health services in England, and percentage diagnosed via internet services

- Number of syphilis diagnoses in sexual health services in England
- Number of HIV tests in sexual health services in England, and percentage tested via internet services
- Number of HIV diagnoses in sexual health services in England

Data are available [here](#), choose Access to care domain, and the STIs and hepatitis theme.

GRASP 2020 Report

The 2020 Gonococcal Resistance to Antimicrobials Surveillance Programme ([GRASP](#)) report has been published, along with an accompanying [slide set](#).