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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 25 : December 2017

Welcome to the Yorkshire and Humber Health and Wellbeing monthly update. Thank you for subscribing to the monthly update. This monthly update is our way of sharing any good and emerging practice, new developments, updates and guidance. The update is circulated at the beginning of each month with previous month’s updates. If you have anything that needs to be shared urgently, we will circulate as soon as possible.

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| Ensuring Every Child has the Best Start in Life (H&WB Team Lead: Alison Iliff and Gemma Mann) |
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| PHE Children, Young People and Families update  Please see attached latest update. |
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| Living Well |
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| Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  Adults classified as overweight or obese – update to Public Health Outcomes Framework and supporting data  New data is now available for prevalence of excess weight (overweight including obesity, BMI ≥25kg/m2) in adults aged 18 and over, at local authority level. This data is indicator 2.12 ‘Percentage of adults (aged 18+) classified as overweight or obese - current method’ in the [Public Health Outcomes Framework (PHOF)](http://www.phoutcomes.info/) Health Improvement domain, updated on 7 November 2017.  In addition the PHE Obesity Risk Factors Intelligence team have produced supporting data.  Breakdowns of local authority prevalence data by BMI category are presented in an Excel spreadsheet: underweight, healthy weight, overweight, obesity and excess weight (overweight including obesity). The new figures for 2015-16 can be downloaded here [Adult excess weight 2015-16](https://fingertips.phe.org.uk/documents/ALweight_ForWebsite_2015-16.xls). Previous years’ supporting indicators based on the historical method of calculating this indicator can be downloaded here [Adult excess weight 2013-15](https://fingertips.phe.org.uk/documents/APSweight_ForWebsite_2013-2015.xls) and [Adult excess weight 2012-14](https://fingertips.phe.org.uk/documents/APSweight_ForWebsite_2012-2014.xlsx). Note these are not comparable with the new figures.  Key Performance Indicators - Adult T2 Weight Management Services  Public Health England (PHE) has published a guide on Key Performance Indicators (KPIs) which could be incorporated into a specification for a tier 2 adult weight management service, available online here: <https://www.gov.uk/government/publications/adult-weight-management-key-performance-indicators>    The proposed KPI guide is intended to be used in conjunction with a service commissioned and delivered in line with the PHE [Guide to Delivering and Commissioning Tier 2 Adult Weight Management Services](https://www.gov.uk/government/publications/adult-weight-management-services-commission-and-provide).  The KPI guide was developed to support the delivery of adult weight management services through the collection of robust data, which contributes to the evidence base on the impact, including long term effectiveness, of such services. The document was developed in consultation with weight management service providers, local authority public health practitioners and commissioners following consideration of real world service data and published research data.  Example menus and guidance for use in early years setting published  Public Health England, Department for Education and Department of Health has this week published downloadable example menus and guidance. These will support early years settings in England to provide meals and snacks in line with current government dietary recommendations for infants and children aged six months to four years. Early years settings may make use of these to inform and help them prepare healthy, balanced and nutritious meals, as set out in the Early Years Foundation Stage framework. This guidance also forms a core strand of the government’s Childhood Obesity Plan, which aims to improve children’s health and reduce childhood obesity over the next decade. The example menus and accompanying guidance are available from [GOV.UK](https://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england) and accompanying infographics are available from [Action for Children](http://www.foundationyears.org.uk/eat-better-start-better/).  Food Active Conference slides  Please see below link to access slides for annual Food Active Conference.  <http://www.foodactive.org.uk/food-active-conference-healthy-weight-in-all-policies/>    Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  Moving More, Ageing Well  Maintaining an active lifestyle is vital to both living and ageing well. While taking part in any amount of physical activity, at any stage in life, can have a powerful positive impact on an individual’s health - amongst older people, it is key to maintaining a healthy, independent life for longer, and it is crucial in preventing the onset of many lifestyle- and age-related long-term health conditions.    The report makes recommendations throughout that require a strategic, joined-up approach to physical activity promotion across the health and social care system, spearheaded by national leadership. The report highlights, there are multiple examples of innovative solutions and promising programmes across the UK that are tackling physical inactivity amongst older adults. [Click here for](https://www.dropbox.com/s/3j2vmvcx100d6yv/UK%20Active%20Life%20Fitness%20Active%20Ageing%20Report.pdf?dl=0&utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8824742_NEWSL_HMP%202017-10-31&dm_i=21A8,5957Q,FLWQCU,K9D0S,1) report.  Essential update for local government  Please see attached newsletter. To subscribe please e-mail [latestnews@i.sportengland.org](mailto:latestnews@i.sportengland.org)    Transforming public spaces to promote physical activity — a key contributor to achieving the Sustainable Development Goals in Europe (2017)  This publication focuses on physical activity and how it can be supported through urban planning. The focus on physical activity is explained by the fact that inactivity today accounts for an increasing proportion of deaths and disability worldwide and is associated with significant health care costs and productivity losses.    Action to increase rates of physical activity will be necessary to achieve global targets on the prevention of premature mortality from noncommunicable diseases – the leading cause of death worldwide – and to halt the rise in obesity. With more than 80% of the European population expected to live in urban areas by 2030, cities play a pivotal role in promoting and protecting health and well-being.    As cities continue to expand in population, there is a growing need to develop ways of supporting physical activity in dense urban settings.    Read more at: <http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/publications/2017/towards-more-physical-activity-transforming-public-spaces-to-promote-physical-activity-a-key-contributor-to-achieving-the-sustainable-development-goals-in-europe-2017>  Sport England investing £4.4 million of National Lottery money to build a new, diverse generation of volunteers  Sport England announced that they’re investing £4.4 million of National Lottery money to build a new, diverse generation of volunteers.  For more information and the projects that been awarded funding please click on the link below:  <https://www.sportengland.org/newvolunteers/>  Healthy Places (H&WB Team Lead: Nicola Corrigan)  Woods for Water 17/18  Woods for Water 17/18 which is a partnership project between the Forestry Commission and the Environment Agency and is aimed at increasing the number of Countryside Stewardship woodland creation applications which help address water quality and or flooding.  Forestry Commission England has recently completed a procurement process to refresh the list of advisers (see attached). The advisors have now completed their induction which included training on the key design criteria for woodlands for water schemes.  The updated contract priority map has been produced using the nationally agreed data on where woodlands have the potential to help address water quality and / or flooding issues. Forestry Commission England has also agreed a number of specific geographic priorities across Yorkshire with the Environment Agency. In these areas Advisors get a higher level of support to help generate successful schemes.  The application window is from the 1st January through to the 16th February with all the guidance / information on rates available on the .gov.uk website. Anyone with an interest in taking forward a woodland creation scheme to address water issues as part of the 2018 Countryside Stewardship scheme should consider the benefit of using one of the listed advisers.    Reducing Smoking (H&WB Team Lead: Scott Crosby)  Tobacco Control Policy Overview  The government’s new tobacco control plan was published in 2017. The plan seeks to reduce smoking overall and target inequalities in smoking rates – smoking accounts for almost half the difference in life expectancy between the richest and poorest in society. This briefing paper provides a summary on the tobacco control plan, tobacco control policies and smoking cessation services.  [Click here](http://researchbriefings.files.parliament.uk/documents/CBP-8116/CBP-8116.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8809076_NEWSL_HMP%202017-10-27&dm_i=21A8,58T4K,FLWQCU,K77CD,1) to view briefing.  Smoking, Drinking and Drug use Among Young People  This survey is the latest in a series designed to monitor smoking, drinking and drug use among secondary school pupils aged 11 to 15. The associated survey includes a core section of questions including pupil experience of smoking, drinking and drug use, their consumption of cigarettes and alcoholic drinks in the last week and their awareness and availability of specific named drugs. [Survey](http://kingsfundmail.org.uk/21A8-58S2W-FLWQCU-2VBOSX-1/c.aspx) can been here.  Reducing Health Inequalities (H&WB Team Lead: Alison Patey)  Improving the Health and Wellbeing of People with Learning Disabilities  People with learning disabilities have poorer health than the general population, much of which is avoidable. This means that people with learning disabilities experience health inequalities, often starting early in life. The impact is serious. As well as having a poorer quality of life, people with learning disabilities die at a younger age than their non-disabled peers.  [Guidance for social care providers and commissioners](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/656037/Health_charter_2017_guidance.pdf)  Guidance for social care staff that are support the health needs of people with learning disabilities |
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| Ageing Well (H&WB Team Lead: Alison Iliff, Dementia: Melanie Earlam) |
| Dementia diagnosis rates  The estimated diagnosis rate for people with dementia in Yorkshire and Humber was 71.8% at the end of September this is lower than the North of England regional average (73.4%) but higher than the national average of 68.2%.  For a summary of the September position for CCGs and STP's across Yorkshire & Humber [click here](http://www.yhscn.nhs.uk/media/PDFs/mhdn/Dementia/Dementia%20Diagnosis/2017/201709%20CCG%20Graph%20diagnosis%20rates.pdf). 16 out of 23 CCGs are currently exceeding the national ambition of 66.7%.  Monthly rates at CCG level, STP level and numbers on GP practice dementia registers are now made available at: <http://content.digital.nhs.uk/qofdementia>.  DiADeM update  The paper version of DiADeM ([available here](http://www.yhscn.nhs.uk/media/PDFs/mhdn/Dementia/Dementia%20Diagnosis/2016/DiADeM/DiADeM%20Tool%20Final%2002092016.pdf)) continues to be used across the YH patch and is also used by several other Clinical Network areas across the country. The use of the tool alongside [DeAR-GP](https://www.dear-gp.org/) continues to be encouraged by the National Clinical Lead Prof Alistair Burns.  The App has changed considerably since initial prototype testing. In the latest version the App user conducts a DiADeM assessment in the care home and the resulting report is sent via a secure N3 server to the patients GP practice where a DiADeM ‘Champion’ receives the report and takes the necessary action.  The App launched on the 6th September 2017 at the Yorkshire & Humber Clinical Networks CCG GP Dementia Leads event. For more information, please contact [colinsloane@nhs.net](mailto:colinsloane@nhs.net)  MSK fingertips profile  The MSK diseases profiles provide data on musculoskeletal conditions and services for local populations in England.  A great achievement and a step forward to help improve services offered to people living with a MSK condition and provide information that will assist in future innovation towards prevention early detection and early treatment. Below is the link and attached is the statistics summary.  <https://www.gov.uk/government/statistics/musculoskeletal-diseases-profiles-november-2017>    Alzheimer's Research UK - policy conference  On *Tuesday 20 March 2018* Alzheimer’s Research UK’s inaugural Policy conference is a half day event in which experts will discuss the momentum that has built around dementia research in the UK, what else the sector needs to find a life-changing treatment and, once we have a treatment, how we work together to ensure it reaches patients. It is an ideal conference for anyone with an interest in either biomedical research or the future of dementia. For more information visit <http://www.alzheimersresearchuk.org/for-researchers/research-conference-2018/policy-conference/> |
| Upcoming Meetings and Seminars |
| Air Quality and Actionable Tool Workshop    **Venue:**             The Bar Convent, 17 Blossom Street, York, YO24 1AQ  **Date:**                Tuesday, 23 January 2018  **Time:**               9:00 – 13:00    The event will cover:   * The health impact, of poor air quality * The principles and context of air quality * Speakers giving an overview of available tools developed including an actionable tool developed with PHE. * Workshop for you to look at your data set and see how the actionable tools could support your practice     To book [click here](https://www.eventbrite.co.uk/e/air-quality-and-actionable-tool-workshop-tickets-38763189744)    A Strategy for Improving Population Health    **Venue:**             Royal Society of Medicine, London  **Date:**             Tuesday, 6 February 2018  **Time:**               9:00 – 16:30    Health in All Policies (HiAP) is an approach to policies that systematically and explicitly takes into account the health implications of the decisions we make; targets the key social determinants of health; looks for synergies between health and other core objectives and the work we do with partners; and tries to avoid causing harm with the aim of improving the health of the population and reducing inequity.    It is now over three years since councils took on responsibility for public health and health and wellbeing boards (HWBs) took on their statutory role. Councils have welcomed their new role. Having secured a safe transition, they are now moving into a phase of transformational change. Success will depend on getting healthy policies embedded in all aspects of what a council and its partners do or put simply, the extent to which councils become genuine public health councils.    Further information and event registration is available via the following link: [Registration](http://hiap.govconnect.org.uk/index.php?alias=our-mission&option=com_content&view=article&id=49&Itemid=181) |
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