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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 40: March 2019

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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| **Updated national and regional slide sets on Child Obesity published**  PHE has published two separate slide sets: a [national slide set on child obesity](https://app.box.com/s/og3q86aqejc99okxe9xyvpfvo21xai21/file/393885709361) and [regional child obesity slide sets](https://app.box.com/s/og3q86aqejc99okxe9xyvpfvo21xai21/folder/45752850527) (one for each of the nine regions). These PowerPoint slides present key data and information on the patterns and trends in child obesity in clear, easy to understand charts and graphics. The national child obesity slide set summarises the latest national level data from the National Child Measurement Programme (NCMP) and the Health Survey for England (HSE) while the regional child obesity slide sets show customised data for each region from the NCMP. Slides showing severe obesity prevalence and trends are included for the first time. The slides 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 slide sets are also available to view and download [here](https://khub.net/web/phe-obesity-intelligence/public-library). Notes accompany each of the national slides and are available in the downloaded version. The slides are a useful tool for practitioners and policy makers working on obesity at local, regional and national level. They can be used in presentations to health and wellbeing boards, other committees and to elected members as well as in regional or national conference and workshop presentations.  **Visiting Farms**  Days out at farms are an enjoyable and educational experience for many people. However, animals can carry a number of infections that may be harmful to people, especially children and pregnant women. For more information about ways people can keep themselves and family healthy during farm visits, please visit [the PHE website](https://www.gov.uk/government/publications/farm-visits-avoiding-infection). We encourage Local Authorities to share this document with schools in their local area, in order to assist teachers in making risk assessments. There are also a number of resources available for educators through [Access to Farms](https://www.visitmyfarm.org/teachers). Those opening their farm to visitors are advised to consult the [Industry Code of Practice](https://www.visitmyfarm.org/component/k2/339-industry-code-of-practice/339-industry-code-of-practice) and put the necessary control measures in place. This includes displaying signs to remind people to wash their hands with soap and water and ensuring appropriate facilities are in place.  **PHE Children, Young People & Families Team – February 19 Update**    **National Child Measurement Programme Research Seminar**  London. 27 March 2019. 10am-3pm  **This free event is open to academics with experience or an interest in researching NCMP data.**  The programme for the day will include:  Presentations on recent NCMP research in each of the NCMP Research Priority Areas:  1)  Improving our understanding of the NCMP data sets  2)  Learning how to improve the NCMP feedback letter to increase referral rates and instigate behaviour change  3)  Identifying good practice in embedding NCMP in a supportive whole school approach to healthy weight  4)  Supporting Local Authorities to commission and deliver the NCMP in the most cost-effective way  5) How to access and analyse the NCMP Datasets  Proposals for establishing an NCMP Research network.  This will be a very interactive day with plenty of opportunity to network and discuss NCMP research matters.  **To book e-mail** [**NCMP@phe.gov.uk**](mailto:NCMP@phe.gov.uk)  **Impact of social media and screen-use on young people’s health**  On Thursday 31st January, a report on the Impact of social media and screen-use on young people’s health was published by the House of Commons Science and Technology Committee.    **Early Years Evidence Seminar**  EIF is holding a series of evidence seminars across England for local leaders and commissioners responsible for maternity and early years services. The seminars will provide an insight into the latest evidence for early childhood development and will explore the implications for system and service design.  See click on the appropriate link to book your place for March seminars in [London](https://www.eif.org.uk/event/realising-the-potential-of-early-intervention-early-years-london), [Leeds](https://www.eif.org.uk/event/realising-the-potential-of-early-intervention-early-years-leeds) and [Bristol](https://www.eif.org.uk/event/realising-the-potential-of-early-intervention-early-years-bristol).    **Developing and leading specialist perinatal mental health services**  A one-day extension of the famous ‘Winchester Course’ for clinical and service leads. Following excellent feedback from previous courses, we are repeating this interactive masterclass for anyone in a senior/leadership role in perinatal mental health pathways at local, regional or national levels. Led by Dr Alain Gregoire with contributions from national experts. **Friday, 17 May 2019, London** |
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| Living Well |
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| **Bet Regret Campaign**  Sports betting has grown rapidly over the last few years, especially amongst younger men. It is the largest gambling sector after lotteries and an area of increasing risk, with frequent bettors 5 times more likely to become problem gamblers.  Gambleaware have created a [preventative campaign](https://about.gambleaware.org/news/), “Bet Regret”, targeting gamblers who are at risk of becoming problem gamblers, and aiming to reduce the level of risk. The campaign is intended to be part of a broader public health strategy to prevent gambling-related harm that will develop over time. The core audience for the campaign will be frequent male sports bettors aged 16-34, as well as their influencers.  The Bet Regret campaign aims toprovoke self-appraisal and self-reflection around moments of ill-considered betting, with the aim of reducing the propensity to make such bets, and thus avoid behaviours that are obvious pathways towards problematic gambling.The objectives of the campaign are to:   * change attitudes and provoke conversation on the moderation of frequent sports betting, and the avoidance of impulsive, risky behaviours such as chasing losses in the heat of the moment; and * increase the numbers of frequent sports bettors taking steps to cut down their gambling, both generally and by deploying specific moderation techniques and aids.   The campaign launched on February 24th during a key premier league game and will run across during key sporting moments; Feb/March for the key Premiership/Champions League fixtures as well as the Cheltenham Festival, and then Aug/September for the start of the Premier League season, underpinned by an always-on digital presence. Advertising will be on TV and in digital channels.    As local authorities become more aware of the public health harms of gambling there may well be interest in utilising some of the materials. Campaign resources will be available for download from GambleAware should local partners wish to use them.  Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  **Updated national and regional slide sets on Child Obesity published**  PHE has published two separate slide sets: a [national slide set on child obesity](https://app.box.com/s/og3q86aqejc99okxe9xyvpfvo21xai21/file/393885709361) and [regional child obesity slide sets](https://app.box.com/s/og3q86aqejc99okxe9xyvpfvo21xai21/folder/45752850527) (one for each of the nine regions). These PowerPoint slides present key data and information on the patterns and trends in child obesity in clear, easy to understand charts and graphics. The national child obesity slide set summarises the latest national level data from the National Child Measurement Programme (NCMP) and the Health Survey for England (HSE) while the regional child obesity slide sets show customised data for each region from the NCMP. Slides showing severe obesity prevalence and trends are included for the first time. The slides 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 slide sets are also available to view and download [here](https://khub.net/web/phe-obesity-intelligence/public-library). Notes accompany each of the national slides and are available in the downloaded version.  **Restricting promotions of food and drink that is high in fat, sugar and salt**  The government is seeking views on its plans to restrict promotions of food and drink products high in fat, sugar and salt (HFSS) by location and by price. This consultation closes at 11:59pm on 6 April 2019. Please click [this link](https://www.gov.uk/government/consultations/restricting-promotions-of-food-and-drink-that-is-high-in-fat-sugar-and-salt) to the consultation documents and ways to respond.  **The Broken Plate**  Please see below report by the Food Foundation explaining ten vital signs revealing the health of our food system it’s impact on our lives and the remedies we must pursue.    Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  **5K Your Way, Move Against Cancer**  5K Your Way, Move Against Cancer is a community based initiative aiming to encourage anyone living with or beyond cancer, families, friends and health care professionals working in cancer services to walk, jog, run or cheer at a free local 5K your way parkrun event on the last Saturday of every month. Please visit [their website](https://5kyourwaymoveagainstcancer.godaddysites.com/) for more information. 5K Your Way is not about fundraising. It is simply aiming to provide an active support group for anyone affected by cancer and to encourage healthcare professionals working in cancer services to become more active.      Reducing Smoking (H&WB Team Lead: Scott Crosby)  **National No Smoking Day**  Today is the Day...for a fresh start. 13th March is National No Smoking Day, where everyone - whether you’re a smoker or not - comes together to inspire, motivate and support others to take the first step towards quitting smoking. New digital resources for No Smoking Day are now available to download from the [PHE Campaign Resource Centre](https://campaignresources.phe.gov.uk/resources/campaigns/29-health-harms/resources). You can use the resources both in the lead up to 13th March and on the day itself.  What's available for partners?   * **Social media images -** four different images with different headings and calls to action. * **No Smoking Day GIF -**to use on your social and digital channels. * **Social media copy including a video -** suggested copy to accompany social media posts. This includes a link to a video which visually illustrates the impact of smoking versus vaping over a month.   **Independent report finds that regular e-cigarette use among young people in Britain remains low**  An independent [report](https://www.gov.uk/government/publications/vaping-in-england-an-evidence-update-february-2019) commissioned by PHE and led by researchers at King’s College London has found:   * Regular vaping in under-18s remains low at 1.7% * Regular e-cigarette use among adults has plateaued and a third of adult smokers have never tried one * Only 4% of quit attempts made through Stop Smoking Services use an e-cigarette, despite this being an effective approach   With e-cigarettes currently used so rarely in stop smoking services, PHE is calling on all services to start talking much more about the potential of vaping to help smokers quit.  The report is the first in a new set of three commissioned by PHE under the Government’s Tobacco Control Plan for England. It looks specifically at use of e-cigarettes rather than health impacts, which will be the subject of a future report.  Reducing Harmful Drinking (H&WB Team Lead: Mel Earlam)  **Local Alcohol Profiles for England data update**  New admissions data for 2017 to 2018 has been added to the Local Alcohol Profiles for England (LAPE) tool on the [Fingertips platform](https://fingertips.phe.org.uk/profile/local-alcohol-profiles). This latest data release includes: admission episodes for alcohol-related conditions (Narrow), admission episodes for alcohol-related conditions (Broad), admission episodes for alcohol-specific conditions. This release includes the above indicators broken down by age group and cause where appropriate and are available at local authority level as well as for England, the regions, and various inequality groups. The Local Alcohol Profiles have been published on an annual basis since 2006. These profiles have been designed to help local government and health services assess the effect of alcohol use on their local populations. They will inform commissioning and planning decisions to tackle alcohol use and improve the health of local communities.  Mental Health (H&WB Team Lead: Alison Iliff)  **Mental Health of Children and Young People in England**  [This survey series](https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017) provides England’s best source of data on trends in child mental health. The survey finds that One in eight (12.8%) 5 to 19-year olds had at least one mental disorder when assessed in 2017. Rates of mental disorders increased with age. The survey reveals a slight increase over time in the prevalence of mental and emotional disorders have become more common in five to 15-year-olds. All other types of disorder, such as behavioural, hyperactivity and other less common disorders, have remained similar in prevalence for this age group since 1999.  **NMHIN Webinar: Report on Severe Mental Illness (SMI) and Physical Health Inequalities**  Please click [this link](https://equallywell.co.uk/resources/) to the re-recording of our NMHIN Webinar on our report on Severe Mental Illness (SMI) and Physical Health Inequalities, on the Equally Well UK website resources page.  Drugs Recovery (H&WB Team Lead: Mel Earlam)  **Buprenorphine pricing update (and EU exit and medicines supply)**  The attached letter from Professor John Newton provides a further communication update on the latest information about the pricing of buprenorphine (used in the treatment of opioid dependence) and some important recommendations for local authorities in relation to this, as well as some advice in relation to EU exit and medicines supply.    NHS Health Checks and CVD (H&WB Team Lead: Karen Pearson)  **Ambitions set to address major causes of cardiovascular disease**  A new coalition led by PHE and NHS England has [announced](https://www.gov.uk/government/news/ambitions-set-to-address-major-causes-of-cardiovascular-disease) the first ever national ambitions to improve the detection and treatment of atrial fibrillation, high blood pressure and high cholesterol (A-B-C) – the major causes of cardiovascular disease (CVD). Detecting and treating these conditions can prevent or delay the onset of CVD, but they often carry no symptoms meaning millions are unaware they are at risk and in need of treatment. The A-B-C conditions can be detected through routine checks across community and healthcare settings. The ambitions include recommendations for decision makers and frontline professionals on getting more people checked and best practice for identifying and treating those already at risk. People aged between 40 and 74 are also being urged to get their free NHS Health Check, which helps detect the early warning signs of CVD. The ambitions seek to build on the vital work being carried out by local authorities to deliver the check, which has reached millions of people.  **Health Matters on 'Cardiovascular disease prevention'**  Public Health England’s latest edition of Health Matters Cardiovascular disease protection conference call took place on 27th February. Professor John Newton, Director of Health Improvement, PHE, hosted a Q&A discussion around this latest edition of Health Matters. He was joined by Professor Jamie Waterall, National Lead for CVD Prevention and Associate Deputy Chief Nurse at PHE and Dr Matt Kearney, National Clinical Director for CVD prevention at NHS England.  Link to [the full edition](https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease) of Health Matters on Cardiovascular disease prevention, which includes case studies and [blog](https://publichealthmatters.blog.gov.uk/category/health-matters/) that accompanies the launch of this edition.  Link to sign up to the [Health Matters Bulletin](http://bit.ly/1UcqYPk).    **Content review process**  As the NHS Health Check programme has become established it has been recognised that the benefits of the programme might be extended to other areas. This has led to requests for removing, amending or introducing new elements to the programme.  Public Health England (PHE) recognises the importance of considering proposals to change the NHS Health Check programme and the need to have a robust case underpinning any such request. In 2013, PHE established the Expert Scientific and Clinical Advisory Panel (ESCAP). A key responsibility of this group is to consider proposals to change the content of the NHS Health Check programme and to make an informed, evidence-based, recommendation to health ministers. To support ESCAP to perform this function a content review process has been agreed.  ***2019 call for proposals:*** Proposals from anyone seeking to make a change to the programme are now being invited. Please complete the content review form by the **31 March 2019** and return it to [NHShealthchecks.mailbox@phe.gov.uk](mailto:NHShealthchecks.mailbox@phe.gov.uk)    Please [click here](https://www.healthcheck.nhs.uk/commissioners_and_providers/governance/content_review_process/) for guidance and content review proposal summary.  **Special edition - Cardiovascular Disease Prevention Conference 2019: Saving Hearts and Minds Together highlights.** Please visit [https://www.nhshealthcheck.nhs.uk](https://email.taylorfitch.com/t/r-l-jtklekk-djfflhkh-t/) to view this e-bulletin.  **NHS Health Check 2018-19 Quarter 3 data**  NHS Health Check 2018-19 Quarter 3 data was published on Wednesday 27th February and is available on [NHS Health Check Website](https://www.healthcheck.nhs.uk/commissioners_and_providers/data/). |
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| Ageing Well (H&WB Team Lead: Alison Iliff) |
| **Multifactorial falls prevention intervention briefing**  The Cochrane Library has recently published a number of systematic reviews on falls prevention interventions. These show that while well designed exercise programmes reduce the rate of falls and the number of older people who fall, there is less certainty as to the effectiveness of multifactorial interventions than previously thought. The National Falls Prevention Coordination Group recommends that there should be no change in commissioning, provision or clinical practice relating to multifactorial interventions made on the basis of these systematic reviews while a comprehensive assessment of the evidence base is being carried out.    **Centre for Ageing Better - Raising the Bar on Strength and Balance report**  The Centre for Ageing Better (CfAB) has released a report this week that looks at the delivery, issues, barriers and innovative solutions that support strength and balance programmes in the community. The work builds on the [evidence review](https://www.gov.uk/government/news/major-health-benefits-from-strengthening-and-balance-activity) PHE and CfAB jointly commissioned on the importance of strength and balance for health. The findings have been organised into five themes; raising awareness, encouraging take-up, exercise referral pathways, sticking to evidence and monitoring for outcomes and improvement. You can read the report [here](https://www.ageing-better.org.uk/publications/raising-bar-strength-balance).  **Help Your Patients - Join Dementia Research**  This [online awareness tool](https://learn.joindementiaresearch.nihr.ac.uk/) is aimed at healthcare professionals and anyone involved in supporting patients through the dementia care system. We hope to raise awareness of the benefits of dementia research, how Join Dementia Research can help patients and what healthcare staff can do to help patients to become involves.The process should take no more than 4-5 minutes. You will watch a short informative film, answer a few questions (just to check you were paying attention), and then be asked to provide a little bit of information about yourself. Finally, you will be able to access further resources, and receive a digital certificate for completing the process.  If you have any questions, please contact: [admin.nddr@nihr.ac.uk](mailto:admin.nddr@nihr.ac.uk)  **Dementia Care: Living Well as Dementia Progresses - Free online course for carers**  As dementia progresses, those with the condition are less able to share their views and wishes. Studies show that it’s best to talk about the future early on, with the support of a healthcare professional. On this course, based on findings from the NIHR-funded SEED project, carers can learn how to be better prepared and supported to ensure quality of life and comfort for themselves and the person living with dementia. Register now - the course begins on 18 March 2019. [**Find out more HERE**](https://nihr.us14.list-manage.com/track/click?u=299dc02111e8a68172029095f&id=b8a0bf4db3&e=440534ffdb)  Data, Documents, Letters, Reports & General Information  **Funding Call: SPHR Public Health Practice Evaluation Scheme (PHPES)**  NIHR School for Public Health Research (SPHR) has launched a call for practitioners to identify potential research and evaluation projects that could add to the evidence base on what works to improve population health and reduce inequalities. The scheme, known as the Public Health Practice Evaluation Scheme (PHPES) will provide public health professionals the opportunity to work in partnership with the School to evaluate innovative local projects, policies, strategies and initiatives.    The previous programme funded a diverse range of projects including a social housing initiative, a football project and a domestic abuse intervention programme. For more information about previous projects see [click here.](https://sphr.nihr.ac.uk/category/research/public-health-practice-evaluation-scheme/)    PHPES is open to public health professionals working in any sector in England and will provide funding of between £50k – £250k per project.    If you are interested in working with the Sheffield team, please submit an expression of interest to the national team by the 31 March 2019 as we are planning to run workshops in Sheffield during April to discuss and develop proposals and select those that we can jointly put forward to the national funding round by 3 June 2019.    More information available [here](https://sphr.nihr.ac.uk/get-involved/public-health-practice-evaluation-scheme-phpes/) and [here](https://sphr.nihr.ac.uk/wp-content/uploads/2019/02/NIHR-SPHR-PHPES-Guidance-for-Applicants-V1.0.pdf).    **Tackling homelessness together: a consultation on structures that support partnership working and accountability in homelessness**  Ministry of Housing, Communities and Local Government (MHCLG) published its consultation on structures that support partnership working and accountability in homelessness. The consultation is [available online](https://www.gov.uk/government/consultations/tackling-homelessness-together) and will be open for 12 weeks (closing on 16 May). Further details, including information on how else you can respond, can be found [here](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/780537/Tackling_homelessness_together.pdf).  MHCLG are keen to learn from what is currently happening in local areas, both where there is effective partnership working and where there is room for improvement.  MHCLG know that in some areas local partners are working together effectively to deliver homelessness services and to provide support for those who need it. However, we also know that this is not the case across the country.  The consultation also raises the possibility of introducing a Homelessness Reduction Board. The purpose of such a board could be to bring together relevant delivery partners in a forum through which they agree a strategic approach to reducing homelessness in their area, identify actions and interventions to drive systemic change, and hold one another to account for what they deliver. MHCLG believe that by helping to secure better outcomes at a local level, Homelessness Reduction Boards could play an important role in helping to reduce national levels of homelessness, and to achieve our manifesto commitment to halve rough sleeping by the end of this parliament and to end it for good by 2027.  MHCLG will holding a number of workshops and roundtables so that we can continue to engage with local authorities and our other stakeholders on these issues whilst the consultation is running.  If you have any questions about this consultation contact [homelessness.accountability@communities.gov.uk](mailto:homelessness.accountability@communities.gov.uk). |
| Upcoming Meetings and Seminars |
| **Children and Young People Community of Improvement**  Friday 8th March 2019, 10.00 – 15.30  Blenheim House, Leeds  Please contact [nicola.smith@phe.gov.uk](mailto:nicola.smith@phe.gov.uk) for more information.  **MECC Community of Improvement**  Tuesday 5th March, 10.00 – 12.30,  Blenheim House, Leeds  Please contact [chris.sharp@phe.gov.uk](mailto:chris.sharp@phe.gov.uk) for more information.  **National Conference for Behavioural Support for Children and Young People with Sleep Difficulties**  Time: 9.30am to 4.15pm  Where: The Arden Hotel & Leisure Club, Coventry Road, Bickenhill, Solihull, Birmingham, B92 OEH  Cost: £25 (includes tea, coffee, and lunch)  Please [click here](https://www.eventbrite.co.uk/e/behavioural-support-for-children-young-people-with-sleep-difficulties-tickets-50350733399) to register or see the attached flier for further information.    **EXCO2019 Congress Invite**  EXCO2019 is the Expert Faculty on Commissioning's second independent annual congress. **Venue**: St. Thomas Centre, Manchester  **Date**: 15 March 2019, 10am-4pm  The congress brings together Commissioners, Directors of Public Health, leaders from service providers and other experts to debate the future of care for opioid use disorder in England. The day includes plenary sessions from keynote speakers and workshops on hot topics in OUD care. This year’s focus is “Leading change in OUD care”, we will debate how commissioners and other key stakeholders take specific actions to address limits of treatment today. Keynote speakers include: Rosanna O'Connor (Director, Alcohol, Drugs & Tobacco Public Health England), Professor Sir John Strang (King's College London), Annette Dale-Perera (Chair of ACMD Recovery Committee), Dr. Steve Brinksman (SMMGP Clinical Director) and many others.  Please[confirm a free place](http://www.expertfaculty.org/) if you haven't registered already |
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