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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 35, October 2018

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

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| Ensuring Every Child has the Best Start in Life (H&WB Team Lead: Gemma Mann) |
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| National Child Measurement Programme: Information for schools 2018 and specimen pre-measurement letter to head teachers  As part of this year’s updates to the National Child Measurement Programme (NCMP) [resource collection](https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance), two resources have been revised and published for the 2018/19 collection year.  [Information for schools 2018](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/738658/NCMP_2018_information_for_schools.pdf) explains what schools can do to support local authorities to deliver the NCMP and highlights the importance of continued participation in the programme.  The specimen pre-measurement letter to head teachers is sent to schools in advance of the measurements taking place every school year. Both contain updated advice on General Data Protection Regulation (GDPR).  Improved presentation: regional slide sets on child obesity  PHE has published improved [regional child obesity slide sets](https://app.box.com/s/og3q86aqejc99okxe9xyvpfvo21xai21/folder/45752850527), one for each of the nine regions. The chart presentation has been improved - **note there is no new data**.  These regional child obesity slide sets show customised data on the patterns and trends in child obesity for each region from the NCMP, in clear, easy to understand charts and graphics. They can be [downloaded](https://www.gov.uk/guidance/phe-data-and-analysis-tools#obesity-diet-and-physical-activity) and used freely with acknowledgement to Public Health England.    The PowerPoint slides are a useful tool for practitioners and policy makers working on child obesity at local and regional level. They can be used in presentations to health and wellbeing boards, other committees and to elected members as well as in conference and workshop presentations.    If you have any difficulty accessing the slide sets from the links above, they are also available to download here: <https://khub.net/web/phe-obesity-intelligence/public-library> |
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| Living Well |
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| Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  Food Active Annual Conference  The annual Food Active conference: ‘Childhood Obesity: Let’s Start at the Very Beginning’ is to be held on Tuesday 6th November at Bridge 5 Mill, Manchester from 10am-3pm.  Please see attached leaflet for more information and how to book.    Weight Management and Appetite – A Transferable Skills Workshop  Thursday, 1st November 2018 at 10:00 AM – 4:30 at University of Leeds, Medicine and Health, School of Psychology - Room 1.33 / 1.34  Aims: to present an opportunity for interdisciplinary learning, discussion and networking activities amongst early career researchers and established academics  List of invited speakers:  Dr Kevin Deighton, Leeds Beckett university.  Dr Stephen Whybrow, University of Aberdeen.  Professor Suzanne Higgs, University of Birmingham.  Please see below link to book  <https://www.eventbrite.com/e/weight-management-and-appetite-a-transferable-skills-workshop-tickets-48867524080>  Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  New strategy to change the reality of disability, inclusion and sport  Activity Alliance releases a new three-year strategy – Achieving Inclusion Together. Determined to change the reality of disability, inclusion and sport, the charity looks to a future where disabled people are just as likely as non-disabled people to be active.  Disabled people count for one in five of our population but are currently the least active group in society and twice as likely as non-disabled people to be inactive. Participation rates have remained stubbornly resistant to growth for many years, despite Activity Alliance’s research showing that seven in ten disabled people want to be more active.  The new 2018-2021 strategy, Achieving Inclusion Together, drives Activity Alliance’s vision that disabled people are active for life. It builds upon the success as the English Federation of Disability Sport (EFDS) and sets the goals under the new operating name, Activity Alliance.  Based on clear outcomes by March 2021, the strategy outlines the desire to see the number of active disabled people on a sustainable upward trajectory. The three strategic outcomes will have an impact at different levels:   1. Individual: Enhanced health and well-being for all disabled people (physical, mental, social, emotional and economic well-being). 2. Societal: A more equal society in which disabled people can achieve more through increased opportunities and choice. 3. Organisational: A system where organisations have fully embedded approaches to inclusion into their mainstream work so they can effectively support individual disabled people.   Activity Alliance 2018 - 2021 strategy, Achieving Inclusion Together, is available to read on the website ([www.activityalliance.org.uk/strategy](http://www.activityalliance.org.uk/strategy)).  Find more information on Activity Alliance on [www.activityalliance.org.uk](http://www.activityalliance.org.uk)  This Girl Can next phase of campaign is coming  The latest phase of This Girl Can is launching in October. This Girl Can was created to tackle a gender gap in physical activity. It’s become a movement that’s encouraged 2.9 million women to become more active – thank you for helping to make this happen.  If you haven’t already, you can [sign up as a supporter](http://www.thisgirlcan.co.uk/register/) to find all the brand guidelines and toolkits. This includes access to our photography and branding to make your own promotional materials.  Please see attached for more information.    Healthy Places (H&WB Team Lead: Nicola Corrigan)  Healthy Places: The Link Between Your Health and Where You Live  What's the relationship between your health and where you live? How do we make places healthier? In this podcast, Helen McKenna talks with Kate Ardern, Director of Public Health at Wigan Council, André Pinto, Public Health Manager at Public Health England and Chris Naylor, Senior Fellow at The King's Fund.  Link to podcast: <https://www.kingsfund.org.uk/audio-video/podcast/healthy-places?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=9798378_NEWSL_HWB%202018-09-10&dm_i=21A8,5U0H6,FLWQCU,MSIAI,1>    Reducing Smoking (H&WB Team Lead: Scott Crosby)  Tobacco and smoking resources  • [Adult Smoking Habits in the UK, 2017](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/adultsmokinghabitsingreatbritain/2017) - reports on cigarette smoking among adults, including the proportion of people who smoke, their demographic breakdown, changes over time, and use of e-cigarettes  • [Statistics on Smoking in England, 2018](https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-smoking/statistics-on-smoking-england-2018/content) - presents a broad picture of health issues relating to smoking in England, and covers topics such as smoking prevalence, behaviours and attitudes among adults and school children, smoking-related ill health and mortality, and smoking-related costs.  In addition, there was an update to the [Local Tobacco Control Profiles](https://fingertips.phe.org.uk/profile/tobacco-control), as follows:  • More recent data added for 10 indicators, including 6 smoking prevalence in adults indicators calculated from the Annual Population Survey  • New indicator for measuring the gap in smoking prevalence between routine and manual and other populations  • Inequalities in smoking prevalence added at Upper Tier Local Authority level  • New indicator for oesophageal cancer registrations.  NHS Digital updated [‘Turning the tide on tobacco: a Public Health Matters blog’](https://publichealthmatters.blog.gov.uk/2018/07/03/turning-the-tide-on-tobacco-smoking-in-england-hits-a-new-low/) which incorporated the latest results and trends from the women’s [smoking at time of delivery](https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-women-s-smoking-status-at-time-of-delivery-england/statistics-on-womens-smoking-status-at-time-of-delivery-england---quarter-4-october-2017-to-december-2017) data collection in England.  Stop smoking options: guidance for conversations with patients  PHE has published [Stop smoking options: guidance for conversations with patients](https://www.gov.uk/government/publications/stop-smoking-options-guidance-for-conversations-with-patients).  This guidance supports clinicians in their conversations with patients on the different options available for stopping smoking and their effectiveness. The following options are covered in the guidance: unassisted quitting; self-managed quitting; quitting with expert support; temporarily quitting; cutting down.  The guidance was originally developed by PHE for [NHS RightCare](https://www.england.nhs.uk/rightcare/).  Reducing Harmful Drinking  Act Local, Think local - advice for PH teams inputting in SLP review  The Act local, Think local advice for public health teams engaging in the review of  local Statements of Licensing Policy  has now been published  <https://www.gov.uk/government/publications/reviewing-a-licensing-policy-think-local-act-local>  The aim is to provide general advice on what PH teams should consider when inputting into the review of their local SLP as well as providing links to support materials and case studies.  Local Alcohol Profiles for England (LAPE): licenced premises indicator update  [Click here](https://www.gov.uk/government/statistics/announcements/local-alcohol-profiles-for-england-lape-licenced-premises-indicator-update) for update for one indicator in LAPE 'number of licensed premises per square kilometre'. Local Alcohol Profiles for England (LAPE) provide information to monitor the services and initiatives that have been put in place to prevent and reduce the harmful impact of alcohol.  Mental Health (H&WB Team Lead: Corinne Harvey)  Common Mental Health Disorders Profiling Tool  It has been developed to support an intelligence driven approach to understanding and meeting need. It collates and analyses a wide range of publically available data on prevalence, risk, prevention, early intervention, assessment, treatment, outcomes and service costs.  [Click here](https://fingertips.phe.org.uk/profile-group/mental-health/profile/common-mental-disorders) for tool.  The Mental Health and Wellbeing Joint Strategic Needs Assessment (JSNA)  The Mental Health and Wellbeing Joint Strategic Needs Assessment (JSNA) profile is an important component of the Mental Health and Wellbeing [JSNA toolkit.](https://fingertips.phe.org.uk/profile-group/mental-health/profile/mh-jsna)  Severe Mental Illness Profiling tool  It has been developed to support an intelligence driven approach to understanding and meeting need. It collates and analyses a wide range of publically available data on prevalence, risk, prevention, early intervention, assessment, treatment, outcomes and service costs.  [Click here](https://fingertips.phe.org.uk/profile-group/mental-health/profile/severe-mental-illness) for tool.  Sexual Health (H&WB Team Lead: Sharron Ainslie)  HPV vaccine to be given to boys in England  The government has announced that adolescent boys aged between 12 and 13 in England will be offered the HPV vaccine to protect them against HPV-related cancers:  <https://www.gov.uk/government/news/hpv-vaccine-to-be-given-to-boys-in-england>  The decision follows [new scientific evidence and advice from an independent panel of experts](https://www.gov.uk/government/publications/jcvi-statement-extending-the-hpv-vaccination-programme-conclusions). Updated evidence from the Joint Committee on Vaccination and Immunisation (JCVI) recommends that the existing HPV vaccination programme for girls should be extended to boys as well.  The vaccine not only protects men from HPV-related diseases – such as oral, throat and anal cancer – but also helps reduce the overall number of cervical cancers in women, though a process known as ‘herd immunity’.  The extension of the vaccine to boys follows the success of England’s HPV vaccination programme for girls and the recent introduction of one for men who have sex with men. The programme is expected to vaccinate thousands of boys in England each year.  England will now be one of a small number of countries to offer HPV vaccination for both girls and boys. The extension of the programme builds on the government’s commitment to achieving the best cancer outcomes in the world.  Drugs Recovery  Drug misuse: findings from the 2017 to 2018 Crime Survey for England and Wales  This report examines the extent and trends in illicit drug use among a sample of 16 to 59 year old residents in households in England and Wales. [Click here](https://www.gov.uk/government/statistics/drug-misuse-findings-from-the-2017-to-2018-csew) for full report.  Continuity of care for prisoners who need substance misuse treatment  PHE has published [an audit toolkit and guidance on data recording](https://www.gov.uk/government/publications/continuity-of-care-for-prisoners-who-need-substance-misuse-treatment) aimed at both providers and commissioners of services which provide substance misuse treatment in prisons, other secure settings, and the community. It includes guidance on how to improve continuity of care, a guide to completing a continuity of care audit and tools to support an audit of the referral and treatment pathway.  NHS Health Checks and CVD (H&WB Team Lead: Melanie Earlam)  Invitation to submit an abstract for the Cardiovascular Disease Prevention Conference 2019: Saving Hearts and Minds Together  The Cardiovascular Disease Prevention Conference 2019: Saving Hearts and Minds Together, will take place on **Thursday 14 February 2019** in Manchester - [www.phe-events.org.uk/NHShealthcheck2019](https://www.phe-events.org.uk/hpa/frontend/reg/homepage.csp?pd=90558&msID=9308&eventID=799).It will be possible to book your place to attend the conference from late November and we will be in touch about this once bookings open.  **In the meantime, you can now submit abstracts to be considered for poster or oral presentation at the conference.** We welcome submissions from all partners including local authorities, third sector, academics, NHS and service provider organisations to share knowledge, learning and innovation from a wide range of cardiovascular disease themes listed on the [conference website](https://www.phe-events.org.uk/hpa/frontend/reg/homepage.csp?pd=90558&msID=9308&eventID=799). Please visit the Abstract submission page of the [conference website](https://www.phe-events.org.uk/hpa/frontend/reg/homepage.csp?pd=90558&msID=9308&eventID=799) for full information.  **The deadline for submissions is midnight on Friday 12 October 2018.**  If you have any questions about the abstract submission processes please send an email to [events@phe.gov.uk](mailto:events@phe.gov.uk).  **An update for the NHS Health Check digital exemplar project**  The project is following the guidelines set out by **Government Digital Service (GDS)** for developing digital interventions. <https://www.gov.uk/government/organisations/government-digital-service>   * This starts with a **discovery phase** to ensure that any solution is truly based on the evidence and the needs of the individual, this aims to understand the behaviours of, needs of, issues for, key stakeholder groups, in this case: service users (the eligible population), the service providers, the commissioners/local decision makers. * Once the needs of these groups are understood the work stream moves into an **alpha phase,** this identifies solutions, including looking at the evidence and existing practice, prototype solutions are built and tested with recipients. * The final stage before going live is the **beta phase**, this takes forward a solution to product development**.** * **Live** is when the final product is rolled out.   We are particularly keen to hear about any existing digital technology being used to support the delivery of NHS Health Check in your area, and your experiences of this, or if you are in the process of planning or developing any digital interventions please do also let us know.  Please do email us with details at [nhshealthchecks.mailbox@phe.gov.uk](mailto:nhshealthchecks.mailbox@phe.gov.uk) Our external provider will be consulting with stakeholders and we will advertise opportunities to be involved in this through PHE centre leads. These are likely to take place late summer/early autumn.  Reducing Health Inequalities (H&WB Team Lead: Alison Patey)  An evening of health equity  Wednesday 5th December 2018 at 18:30 – 21:00 at The Diamond Building, University of Sheffield , 32 Leavy greave Road, Sheffield, S3 7RD  An evening of talks and networking devoted to shared learning around health equity, for people and patients from all sectors.  There will be the opportunity to hear and meet amazing speakers, including Professor Graham Watt, founder of the Deep End GP movement.  Fairhealth will be presenting the patient audio narratives from the 'stories for health equity' project and thanking those who helped create this resource.  Registration link : <https://www.eventbrite.com/e/an-evening-of-health-equity-tickets-50217314339> |
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| Ageing Well (H&WB Team Lead: Alison Iliff, Dementia: Melanie Earlam) |
| Dementia Profile  This profile has been developed to support the work of the Dementia Intelligence Network (DIN) in providing health intelligence with which to inform the provision of care of people in England who have dementia.  This tool provides indicators arranged into six data domains:  • Prevalence  • Preventing well  • Diagnosing well  • Living well  • Supporting well  • Dying well  [Click here](https://fingertips.phe.org.uk/profile-group/mental-health/profile/dementia) to access the profile.  Data, Documents, Letters, Reports & General Information  Commissioning better oral health for vulnerable older people  PHE has published a range of resources to support commissioners to improve the oral health of vulnerable older people. [Commissioning better oral health for vulnerable older people](https://www.gov.uk/government/publications/commissioning-better-oral-health-for-vulnerable-older-people)gives an overview of the impact of oral diseases in vulnerable older people, the evidence on what works to improve oral health in this group, and advice to commission services to improve oral health. The toolkit is supported by a rapid review of the evidence of what works, such as higher fluoride toothpastes, oral hygiene regimes, and training programmes for staff and carers; and a resource compendium for commissioners, providing links to useful resources such as the ten key questions to ask when assessing local oral health improvement for vulnerable older people. Dr Sandra White has written a [blog](http://www.solace.org.uk/knowledge/articles/2018-09-11-why-we-must-support-vulnerable-older-people-to-mai/) explaining why we must support vulnerable older people to maintain good oral health.  Survey on local partnerships and the delivery of economic, social and environmental benefits.  The Department of Environment, Food and Rural Affairs (Defra) is seeking information on **local partnerships and the delivery of economic, health and environmental benefits**.  Defra has commissioned independent research consultancy, Collingwood Environmental Planning (with its partners the Ecosystems Knowledge Network and New Economics Foundation) to undertake **a survey on this topic.**  The survey is aimed at people involved in organisations or partnerships in England working below the national level to achieve economic, health or environmental outcomes. We are really keen to hear from a range of economic, health and environmental partnerships.  The results of the survey will be used by Defra to find ways to further increase the value of local partnerships’ contribution to delivering the 25 Year Environment Plan.  Your responses will be really valuable. The survey is voluntary and takes about 15 minutes to complete.  Most of the questions are multiple choice and do not ask for personally identifiable data.  Please **[CLICK HERE TO TAKE THE SURVEY](https://www.surveymonkey.co.uk/r/7HPXVYF" \t "_blank)** , before Friday 5th October 2018.  Please do share this survey link with relevant contacts as appropriate.  If you have any queries about this survey, please contact Paula Orr at Collingwood Environmental Planning ([p.orr@cep.co.uk](mailto:p.orr@cep.co.uk)). |
| Upcoming Meetings and Seminars |
| Fifth Annual North of England Inequalities Conference: Live Long and Prosper - People, Communities and Economies  **Thursday 1 and Friday 2 November 2018** - what can devolution mean for the health and wellbeing of people and places across the North?  This conference aims to bring together individuals from across the region to discuss, share and learn how we can all live long and prosper, closing the health gap between and within our communities. Hear from elected mayors, voluntary sector organisations, local enterprise partnerships, transport specialists, World Health Organization leads on healthy cities, NHS organisations, public health experts and leading academics. Speakers include Steve Rotheram, Metro Mayor of the Liverpool City Region, Duncan Selbie, Chief Executive of Public Health England and Professor Dame Margaret Whitehead, WH Duncan Chair of Public Health at the University of Liverpool. Bookings are now open.  The conference will take place at Liverpool Football Club, Anfield Road, Liverpool L4 0TH. To see details about the programme and to book your place, please visit the [conference website](https://www.phe-events.org.uk/hpa/frontend/reg/homepage.csp?pd=54712&msID=9182&eventID=787).  From data to decisions training workshops  Due to heavy demand, *From data to decisions: a foundation course in public health intelligence* will run twice in November – the first on 19 November is now full, but places are still available for the event in York on 26 November.  This course will be useful for anyone new to public health or needing a refresher on public health intelligence. It will be particularly valuable to those working on health and its wider determinants within PHE or a local authority. However, it is also relevant to anyone else in the wider health system, including but not limited to those in partner organisations such as the third sector and blue-light services, and the wider CCG workforce.  By the end of this course you will be able to:  • Access and navigate key public health intelligence tools such as Fingertips, Health Profiles and Local Health  • Communicate key messages derived from public health intelligence in an appropriate way to different audiences  This course consists of two e-learning modules with accompanying workbook:  • Introduction to public health intelligence  • Measuring populations  followed by an interactive and hands-on workshop day.  This course is free. You can register for the 26 November event via Eventbrite [here.](https://www.eventbrite.co.uk/e/from-data-to-decisions-a-foundation-course-in-public-health-intelligence-tickets-49135984051) |
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